

Try These Words Out Loud...

By Matt Kahn



<http://www.truedivinenature.com>

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(Note from transcriber)

It is HIGHLY recommended to watch the videos first, rather than just read the small sections here. Matt Kahn presents the information beautifully in the videos. Not only do they inspire new thoughts and ideas as you watch, but there is a strong energy transmission that comes through with watching each video.

I have also noticed that each video is like an onion, with each watch of the same video, new insights are gleamed with each watch. Each view builds upon the previous. It is highly recommended to watch each video numerous times.

I initially transcribed all the videos just for myself, but found by a quick read, I would quickly be brought back to the frame of mind and energy from when I watched. It is especially useful for me to quickly read in the morning or somewhere where I can not watch the videos. So decided to share.

Again, please watch the videos as often as possible and only use these transcriptions as additional tools.

The Essential Key Of Intention

(Matt Kahn <http://www.truedivinenature.com>)

38:50

May I, no matter what comes my way, be more loving, thoughtful, gentle, and courageous, through my words, and actions, for the well being of all.

May every breath awaken every heart.

May every step return all beings to safety.

May every bite of food, nourish all families.

May every blink of my eyes return the earth to peace.

May every thing I hear be the sound of consciousness awakening.

May every thing I see reveal the growing pains of the divine's highest destiny emerging. Into the beauty of human form.

May every interaction I have reveal the truth of my being. And even when I encounter those who don't treat me the way I intend to be, I can just remember their actions don't have to symbolize anything about me. Instead their actions symbolize how tremendous of a healing journey they may be on and may not even know it. So even when I encounter others who do not act in accordance with my intention, it doesn't have to symbolize anything about me. It simply symbolizes how deep of a journey they are on. And even when I encounter beings like that, I can use it as an opportunity to set another intention. And simply say, may I be, for myself and them, whatever appears missing in this encounter. And then instantly I am no longer lacking or needing someone else to change. Because I can always intend to become, for myself and others, what seems to be missing in the encounters I have. For the well being of all. As I am now.

1:09:07

From this moment forward, may infinite flowing prosperity, perfect health, illumination, radiant eternal being, purity, wholeness and perfection, love, sustenance and fulfillment, inspiration, passion, peace, love and joy, awaken within, radiate throughout, liberating an entire planet.

That reflects my highest vibration back to me, to confirm the universal harmony, cosmic perfection I have always been, that is here actualized in the present moment time and anchored as my new zero-point field, for the well being of all, as I am now and forever, amen.

And in knowing it is so, I command it here as I am now. And so it is.

The Essential Key of Intention (Notes)

(Matt Kahn <http://www.truedivinenature.com>)

(Walk Across Street)

With every step I take, may all beings be blessed and liberated as I am now.

With every breath, may every being be awakened to their highest truth.

With every blink of my eyes, may every heart burst open to the ecstasy and love of their highest self.

With every step I take, may all beings be loved, placed in secure surroundings, and with families who love and adore and cherish their highest talents and abilities.

With every bite of food, may all beings be nourished with organic sustainable and clean drinking water.

(Make every symbol in your life be a symbol of abundance)

(Starting Day)

May I be more loving today than I've ever been before.

May I be more fulfilled than I've ever known in the past.

May I be more loving and thoughtful with myself and others than I could ever possibly imagine for the benefit of all beings.

May I be more loving, thoughtful, fulfilled than ever before for the well being of all (prime intention, anchoring intention).

(Micro-Intentions) (Set before activities)

When I blink my eyes, all beings are free.

With every tooth I brush, the ocean is purified.

With every bite of food, this planet is returned to Eden.

May every thought I have, no matter the vibration or how I judge or accept it, no matter the thought I have.

Many my highest recognition of truth be revealed.

May my highest self be embodied and may all hearts find the safety to open to its highest potential, as I am now.

(If sick)

This illness is proof of how radically I am spiritually evolving. And I am only this debilitated so my body and soul can be on the same page. Therefore this illness is proof of a healing that's already here. The healing has already arrived, I'm just coming out the other end, playing it out, letting my body and soul catch up.

