

The background of the entire page is a photograph of the Aurora Borealis (Northern Lights) in shades of green and blue, dancing across a starry night sky. Below the lights, a dark silhouette of a person stands on a rocky shore, looking out at a calm body of water that reflects the celestial display. The entire scene is framed by a thin white border.

BECOMING ALL YOU ARE

Channelled by

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BECOMING ALL YOU ARE

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The wisdom in this booklet has been jointly channelled by a group of people associated with Spiritualism New Zealand, all of whom have been involved in spirituality for a number of years.

We came together for an evening, began with a meditation, and connected with the appropriate guides who worked in harmony to bring us the information you find here.

We hope you find the information beneficial.

Warmly,

Kim Chamberlain



Meditation

Welcome children; it is so lovely to have you here as a cohesive group today. We are looking forward to working with you.

Relax your shoulders and relax the muscles in your arms until your body starts to feel at peace. Then let all the tension from every muscle in your body drain away down into Mother Earth, where it is transmuted.

We find ourselves at the start of a lovely path that leads towards a forest. On the right-hand side of this path are trees in autumn, with yellow, and bronze, and brown leaves. We walk along the path next to the trees, and the trees sprinkle their leaves down on us. The leaves contain a beautiful energy.

Alongside the trees is a stream, and we hear its gentle gurgling, and we hear the birds in the trees. We walk along the tree line that leads to the clearing in the forest. The trees go in a spiral, and in the centre of the spiral is the clearing. We follow the path in a gentle spiral, feeling the autumn leaves falling on us.

We get to the centre, into the clearing. The grass there is lovely. In the centre of the clearing is a large crystal. The crystal gives off an energy that is like a humming sound. We may hear it, or we may simply feel it in our soul. We stand in a circle around the crystal, and we hold hands. We feel into the pulsing energy of the crystal, and we fill ourselves up with this energy. Then we turn and have our backs towards the crystal, and we open our arms out inviting in our guide for this session.

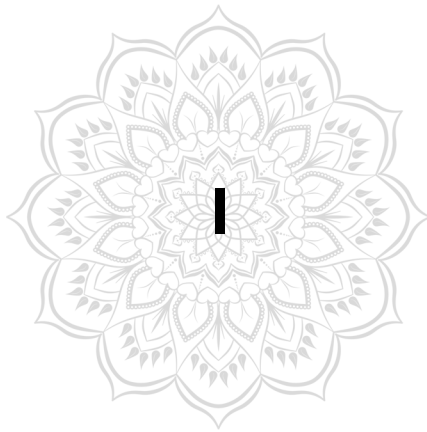
The guide walks slowly towards us and stands in front of us. We each have our own individual guide. You may see them, or you may not, but you can sense them. The energy from the crystal flows through you and towards the guide. You and your guide start to meld your energies until you feel totally connected with them. This is the most appropriate guide for you to have today. This is the guide you are going to channel.

Now that you feel fully connected to your guide, you turn - both of you - and thank the crystal. Then you walk out of the clearing and along the spiral path near the tree line where the autumn leaves are still falling down on you, blessing you with their energy.

Then you and your guide walk out together, listening to the birds and the sound of the stream. You have reached the end of the forest path now. You hold your guide's hand and start to re-emerge into the human world together. You come through not as you, but you and your guide. You are more than you were when you went in; you are expanded in energy, and you are totally connected to your guide.

Start to become aware of where you are now in the human world; where you are sitting; of any noises around you. You feel totally fulfilled and totally capable. Start to move your body a little.

Take a lovely, nurturing breath; then slowly open your eyes.



*L*ife is a bouquet and is made up of your flowers, your scents, your colours.

It changes as you change, as you see things differently. As you experience life; your bouquet changes. Yet it never dissipates, it never becomes less. It grows, it shines brighter, the colours are more vibrant. For as you experience your true self, you will find the vibrancy within your own life, and also without.

You will show your vibrancy to others just by being, and others are drawn to this vibrancy. It takes a little time. It takes some knowledge, some trust on your own part to find your true self and to follow your true self, to shine as you are meant to, to help others by being yourself. For that is one of the goals of each soul here present. To shine and allow others to feel that. To allow others to know that it is possible to be that vibrant person, to live that vibrant life, and to experience everything both inward and outward as a sense of truth, as a sense of being at one with life.

