

**A poignant reflection for our like minded brothers and sisters who are searching for truth in their lives in a New Year of change.**

***“The place where God calls you to is the place where your deep gladness can meet the worlds deep sadness”.***

How are your New Year’s resolutions doing? If they are like mine, they have already gone for a long walk. I decided many years ago that for Lent and for a New Year, that I would not commit myself to ‘making resolutions’ that would eventually be broken. Instead, I try to live in the now by learning the importance of loving myself and accepting myself as a valued child of God. By living in the now, we use every opportunity to learn especially from those who are challenging in their actions and attitudes towards us. At all times now I aim to speak my truth from a place of love rather than pander to the whims and fancies of those who want you to feed their ego.

I perceive the role of the light worker in the 21<sup>st</sup> century as somewhat different from that of say twenty even fifty years ago. Today, instead of being ‘free’, we grapple with many challenges and despite the benefit of modern technology to help us achieve a positive end result, such as the Internet; our lives are often slaves to technology. As with all electrical appliances, especially the world wide web, my experience is that I have to really protect myself by placing clear crystal quartz in front of the monitor so that whatever is aimed at me is immediately taken away from me. Otherwise, I leave myself wide open to the negativism that is directed towards my energy pathways from clients. Often those whom we are trying to assist and support will try and dump their stuff at our door because they are unable to deal with it or maybe because they are unwilling to take responsibility for their lives and see us as the panacea to remove our magic wands and help them get well.

As a light worker I know that Sananda does not expect me to do the impossible unless He has given me the necessary skills to step out in faith. In saying this, I am aware that there have been many times in my faith journey when I failed to heed the wisdom of the ancients and walked where ‘angels feared to tread.’ Many, many times I have really ‘messed up big time’ because I ignored my heart and went with my head! Is this true for you too? I sincerely hope not!

Wisdom is indeed a pearl of knowledge that is freely given to us without any agenda. But we have to ask for this gift from God. Why do we have to ask if God already knows our needs I can hear some of you ask? The gift we bring into this unique relationship is not ‘our asking’ but in ‘our receiving’ light from the ***‘I AM PRESENCE.’*** The Holy Father Mother God waits for you and me each waking moment of every day to ask for all the graces /those skills that we need to survive this incarnation as a light worker of integrity. I have often asked myself why God should give us this ‘free will’ to choose our destiny and not have made us like other enlightened beings such as the angels who were not given ‘free will’ and yet are happy in the presence of God. Prior to doing this work, I wrestled with this concept having perceived this gift from God as a blessing as well as a curse. Thankfully, Sananda’s teachings empower me to refrain from going into ego or permitting others to feed my ego.

As you and I know from our daily meditations with the Master Jesus and bring down the Christ Star, that to be of service and remain in tune with divine Love & Light, we have to face many exciting challenges than are there to help us ascend and reclaim our rightful place on the right hand side of Jesus. Human nature sadly plays many different mind games with our ego and we end up losing sight of who we are and why we have come here as emissaries of Light. We are invited to remain in our hearts and avoid the 'affluenza' always seeking bigger and better disregarding what we have already. There is a hunger for materialism and if we are not fully grounded and protected by the Light of God, then we will end up compromising our core values for a set of values that serves our ego and erodes our very soul-higher self. There is nothing wrong with earning a wage nor having material possessions. What we have to be on the look out for is when we engage with the ego then we become ready prey and disillusionment creeps in sacrificing our spiritual gifting as a co-creator of Source. We must never feel ashamed or embarrassed by calling on the name of the Lord! Yes, society encourages us not to but if we remain in our hearts then we shall cry out aloud and sing the praises of God and celebrate our uniqueness as a child of God.

I am only too well aware from the many therapists, students and experienced light workers that make contact with the academy for therapies, counselling and spiritual direction do so because of the many challenges that face them in their daily lives! When we finally remove the outer layers of their troubles, we discern that many of them have been battling alone without any form of support. In my thirty-eight years working as a qualified nurse I unfortunately got 'burnout.' Not a pleasant place to be as a professional carer or therapist. Society expects a high standard from us and demand excellence from our ministrations. So, I remind myself, why do so many light workers operate not from a place of safety where boundaries are in place but from an unhealthy place where one is wide open to the onslaught of the head centre -our ego! We know that ego equals anti love- anti God and yet we fail to take responsibility for how we are feeling and the importance for remaining grounded, protected and nurtured on a daily basis. As light workers, we have to distance ourselves from living in a 'nanny state' and act responsibly for how we are feeling and where we are at in our faith journey. There is no point getting sucked into the blame culture of name and shame! If Sananda, Jesus see you and me as worthy partakers of His divine plan then we know we have a vested interested to act now, today!

As a nurse, it was perceived as a sign of real weakness to ask for help for a physical/emotional problem. Oh, yes, our managers considered us not trustworthy. So to avoid getting sidetracked on the promotional ladder, we deferred from sharing and seeking professional help. You can well imagine what happened next? Yes, we would end up turning in on ourselves and start on a downward slippery slope to victim-hood /illness, self-flagellation.

There is nothing wrong when we ask for help from each other. Yet, society perceives this as a sign or inherent symptom of weakness. Surely this shouldn't be happening today when we are better communicators and can say it as it is? Or do we? The times when I have heard it said, 'talk to the hand because the face is not listening' really make me shudder inside! As light workers, we have an important duty to care for our total well-being. My recent operation has shown me that whilst I have tried to make time to rest, we need to give ourselves permission not to feel guilt when we are in need of sending out the regular SOS to friends.

