

Calm Your Heart

I am White Eagle.

Calm yourself, before the storm overtakes you.

There is little you can do. But the power in you is in your quietness and your willingness to sit quietly and to listen. There is your fortress! There is your escape from worldly troubles.

The mind cannot comprehend all that is going on. The truth resides only in the heart. What you feel beneath the surface of all the chaos and noise, beneath all that, in the depths of silence – there is the true you. And the true you will not be moved by the sound of crashing cymbals and trumpets everywhere. Abide in the silence where the truth of you resides. Rest in the peace it offers you.

Here we can communicate the love of our Being, the joy of our existence, the tremendous hope for all the earth. This planet has been around a long time and it will continue. Dimensions change but the earth in all its wholeness continues on. What you don't see is the wholeness underneath all the chaos and busyness that clatters through this world. It is the whole picture you must see. There is the healing scene. There is the joy that heals the wound. The elixir of life is in the wholeness, the oneness of all things. Do not mourn this transition. For at some time, all will be perceived to be well by one and all.

Until then, focus. Focus on the wholeness of all things, the interrelatedness of all life, of all sentient beings, of truly one and all. Place your awareness there. Calm your heart. Calm your whole being with a vision of the wholeness of all that is and understand that we are all one. In this magnificent dream of Light, **WE ARE ALL ONE**. And the Light prevails, no matter how many shadows you see or what darkness seems to dim the sun.

“That which transpires beneath that which appears” is the heart of things, the joy of the earth, the source of all human connectedness. That which transpires is hidden to the natural eye but it is open to all who perceive with their inner eye.

Open that eye and see beyond the third dimension. Let that eye open. And see the world as it truly is, the universe in all its glory. The Light transfixes one and all.

There is the life, the true life, the real life, the eternal life. It is within you. It is within us all. And the Light that shines within you is the affirmation of life everlasting.

Go forward in this hope, in this knowledge, in this Light. Let your life celebrate the Light of your being and send it out to all the world. Be a beacon of Light. Radiate love to one and all and you shall know the truth. You shall know the secrets of the universe. You shall know – **WE ARE ALL ONE**. Take this to heart, quietly, silently.

Merge your heart with mine and see the world as it truly is. This magnificent dream of Light is yours to share. Speak to one and all. Lift them up. Let them see all that is. For in that vision of Light is love everlasting way beyond your ken. It is all that you are and all that you ever have been and all that you ever will be. Pure, loving Light — all we are and all we ever have been and all we ever will be. **WE ARE ALL ONE IN THE PURE LOVING LIGHT**.

Take note. Remember. Keep silent. Let your heart see, for your heart knows the truth and your mind will follow quietly in the silence. Feel the truth, know the truth, be the truth – for you are the truth! Stay within this space. I am with you, always. Bless you, my dear, bless you. So be it. Amen. Aum.