

CHANNELED TEACHINGS

*A Guide to*  
*Spiritual Communication*

Received and Scribed by Patti Fields

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Visit the author's website at [www.pattifields.com](http://www.pattifields.com) for additional channeled teachings, meditations, and *A Course in Miracles* and spiritual dreaming resources.

## **Other Channeled Books by Patti Fields**

*Dreaming Miracles—Spiritual Messages That Help and Heal*

*Freedom Now—Transform Life Experiences Into Miraculous Moments*

*A Lightworker's Guide to Fulfilling Your Destiny*

*A Guide to Aligning with the Source of Healing*

*The Role of the Healer*

*Navigating Life Transitions, Changes, and Transformations*

*Your Role in Co-Creating*

## **An Inspiring Message from My Guides**

*In loving service, we offer these messages  
as a guide to help you reach  
the fullest potential of your God-self.  
For it is in the expression of the Divine  
that you learn you are the Creator's joy.  
We honor who you are as a spiritual being.  
And, we acknowledge your strength, courage,  
and commitment to use life's moments as a means  
to fully express your divinity on earth.*

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## My Experience of Channeling

I received my first spiritual message when I was at one of the lowest points in my life.

A few days before my baby's due date an ultrasound confirmed my worst fear. My baby girl, Amanda, had died. The night of her funeral, exhausted and feeling utterly alone, I collapsed onto the bed and cried myself to sleep. That was the night I experienced my first spiritual dream and received a comforting message.

Recognizing that dreams were a way to communicate with the spiritual realm, I began to intentionally focus on utilizing my dreams to obtain guidance, understanding, and healing. Over the years, I have received many transformational dream and vision messages that benefited me and others. I've shared some of them in my book, *Dreaming Miracles—Spiritual Messages That Help and Heal*.

Content with my spiritual communication routine, it hadn't occurred to me to seek another way to receive messages until one night an unexpected dream introduced me to one of my spirit guides, Neshea. During my dream, he taught me how to channel messages while awake. The next morning I followed his instructions and scribed the first of over fifty channeled messages. The teachings were so profound and compelling that it was clear they would be helpful to others. I immediately began transcribing the messages to share them in a new book, *Freedom Now—Transform Life Experiences into Miraculous Moments*.

Receiving channeled messages is now a common occurrence and an essential part of my spiritual practice. When connecting with spiritual energies, I feel uplifted and peaceful. I gain a broader perspective of life's events and receive solutions that are loving and beneficial. And because spirit guides, angels, and ascended masters are aspects of our divine nature, connecting to their energy and wisdom reminds me of who I really am.

Making this connection is an ability everyone has. Yet, many are unaware they possess this capability or they are aware but do not know how to make the connection or discern between spiritual messages and their intellect. Whether you want to connect to the spiritual

realm through channeling, dreaming, meditating, praying, communing with nature, creating art and music, or serving others, this guide can help.

It is my honor to share these channeled teachings and provide a means for you to commune with your own divine wisdom. Not only will it enrich your life; when this connection occurs, it extends the gift of healing to others.

## **CHANNELED MESSAGES**



## 1. Communication from Beyond the Veil

When you believe everything you think and see, you are lost in a world of smoke and mirrors. Nothing is as it appears. And, your thoughts about what you see are limited to your past learning. If both of these statements are true, which they are, how can you know what steps to take, what decisions to make, or how to respond to an event or situation? Your spiritual studies provide theory for you to access when seeking a different response to life. Yet, at the core of all spiritual teachings, if their purpose is to teach truth, is to lead the student to a place of acceptance where they willingly admit they know nothing at all. In this glorious moment of uncertainty and confusion, the thought system of separation ceases and now spiritual communication can be received and understood.

When you receive communication from beyond the veil that separates distortions from truth, rejoice. The purpose of spiritual communication is to provide pointers to keep you on the path that leads to self-discovery. Consider the purpose of a light house. It shines a beacon of light that points you toward home, no matter how far you have strayed from shore.

