

Structural change- Climate change

Climate change is a structural change in the atmosphere. Regardless of what is causing these atmospheric changes, the habitats of physical beings on earth are being restructured as a result. First of all, this requires an external and rather responsive adjustment to the consequences of climate change from all life forms. Ultimately, we are all challenged to make an inner adjustment that can change the physical structure so that the life on this planet can continue to exist.

Some may succeed, some may not, and some will go and return in another energy form. In any case, we humans are challenged to receive our creative powers in a way, which allows us to create new things.

With every structural change, we humans come to the question of meaning.

This is the personality attempting to sustain itself, while Self seeks to clarify the patterns and denials that are still in existence. In this way we can see the real question of meaning as a fork in the road. Do we take the path into the unknown, not yet experienced with the feeling that there is something there, which we must experience?

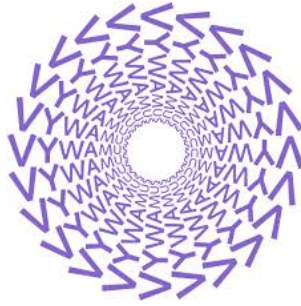
Or do we take the familiar beaten path in which the known confirms our convictions and beliefs?

One aspect of this is ALERTNESS.

You will have probably already noticed that you are regularly and quickly tired. The tiredness takes place in your brain. This in turn corresponds to a state of mind on the personality level. The consequence of this condition is that one becomes forgetful. This then causes your old patterns and coping mechanisms to be automatically activated because they suggest a certain state of mind with which you feel compatible on the personality level.

In this state, you lose your access to the dimensional awareness, to the I-Am level. It is an unconscious act, you contract within your awareness and alertness. On the ether level of your being this is registered as a type of "limitation" that on the personality level through separation, leaving or being left, is documented and confirmed.

Many people believe that after the transition and adjustment phase it will return to be as it is now. We wish to stress that the energy field is aligned with the presence of the current consciousness.



We recommend that in the process of adjusting to the structure change, practicing the exercise "what breathes me", as it can help you to become more relaxed. Stories become less important and this exercise allows you to call on your integrated Self. Out of this awareness the mind ceases to constantly babble with its beliefs and ideas in order to find the right path.

From the consciousness of the integrated Self you do not give things the importance they have for your personal Self. So you have the opportunity to be more relaxed with yourself, which in turn stops you from making harsh decisions, from which you cannot free yourself without denying yourself.

The part in you, your Ego, which is afraid to lose out, wants to reinstate itself because it wants to be seen and recognized. In the question of meaning this part of the personality is activated without you necessarily having awareness. In contact with your integrated Self you can, without judging, perceive the part of the personality that wants to survive.

You can feel empathy within yourself. This makes your decision-making process easier, which way to go on. The path of a consciousness that challenges itself to illicit a holistic awareness of the manifestation process or the way of the already known.

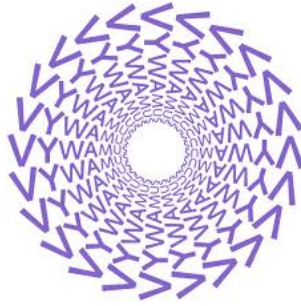
We encourage everyone to follow the path of evolving consciousness, because this is the only way to move out of the illusion and the struggle of Being and Non-Being. Yes, this requires developing an adaptability and awareness within you that brings you closer to your creative power.

Your choices are critical now and in the near future. Do you make decisions to raise your awareness? Or do you make decisions to serve the scope of your ego?

In the awareness I am!

Adaliede-Vywamus and Keona

1. November 2018



What breathes me?

*Direct your attention inward and ask yourself, "what breathes me now?" **Do not answer, just stay in that space of awareness.** Visualize now in the space around your heart a dodecahedron.*

Do stay in the awareness. You will notice how the space of your consciousness expands. We call that the contact with the Integrated Self. You get to a state of I-AM. The deeper you can feel yourself in it, the more you immerse yourself into the consciousness of "All that is".

You can use this exercise in your daily life when you are busy, for example, with a problem or an unresolved history. Just add the question: What breathes me - without answering and visualizing the dodecahedron in your heart chakra and stay a while in this awareness. You will notice how the space of your consciousness expands, you're not necessarily identifying with your story and you have the opportunity to look at yourself and your story.

You experience a different feeling with your story - a more detached, peaceful feeling. Out of this feeling look again at your story. It will probably not seem so urgent or oppressive.

The more often you do this exercise, the easier it flows in you and the problem can be solved without making a further effort on the personality level. You can find an answer from the consciousness of your compassion.

You go into the world with an awareness of your self-image and your familiarity with the world beyond. Here you overcome the endpoints and boundaries that you had previously in your consciousness frame. You touch the I AM Presence which has nothing to do with either fight or effort.

In the awareness I am!

Adaliede-Vywamus and Keona

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