

four minutes of allowing

with adamus saint-germain



take a good deep breath



for four minutes allowing



in allowing there is no force or power



no magic



it's just allowing



just allow it to come to you



without a time table



just allow



guess what, you don't even have to know what it is you are
allowing, as you realize it's inconsequential



you don't have to allow let's say abundance, or energy, or health,
because the absolute perfect perfect thing comes to you



allowing takes no effort, there is no mental discipline



you can go to sleep by your allowing, a wonderful way to go off
into dreamland



if you feel resistance, which you probably will, at some level of
resistance you just take a deep breath and you allow the resistance
you see, no resist the resistance, allow it, and then you go sailing
right past it



the human mind has a hard time with silence, quiet, starts
pumping out a lot of thoughts



don't block it my friends, just allow it and sail right past



no resistance



these energies of mass consciousness all around, very heavy,
particularly tomorrow (january 19, 2014) will be a heavy mass
consciousness day

- that's a strong probability of course every day is a strong mass
consciousness day -

and that even affects your body, your mind



just allow it and you sail right past





allow the absolute perfect appropriate thing to come to you and
you don't even have to know what absolute perfect appropriate is



you just allow it



no matter what comes to this planet a month ahead



just allow yourself



the master makes it that simple



the student makes it very complicated, very difficult, has a lot of
processes and procedures, no



the master allows simplicity



allowing



receiving from thyself



allow yourself to receive this amazing lord of light that you are



take a good deep breath into allowing