(Had lunch) (while eating)

I just assisted in the liberation of all beings, healed every wound, and purified every continent.
(Every bite purified those things)

(3 Stages of Transformation)

1-Feel better about your circumstances

2-Start to see things through different pair of eyes

3-Symbols you've given new meanings to, change on their own

(Mean People)

May every time I encounter a being like this, it symbolizes the growing pains of consciousness awakening. I'm not seeing unthoughtful people, I'm seeing a world waking up so fast, it's only acting nasty because it doesn't know the spiritual path it is on.

Not homeless, open concept

May every time I do this self-destructive thing, may all beings be liberated from their personal prisons. (if do this, the pattern should stop easily)

Every time I do this, may human trafficking come to an end. (if do this, the pattern should stop easily)

May every time I forget to set an intention, may all beings be free.

May every time I flip out in traffic, may all problems be resolved.

May every time I beat myself up for having a negative thought, may all families be reunited.

May every time I want to go home and not be on this planet any longer, may heaven emerge for the well being of all.

(Buddha under Bodi tree)

not in silence, Buddha sits with eyes half open, and lets whatever arises be the next symbol that it gives greater spiritual meaning to through the silent practice of intention, Buddha does not sit silently, he sits intentionally and transforms the world one intention at a time. Every symbol you see becomes the living manifestation of the Divine's highest perfection and every symbol is a confirmation of abiding enlightenment.

Seven Holy Words

(Matt Kahn <http://www.truedivinenature.com>)

20:50

I am as never before. And anything I remember is the experience of a fantasy. It's not wrong, but it has nothing to do with what I am. Because what I am, could only be as never before.

34:00

May I be peaceful, as never before that I am now.

May I be abundant, as never before, that I am now.

May I be liberated, as never before, that I am now.

May I be triumphant, as never before, that I am now.

May I be miraculous, as never before, that I am now.

May I be fulfilled, as never before, that I am now.

May I be healthy, as never before, that I am now.

May I be one, as never before, that I am now.

37:30

If I want to make my spiritual journey so much easier. Then I hand the I am over to that. So I may dwell as never before, that I am now.

44:00

As never before, that I am now, and so it is, I am the light, the light I am.

As never before, that I am now, and so it is, I am the light, the light I am.

As never before, that I am now, and so it is, I am the light, the light I am.

59:15

People don't have power. Only divinity has power. And the decoration of people only seem to have power because of the divinity within it. And when I affirm only the divine has power, then every character who enters my presence can only act in accordance. To serving the power of divinity within me. As never never before, that I am now, circumstances, outcomes, situations, do not have power. Only divinity has power. And circumstances and outcomes and situations only appear to have power because of the divinity dwelling within it. And when I focus on outcomes, situations and circumstances having power, especially power over me, I forget the divinity within it, I forget the divinity within me.

So I reclaim my power, affirming only the divine has power, so in my presence, all people place things, outcomes, circumstances and situations shall conspire to serve and reflect the power of divinity within me. As never before, that I am now. And so it is.

1:16:50

I love you (repeat)

Surrender To Love

(Matt Kahn <http://www.truedivinenature.com>)

26:40

I accept the one who worries, who has so many concerns, is not wrong, but they who has so many worries, so many concerns, is only here begging for my loving approval to be loved more, not less. It's not as if their concerns are imaginary, and me being concerned, is not going to resolve them. Instead, it's like a child that dwells in my heart, who is only concerned and worried, cause it wants more love for me. I accept, that the one who worries, who is subconsciously fueled by concern, is only here to be loved. It's ok that you worry. It's ok that you are concerned. I love you. And even if these words don't cure your worries, don't resolve your concerns, I love you. I'm not here to change you, I'm here to love you. Whether you're worried or not. And for as long as you're concerned, for however long you choose to worry, I will be your faithful, dedicated companion who listens to your concerns, who hears each worry, who feels your fears. And holds you while life does it's best job of transforming you into your highest potential. It's ok honey, I love you (x6).

40:10

I accept, that the one who is so excited to attract and experience my highest destiny to the degree of believing that good things don't happen unless I'm in charge of manifesting them every second, is only here to be loved.