It takes time. It takes time to allow yourself to be at one with life. There are times often where the feeling of separation is paramount, the feeling of not fitting in. And yet this is just a stage, a stage of change. For each of you are on the path of change. Your bouquet is changing, it is enhancing, it is growing.

And so, for each of you, visualise yourselves as that soul of light that is vibrant, that gives to others. Just the energy that you are touches others with love, not thinking of receiving, just giving by being who you are.

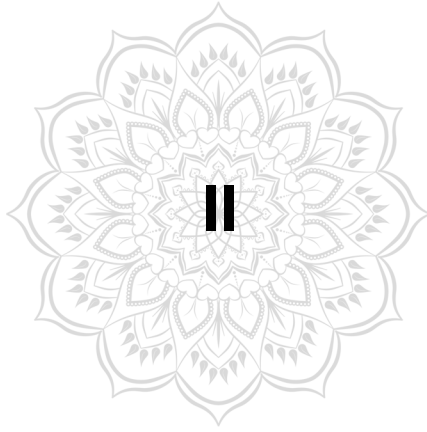
And as you look to make the changes, you look inside, for it is inside that indicates where your path is, where your own truth is, where you are moving to - becoming yourself. It is a long journey. It takes a lifetime, it does not stop, it continues past bodily death, for becoming yourself is an experience, a universal experience that has no end, and no beginning as you know it.

For each of you, that spark should be nourished, should be felt, acknowledged, and allowed to expand. As you know, the truth resides within. You feed it by doing the things that you are drawn to do. By giving the kindness to others, by giving yourself time to rest, by looking after your physical body. Small things in a busy life, and yet this is what helps you grow. This is what shines your light brighter. Small things, day by day, moment by moment, allowing yourself to grow into who you are.

There will be times when you question the wisdom of this, question yourself, question your path, question your knowledge and understanding of the spirit world in which you exist. That also is part of the journey. For nothing happens without a question, nothing happens without seeing other aspects, without seeing either side of the path.

You walk the line, you walk the truth, and yet you visualise around you. You see what is happening, and it's important that you see but hold your own truth. And this is what will bring you forward. This is what will bring you through this lifetime a lifetime of truth and love and light.

Shona Hayles



*G*reetings.

In each one of you, in each person, there is light. And the mission of a life is to reunite with that light in your life, the light that is the truth of you. You are complicated beings. You have come here, why? You have to find out why. You are given many challenges in the density that surrounds you.

As you walk through your life, you find that sometimes you come out of the hardest experiences shining brightly. It's as though a layer of dullness may have been rubbed off you by the problems that you faced.

To help you, there are many, many indicators along your way. The more you look inside, the more you learn about your light. The more you learn about your own truth, the easier it will be. But 'easy' is not the answer nor the description of life on Earth, for it is very dense, and your spirit struggles often with the denseness and the heaviness.

You will find as you step through your life that the more you give to others, the more you receive for yourself without even thinking, and that every time you give kindness to someone else, that you also receive some. All of these things nourish you and help you become aware of the inner beauty of who you are.

You learn gradually that you are a spiritual being having a physical adventure. It is not easy, you know that; we applaud your courage. You have guides to help you. You also have your own contact with Source, that intuition inside you that gives you little nudges, little pushes in directions that are important for you. But always you have free will.

With every step you learn to shine more brightly, you learn to become. You are growing into being the best that you can be. It is merely a matter of learning through your experience how best to arrange the building blocks for that fullness inside you, so they suit you better, so they help you as you grow, because you have chosen many of these experiences for the learning that you seek. It's very hard if it is not a nice experience; it's possible to become quite confused.

It's important to link with your guides, to link with Spirit, to go inside and reconnect to that light.

