

INOLA

Inola means to convey. An ancient word which captures the essence of conveying.

Every moment of every day, you are conveying a message - a distribution of your energy.

Your thoughts, your words, your actions are all conveyer of your energy - message. That is why it has been said - your life is your message.

Have you taken the time to examine, what you convey? Is it dense energies or loving and light energies? The energies you convey not only touches other people but also Mother Earth.

Through your body, you are continually releasing the energies of your thoughts, words and actions into the atmosphere and the body of Mother Earth.

According to the Laws of Reciprocation, you will draw forth the energies you convey. What you may not have known is - your thoughts penetrate, and it influences and effects your ten other bodies (your multidimensional bodies).

Human beings exist simultaneously in 11 bodies. (Physical earth lives +10 other dimensional lives).

Some of these other lives you have, are in different levels of evolution - some higher than your present earth lives and some lower. When your thoughts and deeds are coming from your lower self, and are coming from fear or control base, then you are inadvertently disempowering those lives which are in the lower dimensions than your current earth life.

So, the evolution of that life stream is curtailed. You have come here to enhance and uplift all your lives (Earth and other dimensional lives).

The evolution of all your lives is a task you have come here to master. Since some of your other lives are in a higher dimensional space, you can bring forth aspects of that life, into your present life - aspects of higher wisdom, higher frequency of love, creativity etc.,

As you grow in awareness, you will start to join more of your other selves and in time to come, you will start to exist as One Being (all the other selves will merge with your earth lives).

So, what you convey takes on a greater significance as it affects many layers of yourself.

Learn the art of conveying loving thoughts to yourself and to all your other selves. All your other lives then will be supported and empowered. You are much more than you think you are. You are a multidimensional, sacred Divine Soul.

There is an exercise you can do, to connect more with your other selves. This exercise also will help you to bring into your awareness the existence of your other lives.

EXERCISE

Bring the opened palms of both the hands touching each other (only palms touching and not fingers touching) in front of your heart center.

Breathe through your fully opened mouth and breath out through the middle of the two palms, while making a sound - YERRAA.

Breathe like this for a period of ten minutes. You will start to feel vibrations in your palms and then bring one hand on your heart center and the other in the back of your neck - where the Pineal Gland exists.

Your ten fingers represent the ten lives you have other than the present earth lives. Your soul exists in all these lives and through this exercise you will be calling forth and joining more of your other lives and your soul essence.

In service and love to all