

# Release Your Mind and You Will Look Upon a World Released

“Release Your Mind and You Will Look Upon a World Released” does this resonate? It can if you desire so.



These days of living in a perfect storm, conditions have allowed for much mayhem and disease. The mayhem is potentially engineered and the disease is the result of lower energy vibrations causing imbalance.

When we ascertain that our bodies are dense matter as are our emotions, whether high or low, then we can also gain knowledge that another system is at work. Energy, the unseen (by many) force that carries our bodies and holds all matter still, to be seen by our physical eyes. With an understanding that energy is at play in and around all existence, then also comes the knowing that perfect storms rise and fall away. They are but a frequency and our experience of any storm depends on where we are tuned.

We can choose to dial into the perfect storm frequency to experience it or to aid others in it. We can adjust our frequency so the storm effects are minimal, knowing that as storms rise, remain for a period, so they also dissipate.

Then, we can behold the aftermath of the storm with upset or with wonder. The wonder is from a inner knowing that renewal is a creative process of energy.

I write these words after listening to Jacqueline, [Oracle Girl](#) say, “hang on” and as she has stated many times, “it’s just a frequency”. I know this from the depth of my being and it is collaborated by our historical past and the sage words of masters throughout the ages.

Can we tune into a frequency that experiences as the fabric of this Universe? The flexible mesh of breathing, living, dynamic interconnectedness. We all have a role to play and how we play affects one another. Strife and factional behavior, is it productive? Conscientious objections, do they work? Tuning one’s own frequency to a vibration of love with a knowing that we are all One. Is that the answer?

Ever since I first began listening to Oracle Girl, I have resonated with her words and energy. We all have the potential for self healing, our world has the self healing ability. The key is tuning in, being aware and allowing this high energy to flow in and through us.

Our world will take care of herself, she is resilient and strong. Our experience with her in this present moment now depends upon aligning our intellect with our Subtle body (the intellect is part of dense, physical, temporary body and benefits when we “bow down” so to speak to the eternal Subtle essence that is Us). Living with this knowledge fosters hope.

As Ross encourages through this newsletter and as he and others use their life force to educate and encourage, join in. Be part of something huge, beautiful, glorious – a unified collective showing forth physically with strength and resilience, through LOVE. It is your birthright and you have the ability to “tune in” to all around and in you, for the good! Truth resides within you, as it does everyone. Your

belief informs how you express it.

Much love to you my friend, Julia

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