

Dear God, I am stuck.

Last month you talked about me. We talked about me receiving and how I could go further down my path. A lot of things have happened this month. You have shown me, or maybe say you have enlightened me on new meditations and have put situations in my path so I needed to deal with them or let them go. I have started to face my fears in a new way, a more compassionate way toward myself. I have tears running out of one eye for no apparent reason but I know these are not because my eyes are having a problem. I feel changes but today, my third chakra seems all gummed up. What is it you want me to see?

You have been working hard for so long you need to move forward. By releasing the doubts in yourself you will achieve the goal that you set out for, so many years ago. Do you remember?

Yes I do.

Do you remember the e-mail response after last month's "My Thought Page" saying it was good but you barely scratched your surface? That person was right, even last month's talk was a controlled burn. You edited everything in that letter. Everyone already knew you did not receive well so yes, for you it was important to admit so you could let it go and move forward but what is there that you can share with others to help them in moving forward? Bob if you had one thing to say to everyone what would it be?

What do you want them to know, that I am human, and have fears, and that I feel weird even writing these letters saying they are from you? Who the hell am I to say I talk to God for these damn things? Do you want me to tell them that I was going to stop writing the Thought Page? Is that what you want me to tell everyone? Do you want me to tell them that I feel fake?

This is how people who read this know that you are real: by putting up your life as the story, and showing in your path, you still have fears. You are working through the same things everyone is working through and as you work, your ego is losing its control. Your energy has changed in the last year. People who know you have felt it too. I feel you right now saying, "This last paragraph sounds too weird". But your heart is being brave and saying, "Send it out". This is your small sign today. See, your ego is losing its power over you. You are thinking from the heart. You told people you had fear but you also acted as if you had control over your fears. The truth is, fear has the control until you can think and act from the heart, and you are learning this. You have begun to hand over the stories of your fears to your heart and starting to understand that it is just a story.

Hey how is your stomach feeling, still gummed up in the third chakra?

Better, I guess but I feel confused. What am I suppose to do or feel? Or, why me?

Good, those are more of your fears and doubt stories coming up and out. You are here to heal. To move on your path you have to start seeing the stories that cause fears and doubts. As you release the stories that caused these fears and doubts, that energy is freed up and can now be used in the act of creation. Fears are stories that have gone awry. Tell people, each day is a chance to look for these

stories to make choices of what you want in your life and how you walk your path. Each chance you get to let go of a story or the same story over and over again removes fear and doubt from your life. This gives you the unused energy to create your higher true self with your unlimited potential.

I guess I should ask: what do you want to create? How can that freed up energy change the world we have created as a whole? Why not anyone, why not each of you? Bob keep going walking your path. I know you are very uncomfortable right now.

Do you know in meditation when you bow your head and you feel unworthy to even feel what you have created?

Yes

That is your sign that it is ego that is bowing its head to your soul. The reason you're even writing this is there are more people doing the same thing you are and also looking for this guidance that I have just shared with you. Bob you are still looking outside of yourself for answer of what you feel like you are missing: the feeling of love, compassion, safety, and understanding. Know that your soul has an abundance of energy to fill these ego emotions, but you are finding your way.

Keep walking Bob you're doing well. God Bless.