

# Loving the Unlovable

By Linda King

Let's have our feet flat. Let's close our eyes. Let's breathe – and keep breathing – we are working on constancy.

Let's call forth the support and overlighting of both the planetary and cosmic hierarchy and know that they have nothing but unconditional love and support for us, having experienced earth life and understanding attachment and judgement and fear and all of these wonderful things we are now embracing, accepting and loving into wholeness through the core of our being. Let's open our hearts and feel the unconditional-ness and love of these beings and also the support the Planet. And let's be inspired by Gaia, her unconditional-ness, her giving, her openness, her support, her life-providing and producing ways and being.

Let's call forth Melchizedek, Metatron and the Mahatma, and let's work with these beings on a cellular level to assist us in feeling safe and courageous in acknowledging and accepting what it is that we are doing with our energy, even subtly. We'll work with Archangel Michael who will assist us with his Blue Flame Sword of Truth for us to see, feel and acknowledge Truth. We'll work with some of the Lady Masters, Mary, and she will assist us by holding us in unconditional love and showing us that we are able to hold ourselves in unconditional love. And as we feel into that space within ourselves we can expand that. We can expand that feeling of love to encompass our entire being. And in that openness and acceptance and trust and truth being open to the truth. And as the light shines upon us we can see the truth more clearly.

Let us be willing to disconnect any inappropriate ties, links, cords, connections, attachments, judgments, and fear associated responses with any person, people, place, thing, animals, plants, thought forms, feelings, aspects of self that we really know, coming from a heart space, is an attachment. And let's surrender to more of the core of our being and feeling safe enough in there to let go these attachments. To feel safe, standing strong and steady within our life and not feeling the need to be holding on to anyone of anything. Let's have preferences. Let's state what is our preference: I choose to be more loving, I choose to be more open to the truth, I choose to acknowledge and accept responsibility for that which I have created which is now my experience. I choose to be open. I ask the assistance of Metatron to assist me in this moment to bring the light into each and every one of our cells, and working with this being in our degree of surrender that we are prepared to be in, to let go that which we are holding onto which is not in, of, and for love.

Ok. We are moving into flow. Fourth-dimensional flow. The ebb and flow. The giving, the receiving. The movement. Feel the energy – it moves. It becomes stuck when we hold on to it. It's meant to move. So each time you find within yourself that you're a little stuck on some level - align and centre and just release the attachment. And that will take courage, so call forth courage from your own heart, "Assist me to be strong and courageous while I acknowledge and accept the truth. And as I move into a state of flow and oneness, I realise I can't really hold onto anything." It's like the hand attempting to hold the water. You know, a few drops may be able to be held in the palm of the hand for a little while, but you close your hand and hold it tight enough for a little while it will evaporate. Like, the whole water just slips through your fingers. Let's try seeing everything as water and allowing it to move and flow. And it's ok being its own water-ness; whether it's a drop, whether it's a puddle, a wave, a river, and let's be grateful for that and acknowledge that and admire that. That flow, that movement, non-attachment. And each time we uncover when we are attempting to hold on to something which can't be held onto, we'll remember how futile it is holding on to water and we acknowledge within ourselves that this is what we're doing. And the water is designed like that because it can't be held onto. So there's the gift. Water tends to be the representation of emotion. So we don't need to hold on to our emotions, we allow it to flow through.

Align, centre, allow it to move through the heart and return to where it belongs, to where it originates. Not trying to hold onto it ourselves. Our cells are meant to hold Light and Love. That's what they're made of. So let's allow them to open and be flushed out with the flow of Light and Love and allow that which no longer serves to be returned to Gaia so she can use it, she can transform it into light which can then be returned to us. As she gives it back, as it flows back, we feel ourselves in flow. The energy flowing down through our head and spine down into the legs into the earth and then returning. And we feel the flow as love comes into our heart centre and as it goes out of our heart centre, as we share that with others and all ones and all things. We can't hold onto it, either within or without. We can't stop love coming in, and we can't stop love going out. It's just a defense and we tie up a lot of energy in attempting to do that. So each time we realise that we are doing that let's align and centre and step back into flow and feel the freedom in that. No sense of loss of control, no expectation of outcomes. Just being open to more flow, to more love, to more light moving through our being and beyond.

As we release this energy which is not of you, and return it to its original source, breathing, feeling the freedom in that. And that which is our creation is your gift to you. For it gives you the opportunity to stand forth in your mastery, accepting that which is your creation, that which is your energy, now how is the best way for me to deal with this judgment. Clearing the fear, letting go the fear, opening the heart and loving the fear. Identifying and recognising any of these attachments or addictions to any of our behaviour, particularly negative behaviour that keeps us playing small. Let's recognise that as a limitation, release the attachment, being open

and prepared to accept the truth that we may be a very bright light. And it's not really our role to pretend that we are not a bright light, it's our role to be the brightest light that we are and if others have difficulty handling that then they may need to go and get a good pair of sunglasses, rather than you shutting down your brightness to not inconvenience them.

Let's all call forth a golden ball of light slowly descending down through our soul star, down into the crown. And as this energy enters into the crown it turns the light on and you can see. You can see your connection to Source – which is a connection to have without attachment. And as it moves down to the brow it turns the light on, and you can see clearly, you can see the truth. You can see who you truly are and you can see who it is that you are being. And as it moves down to the throat it turns the light on and you can feel the truth. You feel your intuition. It turns the light on to your speaking your truth, to having loving, open, honest communication. Down to the heart. And it turns the light on in your heart. And you allow yourselves to feel even for a moment the possibility of giving and receiving unconditional love. With no attachment experiencing that flow. And once you experience it even for a moment you can expand that so you know it is possible. You know it's not just a thought or an idea it could never possibly happen to you – it has – and you have the capability of experiencing it again, and next time extending the period in which you give yourself permission to be in that. And down to the solar plexus. And it turns the light on. And you see the lower self for what it really is. It's the lower self. It's the part that kept you alive and got you to where you are.

And now we have the light on in those higher centres we can see more of who we really are, more of the truth. And so we stand up. We hold our heads up. We have the hearts open and we step forward. Let's accept any connections that we have, lower self desires, attachments, expectations, judgments, comparison, defense. Now we see them we can process them. Moves to the sacral and the light becomes clear and we run the same process. Still the lower self. What are we doing with our energy from this centre? We are having thoughts, desires, feelings about people? Let's bring it up to the heart and connect on a heart level – not from our glands. And the base. Bring that light down, shining the light.

Let's feel the connection with the Earth. This is our foundation, this is our connection to the Planet, let's maintain it. The light extends down the legs and anchors securely into the Earth Star. And now let's feel flow running down through our system into the earth and returning. And let's find ourselves as the bridge, let's accept that. Let's love that. Let's be that. Let's set our intention to be aware of our thoughts, what our thoughts are doing, what our energy is doing, and accept responsibility. Let's step forward as masters practicing mastery with an open heart, with an open mind and courage. Let's feel ourselves in protection absolutely. Keeping these intentions in the forefront of our awareness in our consciousness. Feet on the floor,

breathing into the heart. Let's invite the Violet Flame to transmute anything that has been released from the cells on all of our levels. Let's breathe. Fully present here and now.



©The Insight Foundation

Linda King is the Co-Founder of the Insight Foundation and Head of Faculty for the Insight Foundation's Cosmosis™ Academy

<http://theinsightfoundation.org.au>

[linda@theinsightfoundation.org.au](mailto:linda@theinsightfoundation.org.au)