

# Your Helpers Are Here To Help You



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A Communion of Light Writing

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So when you are starting something, it is always helpful to begin at the beginning and that is precisely what we intend to do here. So we begin by saying that your helpers are here to help you. That may seem like a very odd statement, because it is obvious. By the name “helpers,” of course, they are here to help you.

But the reason why we say this is because again and again and again, what we understand from our physical friends is that you tend to believe, or have believed in the past, that your helpers are here to fix you. They are not here to fix you. You don't need that sort of help because you are not broken. They are also not here to guide you, because you're not lost. That is why we use the word “helper” and not guide. Because your guide would imply that they know where you are going. And they don't.

You are on the leading edge of your physical experience. And they are sitting with you. From a nonphysical perspective, they probably know more about your physical experience than anyone else other than you. But what they know, compared to what you know, is a pittance.

But what they do know is the truth of who you are, which you have temporarily and intentionally forgotten, so that you could have this glorious, magnificent physical experience.

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Part and parcel of your physical experience, because of what you have chosen, is money. Money is very much part of your experience. If you are listening to this conversation, you know that money is part of your experience.

Our goal here is not to convince you to not use money or to let go of money or to make money something different than what it is. Our intention here is to remind you that your helpers are here to help you with money.

And we are also here to deliciously deliver to you some very simple processes and techniques that will help you connect to your helpers and ask them to work with you, to play with you, to run with you on the topic of money.

So we are going to just start at the beginning with that, as well, and we are going to give you our first technique.

And that is: simply invite your helpers to connect with you.

And it is very simple.

You can do it right now even as you are listening to our words.

What we would suggest is that you find a comfortable place to sit, someplace where you are not disturbed, where you will have a few moments to yourself.

And with eyes open or eyes closed, you take a deep breath, and relax into where you are, and begin to imagine that you are sitting in a room, and that this room, while not full, is pleasantly populated with people

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that you are very familiar with, even if from your conscious awareness you don't know who they are.

And in this room are your helpers. These are your wonderful, delicious, amazing non-physical friends who have been with you since the beginning of you. Since the beginning of the beginning, as far as you are concerned.

So we invite you to just take a moment and look around. You may not see any face that you recognize. Most likely you will not see deceased relatives or anything that you would consider to be an angel. What you will just see are people, generally speaking, who are very happy to be with you.

If you have ever had that experience, even briefly, where you were the center of attention in a room, this is what this feels like. We think that most of you tend to forget who your helpers are because of this feeling right here.

It's hard from a cultural perspective to imagine being the center of attention. Even if you are a highly narcissistic person it is hard to imagine it. And we are being a little silly here when we say that.

In this room are your dear friends who don't really have names, unless you give them a name, because names are really meaningless from a vibrational perspective. And you could certainly name them. And you could say, "This is my group of friends." Or "This is meeny, miney and moe." Or "This is this one, that one and the other one." "Yellow, red, blue, green, orange." Whatever names you want to give them.

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And, if you think for a moment and look in your mind's eye at what you see, you will probably notice that while there are a number of them, there is not a large number.

Now, what we invite you to do is to notice how you are feeling. Some of you may feel deeply, deeply adored and loved, while others may feel a little bit of irritation or a little sense of being itchy or scratchy or a little bit kind of out of your skin.

If you do not feel delighted by the presence of your helpers, here is your first task: ask them to modulate their energy, to move it to such a place so that you feel very relaxed around them.

And then your second task is to stop and pause and allow yourself to feel the change in vibration.

Many of you, some of you, may feel very agitated by the idea of your helpers because they are offering you a lot more than you are currently willing to receive. And there is no fault on either side. They are just responding to something that you asked them to do long ago and you became accustomed to it and you may now just be realizing that this idea irritates the heck out of you.

You can now turn to them and say, "I want to feel comfortable and relaxed. I want to feel like we are sitting next to an open window where a cool breeze is coming in on a hot day." And they will turn their attention to you in that way and you will feel that in your presence, if you will allow it.

Now, the second part of this process is to realize that they are following your lead, which is already, in a way,

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what we have been demonstrating to you from the beginning of this process.