O' sweet beloved one, how innocently you play. I love you, o' sweet one who's petrified to have negative emotion, as if that's going to cause flooding across the country, or who's afraid of having a negative thought. As if that's going to attract 15 bad first dates. O' sweet honey, that's not how karma works at all. But I love you. So much, I love you (x4).

53:27

My greatest contribution, aside from the social actions I will take to side with what I am for, not what I am against, occurs in my own presence, where I radiate a vibration of God consciousness that uplifts and transforms others around me, whether I know it or not, and whether they knew it or not. So just because I may not be aware of how miraculous and spectacular I am, doesn't make me less miraculous and spectacular. Because if I could directly conceive the enormity of my contribution that transforms an entire planet and civilization, just by being exactly as I am, would cause me to explode into a trillion stars and to dissolve off of the face of this earth. And who has time for that?

1:05:40

I accept, that the one who always wants to move on without fully receiving, always wanting something new to chase, to be concerned about, to worry about, to fear, to desire, is only begging to matter, is only desiring my love. And no matter what it says, no matter how outrageous, no matter how blatant, no matter how derogatory, no matter how inflammatory, no matter how insensitive and cruel the thoughts I have tend to be, or no matter how shut down, lost, afraid, victimized, entitled, righteous or needy I feel, these are just aspects, begging

to matter, that are next in line to be loved more, not less. And in the absence of concern, one I love you at a time, I awaken the humility, the inspiration, the glory and perfection of my highest self and form to participate in resolving all that plagues the planet, to bring an end to suffering and victimhood, that allows reality to transform in my very presence. Just as soon as love is awakened within me. Which occurs by taking time throughout my day to love myself more instead of less. With every I love you, the kingdom awakens within, and over a period of time, it radiated throughout to resolve all wounds, to rectify all worries, to resolve all misunderstandings, to clear all karmas and to undo all atrocities that happens through me, not by me. As the eternal love that I am, and in order to bring this mastery to life, for the well being of all, for the fulfillment of my journey, loving myself, embracing my heart, as the one cosmic heart, beating in the bodies of all is loved and embraced, honored and cherished as never before. And whether I feel love or not, which doesn't matter since love is the source of all sensations, and not a sensation itself. Whether I feel an emotion called love or not, whether I feel the way I want to feel or not. Whether the things I want to change don't seem to change. I deserve more love, not less. Love is not a feeling of any kind. It is the commitment of eternal companionship, willing to endure whatever I feel. Willing to heal all that is said, only with compliments, enthusiasm, humility, and compassion to offer a response.

1:25:40

I love you (x6)

There is nothing to feel or not to feel.

There is only everything to love.

There is nothing to think or not to think.

There is only everything to love.

There is nothing to be or not to be.

There is just everything to love.

There is nowhere to go or not to go.

There is just everything to love.

There is nothing to do or not to do.

And nothing to undo, or redo.

There is just everything to love.

There is nothing to say or not to say.

There is just everything to love.

There is nothing to think or not to think.

There's just everything to love.

There's nothing to create or not create.

There's nothing to re-create or un-create.

There's just everything to love.

I love you.

Honoring Your Divinity

(Matt Kahn <http://www.truedivinenature.com>)

35:42

To my beautiful, noisy, and active mind. Whether it has time to be creative or just seeks my attention through judgment and accusation. Thank you. Thank you for always telling me what you think. Thank you for always wanting to participate. Thank you for bugging the crap out of me. And forcing me to spend more time with myself. Thank you for not listening to me. Thank you for showing me there is no such thing as control. Thank you (x3).

And to my beautiful, emotionally sensitive body, whether it's triggered and inflamed by the actions of others, or the circumstances at hand. Thank you for always showing me how you feel. Thank you for your courage and willingness to feel what's arising. To fully participate in this journey. Thank you. And thank you for always bringing it to my attention. Thank you.

To my past, thank you for giving me experiences. Just for showing me what I was strong enough to survive. Even if at the very least, I only had experiences that are so impossible to thank, just so that when I thank them, it makes my love that much more unconditional.

