

Hathor Quote via Tom Kenyon:
Bliss for Protection

We have spoken many times about the need for states of ecstasy and bliss, as these are the signatures of the higher vibratory realms of which we speak. Although we have said and continue to say that entering these states is inherently easy, we also recognize that they are difficult to create when you are under duress. This is why we encourage you to find your spiritual center in these increasingly difficult times. By spiritual center we mean the still point within you where you are in touch with your own inner nature. For some of you this means regular meditation, for others it means being in nature, or some other way of connecting with your inner self. Whatever means you have found to center yourself, you must make it second nature. And do it regularly.

We say this because as your world becomes more chaotic, it will be more difficult to find your center unless you have trained yourself to enter it at will.

The vibratory realms of ecstasy, bliss, appreciation, and gratitude are not just elevators of consciousness, they are also protectors. They will help you remain in a higher vibratory field than those around you, should those around you descend into lower expressions of their nature. Should you find yourself in such situations, we suggest you quietly (without drawing attention to yourself) move your emotions into these higher vibratory realms (appreciation, gratitude, ecstasy and bliss). Although you will be in the same physical dimension as those around you, you will be in a different emotional and vibratory dimension. And when it comes to fate or destiny, it all hinges on vibration, specifically what vibrational realm you are residing in. And this ultimately depends, as do most things, upon choice.