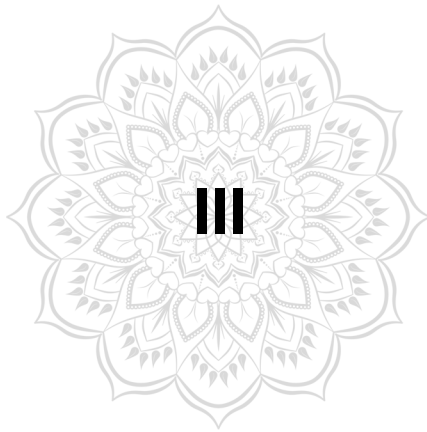
And as you move forward, you will grow. You will expand and you will shine evermore brightly. As you shine, you help others. Extending kindness helps others; it's incidental to your own personal growth.

We want to say how wonderful it is that each person is willing to undertake this difficult adventure, this dangerous adventure, and this adventure which gives both good, wonderful experiences of enrichment and also the far more challenging and difficult experiences you need.

Of course, we have the light, but you also need to experience the opposite. You need to experience the darkness in order to become complete and be able to be yourself in all your fullness.

It is wonderful that you are committed. The light is with you, in you and around you.

Laurel Sutherland



*B*lessings dear ones, to see you here again delights us.

Some of you do not remember us, but we remember you and we do not take offence. Your world is so busy, and sometimes you forget we are all one together.

It is like you've kept the curtains shut for too long, and when you open them, the light floods back in. We invite you to allow the light in and go outside. Allow yourself to play in the way children do. You may think of yourselves as one, one human family, but you are all unique. Think of the daisies in the fields. You may remember as little ones picking the daisies to make beautiful daisy chains. Each daisy, however, is unique, it's perfect in its own right. However, not all of them are right for your particular daisy chain. Some of the stems are fat, some of the stems are thin. Some of the stems are short, some of the stems are long. As you pick some of the flowers they lose their petals; and some are just opening.

So likewise, all of you are individuals but are of equal value to Mother Earth as you play your role in the whole dynamic. As you move forward, as you mature in your development, you will wish increasingly to be one together, to beat down those barriers that divide you, that divide nations, that divide people by culture, by colour of their skin, by religious practices and other differences. But now is the time for you to work together and see that you are all one.

To do so, fully nurture yourself, focus on your own self-care. Allow yourself time to have the sun fall on your face, to enjoy the bounties of nature; the walks through the forest, the paddling along the beach. Connect fully with Mother Earth, which will help you go back into your heart.

For too long you have been driven by the influences of external forces. Many of them are man-made external forces. You like to call them the media; however, the media that some of you have been following leads you into a space of concern, of fear, of worry, and not necessarily to where the truth lies.

Now your technology is expanding, and new and exciting things are developing for you; new truths are on your horizon. Let's give you a small example. Many of you have now heard of the term epigenetics. Epigenetics is something your parents would never have dreamed of. For them, many things that came along their path were called fate, or it was in your genes, or it was your lot in life. But now with this term epigenetics, it frees you up to see many more possibilities. If you change your environment, you can change your whole life.

That is quite simple in many ways, dear ones. It could be just growing a beautiful garden, allowing yourself peace and quiet from the hustle and bustle in life. There are many opportunities for you, and we would like you to open your eyes wide and look for them while listening to the beat of your own heart. Allow your heart to govern the decisions you make. For too long you have allowed your head to make those decisions. But the inner truth comes from your heart, your beating heart that spreads the love and feels the love. Stay in this space of love and you will find increasing joy, the way the little children around you do.

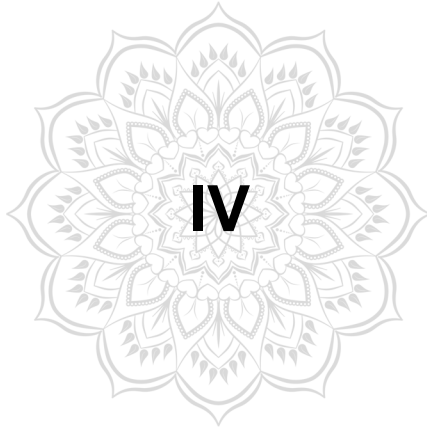
As babies, you were all nurtured with warmth and love. You came into the world radiating love through those smiles and chuckles. Gradually you shrank into a shell of limitations. And now, dear ones, it's time to crack that shell and allow your heart to shine again. It's still there, it's still beating strong.