To thank anything, doesn't make it right that it happened, it simply means no matter how treacherous or precarious my life has been, I will never forget the divinity in every heart, no matter how unsavory anyone acts or appears. Knowing that people only act unsavory and become so vicious, to show me how little time they've spent appreciating themselves. So I don't thank what they did to me, I thank the light within them for giving me a chance to help awaken the light within this being. By thanking what no one else has thanked and giving me a chance to thank the unthinkable. Just to deepen my faith in divinity and say to the universe, you can dress up as any character and pretend you are not the light I am, But no matter what you do or how you appear, I will not stop praising your holy name. One thank you at a time.

Thank you for hurting me.

Thank you for abandoning me.

Thank you for ignoring me.

Thank you for judging me.

Thank you for punishing me.

Thank you for manipulating me.

Thank you for deceiving me.

Thank you for harming me.

Thank you for abusing me.

Thank you for torturing me.

Thank you for killing me.

And can I see that when I bring thank you to the things that don't deserve thank you at all, I cross an important threshold in consciousness where the actions of no person, turn me away

from honoring the divinity in all. And when nothing prevents a thank you from being given, this body miraculously heals and this world conspires as the divine I honor, to honor my every desire. Now that I have returned to the light of my own divinity, one thank you at a time.

Thank you for this disease.

Thank you for this illness.

Thank you for this condition.

Thank you for this problem.

Thank you for this question.

Thank you for this pain.

Thank you for this agony.

Thank you for this depression.

Thank you for this sadness.

Thank you for this fear.

Thank you for this emptiness.

Thank you for this agitation.

Thank you for this ego.

Thank you for this conditioning.

Thank you for this world.

Thank you for everything, no matter how often it comes or goes.

Thank you (x4)

Thank you for this joy.

Thank you for this peace.

Thank you for this ecstasy.

Thank you for this bliss.

And even if all that goes, thank you.

The Most Important Spiritual Decision
(Matt Kahn <http://www.truedivinenature.com>)

27:50

I accept, I don't know how to be in charge of everything.
I don't know how to keep my heart open 24-hours a day.
I don't know how to check everything off my spiritual to do list.
I don't know how to be how I wish to be.
I don't even know why I am here.
I don't know what any of this is.
So I call on the universe to work through me,
to speak every word,
to make every choice,
to orchestrate every action,
to manifest every outcome,
align with my soul's highest wisdom and reality.
For the well being of all.
That I am now.
And so it is.

47:50 (Say In the morning)

I allow the light of the universe to work through me,
To bring to life,
My most fulfilling reality for the well being of all.
That I am now.
And so it is.

48:20 (Say at end of day)

I'm so thankful and grateful the universe has worked through me
bringing to life my most fulfilling reality,
whether I see it
or whether it matches the desires of ego,
for the well being of all.
That I am now.

57:40

I accept, I don't know how to navigate my spiritual journey.
So I call upon the light of the universe to inhabit this form, to work through me.
To breathe every breath,
To speak every word,
To make every choice,
To manifest the highest outcome in every moment,
For the well being of all.

That I am now.

1:13:50

I don't know how to awaken.

I don't know how to help humanity evolve.

So I call upon the light of the universe to work through me,

To do it all upon my behalf.

Even though it will seem I am the one making all the decisions.

For the well being of all,

That I am now.

1:16:55

I accept, that I don't know how to fully realize my divine purpose.

And to support the evolution of humanity into the golden age of unity consciousness.

And to stop imagining that I am somewhere other than human,

Simply remembering in a daydream the vivid journey and adventure that already occurred.

So I call upon the light of the universe to work through me,

To bring to life the highest divine destiny that is already here,

That is already existing and that is already guaranteed.

For the well being of every soul.

That I am now.

And so it is.

Victory is ours.

The Essence Of Forgiveness

(Matt Kahn <http://www.truedivinenature.com>)

35:30

I hereby, forgive myself, forever thinking or believing that anything I have ever experienced was aimed or targeted at me. I experienced what it was to be a target because the divinity within myself is the same divinity within every perpetrator.

