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Love & What to Pay Attention to With Pleiadeans

Mentoring

This month we will be focusing on the energy of Love. The Universe is Love. Love is, you could say, the human translation of it. There are other ways of saying that such as Oneness or Connectedness. But because we live in duality Love is how we have relabeled it. If everything is Unconditional Love, absolutely everything, and we're all swimming in it we then perceive the reality of external and internal through the focal point or the lens of Abundance.

Abundance does not mean money although that is included in it. Abundance mainly means 'enough-ness'. Enough-ness of everything. Any kind of a supply. In the third dimension on this planet part of our supply is money as well which is why we include money in Abundance. Abundance is actually about supply and a never-ending flow of it. So then Unconditional Love is what it actually feels like. It's a never-ending supply of being held by the Universe. Our focus and what we pay attention to is what determines what kind of perception of that Love energy we're going to have.

If your perception is through the focal point of something that is harmonious then you will perceive the Universe, life around and yourself as well as part of the Love resonance. Something positive, harmonious and flowing. If on the other hand your perception is keeping you seeing things through the lens of separation that means you're still in Oneness and still in





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that Love resonance but you potentially don't feel that anymore. That means that the perception will change. Whatever we pay attention to we are amplifying. The change of our perception translates as us being in hatred; in anger; in separation or in some sort of a blame. All of those things are still the Love energy, but they then became sort of twisted on themselves. Twisted counter-intuitively into something that we perceive as Love because of that twist that we have put onto it. That doesn't mean that that's what that energy actually is.

There are no such things as negative vibrations in the way that we typically think of them. They are created by the fact that we're in duality and then what we label them as. Something that to us is emotionally negative to some other species might be emotionally positive or neutral. It's true that there is a dualistic split when you get frequency-wise lower, so duality does exist. But the meaning that we give it is based on how we translate reality.

Let's bring this down to where it applies more to a human and more practical understanding level. Whatever we pay attention to then creates our reality because we amplify what we focus on. Are you focusing on Self-Love or are you focusing on self-hatred? Are you focusing on Personal Enough-ness and enough-ness of the supply of the Universe or are you focusing on not enough-ness or on some sort of lack. If so, then that is what your reality both internally and externally will show you. We will always get proof of whatever it is that we believe. Whatever we focus on we amplify and then our reality matches that. Then we have our proof that the Lower Self then utilizes as a means to prop up the story that we just created with thoughts like *"You were right. There's really not enough"* or whatever the story was that was where we put our negative focus. That's how we essentially miscreate with the Universe. Instead of co-creating we miscreate.

If you focus on not enough-ness, self-hatred or on some sort of a lack what you end up miscreating is victim, abuse, blame and powerlessness. All of those experiences that we tend to





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think things like *"Well, I'm this way because of them"* when in reality it's the other way around. "They" and the experiences are here for you because your focus was on the negative. If we choose to focus on enough-ness and on the Unconditional Love of the Universe, then we co-create with the Universe. That is the experience of Abundance and power in a sense. Power of us matching the God-like creation within our own lives.

If you think about it in the smaller sense in daily teeny, teeny little moments of focus every single day ask yourself what you are focusing on at that moment. Every time something doesn't work the way you would have liked it and then you got angry, you got frustrated or you yell at yourself or think things like *"Oh, stupid me. Here I go again."* All those things are examples of focusing on the negative. Every time there is some sort of a physical pain are you looking at that from the perspective of Unconditional Love and Abundance? That would look something like *"Oh, there is a discomfort here. Let's bring all the Universal support to help that."*

Or are you looking at that same thing from the standpoint or lens of scarcity and separation? That would look like *"Oh, this hurts again. Something is wrong again. It will break even further if I don't fix it. I can't fix it so now I'm doomed."* Then this whole thing of thoughts like *"Now I'm trapped in this body and it's going to hurt forever"* and so on begins to happen. All of those things are focusing on lack and on the negative. What do you think that would create as an experience within your body?

It will miscreate. Instead of healing it will create the amplification of pain which is the very thing that we're trying not to feel. The same scenario and outcome would apply to things like when you're trying to experience something, but it is not working. Maybe you're meditating and you're not feeling connected or loved. If in that moment you focus on thoughts like *"See, there I go again. I'm not connected. There's something wrong with me. I don't feel enough. Why is this always happening to me? What's wrong with me?"* All of those are energies of lack which





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means we would then miscreate our reality from that.