Since I began this work some 6 years ago now, I brought into my work my life experiences as a nurse and the importance for a more proactive and practical hands on support facility into the therapeutic relationships with students and clients. As for my personal journey as a nurse into mental illness, there was nothing in terms of support only derision that one of their own could fall by the wayside. So, my core values are more about ensuring that as a representative working in partnership with Sananda-Jesus, the Divine Feminine, Mother Mary and the angelic realms, that I safeguard each student and therapist of the Academy. To not adhere to my heart and avoid doing what is expected of me then clearly I am failing in my duty of care to you. However, in saying this, I cannot reiterate enough the importance for support at all levels for all of us and this includes me too. Without it, the end result would be spiritual death of a soul and as you are special before God, I will continue to honour my sacred contract by daily reminding myself that as a light worker we have to act responsibly and seek support for our spiritual growth and development in service to Sananda, Jesus.

Yes, the teacher has needs too and often we have to remind ourselves that whilst our students are our best teachers we have a duty to share with them how we are feeling and that we need their love and guidance in the form of positive feedback so we can both grow and mature as spiritual warriors representing the Light of Sananda. So rather than wait for the inevitable to happen, ASK for help and receive whatever support is given by Sananda through your group/s as a personal gift from Love. There have been times when certain groups of student and therapist who have been stuck in their 'personal issues' and who have rather unfairly directed their negative energies towards me. Again, it is easier to focus ones negativity on another instead of dealing with their own issues! Today, I have personally learned something positive from all of this as I now have adopted a different approach and avoid any forms of confrontational engagements with their negativity. I hold the belief that if one is challenged by what they see, hear or receive from my hands then I allow them experience the 'challenges' that are posed to them. The view I have is that if one is challenged to take a positive response to self-healing then I congratulate myself, as this is the work of the Master Jesus speaking to their hearts through my inner vulnerabilities and wounded ness as the healer/therapist. If we think we are unworthy then we know we manifest unworthiness into our lives.

As we embrace a New Year of great and exciting change, is it not the actions of the wise ones to quietly realign their hearts with Sananda, Jesus, the Christ, and reclaim their individuality and uniqueness as a co-creator of Source before manifesting their Abundance from the Universe? So, why wait, let us do it today as one who is joined at the hip of God and together embrace the living Jesus who is among us-who is alongside us and who cares deeply for our survival. Would it not be another wise move to make it a matter of priority that we reach the decision to enter a support group of like-minded soul seekers and there embrace the Christ within and 'self heal?' It is a sign of great wisdom when the therapist /counsellor/ support worker/nurse practitioner/ angel worker is guided by their heart –their God centre, to seek support for themselves from another spiritual light worker. It is also considered 'Great Wisdom' when that light worker knows when to receive and to share his/her gifts with one's fellows by exchanging love and light to the living God/dess within one's beingness. As Jesus reminded me many years ago when I was a young nursing monk that, *'Whatever you do for the least of these my children Sean, you do for me.'* This

is the true meaning of engaging in support when we can sense the living presence of Sananda, Jesus, the Divine Feminine energies deep within our heart and within the hearts and minds of our brother/sister therapists /light workers. What a privilege it is to be a fragment of the healing process that empowers another to Ascend as a special child of God and take their rightful place at the Throne of God- the ***'I AM PRESENCE'***.

When the dark stormy clouds representing my humanity show themselves to me, I take heart in the words of my God speaking to my very soul. I now share them with you, my beautiful brothers and sisters hoping that they will give you a renewed inner strength to embrace a New Year with a more positive vigour and inner self-confidence in your soul. The words ***"The Lord will bless you and keep you; the Lord will make His face shine upon you and be gracious unto you; the Lord will lift up His countenance upon you, and He will give YOU His peace"***. Now sense this everlasting peace today!

To conclude, our presence here on Earth is not seasonal but reasonable! Our first duty is to be what we have already agreed to be and that message has been reiterated many times by Mother Mary. Her personal invitation to you and to me is an opportunity to re-treat back into our hearts- and there be a person of prayer, reflecting on God's promises in our hearts daily. The ancient **Secret** that we have already is about getting back to our sacred roots as a child of Source- working in closer partnership with Sananda, Jesus and promoting sacred balance within ourselves and by allowing the Hierus Gamus or sacred marriage take place within our soul. This duality of sacred union will unite us with our Creator and Mother Earth. In truth, we become the twin flames united in Love and Light with all that IS!

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Our vision for the Tau Community is about embracing the wholeness and oneness within all religions and none by personal example. As ambassadors of Love and Light we invite all who believers in a spiritual Being to come together and be one family singing the divine praises of Source with a united heart infused with that sacred healing Love and Light. This is all that can ever be! This is nirvana for me and I hope it will be for you in 2007.

Enjoy the beginning of this New Year and remember the catchphrase, Sananda, Jesus will never ask you to do for another what you are not willing or prepared to do for yourself! So, go with your heart, and know that herein lies all the answers to the unsolved mysteries ever told to you.

Please feel free to re-visit the website for our news and views. The website is regularly updated on a day to day.

**Namaste**

**Your Brother Essene and Friend**

**Sean x**