



Don't Look Down!

Staying On Course To Your New Life in Love

Don't look down means don't look to the lower vibration of fear. Fear is the quagmire out of which Divine Energies are lifting you. These Energies will carry you to the Higher Love of your Higher Self, if you let it.

Where your attention goes, consciousness, energy and manifestation flows

Don't look down means don't fixate on what others are doing in the lower realms of fear.

Succumbing to the fascination and familiarity of fear will bring you down to that level

Don't look down because as you ascend higher in vibration and consciousness, the fall into the pit of fear seems even more treacherous.

This startling contrast between the old and new paradigms is a natural part of ascension

This contrast is meant to compel you to leave the relic of fear behind, not to reinstate it by responding to it in fear.

Don't look down means don't look back. Don't imagine a future based on the familiar past. Continuing to see yourself, others and the world through the lens of fear will *never* lead to Love and Liberation. Embrace the unknown.

Unknown is Divine Love that you have not yet fully embraced

Don't look down means don't cling to the old self that is being left behind. Let go of all the ways in which you have defined yourself. Let go of pride or shame in any personal characteristics. The *pride* or *shame* is the anchor to the past, not the characteristic. Especially, let go of convictions about how you and others *should* be.

Preoccupation with self-image and what people think of you is a heavy burden laden with fear that cannot be lifted into the Higher Realms

An inexplicable sadness may arise as the old self dissolves away. Grieving the loss of your old self may be necessary and liberating. This will Lighten and purify your energy, making it easier to merge with Higher Energies.

Don't look down means don't expect that life will be business as usual. If there are relationships, routines and attachments that are rooted in old expectations and programming, now is the time to release them.

Don't look down means don't listen to the voices that are screaming “don't let go!”

As you traverse the great divide between a life defined and driven by fear to a life free of this taint on your Radiant Loving Divine Self, fear will try to reclaim you

Pay it no heed. Now is the time to fortify your resolve to align with the presence of Higher Energies even more.

Don't look down means don't look outwardly, TURN WITHIN. Don't think – FEEL.

Your Heart is the only place where you will find connection with Divine Energy

And without that connection you are lost. For it is not you who is taking you to your new abode in Freedom – that is far beyond your capacity. A much more Intelligent and Caring Force is in charge of that. Grace, Liberation, Sublime Peace and Authentic Power are the results of being carried, raised and infused by a Higher Loving Energy

If you are feeling disoriented, this may be due to your old programming being loosened and dissolved. While this is ultimately liberating, it often results in feeling discombobulated. Don't resist or fight it.

Do your best to feel into and open to the Higher Energies that are the underlying cause of these massive shifts in consciousness

Then, if you feel inspired to do so, with all the willingness and “come-what-may” attitude you can muster, affirm the intention to ALLOW Evolutionary Forces to take you to the Upper Realm steeped in Love and Joy.

Love and Joy is the destination, but the journey getting there is often very challenging

If you feel intimidated and disturbed by the monstrous Waves of Divine Energy currently streaming through the planet, that is entirely natural. The more profoundly affected you are by these Energies, the more likely it is that you are aligning with them . . . or at least feeling the Call to do so. What to do in these challenging times?

Allow yourself to feel intimidated and disturbed and choose to merge with that Higher Love and Power anyway!

Merging in this way is Redemption, which will lift you to your New Life in Peace. It is not you who is raising your resonance, it is the Resurrecting Radiance of the Divine.

Do you have the Humility and Trust to allow yourself to be Risen?