

If You Want To Help, Be At Peace

The following text is an abridged excerpt of a channeling session between Nantene and Louise. For more information, visit www.NanteneandMalachorSpeak.com

Louise: I have a question about [missing child]. Do you know where she is?

Nantene: I know where [child's] spirit is. [Child's] spirit is safe and secure, as it always has been and as it always will be.

Beyond that, I do not know where the [child] that you see, hear about, and think of is.

There is a desire on earth to solve the mysteries, to locate those who are lost, to lift up those who are down, to carry forward those who are hiding or sinking back. Sometimes that is called for and sometimes there are bigger things involved that you cannot see.

So it is certainly admirable and appropriate to place energy into those mysteries, but at the same time it is important to allow that they are mysteries and that greater things may be in play. So it is important, even if you put energy into those situations, to have peace with them and know that your contribution may not be the only contribution involved; that the real resolution may never be seen on this level.

Louise: Is there anything I can do to help?

Nantene: Be at peace. Be at peace and accept that [child's] spirit is eternal, as is yours, and that you can always be bonded on that level. If you wish to put energy into supporting her on the human plane, come from that place of being at peace, for if you are upset you are contributing something different to the world. That is not as helpful as the energy of being at peace.

Louise: I would like to know how to be at peace.

Nantene: In that particular situation or in general?

Louise: In general.

Nantene: I am that I am. Close your eyes for a moment and say that out loud. I am that I am.

Louise: I am that I am.

If You Want To Help, Be At Peace

Nantene: And one more time say it, and this time allow there to be flow and movement to it with your breath, with your energy, with your being.

Louise: I am that I am.

Nantene: That is how you find inner peace. When you know and experience on all levels that you simply are. That is enough, nothing more is needed, that there is no other moment than this one in which you experience that feeling. You are at peace.

This is the still-point of eternity, of divinity, of that Divine Oneness that was mentioned earlier. In this place there is absolutely nothing other than peace itself.

You are that peace pouring forth into the world as Louise. Therefore, you are not a fixed object. You are a flow of energy. A flow of energy of the eternal still-point, in the eternal oneness that is peace. When you know that, you are at peace.

Think for a moment. Think of how constantly this flow that is Louise is changing, within and without. The cells, DNA, molecules, atoms, protons, neutrons, quarks, the little packets and bundles of vibrating flow. How could you be anything but peace itself?

So that process that we just did together you can repeat at any time. Most of the most powerful transformative practices are those that are the most simple.

I am that I am: the verbal reflection of your eternal peace.