Allow us to support you on the way, and focus on your connection on the love. Let go of some of the material goals that you have been told are necessary to make you feel love, to feel connected to those around you. Sadly, that has been an illusion, and for many of you, that illusion is melting.

Let it continue to melt, and the love will grow stronger; you will feel safer, you will feel nurtured.

Let us leave that thought with you, dear ones.

Sheena Napier



*W*atching others is one way to learn, and is a good step.

We can see a lot, we can see how people react and how things are taken, but it is not the only way. And we are here to work with you all, to fine tune the energies and the aspirations of each soul.

We reach out to you with open arms and hearts. We are encouraging you to push yourselves out of your comfort area, the places where you feel solid and strong and believe in yourself. Trust in us, and trust in yourself to build on the platform of your abilities that you currently accept and acknowledge as yours. We are here to help you to develop in ways you may not even have begun to understand that you are capable of.

This process will take as long as it needs to for each - each as an individual, and each pathway which is as unique as all the guides here.

The energy you feel is pure, the connection you have is strong, and it is grounded in the very nobility of your offer of service to Spirit. We are encouraging you to reach out to others, to learn and encourage each other, for in doing so, you will expand your own knowledge and experience much more than you could ever believe.

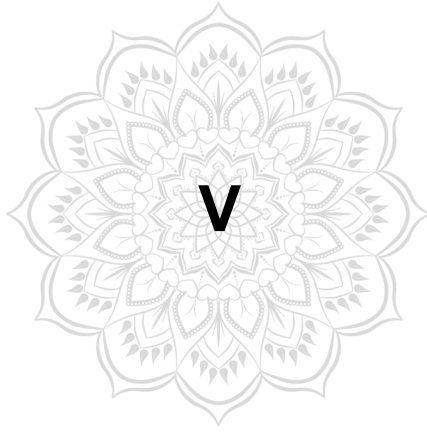
We acknowledge the fights that people have had in order to get to this point; the disbelief from others and from within, and whether what we're doing is right. Is it true? Is it making a difference? Is it possible? You each know the answers, or else you would not have been here.

Your work to this day is immense and we acknowledge every step you have taken, every approach you have tried, the words of encouragement that have helped to uplift you and any division you may have received that stilled or stalled your way forward. You are fully capable of so much, and so much more, and we will be asking for you to keep completing the tasks that we provide.

Open your eyes and ears, your hearts and souls. Reach out to us and allow us to guide you. Together we will go forward, and we will provide. We will provide the opportunities, the connections and the support that you need.

We thank you all and leave our love with you.

Yolanda Busson



*B*ecoming all you are, means removing all you are not.

Society encourages you to be, to do, and to have, in certain ways, to fit in with what is a fabricated construct for the good of those who are not you.

We never claimed that coming to Earth was going to be easy, and we understand that you chose this willingly, knowing that you will be faced with challenges. And these are the challenges of today.

As we heard earlier, things are dropping away so that the true path is becoming clearer. But we are still bound by the old ways, and we still need to remove the shackles to be all that we can be.

Your guidance is always your intuition. When you remove the cloaks, and cloaks, and cloaks that society asks you to put on, and then you look at your raw soul self and ask it a question, you will get the true answer, and that will take you on your true path to being all that you are.

We understand that it is difficult to deal with the societal pressures of having a certain house, or certain finances, or wearing certain clothes, or having a certain job, or living in a certain way. We understand that. We understand the challenges that it places on you as a human in this world of today. But all of you here today, and all of you who are reading this, are more than capable of taking off the layers of cloaks that you have somehow managed to wear throughout your life.

Some cloaks are easy to take off; some are more difficult. Some are deep-rooted; some are painful to remove because you feel you are losing a sense of yourself if you were to remove them. We understand that.

Sometimes you need to change your point of view with respect to an aspect of your life. Sometimes you don't want to; and sometimes it's extremely painful. But the price that you are paying is going to bring enormous rewards.

Let's say you have six cloaks of societal pressure. Some are because you are surrounded by people who are also wearing those cloaks. And depending on your strength of character, how heavy or light that cloak is, depends on you.

Once you look at the reason you are wearing a cloak, it may become very light as you realise you don't need that reason in your life. Perhaps it is something deep-rooted from your childhood, from the fundamental beliefs you were given as a child. That may be harder to remove.

