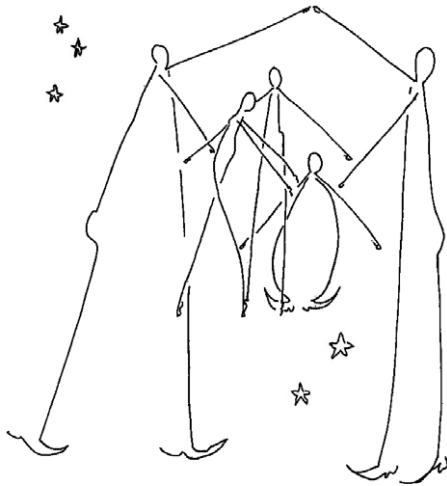


## MESSAGE 1

### IT IS YOUR BIRTHRIGHT TO AWAKEN

This is the lifetime  
to honor your total  
magnificent, multidimensional Self.



We have an open frequency to you. It is always, has been, will be. You decide the volume, the connection, the awareness. We have been like soft music in your background. There are times it catches your attention and times it is just there. When you vibrate joy, gratitude, love, and compassion, our contact—our presence—can stream with you into all your projects, activities, views. Fear, worry, judgments close the flow.

We invite you to make a practice of allowing yourself to still your activity and be quiet for a few minutes several times a day. As you practice and use this simple tool, it will become easier and quicker to reach your state of balance. This allows your body-mind-emotions-spirit to realign.

We encourage you and others to listen to the guidance within... to make time for stillness and be receptive to what is being offered. It is your birthright to awaken. This is the lifetime to honor your total magnificent, multidimensional Self.