Communication from beyond the veil comes in many forms such as sights, sounds, touch, words, senses, and symbols. The language of love can shift into any form that is best suited for the listener because its purpose is to communicate. The receiver's only responsibility is to open the channel and listen. To open the channel one must be empty of previous understandings. To be empty one must merely accept the fact that they do not know anything at all. It might seem like a paradox to admit you do not know as a way to know all that you know. However, it makes perfect sense how both statements can be true when you test it out.

The way you receive communication and what messages you hear can be quite startling and unconventional. The teachings in this guide will aid you in opening to these experiences. Remember the light house. Its purpose is to lead you home. Our messages provide pointers that direct your path. When you open to all forms of communication from beyond the veil, you will surely find your way home.

## 2. Communication Needs A Common Language

There are multiple ways to experience reality. What appears on one plane of existence might or might not be the reality of another dimension of time and space. Time and space are relative and vary, depending on the view of the participant. If you see yourself existing in a slower frequency, everything around you also exists at that frequency. If the frequency increases, you see things that could not be seen in slow motion.

*Patti: I am reminded of a story I heard about an audio recording of crickets. When the audio recording was played at a slower rate of speed, the chirping was in 4-part harmony. When the recording was played at normal speed, only one note was heard.*

The faster the speed the quicker communication happens. And, what is communicated is heard differently by one who is also vibrating at that frequency.

Communication is experience. You tend to think of communication as expressing words and then understanding the meaning of the words. Actually, communication is energy. You don't need words to know what someone is feeling or saying. In fact, symbols such as words can be incongruent with what they are truly communicating. When you get a sense of someone's true feelings that is considered more accurate than words or actions.

When we communicate with you, we are slowing down the frequency of the message in order to use symbols to communicate an energy. If you were to join us in the frequency of divine reality, there would be no words. And yet, you would understand everything. Even now, when you try to stay in the slower frequency so we can communicate with words, you sense something present beyond words.

Let's stop for a moment so you can sense what is beyond these words.

*Patti: I pause my writing and try to sense what is beyond the words.*

It is difficult for you to communicate without words. Yet, that is what communication is like at the faster frequency of other planes of existence. Words are dense and difficult for us to use and sometimes difficult for you to receive because what you really want is to be in the frequency of other planes of existence. To be rooted on the earth and communicate by using a slower frequency to form words can be challenging. Yet, it is important to do so if we are to be heard.

Ultimately, we want you to go beyond symbols and meet us where we are. Symbols are a bridge. We ask you to be content with symbols for a while. You long to be with us. We need you to be where you are so we can express faster frequency experiences in a dense three-dimensional world. Be content to be the catalyst for spiritual communication. We hear your prayers and know where you want to exist. Connect with us, and you will be where you want to be.

### 3. Listen

Experience cannot be communicated. Experience is shared when two or more have the same experience. To communicate with those who do not share the same experience is difficult and requires a different communication tool. First you must consider what you want to communicate and then find the language that others speak so there is understanding and acceptance. Spiritual communication requires the receiver to be open to all forms of communication.

Accessing higher communication does not require you to learn a different language. The recipient need not do anything except be willing to listen. The responsibility of the giver is to choose appropriate symbols to communicate the message. We are the givers. You are the receivers. You need not burden yourself with the responsibility of choosing the right words, teachings, practices, or prayers to receive what you want. Your task is to clear your mind of preconceived notions and expectations and be curious to know what you currently do not know.

To know is all inclusive. Knowing is not just intellectual understanding. To know is also to feel, sense, see, and intuit from the heart center. We, the givers of spiritual energy, choose the perfect form to communicate truth. Look for all the signs that convey to you a message of the love of the Creator and your worthiness to receive that love.

We use everything in your three-dimensional world to teach you who you are. Today, listen to the world around you and within you for the messages we wish to give to you. It's easy when the part you play in receiving divine energies is so small. Do your part, and we assure you that we will do ours because our desire is to reach you.

