

Mary's Morning Message

~ Releasing Stress before it Hits ~

Greetings Beloved One ~

Once again, we can feel the movement of the universe changing, and it is calling us Home.

We are all in an **Awakening** process and are becoming more and more aware of who we are, and how we are All connected.

The **Arch Angels** are showing us an opening into the universe. This opening is the **Angelic Attic** of **Living Light** that invites us in to see the **Treasures of our Truths**. This **Light Frequency** is a hallowed Eternal and Expansive Energy field that is also shielding us from the shadows of its **Past** and worries of our **Future**, so that we can stay **Present** and be at **Peace**.

Please close your Eyes for just a moment, Breathe and visualize this **Angelic Attic** as a place that holds many gifts for you. **Breathe** and be worthy to **Receive**.

It feels so wonderful to know that **Peace** is on the horizon.

Though in order for this **Peace** to be, we must All do our part. We must Breathe this **New Energy** into our **Hearts** and remain **Centered** at all times. As the earth continues to break free from its old constraints, we are eluded from the wreckages of our **Past** and its residual energy of death, disease and misery, as we Rise into our **Vessel of Victory**. As we Rise, we begin to Live in and among the Prosperous People whom have **Chosen** to **Change** and **Rearrange** their lives to live in a world of **Peace**. Please remember, You are a **Co-Creator**, **Creating a New Reality** of our **New Earth**.

As we are well into **Autumn**, we have been given many reasons to shout for joy, as we are seeing old habits, old construct and control beginning to falter and

crumble away. These are all signs of **Peace** ahead, as the peacemakers have placed their light and prayers into the darkened holes of the old and worn out. We are bridging and connecting as we **co-create** a better place for you and me, and to All that Is.

As **Time** is collapsing, we can feel a greater **Space** opening up for us. A place that is **Spacious versus Condensed**, and is meant to be **Shared** by all **versus** being kept in **Separation**.

We are beginning to feel a quickening in our own personal embodiment's energy fields. We may feel more empathic and sensitive to the happenings around us. As our **Embodiments** are becoming more and more heightened, we are being gifted with tools to help ourselves, instead of having to '**wait**' on others to find **Solutions**. We have the Alchemical properties from within to heal. If we **Let Go and Let God Guide Us**, we can continue to formulate our findings and become free. When we *slow down* the **Mind** and listen to our **Heart** sing, each and every day we can start healing from what has been ailing and controlling us way too long.

~ Releasing Stress before it Hits ~

Here we are again, almost at the end of another year. **10 months** in and the hustle and bustle of the holidays begin.

So, as we are about to complete another year, let's get ready to set our **Intentions Now** instead of waiting *until the new year* to do it. We don't have to wait for a **Date to Create Change**. This **Change** can start **Now!**

As **November** rolls in, we immediately start to feel the stress upon us, as we begin to see advertisements and displays in the stores and in the media. We begin to feel the pressures being put upon us, as society markets these big events.

Today's **Message** is about helping yourself to **Release the Stress before it Hits**.

Let your **Heart** be open and **receive New Energy** as the breath breathes you.

Let your internal frequency know that you can let go of these pressures, before they even start.

Lift the Lid (your Crown Chakra) and let go of any steam that might already be bubbling with anxiety of how your **final 2 months** of this year are going to go.

Simply **breathe** and Let it go, exhale and release.

With your next breath, increase your lungs as you sing your song . . .

I **Choose to Let Go** so that I can Continue to Receive the light frequency within. As I begin this new month, I will walk and talk with grace and ease. I Release myself from the daily “pressures or stressful situations”. I **Choose to Change** my thoughts of **Fear**, and **Breathe a Breath of Calmness** right into these next couple of months with **Peace and Tranquility**.

I Am that I Am, I Am that I Am, I Am that Light I Am

Begin this day with **Clarity** and **Carry** it forward everyday. Be at Peace, live in Peace and Share your Peace with everyone you know. As you Let Go, you are Given **New Energy** that will continue to Fill your tank and keep you Traveling without feeling Empty. Breathe and let your **Heart** be Full!!

May you be Blessed and held with the Loving **Arms of the Angels**, who surround and protect you always.

Loving You,

Mother Mary Martin

10.30.19