



AnnMcGillPotentialist
explore, discover, release, expand, become

messages from the Universe

Thanksgiving Day

via Ann McGill - 11/27/2003

We have just been through a relatively long period of extensive bombardment by high voltage energy.

It was intended to wake-up those who need to wake up. People who are still in denial or major avoidance.

It was intended to reward those who are ready and willing to dive into the fires of transformation, the trials and tribulations of self-revelation, to walk the razor's edge of Truth as each seeks deeper realization of Self ... the Truth of who you really are.

Congratulations if this was you. You deserve a rest. A break. To relax, play, read, walk, star gaze, have fun. You really do need it if you went through the kind of breakthrough I'm talking about. Why don't you check out the truth of what I am saying, and see if it applies to you? All I'm wanting, for you, is that you take extra loving good care of yourself at this time. You deserve it, you need it, you'll be able to do what's next oh so much better if you do. You know that's true.

If you're feeling in a whole lot of pain right now, you can make it ever so much easier on yourself if you will recognize this pain or fear or anger or grief or whatever is challenging you right now is actually a gift -- likely in "coulda-fooled-me" disguise. You have been given a chance to feel whatever has been going on, that you have too long been in denial about, and to recognize ... to finally acknowledge ... that the feelings will only get worse if you don't take hold, take charge, and do something about them.

No more hiding out. No more pretending. Gather your courage ... which you've got more of than you think ... and get on with the task ahead. You don't want to miss your next window of opportunity. Do your homework and be prepared this time. I'll be making suggestions in a moment.

For some this will be easy enough. Others are facing a brand new challenge, likely in a realm they know next-to-nothing about. If this is you, do yourself a favor and reach out to those who have the answers. Just as you've served others many times over with your expertise and experience, allow someone to do the same for you. Why let things stay hard when they

can get rapidly easier? That's my motto. So what if it costs a few bucks. "I'm worth it. I need it. God wants me to have it. God wants us to be happy, fulfilled, all the time." These are the things you need to be saying to yourself ... if you aren't already.

Bottom line for everyone is to step back and catch your breath.

Those who are basking in the joy of breakthrough, attend to those matters that you've had to put off, but ... but, be sure to put your personal needs first. Health, exercise, diet, fresh air and sunshine, being in nature, observing beauty, getting together for relaxed conversation with friends.

Those who are beginning to recognize, or have finally admitted they have a big challenge ahead, relax. Catch Your breath. It took a lot of pushing and pulling, which didn't feel very good, to get you to this point. Take a deep breath. Congratulate yourself, for a job well done. Yea, you wish you, too, were at breakthrough, but know this, you too shall soon be. Here's what ya gotta keep in mind.

First off, there's always another energy surge around the corner. This is why even breakthrough people need to take a break, slow down, cool their circuits. You're gonna get another chance. God keeps on giving us as many as we need, until at last we finally take hold. The question is, how long are we gonna keep on hanging on?

You with the growing-ever-more-obvious challenge on your platter, here's what I would do / have done in your situation. The first task is to STOP and take a LOOK. Check in how you feel, what you do and don't understand about what's going on. This can only be done alone, or with someone who knows how to facilitate, it can't be done with kids running around, the phone ringing or other kinds of demands and interference. This is your starting point. An assessment of where you are. Don't think, for the moment, about any more than that or you'll only complicate matters. That's my experienced advice.

Blessings to all ... you so deserve ... being human is not easy ...

n/ Joy ... b/ Peace ... w/ Love ...



Ann McGill - Potentialist

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