## 4. Release Interference

Grasping and clenching of old paradigms can look like a rejection of love and a refusal to listen. Wanting the old ways to be THE way to feel happiness and connection is not a rejection of divine love. It is a refusal to see the folly of a system that claims it knows the way to joy but fails to prove it. When wayshowers point out the inconsistencies and lack of love in what the world offers to those who are desperate to be free, that awareness is not always welcomed. Instead of seeing this gesture as a gift, it can be viewed as a threat.

If you are one who wants to communicate with the spiritual realm and share what you are learning, we wish to point out that our guidance and understanding is not always welcomed by anyone who wants love, connection, and joy but is not ready to acknowledge that their devotion to a system that does not serve the greater good and all of humanity is misplaced. To venture out from the norm to explore new ideas, feelings, and unconventional truths is unsettling and uncomfortable. How many are truly willing to feel the foundation on which they stand sway and start to crumble? How many are willing to leave behind set rules, beliefs, and forms of justice for new laws that require change? You see dear ones, communicating with the spiritual realm is easy. It is the message and the follow through with the message that some might find challenging.

When you embrace a new paradigm others might not agree. And, they might fight hard to keep their rules, beliefs, and perceptions. What then? Will you go back to old ways to avoid feeling like an outcast? Or will you continue to listen to your heart and follow in our ways to create a new world?

These times are challenging indeed. The beauty of a global upheaval is that more of you are willing to take a leap into unknown territory and let go of your

old life for the purpose of building a new foundation on which a new paradigm can be created. We wish to communicate with you always. We have much to share that will help you. We need participants who are willing to leave the old behind and take the steps toward a better tomorrow.

When others see the results of making this shift by witnessing the unfoldment of your path, they will be encouraged to take the leap into a new world. You can teach through example that the dying of old ways is not a threat to their well-being. It is an opportunity to let go of what is not serving them and join you in creating a world of light and love. We realize this transition might be difficult for some. If you are challenged by the falling away of the old life, read this message over and over to give you hope and assurance that a better life is ahead. And, continue to listen to our guidance and understanding so we can support, love, and help you.

All of life is sacred. Even moments of transition. Continue to listen to us, especially when you feel unstable in your life experiences. Be assured that great changes are happening, and we are here to help you walk across the bridge.

## 5. Don't Shy Away

It is true that the issues at hand require love. But they also demand utmost clarity, understanding, and vision to see what is broken and in need of repair. To look closely at the discord, unhealthy patterns, judgments based on misperceptions, and emotions of hate, anger, and self-loathing can be disturbing. Yet, if everything in your world was a reflection of heaven, why would you seek to communicate with the spiritual realm? You ask to join with us because all is not well in your world. To overlook the distortions as a way to avoid disturbing energies and allow only love to be experienced, is avoidance.

You believe that your mission is to see and experience only love and ultimately you are correct. Your mission is accomplished when you heal distorted patterns and disturbing energies so that everywhere there is ONLY love. This transformation requires you to look closely at the energies and patterns you, and those around you, engage with. You see dear ones, your avoidance of what needs healing can limit your access to the spiritual realm. Not because we refuse to connect with you. You cannot hear our guidance if you do not acknowledge the broken pieces that need our guidance.

It is a superstitious belief that if you see evil you make it real and draw it to you. There is no such thing as evil energy. There is, however, distortions and disruptive energy patterns that need resolution so that all that exists is a frequency of perfect love. It is not unloving to recognize the need for healing or the extent of the brokenness within yourself or others. Yes, you are a spiritual being, and your mission is to see and experience only love. Yet, you find yourself in a world where there appears to be a need for what is real and true. We advise you to look closely at the dis-ease without flinching or retreating to an old remedy of ignoring what NEEDS a remedy.



We seek to communicate with you to offer you a remedy. You seek to connect with us to escape the need. This disconnect can be corrected by your willingness to change the belief that it is unspiritual to acknowledge when someone or something is out of alignment with perfect love. We need you to see clearly any disturbing and unloving energies both within and without and then join with us to access the remedy. The guidance we offer is always loving to everyone involved. You do not know what is loving because you tend to hold on to comfortable ways of living. Extreme needs call for extreme measures. Be assured we know what real love is and what will restore love to any disturbance.