Some cloaks should not be removed. Always check with your intuition as to which ones to keep and which ones to remove.

If you do not remove them all this lifetime, that is okay, you are enough as you are. We are giving you ways to be all that you can be. You are already enough and if you want to be more, then you need to remove the cloaks that are stopping you from being all that you can be.

This is an enormous subject, and we are skimming the surface. But the answer, as ever, is always simple-check with your intuition and you will get the right answer.

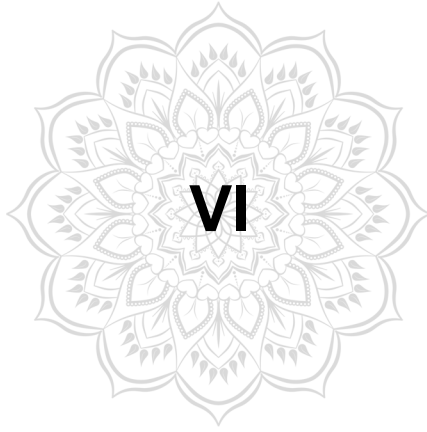
Remember the path that lies ahead of you from now on - as with the path that you have been on up to now - is always supported by us; always supported by everything you could ever need, and more. And every answer to every one of your questions is always available if you tap into your deep inner knowing.

We love you. We support you. We follow you closely. We answer your questions. You may not always hear us, but we always answer your questions.

Please, in the near future, work on shedding your first cloak. Just one simple cloak, to know that you can do it.

We always support you and thank you for doing this.

Kim Chamberlain



We wish to talk about darkness.

You may fear the darkness; it may have landed on your head with a thud, and you are shocked. You are surprised to feel yourself not able to swim, struggling to breathe.

When you're in the midst of it, think of another time that was deeply troubling, really hard. But you got through it.

Remind yourself everyday of how amazing you are, even if you don't believe it. Write it on your mirror in the morning so you can see it whenever you look in the mirror: "I am amazing."

Foster the self-confidence, the self-belief. This is one way of helping you become all you are—belief in self.

Sometimes it feels like it's just not there; you feel all alone, very small. But as we said it's up to you to foster the practice of building self-confidence and self-belief. Do whatever you can.

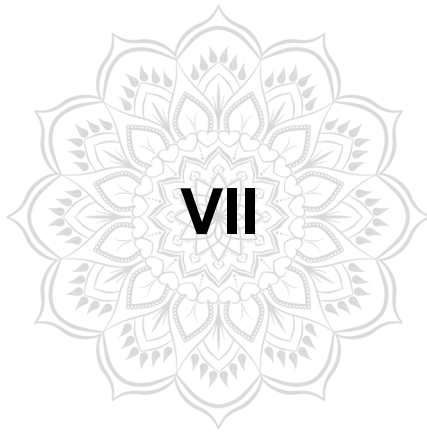
Leave yourself a guidebook for times of trouble. Write a little chapter, with the title 'Read this when shit hits the fan'. Let it be your instructions for tough times. Don't forget it's there; and when you find yourself lost or floundering, ask "Where is that little book that I wrote? Where is my 'Shit hit the fan guidebook'? I need it."

Top 10 tips. You write them. Write them for yourself when you're in a good place, so that you can pick them up and you can guide *yourself* when shit hits the fan - when you're not having a good day and things aren't going as swimmingly as you expected.

YOU are your own best guide. We can assist; we do assist you; we send you love always. But you are the star, you are your strength, you are your one true north, you are your guidance.

Please believe in yourself, please empower yourself, reach for the light in those times of darkness.

Kath Lys



Becoming all you are - you are already who you are.

You look back to that time you were a spark, a creation, an energy, that pure soul you were. You incarnated in all your lifetimes, and through these lifetimes you do your learning. This time you chose to be here. But you not only chose to be here, you were also chosen, to create a balance that's needed on the planet at this time.

This is the time now for learning, to let go of all the baggage that you have accumulated over lifetimes, baggage that you inherited from not only your parents, but your ancestors. This is the time where you have the ability to open yourself up even more.

