

Choosing Simplicity and Creative Compassion...and Releasing "Addictions" to Suffering

An article and channel from Archangel Michael through Celia Fenn

In these intense and changing times, many people are still struggling with making the shift of consciousness from a Third Dimensional reality to a Multi-Dimensional reality. Some think that they are alone in their struggles, and that they are missing out on the promised Joy and Peace, because they do not feel it.

This channel given below was done for a private client and is reproduced here with permission. The client felt intense anguish and pain about his life, and had many questions as to why he could not embrace the grace that was offered and why he was stuck in low self worth and feelings of negativity and fear.

The answer that came from Archangel Michael seems to have answered his question, but also shed light on why some people seem unable, as yet, break through the levels of suffering and pain and lack in their lives.

When I was at the World Congress on Illumination, we did talk much about the end of suffering and pain, and the coming of the golden age of vibrant health and well-being. But, this can only be established after the shift, and the shift is that transformation of consciousness where we understand that we, as a Collective and as Individuals, are the Creators of our own Reality, and that we can choose to create suffering, or not.

Now, this is not a facile "blaming" of those who suffer and saying "it is your own fault". That would not be compassionate or loving or helpful in any way. However, what is being suggested is that as a Collective, Humanity has chosen to create pain and suffering that was never part of the original plan. These choices have been encoded into our culture through religion. And these choices persist on a deep subconscious level, until we can change our consciousness and recode the consciousness at a cellular level. This will activate the "blueprint" for perfect health in every cell and within our being.

Consider, that Christianity teaches that we die because we are sinful. This surely inculcates a deep sense of low self worth and powerlessness in dealing with life and death. The Eastern religions teach "karma", where the individual is caught in an endless web of retribution and repayment that is the rationale for suffering. The Buddhists teach that suffering is normal and must be accepted. Each of these spiritual paths includes as a main tenet a deep belief in unworthiness and suffering that is passed on from generation to generation, encoding these beliefs within the DNA of generations of people. Then, new individuals are born with these beliefs already encoded in their cells. It is only the New Children, the Indigos and Crystals who are being born with a sense of not needing this unworthiness, and taking on their power to create something new. Their new energy has enabled many of those who were born with the old "coding" to shift their consciousness and begin to move into their own personal power as Co-Creators with Spirit.

If we can now accept that we can release the mind created illusions that limit our creations, we can move to that place where we can accept that we are the channels for Divine Creative Essence on the Earth, and that life was meant to be lived in Harmony with the Divine Light and Love, in Peace, Harmony and Love, and that abundance and good health are the rights of each person who chooses to incarnate on this Earth. Yes, indeed a "shift" in consciousness for all of us!

The channel begins with Archangel Michael giving two principles that can be applied to making this shift and letting go of what he has termed "habitual" or "addictive" patterns of thought and self-destructive behavior. For, humanity has become addicted to suffering and drama, and is needing to see how it may let go and shift to a more simple and peaceful and joyous way of life.

The channel

First we will say : “Let Go”.....and then we will say : “Simplify”.

These two steps, when applied to your life and to every situation, will help you to move beyond the quagmire of the mind that catches you at every turn.

So, let us explain. First, we say that you need to “Let go”. We see that whenever you are in a situation of great stress, your survival mechanism is to turn to the mind. On a deep level, you have given your mind permission to take over your life and to run your life. Now, the ego mind is by no means equipped for this function. The work of the ego mind is to deal with the Third Dimension. It weighs and quantifies according to what it knows. And, usually it finds that it does not know enough to cope with the larger questions of life and then it panics. In your case, the panic manifests as an endless stream of questions to which you can apparently find no answer.

So, let us say that this response is but a mirror for the process that goes on within you.

So, we would say – let go. When your mind switches into these long philosophical dialogues you have two choices The first is to acknowledge that this is what your mind is doing, and that you may “enjoy” these romps through the park with your mind, but that they will indeed solve nothing for you, except to take you around and around, for this is the nature of mind. I am sure you are familiar with the Socratic method, and the understanding that anything can be proven or disproven if you know how to rationalize and argue to good effect. So the workings of the mind are designed to do just that, to rationalize what appears in the outer world so that it can be assimilated.

However, at this time, life is no longer Third Dimensional, it is Multi-Dimensional, and the mind is no longer able to explain and assimilate. It panics and it rambles and it argues, but it cannot assimilate.

Now, at this point, it is better to let go. Switch off the mind, for the mind will not solve your problems or find your solutions. It is only consciousness that will do so. Your great scientist and philosopher, Albert Einstein, said that a problem cannot be solved at the same level of consciousness as it was created. So, obviously, what is needed is a shift of consciousness so that problems can be solved or put in true perspective.

Now, the great shift that is now happening is nothing other than a shift to a new level of consciousness where what seems like “problems” with time and space could be solved to the best abilities. And, we will say, that you will begin to realize that the mind will never give you answers.

When you move from mind and thought, to consciousness and feeling, you will experience a very different perspective on your life. For the mind panics and becomes desperate, and it moves into fear. From a basis of fear, you cannot solve anything, for fear limits manifestation and miracles. So, those who are trapped in the mind and fear tend to be unable to release themselves from the webs of their fear and anxiety.

Now, when you move into consciousness and the Heart, you know that all is in Divine Order and that All is Well. This brings a great sense of Peace, as well as Gratitude and Love, and from this basis you can begin to create and make changes. For, the Universe loves joy and gratitude, and it attracts the flow of abundance and love. And this flow creates the miracles that you need and desire to make changes in your life.

So, when you “let go” you release what holds you back and you clear the way to create something new.