They are not here to teach you, they are not here to guide you, they are not here to instruct you, because you do not need any instruction and you are not lost. They are here to help you. And help you, they are doing right now.

Now, if it feels comfortable to do so, you might imagine that you are looking around and you see deeply in the eyes of each of them and you feel their powerful presence of adoration, how much they very, very, very much are in love with you, in the deepest possible sense of that word. In other words, they are literally the eyes of Source Energy looking upon you gazingly, adoringly, with great appreciation and great love.

Now, the third part of this delicious process is to realize that they are indeed here to help you. So now we would suggest that you take a moment and you think about a thorny issue, particularly as it relates to money, and you ask them to help you with this. But remember that there is a way of asking for help that begets what you want, and there is a way of asking for help that begets what you don't want. Your helpers will not help you with things you don't want.

So if what you are saying is, "Remove this burden from me," they are not going to be able to help you with that, because you have no burden. But if you say, "Bring me thoughts of how free I am," that, they will help you with. "Bring me thoughts of how abundant I am." That, they will help you with. "Bring me thoughts of how powerfully wealthy and rich in all manner of ways I am." That, they will rejoice in helping you with. "Bring

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me the memory and the awareness of how love has always been present in my life.” Well, now the tidal wave comes, in the best sense of the word.

So feel the upliftment that happens as you ask your helpers for what you want from a positive perspective. Like everything else, it is in the asking. It is stationing yourself along the lines of what you actually want, instead of what you think you are supposed to do.

Meanwhile, we remind you your helpers have been doing this with you since the beginning. So some of this might feel very, very familiar. And it may seem like nothing much is happening because you may already be quite accustomed to this.

So we invite you to think very specifically about the topic of money. Think about whatever might be up with you right now today, whatever issue it is. If you don't have enough money, here is a very delicious idea: instead of saying, “Bring me more money,” which is, “I'm going to get more money to solve the problem of not having enough money” – because they can't help you with that. Say instead, “Show me how I am wealthy already. Bring me more and more and more thoughts of my abundance and prosperity.” And if we were in your shoes, we would have this part in very practical, grounded and manifested ways.

And if you let yourself ride that wave for a moment, now you can ask something like this – because now you are asking it from a place of abundance – “As much money as I have, I'm looking forward to having more and more and more. Bring me more and more money.”

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Now, we are not saying that your helpers will bring you bags of money or drop things out of the sky from some sort of helper helicopter. But what they are doing is they are focusing on you having what you want. And if you think that is just a nice thing, then you might want to brush up on your Metaphysics 101 and remind yourself that having something is the manifestation of it. The vibration of having this is what brings you into the physical realm of its manifestation.

So when you say to them, “Bring me more money,” what you are saying vibrationally is, “I have more and more and more and more and more and more.” Focus on this. And they are. And they will. And they will continue until you tell them to do otherwise. Or until you begin to resist what it is that they are offering.

So that is the final part of this process. Allow yourself to receive what they are giving you. For some of you this may feel like the dam is now finally breaking. That after years and years and years of resistance to your own good, you are now finally allowing something to come through in a way that is not tortured or difficult or hard to get to. And that is a very good thing.

For others it may just feel like a pleasant upliftment from an otherwise wonderful day, and that is good, too. Whether it is a dramatic difference or whether it is just a subtle expansion doesn't really matter. All that matters is that you feel better. And if you do not feel better from this exercise, we suggest that either you walk away from this topic for a bit until it feels better to return to it, or go back and use this technique again.

We don't know of any better way to demonstrate to you how your helpers are actually helping you, than by



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guiding you through this particular process. For this is you demonstrating it to you. We certainly are holding the space for you to have what you want. But it is not us who are doing anything. You are the ones who are making this happen.

So your helpers are here to help you. Your helpers are here to help you. They are not here to fix you, they are not here to heal you, they are not here to make you feel better because you feel worse. They are here to remind you of who you are. And that is a very powerful thing, indeed.

The preceding is a transcript from the first conversation in a series entitled *Your Helpers & Money*. For more information on this series, visit:

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