We ask that you now connect more to the soul, to the heart. Allow the mind to be the processing plant of the information that you bring through. Allow yourself to open up to the Source energy. Ask for the guidance, the support and the help that's needed at this time.

Understand that you are here for a purpose, you were chosen. It is your unique energy on the planet that is needed, it is your energy that is creating the balance for humanity. This is why it is necessary for you to increase your energy and your vibration. It is this energy that will help.

As you raise your energy, you will become more efficient for the planet. So we ask you to open yourself up to allow the releasing, and let go of all that no longer serves you. Realise and understand you have the power and the ability and the gifts from other lifetimes you have created already. You have the experience. By shedding the baggage, the rubbish, the dross, it allows you to become pure, a pure heart. As you open your heart, the soul will work through the heart as well, bringing through the energies that are needed.

Planets experience the new energies that are coming through all the time from other universes. It is these energies that create the teaching for Gaia, for Mother Earth. It is these energies that are helping the ascension of our planet, of your planet, of all the planets, of the universes. We want you to understand the abundance available to every soul, to you. There is no limitation.

So we ask again to open yourself up. Embrace the energies of abundance from Source, embrace on a Love Vibration, only on a Love Vibration, knowing this is your true essence - love of source energy, realising the abundance is your birth right, your entitlement. Understand that with this energy you can create heaven on Earth. You have the tools, you have the gifts, you have the abilities; it's time now to open, allow, and accept. We ask that you open up more, and as you do this, keep on allowing the abundance to serve you. We say it's like a muscle, the more you use it, the stronger and more powerful it becomes.

Realise that as you send the love around the planet, you also become an Earth Angel, bringing in the light, the love, the healing. Open yourself up to it more. Do not deny, do not doubt. Expect, embrace, evoke the abundance into your life. You can become more than you ever have been in other lifetimes. This is the time now where it changes. This is where Mother Earth, Gaia, goes through the Ascension process; you are part of that process.

As you embrace the Energies on that Love Intention coming to Gaia, you help her Ascend and grow, and in doing so grow yourself.

You do not understand that the human psyche, the human physical body, does not realise the enormity of who you truly are; you have no idea of the magnificence. A lot of you believe you are this human consciousness within a human vehicle. You are far more. You are consciousness, you are part of all that is. You are created from that one energy of pure love. It is this love that has created all the universes, galaxies, stars and planets. There is no separation. You are Mother Earth, you are the trees, the flowers, the plants, the animals, the other universes. It is only the human psyche that sees the separation.

So we ask that you open yourself up and allow these energies to work for you, with you, and allow you to be part of the plan for creating the upliftment for humanity. We ask for this now.

With gratitude and love for all you have created to date. Realise that there are no limitations. Evoke the abundance your birth right - you are entitled. Allow yourself to move forward with pride in who you truly are.

We know you have free will so can only encourage and remind you to follow your Soul Purpose to be of service to Humanity.

Our love, our gratitude. Blessings to all.

Robert Ritchie



We greet you with our love.

We greet you with our grace, for we sit here among Masters, but Masters who do not recognise their true energy, their true greatness. We listen, and we watch, and we observe.

There are many ways to describe a diamond, but the truth is a diamond is still a diamond. And so it is with each of you. At a spiritual level, you are all love, that is all it is, you are part of All That Is. You are not the differences you perceive for each of you. When you connect with that flame of love that is sitting within each of you, you allow that energy to reflect out, and that love from within you affects everybody you come across, and all the situations in your own lives. It is as simple as that.

To become all that you ever could be, all you need to do is connect to that spiritual part of you that is the love. When you look after yourselves and make that connection, it affects your outlook, you view things differently, you say things differently, you act differently. And in response, your environment reacts differently to you. Some people may react with jealousy, and some people may react with awe. Those who are on a similar vibration will understand.

Some of you call it the Path to Enlightenment, but even Buddha all those years ago understood that all he had to do was connect to the love source within himself to change his reality and become all that he could ever be. The other Masters have shown the way differently, in order to appeal to, and be understood by, different societies.

You have had many lifetimes of experience. And along those lifetimes you have been working on that connection, learning from your errors, but always coming out stronger, growing your light, growing that love.

In each lifetime you have also affected the Earth's energies which have risen in vibration to respond to yours. And for those of you who have been elsewhere, you have raised the vibration there. It does not matter.