Now, when we say “simplify” we are taking you to the next step. In your modern life there is so much “stuff” that you think that you need to be happy. When you enter into your Heart space, you will find that what you need is really very simple, and can be simplified very easily. We say, focus on the simple needs of your life, and all will be given. By this we mean, the basic needs for shelter, food and clothing and love. Well, if you have all these needs met, then you have room for gratitude, and you should express that gratitude every day. You should live the gratitude that the Earth has provided for you and those that you love.

Now, having met those basic needs, with gratitude, ask yourself what you might need to create an even greater gratitude and appreciation of what you already have. What simple things might you ask for that would enhance your appreciation of the abundance and love that you ALREADY HAVE in your life.

You see, dearest soul, we are focusing here not on what you lack, but what you have. And this is a complete change of perspective. Indeed, this is your own personal "shift" from suffering to peace. For your contract with the Earth is to be provided for while you experience life. Of course, in the modern world, everyone feels entitled to experience this at the highest level of material comfort and feels deprived if they do not. And this leads to more suffering of the mind, for the feeling of failure is intense if you do not achieve levels of material wealth and comfort that dictate the lifestyle of success.

You might ask yourself, dearest one, when you leave the planet, will you look back and see all the material comforts you had, all the things that you possessed, or will you look back for the love and the joy that you shared with others?

In truth, the great shift is not so much about moving into "quantum" reality, as in moving into COMPASSION. Both for yourself and for all others. When you start with yourself, you say "I am perfect as I am and I am in the perfect place for me at this time. God has led me here!". When you can accept that the God-force within you has created where you are and what you are right now, then you can pause and be grateful for what you have. You can see the wonder and the miracles, instead of the lack and the pain.

Now, we will say, that at this time of accelerated evolution, you are indeed being "pushed" very hard to make that breakthrough into Compassion consciousness. You are being pushed to almost unbearable tension, so that you will let go of the mind and its demands and illusions, and enter into the Heart Space of gratitude and creativity. When you enter into CREATIVE COMPASSION, your mind will cease its endless demands for something else, something more, something to ease the pain....for indeed the pain is an illusion!

What we have termed the shift is a shift on CONSCIOUSNESS. Can you not see that you have all that you need to be happy on the Earth. Can you not see the joy and the beauty and the peace around you. And if you can, can you share this with others so that they can "see" it too. For the pain and suffering that you have created, you have created with your minds. You see only the lack and the pain and the loss, and you do not see the beauty and the gifts that are given in every moment of every day.

For, the Source pours out its gifts of Love and Abundance at all times. The Cosmos is a place of infinite riches, if you will only allow yourself to experience these riches. When you switch off the mind and begin to feel the richness of the gifts that you are given, the mind no longer keeps demanding, and the soul is able to enjoy the richness of what has been created.

Dearest soul, release the old energy view of yourself as a suffering victim of your circumstances, and see yourself for what you are. You are the pinnacle of spiritual and social evolution, a being of great complexity and intelligence, but you are still, very simply, a part of the Divine Essence, a spark of Compassionate Creativity, and you are held within the Light and Love of God at all times.

If you can bring yourself to that place of Simple Grace, all else will fall into place for you. You will see that there is nothing that you have to do and no other place that you have to be. You will surrender your will to the unfolding of the Divine Will through you, and you will know that all will unfold for the Highest Good and as it is meant to in harmony with Unconditional Love and Creative Compassion.

And this surrender of the mind and the will opens up the place for gratitude and joy, and that in turn opens up the space for the creation of miracles. For the Cosmos loves to create miracles and abundant joy, so that the more gratitude and playfulness you can experience, the more the Cosmos will join in and bring you ever more things to celebrate and to be joyful about.

So, we would say also, release what you think that you need, and allow the Divine Will to guide your steps. You may find for a while that nothing will happen as you re-orientate your inner "compass" to this new direction. But, after a time, you will find that things will begin to move in a new direction as you

open your Heart and your Being to the great and creative adventure of life.

For indeed, dearest Preda, it is that simple, life is no more than the Source exploring the Dimensions of Light that were its first acts of Creative Compassion. And so, your life is simply an exploration of that place where you find yourself, and an acknowledgement of the Love that exists within all and every thing in this Light Filled dimension of Joy. The “darkness” and suffering are and always were, creations of the Mind that were an answer to the fear that arose when the explorations became intense and the being felt challenged in its growth and evolution. Fear is a way of holding back and staying in the same place, but it does not produce growth which is the nature of the Divine Light.

This has been a long discussion, but we meant to show you how simple it is once you grasp the essence of Life and the Spiritual Voyage of the Soul. It was never meant to be difficult, it was meant to be a simple unfolding and a joyful creation. If you can release the mind's need to demand and control, then you can experience life in this way.

You can have all that you want, but you must start with Gratitude and Simplicity and create with Compassion from that point.

So, dearest soul, we hope that we can deliver you from the grasp of mind and deliver you to the angelic self within, where you can see that it is not you that provides for your family, but Spirit and the Divine, and that all you need do is be grateful for that co-operation and then work to further that co-operation in ways that bring joy to all of you.

Release and let go of all the old “mind stories” of low self worth and of not being good enough. Everyone is good enough to be loved and provided for, and indeed if you accept that, then that is what will be in your life.

Release all energies of guilt, doubt and negativity. Make a conscious effort to release these feelings and thoughts, and you will create that space of gratitude and grace that will create infinite blessings for you and all those around you.

It is so simple, dearest soul, it is the “formula” of life that was set into your DNA when the original blueprint was activated by the great Elohim. And it is still there, waiting for you to see how simple it can be when you allow and accept and create from Grace and Creative Compassion.

And so, we leave you now with a hug of love and light. You are greatly loved and you are protected at each step. You are also a powerful Master of Light, and we await your Creations with joy and love!

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