

Empower personal growth with knowledge from ascended Masters!

by Sue Salty Sha



Empower Growth

Session - CREATIVITY

Relax and be ad ease, it's an opportunity to drop our ego defences relax and be who we truly are. In this session we will explore and experience a bit more deeply about who we are. As I have a lot of light, love & healing energy to share with you. So, sit back relax and enjoy yourself, breathe with me perhaps you could be in a meditative state and not overly serious that might strike a good balance for this session.

You can all see yourselves as recovering mortals,

You have all been addicted to death & limitation, it's been ingrained within your consciousness. We are going to break the cycle of addiction, with light, love, and grace in your lifetime and after you have been healed, I invite you to assist many others to go through the same process.

Remember my friends all you do for yourselves at this time to enhance your experience of life of spirit of growth can benefit others and the entire planet all beings upon it.

Your service is to be focused through yourself as an ascending Master the more gracefully the more rapidly you attain your ascension the more energetically you can do for those who are somewhat behind you.

The transition that is occurring has many, many aspects many, many effects upon you as you are experiencing. I would like to speak in this session a little bit about creativity in your lives, creativity in a broader context than you might have considered in the past, that creativity that allows you to spontaneously manifest the light of creation through your beings in very a wonderful and artistic way in your every day-to-day life.

An existence as you have grown to except it is somewhat of a field of patterns within your system.

Creativity in your life is allowing for transcendence of these patterns allowing for higher dimensional energy to inflow into your beings and to again come through you in creative ways to enhance your enjoyment of life & others.

It is very challenging currently as time is compressed for you to find adequate time for all those things you love to do even for those things you don't love to do. With all of that I am here asking you to make space in your lives for meditation and spiritual practice. When you are creating say artistically first you create a space & a sense of openness, opened mind, opened heartedness and you court the muse as they say; you open yourself with request for inspiration, guidance, and spontaneous expressions, you are looking for a bit of a reaction, almost like a chemical reaction with God as the tablet.

See your life as a creative endeavour and to allow into your life some space in which you have surrendered patterns, surrendered your duties for a certain time to live truly, spontaneous in that moment, it could be for 5 minutes it could be for 5 hours of your day, you see the patterns that we live by are becoming obsolete and in fact have a tendency to limit you.

If you have seen something 20 times in the past you will tend to form a value judgment that it is always going to be that way and become locked into a certain experience, the process of spiritual growth & ascension is unlocking some of those patterns into a truly more creative, wonderful, spontaneous form of expression. You begin by allowing a bit of space even though you may be a very busy person and have a schedule to maintain, you have an appointment book filled for the next 3 months does this read familiar to anyone?

I suggest to those that have that type of pattern to schedule in your appointment book sometime to do nothing and don't allow yourself to fill it in. If you need to schedule time to create it for yourself, to meditate to be spontaneous. For it is in those moments of openness when the mind is stilled and you do receive the revelation from higher dimensional portions of your being, the whole purpose for meditation is to assist in creating that interaction, that artistic achievement of oneness of magic it is the part of the essence of all divine expression. It all comes from that source that is within you longing to connect with you longing to flow through and around that beautiful still source you have like a good soldier created many patterns and ways, means of doing things that keep your mind busily moving here & there creating in an occupied place that does not allow for stillness in your lives.

So, we find ourselves in this moment sharing the potential for ascension sharing the wonder that is life currently here on this planet.

In order that you might truly understand, recognise, and benefit from that which is occurring it is going to be more & more vital for you all to learn to access that spontaneity, that spirit within you that is truly freedom and liberation in action & inaction.

Some have become very good at scheduling yourselves for meditation time each day, so that your meditation might even become another part of your daily calendar there is a tendency for even this to become mundane. I suggest & invite you to take a monkey wrench and through it into the works occasionally, just be and opened to spirit so that, that which longs to come through you in many marvellous ways has the space the opening to do so. It is very important to have the awareness of yourself as an interdimensional being not merely a 3 dimensional being,

it is important that you are impowered as a blossoming master rather than one that is of a religious order of some sort where you look to a higher power to tell you what to do this is no longer applicable to your life. Although it does become quite challenging in saying this, I am aware.

Chances are if you are feeling moments of doubt moments of confusion moments of uncertainty in your life as to what your next step is the chances are you are completely following your path with 100 percent accuracy.

Every being on this Earth or any other ascending world has had the experience in following spirit in being a trail blazer that you sometimes feel that you don't know what you are doing, believe me I have had this experience myself.

It is a good sign; it means you are going beyond the normal pattern. If you except the normal pattern of a 3-dimensional life (not recommended) you can exist in a state where you feel that you know what is happening in each moment. You graduate from your high school or university, you take your certificates, degrees, diplomas & recommendations into the marketplace where you have chartered out a great course of action for yourself never once piercing the bubble of illusion that surrounds the 3rd dimensional existence. Whereas you on the other hand find more & more these days that are occurring that it seems you have no more bubble left to protect you and you are simply existing in a state of energetic transformation having to hold onto spirit for your source of peace for your guidance, this is a state of grace, sometimes your spirit if you are a very strong being and ready for it out of nowhere the rug will be pulled out from under you and your life, so you have no choice other than to rely whole heartedly on spirit for guidance and your patterns you came to rely on fall away, this is also a state of grace.