Your individual journeys as you see them are all part of a much bigger scheme. There is only one truth, and love is the key to your own enhancement and empowerment, and also to that of those around you. For you are the beacons of light, you are the ones who are leading the way, showing others how to improve themselves.

We do not intend to make you big-headed about it; it is just a fact. None of it is genius. You have much experience, and you have much beauty. If only you could see the energy that surrounds you all; you are much bigger than your human bodies.

If you want to be more, all you need to do is spend the time and energy connecting to your true self, to the love that lies hidden within the human body, that connection to your true spiritual self. It will always guide you in the right direction as long as you are willing to listen, to feel, to intuit.

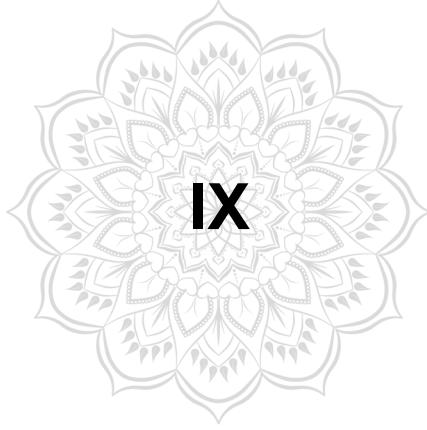
We understand that your lives are busy. Those are the challenges that are part of the human existence, the distractions, the temptations. But still that is what you are here to overcome. You are all much more powerful, much more connected than what you were in previous lifetimes, and even earlier in your current lifetime.

So we thank you for the work you have done already. We thank you for the work you are still to do. Success is yours as long as you connect to yourself, into the love that expands out from your heart centres in every single one of you. There is no great secret. You all knew this already, so this is merely a reminder.

Know that you always travel with our love and guidance, for you are the ones doing the work on the Earth plane, you are the ones we all look at in awe.

We love you dearly. Go in peace.

Anne Roughton



*F*riends, dear friends

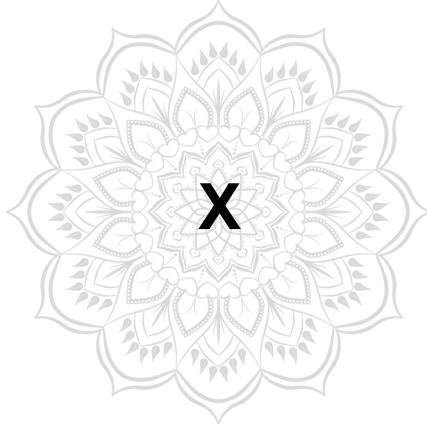
As you do this, you walk your path exercising your spiritual muscles as well as your physical muscles.

Every time you connect with your thoughts, you are building a connection with joy, and that joy will flower inside you, and that joy will give you so much as it comes more strongly into your life. It is part of a gift that Spirit give back to you as you do the work, as you develop, as you grow stronger, as you shine. This joy is a sign of your connecting with All That Is.

Go with great love and great blessings.

And so it is.

Laurel Sutherland



*T*here are many things we've heard this evening, many different ways to becoming all you are.

As has been said, you are already all that you are. It's the becoming that is the work that you want to do. That is what will take you forward when you look at your life, when you look at your decisions and how you make them - the soul, the mind, the life, the combinations that are present in any given decision on any given day of your life.

We ask you to consider, would it be nicer to be One making the decision? To be One living a life? To feel that oneness within yourself, your soul, your body, your life all as One? The ease with which you would make the decision, the ease with which you would be able to live.

For then, your intuition is yourself, your guidance is your soul. There is no necessity to look, for you already are. And this is where you will go as you are ascending, as you are moving into different dimensions, as you grow yourself into becoming all you are.

It is a big subject, and we introduce this thought to you. What would you do? How would you feel by being One, by not having that spectrum of choices? By not having the outside influences? How would you like your life if you were One with All? If you could make the decisions instantly going forward as One within yourself and becoming all that you truly are? Not a body and a soul, but a soul who is inhabiting a body; a soul who is living the life; a soul who is becoming and growing and learning and giving all that you can.

Shona Hayles