Communicating with us requires a completely open mind free of any beliefs, doctrines, or preferences. We know what is best and we will always advise you from a vantage point of pure awareness of your natural state and unchanging nature. Every directive we give leads you as quickly as possible to this pure awareness. We keep this goal in mind always. You sometimes prefer the goal of comfort and complacency and hope that by refusing to see what needs healing and changing will help you keep your structures in place. We know you can adjust to any change because you carry the strength of your natural state. When you connect with us, we remind you of your strength and help carry you through whatever changes are necessary to repair the energy field so it emits the frequency of pure love.

We love everyone involved in any situation that needs repair. Each might require a different solution. Be open to all guidance and we will help ALL experience love.

## 6. Ask Without Limits

*“Let the words, actions, and perceptions I receive from the spiritual realm  
guide me in all things.”*

This prayer is the gold standard for communicating with us about earthly and spiritual matters. When you see the importance of receiving spiritual advice for your life and seek to join with us for that purpose, the question becomes: What are you asking to receive? It is important for you to understand what kind of advice we offer to fully take advantage of our services.

It is natural to ask for solutions and guidance that will lead to feelings of safety and abundance (materially, physically, and emotionally). To receive clear communication, this understanding is needed: We offer only love and you deserve only love.

This fact translates to the concept that fear, strife, and sacrifice are not part of love and therefore are not contained in any messages you receive from the realm of divine love. Contained within your prayers for help with earthly matters is your understanding of this concept. Keep this understanding and expand your limited view of what to pray for when seeking to receive guidance from us. An open-ended prayer without limits expands your awareness of answers that address past, present, and future energies. If you can loosen your grip on specific asking, you can receive what you need and want without knowing what you need and want.

In today's teaching we emphasize the need to pay attention to your asking as a way to ensure that our messages can be heard as it is given. You struggle with receiving communication from a higher energy source because you limit what you can receive. Your learning to communicate involves becoming proficient in the language of love. The human language is fraught with symbols that diminish the light of true communication. For instance, if you believe you

hear a message that instructs you to judge, hate, or attack, these words and actions are from a distorted form of the language of love. Much like the game you played as a child when it was fun to develop your own private language to communicate with your friends.

The language we speak only contains symbols of love. That does not mean we will not give you clarity of a situation that points out discordance and disruptions that need healing. We can also advise you to change as part of an action plan to restore love. Any communication from us will contain love regardless of how it can be misperceived by those who are afraid. Open to our messages by using the simple prayer and pay attention to what you receive.

We emphasize this teaching today because of its importance to communicating with the spiritual realm and receiving clearly the guidance we offer you.

## 7. The Purpose of Communication

We wish to address any misunderstandings about the spiritual realm and its purpose in your life. The realm of the spirit is not a destination. It is difficult for you to conceptualize something that is invisible and without a specific location without adding your preconceived ideas to what it is. You sense the spiritual realm is something you want to experience and its value to you is not misguided. What you are trying to reach and achieve IS a worthy goal. And, you are correct in anticipating a better, richer experience when you reach this goal. Where you need correction is where and what the spiritual realm is and how it will lead to a better human experience. (By “human” we mean a spiritual being imagining itself as something else and existing somewhere else.)

We always advise you in a manner that recognizes your current experience, while knowing your real experience as a spiritual being and your true purpose to awaken all souls to the reality in which all living things exist. You do not have this perspective. Therefore, it is natural for you to seek to go somewhere else and be something else because the world where you seem to exist has its challenges.

The world that you want to exist in is right where you are, yet it is hidden from your view temporarily. When you remember there is another realm to exist in and another way to be, you reach for us with the request to “go to” another dimension where this world of strife doesn’t exist. Your purpose of receiving communication from us becomes the means to escape the world you see. Our purpose of connecting with you is to reveal to you a world that exists right where you are. When we communicate with you and you receive our words, perceptions, and guidance, the veil that separates these two worlds becomes thinner.

