



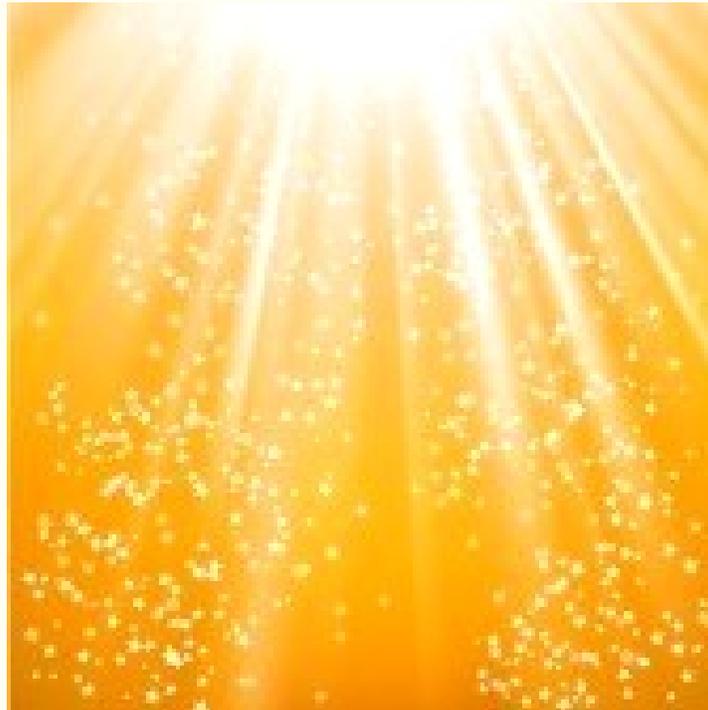
Soul Support Systems

Deepening the Experience of
Heart and Soul in the World

Remember your Purpose... Live your Dream... Empower your Life...

The Great Mother's Message

How to Live from the Heart



"Every moment that you breathe gives you the opportunity to remember that we are the same, because it is the birth of the air through the vehicle of your body that brings your heart to ground. Your breath and your heart are the same.

There is no chance here, no one can say it isn't the same for me, because the breath and the heart is interwoven. One does not exist without the other."

I am here now to welcome you home, to bring for each of you the promise that you

have carried for so long. I have always walked with you and yet now we must walk together. I am no longer alone in the place of my abode because I cannot do this alone. My rhythm has been supplanted many times by the rhythm of your world above my core and so this movement of the clock and the turning of the wheel brings each of you closer to the ascensions of being without the human imprint.

I say this because you are human yes, but you are also essential. You are essence, and your essence and my essence is the same. If we together bring the essence forth then it will replace the human imprint and then together our union is the Divine imprint. You all know what I speak because it is already recorded in this matrix, this point of light inside you. I have no reason to honor anything but light, because light is my character and my embrace. And therefore your light, my embrace, the Divine origin and the beauty of the earth herself, this place of our abode, can join together again as it was in the beginning.

I can search through your hearts because you are flesh and blood and I am flesh and blood- the minerals of the earth, we are the same. I can search through your heart and I can find the core of your light, the Divine within you, and the opportunity then becomes to hold steady together. So I will be finding your core and your light and finding your heart and joining them as an essence that I can, as in the mountains I can see, and hear and know and touch and feel. For this is what this time is about- touching, feeling, knowing, hearing and remembering that we are the same.



As we are together here, I would prefer that you melt now, into my core as you listen. That you melt any idea in your mind that takes hold about anything, and that you melt into the rhythm of your breath and heart and join me in the essence of our bodies in oneness.

In the earth, in my crust, in my body are the minerals and the substances, and the agreements between the extraterrestrial energy of outside of our bodies here, the core of the earth and my body, your bodies. There are agreements about how you are going to take those minerals into your own body, how you are going to live as one with those minerals and how you are going to have health and wellbeing with your own consciousness, there are agreements very clearly made.



When the world's ideas are given to you from the time you are very small, and when you are believing these ideas- that you are not safe, that you cannot trust, that you are separate from each other, that people have different beliefs and therefore you cannot agree on these things and many other ideas - when that begins to happen, the body constricts it's template, it's identity and it's place. It diminishes it's own essence. This is because the body is meant to love the minerals, to open to the minerals, to open to the air, to open to everything because that is life.

So, we are now, in my thinking, my estimation, believing in what doesn't work, so it's important for us to have a new place to start. That is what I wish to provide you, a new place to start, a place where your being together is more important than anything else, because it is our combined breath and hearts.

[Read the Full Message](#)

Soul Support Systems

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