

A Shock to the System 2

Friday, July 16, 2021 8:45 am

2. The Power to Stop Suffering

"Suffering takes on many forms that range from a mild headache to severe and debilitating emotional trauma that can cripple or even derail a life journey. This is scenario two."

'A relative visits you and mentions that she's been experiencing lower back pain. On some days, she can manage and tolerate it but on other days, she needs pain medication. There have been times when she has not been able to get out of bed and has been unable to participate in her regular activities. This has affected her relationships with her children and co-workers.'

(Debrief)

"As Christ, this is what you know. There is much that you don't know. You don't know with certainty if the pain has an emotional component, a physical cause or some of both."

Just by listening to her, your energy is creating miracles by encouraging the acceptance of the situation, as difficult as it can be, in the now. When you physically leave or when the call or texting discontinues, the pain can become the focal point again, if you were at the Christ Awareness or Christ Consciousness levels of development.

As a fully manifested Christ, your blessing has the power to extend from the now into future nows. She may feel inspired to research lower back pain, join a walking group, learn more about her emotional limits and triggers or get professional help. Christ energy is helping her to grow by discovering more about her own mind-body connection. This was a very powerful blessing indeed."

End Time: 9:09 am