

## The Time of Silence and Introspection

Metatron and Yeshua discussed with us the importance of this time of quiet in our last session. We think that we all agree that this time will be so important to each one of us personally. How you choose to navigate this time is a personal journey into the world of your Soul/Spirit. Our suggestion is to not have any expectation of how it unfolds. Just make the time and experience it for yourself. Know that you deserve it because your Heart Chakra is now open. You have discovered a new way of knowing the love of self.

Remember that our Teachers and guides are ever present and that you can communicate with them at any time. Yeshua as well as Master Kuthumi often went into solitude on their personal journey into ascension. We are sure that they will make their presence known to us as we explore our unique divinity.

Here is a list of Suggestions that Master Kuthumi gave us last year.

1. Establish the self-discipline and create a schedule of appointments for yourself. Make these appointments non-negotiable once you commit to this schedule.  
Appointments should be done daily without hesitation. Do not judge yourself if you miss a day or part of your desired practice. You can get back on track the next day very easily by recommitting yourself to a practice. This is not about success or failure. It is about learning the most intimate things about your individual divine nature. How much you choose to uncover is guided by your soul/spirit.
  - a. The first appointment that you will want to make is a specific time for contemplation and meditation twice daily. Always at the same time that you have scheduled. Continuity helps you develop self-discipline and devotion to yourself. Keep these appointments as if you were meeting a most esteemed person.
  - b. Schedule one day per week of silence and to withdraw from family, friends or communication of any kind other than the communication

- within yourself. No television, internet, e-mails, or telephone conversations. If there are others in your household communicate to them that this is a day you have chosen to be silent and ask their cooperation to help you adhere to this. Speak to them on this day only as needed. For those who work at regular jobs, you will have to schedule this on days off. Make your schedule at the first of each month.
- c. Schedule a day of fasting twice monthly during your silent days. Liquids throughout the day with one small meal that day. Plan ahead and schedule at the beginning of each month.
  - d. Read inspirational materials daily to help you sustain your practice. Read inspiring poetry, sacred texts, or teachings. When you are inspired, you will stay focused and motivated to stay the course. Make time for review of the teachings of 2019. You may want to review certain topics that were taught in the last three years of your time.
  - e. Journal. Purchase a special book to journal in for this important time. Use it several times each week without fail. Write your thoughts as well as discoveries. Write what is troubling you as well as what has brought you joy during this time. Write about what you are grateful for. Write about your experience with being in your Light Body. The length of your writing will vary. Some days you will have a lot to write about. Other times, maybe only a sentence or two. Don't be concerned with the length but only the content that you are willing to divulge to yourself. This builds trust in yourself and also continuity in the practice.
  - f. Read your journal once a month. No more than this. Be diligent in journaling at least four times weekly. You will discover that you may need to write more often.
2. As always, these are suggestions. You can choose which ones fit your needs. We only suggest the value of scheduling the time to devote to whatever practice has the most value for you personally. Personal discipline will serve you well. Continuity in your practice is a must.