Imagine looking into a full-length mirror and seeing a reflection of your humanness which includes the frailty, vulnerability, and weariness of a human existence. You have a faded memory of existing in another place and time when you felt free, happy, safe, and loved. You ask to go to this place because the experience of being human is difficult. Your prayer is answered immediately. But instead of being transported to another dimension, you open your eyes and see that you remain standing in front of the mirror. But what you see in its reflection is your true essence as a spiritual being. And, the room where you existed as a human is now pulsating with the energy of light and love.

Please understand this teaching today. We point out the purpose of communicating with the spiritual realm to remind you that you don't have to travel long distances or struggle to reach your destination. Yet, do not assume that our words, guidance, and perceptions will not include actions, changes, or the pursuit of earthly goals. Remember, we have the perspective of where and what you are. We guide from this knowing. It is a journey to discover what was always there and always true. Any experience that dissolves the barrier between you and your awareness of this truth is part of fulfilling the purpose of communication.

These steps can include out of the ordinary experiences, changing locations and pursuits, developing creative abilities, serving in roles that seem ordinary, and so on. Our communication with you has a divine purpose. It is designed to meet your spiritual and earthly needs in such a way that speeds up your progress toward proper perception of the world and yourself. Trust that by communicating with the spiritual realm, all things are working for good, and where you are is the right place to be.

## 8. The Key to Clearing Out the Channel

We wish to talk with you today about the need for love and compassion in a world that has forgotten the power of love and the healing that compassion offers to those who struggle with the difficulties of life.

As one who desires to connect with the spiritual realm and experience mystical, magical moments, your love and compassion must be at an all-time high if you are to purposefully seek communication. The reason why you want to communicate with us is an important ingredient to making successful contact with spiritual energies. The love you feel for yourself and others, if diminished through judgment, grudges, or self-chastisement, can block the receiving mechanism entirely or distort the words, guidance, and perceptions you receive. Lack of love for anything or anyone causes blindness and deafness because there is an unwillingness to receive the energy of love that is the essence of any communication from us.

Our message today is the key to clearing out the receiving channel so the energy can flow easily between us. You must practice love and compassion in every aspect of your life. You think it is strange to associate a practice with a feeling. You believe feelings are a result or effect of events, circumstances, and thoughts. To practice a feeling seems foreign to you. And, that is why we answer your desire to communicate with the spiritual realm with an idea you might not have considered.

Self-love and love for others is the key to joining our energies to create miracles. Are you surprised that we did not say that meditation, study, or changing your thoughts are the keys to receiving spiritual energies? Your willingness to stop judging yourself and seeing yourself as a failure and the desire for a change of heart if you hold resentments or wish for others to pay

for their mistakes, are the practices that guarantee successful communication.

How do you practice love and compassion? Look closely with our help at the places within your heart that refuses to love because of hurt and pain. With determined energy insist that love and compassion are what you want to feel, and then wait for the change to come. A thought, perception, or idea might suddenly occur to you that changes your view. A directive might be given that propels you to make a change that is loving to yourself to remind you of your worthiness. An insight into someone's struggle and challenge might be offered to soften your heart.

Practice love and compassion wherever it is needed. Search diligently for any speck of pain and ask that it be replaced with love. At first you might not see how this practice is helping you join with spiritual energies. Like a mouse nibbling on a thick robe, eventually the vigilant nibbling away at what binds you to the dense energies of the three-dimensional world will give way to the spiritual energies of the world in which you live.

Focus your attention on practicing love and compassion for yourself and others, and you will be with us in spirit and radiate this spirit wherever you are. This practice is not an answer that is always welcome, but it is an answer that will give you everything you want. Practice well for your sake and for the sake of the whole world in which you live. When you truly love yourself and love others there is no limit to what wonderful works we can do together.