The training for you as artists in the creation of your existence is to learn to be spontaneous & trust those energies and witness the marvel that you are. Witness the marvel of grace that occur and witness your creator manifesting all that you could desire all that you need as a response to your openness.

A little scary, isn't it? Anyone wishing to stay in your 3rd dimensional pattern be my guest, if you can find them. You are in the stage of blazing a new ground here, what you are doing as a collective of light workers has not been done yet on this world you might say you have to make up the rules as you go along and as soon as you create the rules the situation will change, the change, you need to release them, it will be this way forever as it always has been that which will change of the situation will not be limitations & illusions coming through to nurture you but your ability to trust and to fall into grace and have that be your source of peace.

To learn to live truly as an artist in this universe, where you are free to create more freely than you could imagine now. Whatever you wish to experience to learn from and grow through on your way to source.

So, you have existed in a world of agreements, each being taken through their interdimensional self is your essential light of creation the light of source and focusing that energy through the lens of personality to create a body an emotional body a mental body a world of experience you see what good artists you are! Up until now it has been the rule that there where certain agreements in affect, that is, everyone would believe their reality was the same thing, the same limited things and abide by those rules and anyone who stepped over the line, you know those wild artists that didn't go along with the crowd, those crazy saints and others who have been persecuted for being different for not going along with the excepted agreements now you find yourself with the freedom to allow those

agreements to dissolve and the challenge to live as free immortal beings once again and the power to do this is within you, the power to do this is simply the power to letting go. What does an artist do in the creative expression but let go. It is like channelling you just must surrender and let the master say what he or she will, express in what ever way.

In order that you might become affirmed to this new freedom it is essential that you take it a little bit at a time give yourself as I have said sometime in your life to allow a new energy the higher dimensional aspects of yourself to flow through spontaneously it could begin with meditation & end in some manifestation or other some action or other, some creation or other this is not as important as the act that which the artist creates, to the artist is less important than the created act itself for in the creative act the artist is connected with the divine and has that revelatory experience and whether or not it is transmitted or not concretely into manifestation in a work of art, writing, music piece or any other form is not important as the fact that being gives themselves to spirit with spontaneous spirit, humility & allow, this is practice for when this is all you do 24hrs a day.

You undoubtedly witnessed the effects of trying to resist the power & light within you, you have witnessed others trying to act as it always was 3 dimensionally trying to hold it together trying to avoid these new energies of light & love even as they dissolve those limitations.

It is more blissful, graceful more enjoyable to flow with that occurring within you and to learn to do this, give yourself to those moments in your life, allow sometime in your life to be, follow spirit, say for 1 hour I am going to do what ever occurs to me, spontaneously & see what happens!

There is part of you telling you you're not taking care of business if you live this way, your life will fall apart, you will not have what you need as you are not working hard enough. The nature of the universe has nothing to do with working hard, it has to do with opening to excepting and receiving more & more with less and less effort.

Which world would you rather live in?

The choice is yours my friends!

Right now, you may be like one foot on the shore and one foot in the rowboat, whilst the rowboat pulls away from the dock you have a choice to make, don't you? Perhaps you will get wet, then you will have to choose to get in the boat or up on the dock it doesn't matter so much to spirit, you're going to choose one or the other. Perhaps that boat feels a little wobbly, not as secure as that you have always held onto, perhaps you need to learn to enjoy the sense of exhilaration & freedom that you do feel when you give yourself to spirit, without fear, with trust, truly all those that trust will be taken care of. If you begin to trust and practice trust you will be able to witness the miracle of manifestation & grace.

I am aware all this occurs in everyone's life in a gradual process, the process is accelerating now this is why I write this now as the boat begins to pull away from the dock more forcefully & you are asked to take a leap of faith based upon experience so again, we come back to those moments in your life.

Would you give yourself to spirit to create a foundation of experience on which to place your faith? If you never meditate never connect with spirit it will be very difficult for you to make that leap or you will not know what you are leaping into.

Create as an artist in your life,
utilize the spiritual presence that flows through you.
Allow it to take control a little bit more,
each day give yourself some time,
to live not out of old patterns & responses,
Create new activities,
Practice creating your life every day.
I bid you farewell!



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: The Law of Divine Oneness

Everyone and everything are connected in the world we live in. Every thought, word, or action of ours will take effect on others. As everything and everyone is connected to each other subconsciously,

we should start thinking about the good in others, and they will think about the good in you. **Example:** When we allow ourselves to become who we truly are, we discover our passions and want to provide happiness to others with our passions such as baking, singing, etc