Then instead of the beautiful Unconditional Love energy that is all encompassing and is here for us all the time to help us heal, rebalance and experience whatever it is that we desire because the supply for it is here all the time we would be focusing on what we 'don't have'. As soon as we do that, we amplify the teeny little thing where we felt we were disconnected. That magnifies it.

It doesn't necessarily mean that we are disconnected because you really can't *not* be part of the Oneness. Everything is God so we are God. You can't not be a part of God Source. You could have the perception that you aren't experiencing it and then you wouldn't be able to experience it within that parameter of your own self-limitation but that's not because you're actually outside of it. Everything is the Universe. You're not outside of it so whatever you're experience you are still on the inside.

You are always not only surrounded by Unconditional Love energy, but you are also interpenetrated by that. You are fed by that. That's the fuel that is available to you at all times and it can take any form that you need it to. When we focus on the positive, on Enough-ness then what we end up with is the amplification of that support to come to us in whatever form that we need it at that moment. It can take any form that we need.

If we focus on lack, we amplify that teeny little area where we didn't feel connected. That doesn't mean we become more disconnected. It just means that we dive in as though that area has been put under a microscope lens. Then our whole world shrinks and all we see is this teeny little thing that we are now amplifying. That's why so often when we focus on lack, we also experience two things. Entrapment and the lack of Freedom. This is because Entrapment and the lack of Freedom are natural consequences of our going into that microscopic perception. It's a bit like an ant that just sees a big sticky thing that feels like it's going to be the





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death of him when from the outside it's really just a drop of water. We forget that it's a drop of water that we can work with. We start to behave like the ant to whom the water could be deadly – that big sticky thing. Don't be like an ant! Have your perception expanded at all times.

Any time we notice something that is from lack the first thing that we need to do is to refocus on *"How can I expand the positive? How can I expand the support"* for whatever it was. *"How can I move to a higher perception of this specific moment?"* Not lower. Not thoughts like *"Let me figure out why that bad thing happened. What past life did that thing connect to? What event in my life caused this bad feeling?"* That's all that thing is – an event in history.

Instead of that we want to do the opposite. We want to go into the bigger picture. Begin by asking yourself things like *"What other meaning can I give to it? Even though this occurred, what resources can I use right now to help myself change that? What do I want to feel instead in this moment?"* Then we shift. At that place (if this is a completely new experience for you and you've never experienced) from this now-harmonious place you could choose to go back and look at which life event that it was connected to or what the other lifetime was that caused it and so on. You could choose to investigate it.

Notice if you choose to do investigation that *after* first switching into this much larger and more harmonious perception of your Self that you will now be able to remain as your own witness and observer of that event or experience. You would be observing whatever happened in the past that was negative, but you would *not* be inside of that experience or event. Then you would no longer be focusing on it and miscreating or amplifying the negative. Instead you would be focusing on something more harmonious. From that place you are essentially looking at it from your Inner Library to find the lesson. The lesson is still Enough-ness and the energy of Abundance, right? We can relearn and by doing that we are growing.





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That's why it is so important to remember to find what it is that you're paying attention to and what you are creating from. Ask yourself *"Am I creating from enough-ness? Am I focusing on the Abundance of supply?"* Or if it's a matter of looking for that, have you lost it for a moment? If so, are you focusing on lack and whatever you don't have, the not enough-ness and whatever it is that you think you are not? Remember that we are whatever we choose to be. There is no external definition of whatever it is that we choose to be. If you *feel* you're not enough it does NOT mean you *are* not enough. It means that you feel not enough because you have some belief system that is telling you that you're not capable of some experience or action which then translates into *"I'm not enough"*. At that moment you get stuck in amplifying that belief to the point that it feels real to you but it's actually not.

You are forever enough – always. When we go into the experience of internal enough-ness and then from there (we're actually resourceful because Love resonance is everywhere; it's Unconditional) we would receive the supply in whatever form we need. Then we are again co-creating more Abundance, supply, resolution and more learning whatever it is that we chose to learn in that situation.

Your assignment from this specific video and lesson is to please – really, really pay attention to how you internally talk to yourself. Are you mean to yourself or are you being kind? Are you truly uplifting and empowering (even if sometimes that means you have to be kind of tough with yourself)? Or are you overly sweet and kind of allowing yourself to be a victim but then pitying yourself and in doing so that feels like love but it's not.

Be LOVE. Be FREE. Be GOD.

Eugenia Oganova