## 9. Helpful Tips

Each of the messages we have given to you in this series is preparing you to connect with us so that we can transmit words, thoughts, feelings, perceptions, and direction through a channel to reach those who need our help. The importance of preparation is likened to you preparing for an exam. Although we do not give you tests as a way to judge your knowledge, an exam is when you actually apply what you have studied to a situation and then observe where you are proficient and where more study is needed. “Study” in this case refers to preparation to receive clear communication from us. If more preparation is needed, the previous messages can provide the material and practices to guarantee success the next time you are presented with an opportunity to apply what you have learned.

This course is on-going. There is always room to improve your communication skills. We ask you to refrain from a pass or fail assessment and consider that a student can always learn more to perfect their craft. When you are less apt to judge your learning, you are more willing to review the end results of your practice without fearing failure. Applying what you’ve learned does not always result in instant achievement. If you can remember that trying is learning and learning is valuable to your success, you will not give up if at first you don’t succeed.

Another important aspect of communication is to realize that we, the invisible energy of the spirit world, are always trying to communicate with you. Imagine just for a moment knowing this fact as you go about your day or slip into a sleep state at night. Do not doubt our existence and desire to reach you and offer assistance. If you feel alone and forgotten it is not because you are. These feelings are merely a result of not perceiving or hearing the choir of



angels that are with you. Understanding THAT as the problem, your learning is geared toward opening your eyes and clearing out distracting noises.

Remember our previous message that taught you of our wisdom in knowing what language to use that will ensure the receiver understands our guidance. You can rest assured that we know exactly what symbols to use to convey our messages. Now we will point out the various communication methods available for this communication to happen. We will list some of the options available to you. Undoubtedly there are more.

Dreams, journal writing, and meditation are the most common methods used to receive communication. Each require a determination to let go of deciding anything for yourself, including what is needed and what the problem is. In addition to the preparation the previous messages provide, your willingness to be open to anything (even surprises), is required for clear communication to occur. Let go, let go, let go, is the best advice we can give as you wait to receive what we want to give to you. The means of communication is our responsibility. Be open to all forms of communication including but not limited to images, senses, signs, stories, symbols that are meaningful to you, voices of others, visual displays, sources such as books, articles, media outlets, and even billboards and road signs. We use it all.

The major stumbling block you have to receiving clear guidance from us is your interference with the message. If you pour water through a coffee filter filled with coffee grounds, what you see as an end result is not the original substance. This occurrence is common and if it occurs do not judge yourself. Remember you are learning to communicate with us and learning involves practice. Our advice is to discern the accuracy of what you receive by first restating your intention. You want divine love to guide you and love you and others equally. And, you want everyone to gain and benefit from what you receive. Then return to the messages and ask for clarification based on your

intentions. Examine its content and feel or sense its authenticity. Is what you received helpful, loving, inclusive, and wise? If it contains all of these elements, you can trust the message, the source, and yourself. If you are still in doubt, seek out someone you trust to help you discern its clarity and purity.

Your willingness to go through this extra step IS proof of your desire to be a channel for divine guidance and to let go of any fears that do not serve your best interests.

## 10. Say Yes

Our guidance will always ensure that everyone will benefit. Your life's mission is self-serving, and the self is a unified whole. When you serve the true self, you automatically serve the whole. YOU believe what is best for you cannot also be what is best for others. We assure you, all is working toward freedom for all.

Your confusion about sacrificing your own interests to serve others can delay your acceptance of spiritual gifts. You might believe it is not possible to serve your life's purpose and serve others with a single decision. We are dismantling this concrete view. If you continue to believe that to serve yourself is to abandon others you will not receive more than others currently have. It would highlight your sense of separation from humanity and THAT you cannot bear. Now, we ask you to accept the opposite as true: To accept the gifts being offered to you brings you into unity with others and benefits everyone.

The discrepancies you see between the "haves" and the "have nots," are equalized by you becoming a living example of what is everyone's right: to live life more abundantly. In addition, the more you receive the more you can give. Having an abundance of patience, love, acceptance, security, and kindness allows you to give without depleting your resources.

