

# THE POWER OF INTROSPECTION

## NADEMUS

*Channeled through Brenda Hill*

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**G**ood day entities. And a fine day it is. Do you ever find yourself in contemplation and introspection as to the wonders of life, the challenges of your individual lives and the state of being of your world? Indeed, introspection is the act of looking inward for a greater view, a clearer perspective and an intimate moment with self. Introspection very often occurs at points in the events of the day wherein an occurrence of great contrast has arisen to trigger a greater awareness in you as to your place in this wondrous creation. You become introspect as you ponder the best direction to pursue, the answer to a great and challenging decision you are called to make or in a moment of reverie as you contemplate the state of affairs.

But when you do become introspective, what process do you follow? In other words, what parts of your being initiate the introspection and what parts of you accomplish the introspection? Some of you perceive that it is the mental body that initiates and the emotional body that accomplishes the actual process of introspection. Yes, indeed these bodies are in total involvement as well as the physical body that goes into elements of repose during the process. But there is more involved here than meets the eye, so to speak.

You see there is great power in introspection. That power exists as the exemplification of creative god working from the momentous Now Moment, that moment where only love lives, when the love and light of who you are, god, acts; it does so during the only moment of reality, the Now Moment. God, in awareness of self, draws forth the energetic resonance from your focusing bodies to address

the tone creation in a vibrational format. Introspection literally enacts a non-auditory tone offering of love that extends and fills the moment with harmony and balance.

Remember, it is the state of contrast that most often triggers the initiation of introspection to begin with and that contrast literally acts as the parameter of the question at hand. It can be a very narrow scale or one of huge proportions. All that matters, really, is that you are called to move into an introspective state. In these states of being, the whole of who you are, those aspects focused in your current third-dimensional reality and those focused elsewhere, are drawn magnetically together in full unison to affirm the wholeness of you, the introspective one, and the inherent wholeness of the issue. The issue in this state of being becomes one of lesser importance as the resurgence of the glorious sense of wholeness resounds as you vibrate in a higher more enlightened and enlivened consciousness.

So, you are not just thinking deeply about things, nor are you just taking a melancholy stance, but rather do you expand who you remember yourself to be. In other words, your state of remembering self and the divinity you are affords you a glorious "sneak peak" at the true peacefulness and freedom of knowing and remembering your godship, your divinity and your potential.

Introspection in these times of growing ascension energy is a very natural and called for event. It is to the benefit of all peoples, flora and fauna and most importantly your precious Mother, Gaia, as she readies herself for your mutual ascension. Let not the perceived

chaos of the day alter your empowered approach to life. Remember that chaos holds deep and fervent patterns of order and stability within and chaos is the trigger that most often initiates your contemplative behaviors. But also remember that chaos or love is viewed through the filter of your experience and viewed through individual and collective belief patterns. How you view your creations determines each creation of each consecutive Now Moment.

So what are your views of the world at large and your own personal viewpoint? Ask yourself these questions. Are you hopeful or do you feel helpless with the vision you see? Do you feel empowered to change or are you resigned to mundane repetition? Do you hold an opinionated expression or an allowing presence inclusive of a divergent creative field?

Questions, born of contrast, are also your triggers to introspection and contemplative stance. I wish for you to understand that to question is to challenge what is apparent. It is not that questions are indicators of problems or disruptive influences. They are indeed more of an opportunity for clarity and with clarity an open pathway to expansion. Expansion is evolution and evolution raises the consciousness. A raised consciousness is a high light quotient ratio within the body and the higher that light quotient, the more you know who you are – an awakening god ever closer to the light from whence you came.

So you see, the power of introspection is literally an ascension tool, a very effective and supportive tool in your steady awakening process. I invite and welcome you to partake, knowing that the whole of your bodies – physical, emotional, mental and spiritual – are connected and balanced, that you are centered in the love and light of truth and that you are instrumental in that process. That may be the most wondrous awareness of all and the most propelling.

Recognize that you are the creator of your reality on all levels; therefore, there is no such thing as a victim. As such a grand and marvel-

ous creator, literally the outreach of All That Is, you tap into the energies of light. This light resides within you and simply awaits your recognition of it. The light must shine and as it shines, your creations reflect the splendor. Introspection gifts you with this splendor, even as your sleepy eyes are drawn to the light and the beauty of creation. You rub the sleep from those eyes and you see. You see clearly. You see God. You see yourself and the whole of creation as One. You are home at last.

I am Nademus. I bid you adieu. With God you are and I am. So be it. Indeed.

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Nademus is available for personal consultations by appointment. To arrange for a personal session or to learn about small groups and workshops, contact Prism Path (866) 374-0243 or e-mail [info@prism-path.com](mailto:info@prism-path.com).