

Let Unity Move You Through Adversity

A message from Angel Ariel

Channeled by Stevan J. Thayer

Over the past several months The Center of Being has received emails from IET students who have been undergoing negative experiences like being laid off or being faced with a serious medical challenge. They want to know why this is happening and whether there is a process in IET to help alleviate and overcome these events. I asked Angel Ariel to share her wisdom with us to help guide us through these adverse life situations. Here is what she said.

“While adversity in life is never a pleasant experience, there is always a spiritual gift contained within it. Please know that you will never encounter an adverse situation in your life unless you are physically, mentally, emotionally and spiritually ready to move through it and grow spiritually from it.

One of the spiritual gifts that an adverse situation contains is that it helps you shift your focus from the outer world around you to the inner world within you.

Whenever you focus your awareness and energy on the external world, you naturally focus on your individuality rather than on your unity with life. Furthermore, your mind naturally thinks about the future or the past, and you are drawn out of the present moment of time. As such, you miss your true point of power and opportunity for healing and spiritual growth, which is only found in the present moment. When you draw your awareness within, your awareness naturally shifts into the present moment of time.

A traumatic adverse event can be a powerful stimulus to your spiritual growth since it can weaken the hold that your Ego (which has power only in past and future) has on you and allows your Soul (which has power only in the present moment) to become more dominant in your consciousness. When you feel less like you are in control you are more likely to reach out in prayer for help and support. This further strengthens your Soul connection and provides the ideal energetic environment for spiritual growth and transformation.

You can maximize your spiritual growth during times of adversity by aligning with the energy of the Unity Wave that began to flood your world when the Unity Shift Portal opened on your date of 11:11:11. You can shift your focus inward and powerfully align with the energy of the Unity Wave by practicing the Homecoming, Unity In Action and the Ascension processes (Steps to Transformation 11, 12 and 13.) These processes will strengthen your inner connection, increase your unity with all life and open your heart (and your life) to the blessings, healing power, and wonderful possibilities that the angels and God can bring into your life.

It may seem to your Ego that during a time of crisis that you should do more “out there” to fix the problem rather than focusing your awareness “within.” However, connecting to your Soul and focusing within can produce an even better and faster result “out there.” When you focus within, you are in essence practicing Spiritual Surrender, or as it has been called “letting go and letting God.” This does not mean that you will stop your outer

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world activities, but rather, your inward focus will result in divine inspiration and wonderful synchronistic events that will guide your outer world activities.

While you may experience yourself as an individual human being who is separate from the billions of human beings around you, from an angelic perspective all human beings are so interconnected that we can say that there is one “human being” that is living through many “human forms.” You can embrace this unity by expanding your focus from “you and your problems” to “all people who have the same problem I am currently having.” To do this simply reach out with your human heartlinks and connect heart-to-heart with every human being who is facing the same adversity that you are. Then, invite them to energetically enter into the sanctuary of your “Heart Star” and surround yourself and them with all of the compassion and love that your Heart Star can offer. Shift your focus from “you and them” to “us.” In prayer invite the angels to guide, direct, surround and protect us, and ask that we receive energy and wisdom to help us heal our lives. Then simply surrender and feel the joy that embracing this unity brings you. Feel the power that your heart felt connection with life opens you to receive. And know that you and all you have embraced within your Heart Star have benefited from your actions.”

As you do this please know that angels are always working to guide, direct, surround and protect you. Angels exist in a state of unity. The more you align with this unity, the more you can be aware of our presence and influence in your life.