If you believed that others would benefit from YOU receiving gifts, what would you not accept as yours? Trust the universe to only give to you what can be shared by all. You do not always know the behind-the-scenes workings of the universal law of love. You cannot always see the benefits. That is why you must trust in what you cannot see: The self is a whole unit.

It is not possible for you to receive without it benefiting the whole. When you deny yourself gifts, you deny others the receiving of theirs. When you receive

the gifts, you automatically bring them energetically to the whole, so all can benefit. You do not realize or grasp the enormity of what oneness means. When you are stuck in a misperception of separate parts you must follow the law of one without knowing there is only one mind, one heart, and one spirit.

Do not give into the temptation of separate parts. Open to receive the gifts and say, “As I receive these abundant gifts, all are benefiting.”

This response is how you learn the truth of oneness and the truth of love.

## 11. What Spiritual Communication Offers You

You desire to communicate with the spiritual realm because you value your soul's mission and purpose to awaken to divinity and truth. Divinity and truth are synonymous. One without the other is impossible. Why is communication important to realizing the true meaning of these words? Without communication there is not a continuous flow of energy. To communicate there must be a receiver and a giver. Yet, these two conduits then switch to be the opposite. The giver becomes the receiver and the receiver becomes the giver. Then they switch back again. When what is communicated speeds up, the giver and the receiver blur into one continuous flow. This flow of exchange of energy is the Supreme Consciousness expressing itself. We tell you this so you realize why you communicate through prayer, meditation, dreams, chanting, or channeling.

What motivates a seeker of truth to engage in these activities is not always completely known. You might believe you are seeking peace, answers to problems, escape from limitations, or freedom from fear. You DO receive these experiences while engaging in activities that connect you with the spiritual realm. Yet, what truly motivates you is the impulse to experience the energy flow of divine love.

Love is the thread that holds all things together. Within the communication is the vibration of love. When you attempt to communicate through any means, you are seeking to feel your true existence as love through the energetic flow of giving and receiving. That is why you seek connection in the three-dimensional world. You might try to connect physically or through sharing ideas and beliefs. Yet, underneath these attempts is the desire to experience connection.

We are instructing you in these matters in order to direct your attention toward what you truly seek. You try to arrange symbols in the world to give you the experience of divine energy. You set up circumstances to share ideas or fulfill a goal because you want to be in the energy flow of communication. You believe that through connecting with each other and using the symbols of the world, you can achieve your goal. We ask you to recognize your true motivation while engaging in these activities. This recognition will enable you to open to the experience you are seeking. The satisfaction and joy you feel will help you rest from over seeking and over trying because what you seek is always available to you, no matter where you are or what you are doing. Instead of manipulating symbols in the world to achieve communication, you can rest in the experience and then watch how the symbols arrange themselves perfectly as an expression of the flow of energy that holds all things together.

You do not need the symbols to achieve your goal. Yet, symbols can be useful to feel the energetic flow of love. Here is an exercise that can help you achieve your goal:

1. List all the symbols you use to communicate. For example, words, social media engagements, journal writing, dreams, visualizations, joining with others in a common activity, collaborating on a project, and so on.
2. Ask yourself, “What am I truly seeking to experience when I engage with these symbols?” Contemplate the idea that you are seeking to experience the divine energy flow of love.
3. Remove your attention from the symbols to the thread that holds the symbols together. This energy flow is constant regardless of where or what the symbols are. Focus on WHAT is being communicated: the energy flow of divinity, love, and truth.

Now, you can let go of attachments to the symbols as a means to communicate because you are focused on the energy that holds all things together. THIS is what you seek. THIS is what is constant and never changes, regardless of the symbols which are in flux.

You do not need the symbols to achieve true communication. The giving and receiving of love, truth, and divinity through telepathic communication is a natural law.

## 12. Your Connection Remains Secure

The human experience can be overwhelming and engaging. You are learning how to engage with the world and still maintain a connection with us. In the depths of despair and in the moments of wonder and excitement your connection with us remains constant. There is no severing or disruption of the connection.

