

Our Spirit's Intentions

The following information consists of excerpts from “Ancestral River, A Spiritual Journey for the Living and the Dead.” (Slight modifications to make it easier to read out of context are shown in parenthesis.)

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...A friend announced she was expecting her first child. Knowing (that for a few weeks after conception, the spirit) of a baby in the womb would remember being in the Oneness, I said to Universal Spirit, “How can I help this baby remember that she’s always part of the Oneness?”

“Hold her like I hold you.”

Universal Spirit took me in a vision past the stars, sun, and moon. A little baby was very scared; it was me. I held her close. “Everything’s okay, little one.”

Universal Spirit said, “I held you when you were scared.”

“When I was in the womb or during the trauma when I was three?”

“I hold you always, but in the womb, the mind soon forgets being held. Parents used to hold the spirit’s intention for their children beginning at conception, and teach them that they were part of the Oneness. Few people hold their future generations now.”

Somehow knowing that Universal Spirit’s “I” was “We,” I said, “I’d like to meet the ancestor who held me.”

As I stood in the Oneness, (an ancestor stood before me)....

I said, “Who are you?”

“My name doesn’t matter; I’m from Tobias’s clan.”

...During gestation, my mind had forgotten my Oneness, yet long before I was born, this paternal ancestor had held my spirit’s intention for me. Was this why I had yearned for Universal Spirit all my life?

Universal Spirit took me within myself again to feel my spirit’s intention being held for me. The vibration was loving and being loved at the same time; it was an affirmation of the Oneness my spirit already felt, a confirmation of my desire for the Oneness, and a reminder to keep my spirit in charge of my mind so that I could choose how to act instead of reacting from the fear of not having or being enough....

I held the spirit’s intention for the baby and her family, myself and my family, my relatives and friends, for everyone living and all future generations, and for all ancestors and angels in the waiting place and in the Oneness.

I held the intention for children, to help them remember the feeling of being spirit so they would have fewer old stories and fewer patterns of fight, flight, or freeze. I held adults to help them live as spirit, feel a connection with the Oneness, be more at ease with life, and be able to transition into the Oneness at death. I held grayscale angels and ancestors to help them find their way to the Oneness much sooner. I held intentions for all those in the Oneness, including those who have not yet lived a physical life, to affirm the love I shared with them and to increase their voltage.

As I held the spirit's intention for everyone in the universe, those in the Oneness held the intentions with me, amplifying the intention in all.

Intuition helped me see that the broad spirit's intention of knowing I was one with Universal Spirit had five parts; each part held an aspect of the energy represented in my five spiritual chakras.

The chakra fifteen to twenty inches below the feet represented the ascending flow from the concentrated energy of Universal Spirit deep under the earth. This chakra's intention was for each being to know that we are spirit beings. Our spirits' desires are to lead our minds.

The intention of aligning our minds to hear our spirit was in the spiritual chakra fifteen to twenty inches above the crown. It represented being able to recognize when our minds were at the point of choosing between hearing our spirits or reacting in a pattern of fight, flight, or freeze.

The chakra three to four feet above the crown represented the descending current of energies from the Oneness: those who had the mindset of the abundance and free will of Universal Spirit and whose spirits always led their minds. The intention: we consciously choose to live as spirit.

The chakra just inside the outer edge of the biofield held the intention that we live in harmony with the abundance of the universe and know that everything the universe brings is good.

The chakra just outside the outer edge of the biofield represented knowing we came from the oneness and will return to the Oneness, and that only the full expression of each part fulfilled the whole. The intention: we are fully expressing ourselves for the highest good of all.

As I held the spirit intention for all, the universe poured into me. In response, my spirit broadcasted as a loud roar throughout the universe, holding space for all, because every spirit knew it was one with Universal Spirit. It was only their protective minds that had forgotten they were spirits....

As I hugged a tree in front of my home, hands on its bark and bare feet on soil, the tree said, "What intention are you holding today?"

I sent the intention to transmute all the harmful frequencies into helpful ones. And I held the intention to restore my heart and mind.

...As I hugged the tree again, I pictured in my mind the Oneness as I had seen in a vision, when all who ever existed were standing as one, and held their joy and love in my heart. Then, holding Universal Spirit's intention on behalf of every part and the whole, I said, "I am holding all people living and all generations yet to live, all ancestors and angels in the waiting place, all of

nature, and all of the Oneness, including the sky clock and the deep energy. I hold you, Universal Spirit.”

As all parts of the universe stood with me and spoke as one, the river of love I usually felt from my ancestors became an ocean. “We know we are spirit, we align our minds to hear our spirit, we choose to live as spirit, we are living in harmony with the abundance of the universe and receiving everything as good, and we are fully expressing ourselves for the highest good of all, for our own restoration, and for the restoration of all things.”

As my spirit’s intention was broadcast through the trees, the energy of the universe expanded into all it was meant to be—full capacity unknown since the beginning—amplified limitlessly beyond the biofield of Oneness into unending Universal Spirit, then came back to me. We were one. The power I needed to fully be all my spirit can be and for the restoration of all things was always within me.

“I give thanks. And so it is.”