

## THE AMPLIFICATION OF LIFE

Thank you for writing that heading. I'm rather proud of that, if I may say so. I placed those words in your mind when I knew you were ready for here to begin.

During that silence, you did the right thing by bringing your focus inward to your senses, before heightening your hearing. Please spend a moment and write all the sensations you felt. Don't worry, I'll be here and standing by.

SMALL ACHES LOWER RIGHT BACK

BUBBLING IN TUMMY

A SENSATION OF EVERYTHING BEING AMPLIFIED.

Now write a few of the sounds you heard.

DISTANT TRAFFIC

MUSIC AND BIRD SOUNDS WITH WATER FROM COMPUTER

RADIATOR THERMOSTAT CLICKS

TINNITUS

CRACKING OF CUSHION MATERIAL

Stop there. Yes, there were more, but that's enough for now.

When you sit in the power and the silence, as you did, and still are doing, you

allows your senses to heighten, its like the volume of life is turned up. Amplified. This is good for you. Did you notice how your senses, your energy, emanating to almost a tangible feeling?

As your mind focused quietly on these sensations it also quietened. When my voice came into your mind, it was distinct. You knew the words you were reading were mine. You instinctively knew I was ready and here for you.

My friend, so many of the mediums in the world today are not taking this time to attune. If they did, their connection to their spirit team would be better and their received messages with more clarity. But I don't want to focus on them. I want to focus on you and your power. It is your that matters. It is your power that we work with. It is that very power that you should embrace, treasure, and work with all the time.

The power could be considered useful for reflective purposes. It is in that silence that your higher spirit can digest some of the world's highlights of this time.

The power is healing therefore. Spiritually and bodily. The physical body absorbs the power and uses it to bring balance back.

Even you have forgotten to use these powers you possess here. This cabinet when you sit is your sanctuary. It is the place your mind, body and soul can take a break, recover, and recharge. In doing so, it also strengthens our connection with your spirit.

To live in your physical world alone is easy. Everyone alive on your planet pulls that off by simply breathing. But to live in the greater world, where your spirit and soul reside is uncommon amongst people.

Life is passing them by at the pace of their time. Sitting in the power of self, on the other hand, is embracing everything.

Living is easy. But living with depth, meaning and appreciation is not so common. Sitting in your power, and uniting with the universal force of all is divine. Yes, that's not an overstatement.

I've said enough for this session. Your mind is straining a little. Remember these words live shared with you this day.

Now make them count and return to this power, this silence, this union, again soon.

Goodbye.