*Patti: I am given an image. I see myself trudging through mud and debris. Above my head is a rope that hangs down from the sky. As I walk, the rope moves along with me. My eyes are focused downward, so I do not notice the rope.*

When you focus on the mud and debris it can feel as if you are disconnected because it weighs you down. Yet, your connection remains secure. We do not move up ahead waiting for you to catch up. We maintain clear vision and pure awareness while moving along with you as you move along the timeline.

The amount of difficult emotions, confusion, and mental anguish you experience does not alter the strength and power of our connection. You might experience disconnection as you trudge through the experience and clear away the debris that clings to you. But the disconnect is not disconnection. It is you focusing intently on your human experience and becoming less aware of our connection. In our analogy, communication is instantly reestablished the moment you turn your attention upward. Consider connection to your true self, wisdom, and peace in terms of awareness and it will make sense how you can be consumed with earthly problems and concerns and still be connected to the heavenly realm.

You do not abandon your responsibilities to yourself or your loved ones when making a decision to turn your attention away from the problem and ask for



our guidance. You are still intimately connected to your earthly concerns when you look elsewhere for wisdom and peace.

We address earthly and spiritual concerns equally because we see it all as one. Blending the two worlds is our way of helping you transcend the delusion of two worlds and see only the one that Source created. We use the symbols of the world of duality because these are the symbols you understand. Do not negate our teachings because they utilize the language of humans. Contained within each symbol is the love and unity of the spirit. That is why you can trust the symbols to lead you to the awareness of what is true and real.

To help you release your judgments and expectations of what is appropriate and continue to seek our guidance, imagine putting your burdens down for just a moment. Climb the rope upward through the clouds and rest in the sunlight to receive our guidance. Then imagine sliding down the rope and addressing the problem with your new awareness. Then, act accordingly.

The answers we give contain a spark of the Divine, even if it appears to be a worldly answer. This spark is what is valuable because it is eternal. The form around the spark is the container used to carry the spark to the world. Can you sense the eternal spark in our answers? Maintain this awareness as you work with the symbols of the world, and you will feel the joy of the Divine in a world of form.

### 13. Concluding Message

We conclude our teachings with the highest praise for you. You have blessed us by reaching for us and desiring to receive the energies that will heal and bless your world. Without a receiver our transmissions lay dormant until someone tunes in, listens, and then shares the energies with others.

We are holding the whole world in our loving embrace. Thank you for feeling our love and for being the emissaries that can open the hearts and minds of all to our presence. When the world is aware of the reality and truth of love, it will awaken and be glad.

Namaste,

Your Loving Guides

## 14. A Note from the Author

Dear Reader,

It is my honor to channel these spiritual messages for you. Your willingness to receive the messages and apply the teachings expands their circle of influence to others who could also benefit. What a privilege it is to serve others and bring light and love to the world.

On the next page are links to other channeled guides, as well as free resources that you might enjoy. All materials can also be accessed on my website: [www.pattifields.com](http://www.pattifields.com). If you find these teachings inspiring, I hope you will consider sharing my website with others.

Love and Blessings,

Patti

## 15. Additional Books, Guides, and Resources

Books: (Published by Sunbury Press)

- *Dreaming Miracles—Spiritual Messages That Help and Heal*
- *Freedom Now—Transform Life Experiences into Miraculous Moments*

Channeled Guides (downloadable PDFs available from [www.pattifields.com](http://www.pattifields.com)):

- *A Lightworker's Guide to Fulfilling Your Destiny*
- *A Guide to Aligning with the Source of Healing*
- *The Role of the Healer*
- *Navigating Life Transitions, Changes, and Transformations*
- *Your Role in Co-Creating*

Free resources available from [www.pattifields.com](http://www.pattifields.com):

- [Weekly Channeled Messages](#)
- [Spiritual Dreaming Practice Guide](#)
- [Healing-Focused Guided Meditations](#)
- [A Course in Miracles Workbook Lessons Commentary](#)
- [Application of ACIM Teachings in Daily Life](#)
- [YouTube Videos](#)