

## SPIRITUAL GUIDANCE

### *Calibrating to a Higher Frequency: An Essay*

Those who have awakened at this turning point in evolution have been given an unprecedented opportunity. The veils that have separated the human and spiritual kingdoms across time are now thinning and communication between the two realms has become more possible. As the new era dawns, we are realizing these veils were temporary blockages that can be dissolved, especially where there is a willingness to work under the guidance of illumined beings.

When this willingness exists within a group of disciples, a new reality comes into being. In a group of receptive minds and hearts, wisdom pouring forth from the spiritual realm provides the impetus to align with a purpose that serves the flow of evolution. When the group is committed to carrying out work that furthers the Grand Design for our planet, a steady stream of higher guidance is ensured.

Communication between the human and spiritual realms becomes possible through the weaving of many 'strands' of soul consciousness into a bridge of light connecting the two planes. Waves of lighted energy are constantly pouring forth from higher planes of Earth, but human beings must be prepared to receive and direct this energy.

*The goal of all aspirants and disciples is to become aware of this stream of energy in its various diversifications, and consciously to employ these energies in two ways; interiorly in self-unfoldment, and in the service of the plan for humanity.<sup>1</sup>*

For over a century, energies flowing forth from the Hierarchy of Light into human minds have been preparing the planetary noosphere for the birth of a new era and the creation of a world imbued with truth, justice, peace, and love. Guidance from this higher realm has been paving the way for an entirely new civilization—one that will be aligned with the evolutionary purposes of the Lord of our World.

Guidance for this group has been welcomed as instruction from Teachers and Friends on the other side of the veil. A stream of letters containing the light of wisdom and love has brought the two realms of consciousness closer together. The aim of the letters is to help us navigate the massive upheavals occurring on our globe while preparing for a stage of evolution that holds a unique task for our species: to embody the Soul, the true Self, the essential element for creating a new world.

Guidance from a higher dimension of consciousness challenges our familiar sense of what is true and real. It alters our perceptions of life and what we always believed was permanent and unchanging, such as aspects of our physical planet and human forms of government. Yet, by casting light on greater planetary realities, the guidance has helped us release attachments to what has always been and shifted our focus to the life now emerging. It has helped us transcend the fear-based world and enter a realm infused with the light of Spirit.

The vibrational frequency of these letters of guidance has also impacted the group. The language used and the truths conveyed have calibrated our own vibrations to a higher frequency. It is said in the wisdom teachings that Truth unfolds gradually to meet humanity's increasing demand for light. When human minds recognize the validity of truths received from illumined minds, evolution will accelerate.

Guidance from these greater minds can be transformative. We have found that knowledge and understanding emanating through a steady connection with fully enlightened souls is fortifying, elevating, and healing. The mind heals in the light of wisdom; the heart heals through the selfless love of greater Souls. These powers are beyond our present comprehension, but increasingly within our reach. They are powers that can heal the world.

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<sup>1</sup>Bailey, Alice A. *Education in the New Age*