



September 11, 2020

My heart is full of the requests and prayers of the people, our people and all people. I find that there is no distinction between voices anymore, as the cries of the world are long and loud.

I have been wanting to speak with you and share my view of all that is unfolding, and find these messages to all of you a strange comfort for me, knowing that in some small way I am contributing my awareness to yours.

Since we last spoke there has been an increase in the number of segments of separation. What I mean by that is that there are terms we use here that determine or at least designate the sliding of hearts toward or away from others' heart. Hearts are attuned to the resonance or harmony of love and deeply are moved by segmentation, a moving away from the connection of being that is natural and offers deep unconscious comfort.

I have become accustomed to traveling through the ethers to adjust these segmentations so that when someone is feeling alone or afraid, my presence brings the comfort that has been absenced by segmentation.

I remember that the Ones called this compartmentalizing in *Sunlight on Water*. It is the way that an individual will take their love and figure out where it goes and adjust the love to fit the situation or experience. It is an unnatural way to decide that love applies to someone by who they are in relation to the one who loves - completely crazy actually, but society has devised this system to keep boundaries very clear

between those who love another. What is appropriate is determined by the roles one plays. And of course, on the surface that may make some sense, however it does not make sense to the heart.

My life has been gathered now into only carrying the heart. The rest of me is gone and not missed, actually, as I can fly and move and shape my existence through the moment-by-moment responses I am able to create or initiate. I am a free agent, as I have said, and have no boundary. So the boundaries that I am observing in each heart feel stark to me now, although of course I abided by the edicts of society when I was there. One could say it keeps us out of trouble, but it also calibrates love.

Since the world is now burning and charring and reeling from the absence of emotion (not rage, not hate, not panic and fear, but e-motion), the motion toward another from the heart, I thought that I would talk to you about the Truth of e-motion and also add a bit about forgiveness, which I had said I would share with you this month.

What I have learned is that love is a natural, and perhaps the most natural part of being human. The e-motion is designed to bring the hearts together through the motion or action of caring and kindness. It is, perhaps, why the human species is so dependent one on the other. Motions toward others are the expression of an innate and yet deeply misunderstood unifying ingredient that is absolutely necessary for human survival.

The changes in the earth and her body and structure, the challenges of safety in numbers now and the egregious actions of some run contrary to the e-motion which is a way for humans to create and live in harmony. The harmony of the heart.

If we take segmentation as an idea that relates to keeping things separate, we can see that everything that we live is segmented from our heart to some extent. We could think that this is what keeps us alive, that we certainly cannot react or respond to everything that our heart feels, and that it is safer to keep our distance. It is safer to keep ourselves apart from others. Now there is a reason even to do so if that wasn't clearly what had happened over the centuries in and of itself. Moving away from others has been either an internal choice to separate from something or an external movement and motion. Our e-motion has been segmenting from the very

first time we were told not to do something that stemmed from our innate love muscle.

What I want to convey to you is that this time of human learning is about desegmenting. That is just a word, but the images that I could give you are moving towards life, moving towards others, moving towards the connection and the kindness and caring even at a time when there is apparent reason to do otherwise. How can one move toward another in the midst of a fire? How can one move towards another in the midst of what is termed now a pandemic? How can one move towards others when they believe the opposite that you believe? How can we move together? How? How can we use the e-motion now, when there are so many reasons to separate?

Stretching the rubber band of love is necessary to spring us back to the beginning – before society told us how to love. Stretching the band of the heart is mandatory now, because the absence of love is so profoundly calling for its return. It is all that I “do” now- stretch love out between people and their lives and hearts.

For you to use the e-motion you have in a different way would bring you the experience of pure love all the time. The energy of the emotion is free, without stricture, and then allows the body to move the same way. If you think about your heart as moving to the rhythm of creation, which it does, then you begin to restructure and realign the body’s ability to have creation moving within all of your cells, all of your activities and all of your relations.

If you stop thinking about love as a thing that you give or get; if you stop calculating how much you should give or how much you should get; if you stop thinking about giving anything or getting anything, you then for-give and stop the segmentation of the heart due to a condition or conditional or memorized story that gives you a reason to withhold what you could give.

E-motion is a gift from the creator. Our creator. This gift is given freely and equally to each person. What I see is that the choices that are made from the first moment of our birth make a determination of how we will use the e-motion. Does e-motion flow freely towards us? Can we feel it? What do we do with it? How do we respond to the stress of those around us? The confusion? When our e-motion continues to flow regardless of the external circumstances, we join and connect with the flow and

feel Oneness. When we flow alone, we segment. When we are rejected, we feel stunted, belittled, and unworthy. [The important thing here is that it may only take one experience to stop the flow of the e-motion, and that's why I am talking to you about it.]

So today, I want to be with you as you de-segment. I want to encourage you to give freely of the emotional energy that you carry within that has abundant and overflowing love in it. Of course, when love is unbounded there is joy and celebration and lots of connecting and sharing and the world *turns on*. The world *turns on* when we love.

As I look at the world, it needs to turn on, but differently than it is now turned on. It is turned on now to death, destruction and annihilation. To change that, love something, right now. Love something. Just love. Feel the motion of the heart outwards. It only goes outwards not inwards. Don't confuse this by thinking that self-love goes inwards and you have to have self-love first. Love goes out to all beings and when you feel the love going out is when you feel the love within. You have to demonstrate love to know it, believe it or believe in it. So love, just love. Feel the flow of the love. Send it anywhere and everywhere. When you stop, ask why and start again.

Love me, flying high around and above, and join your love with mine. Travel with me to the hearts of the people. Believe only that love is the answer and love will be the answer (and of course it actually is.)

Everything that you want is tied up in what I have just said. Everything that will balance or heal or unify is bound with the e-motion within each of you. Claim it now as your way forward and the way that you will live the Truth of who you are.

We have to do this together. The emotion of love must be stronger and stronger to combat the energies that have forgotten or disavowed love as not strong enough, that power does not fit with love, and must be chosen over love...all of the mistruths that abound.

Flow, flow, flow. Love, love, love. Fly, fly, fly. Let's go. Together we can do this. Together we can avert the absence of emotion, the absence of enough water, enough clarity and enough Oneness. I love you all!

Miss Jayn