And the actions of every perpetration is one lashing out at their own true nature, frustrated from what they can't get life to do for them. Cause no perpetrator knows that they are here to surrender their will instead of forcing life to fulfill their will or agenda.

And the frustration of not being able to force life to give them their way was projected on to the innocent I Am.

As my experience, of how deeply this perpetrator suffers by being at unconscious odds with life. And yet every act of perpetration I was meant to survive as a way of leaving me with a lingering cellular memories that I chose to hear by loving myself, by honoring myself, in a way no perpetrator ever could.

So as I lighten the load of my field, return to the truth of my own divinity, it acts as my contribution in resolving lineages and lightening the load of those I came to support. As an anger called forth in to heaven to be the spirit guides of those who persecuted, betrayed, abandoned, judged and abused me. And it doesn't mean I have to be an active role in their life. For what I hear in myself, I liberate in all. As life's eternal liberator that I am now.

And with that, I forgive myself completely. And when I am forgiven, my heart is free to open for the well being of all. Now and forever, Amen. I am forgiven, forgiven I am. And so it is.

I Am The Light

(Matt Kahn <http://www.truedivinenature.com>)

20:25

I am the Light, the Light I am.

23:55

The light that walks beside me, is the light that dwells within me. This means the physical body is not less than or other than the light of divine perfection. The body is a manifestation of divine perfection. And when I begin declaring that, my body will start to function divinely and perfectly.

The mind is not other than or less than the light of divine perfection. The mind could only be a manifestation of divine perfection. And when I declare the mind is a manifestation of divine perfection, the mind begins acting and operating divinely and perfectly.

The ego is not less than or other than the light of divine perfection. It only seems that way because we've been trained to call it something other than the light of divine perfection. If it exists, it can only be a manifestation of divine perfection. And when I declare it is so, it operates divinely and perfectly. So maybe the reason why things are the way they are is to give me endless things to work on, as I insist it is other than the divine perfection that it is. And this will go on for as long as it takes for me to start referring to things as the divine perfection that it is. And in a moment that tests my faith, I will refer to it as divine perfection. And it will still act the way it acts, just to see if I am really true in honoring the divinity and perfection that it is.

But when I take the leap and declare that anything and everything could only be the holiness of divine perfection, no matter how it acts or seems to be. Even at the risk of turning away from the being on guard and risking the entire world going crazy. Cause I wasn't spending every moment of my life micro-managing the crap out of my life. If I could dare to declare everything within and throughout me as the light of divine perfection, no matter how it acts to test the will of my highest faith.

If I stay staunch, consistent, and unwavering in that declaration, I will then begin calling to me, within and throughout my highest qualities, and divine characteristics of myself and others, now that I am no longer playing a game. As if anything is less than the light of divine perfection. And in doing so, I assist the world in awakening to this truth as I dare to shine my light, without waiting for the world to awaken first.

And in shining my light, others are pardoned, darkness dissolves, as I remember and realize who I truly am. That dwells in all as the eternal light of divine perfection. Now and forever, Amen.

1:04:45

No matter how I feel, no matter what I think, I am the light, the light I am.

No matter what happens, no matter what comes and goes, I am the light, the light I am.

No matter how I am seen or treated, no matter how I see or treat others, whether I am pure in my intentions or scheming with an agenda, I am the light, the light I am.

The End Of The Old Paradigm

(Matt Kahn <http://www.truedivinenature.com>)

1:24:00

I accept, no matter how inconvenient, frustrating, or infuriating life tends to be, it is only the light of my consciousness guiding me out of a stage of grief. Where I am mourning the loss of the old paradigm and opening up to a brand new frontier. This means. I'm not angry with the things that anger me, I'm just purging anger to move through the cycle of grief.

I'm not saddened by the things that sadden me, I'm simply saddened to release the pain, sorrow, guilt and shame, that moves me through the grief cycle.

I'm not confused by the things that confuse me. I'm simply confused because moments of confusion unravel my defense mechanism, as my innocence is initiated in to the light of divinity. As if every moment is an initiation of consciousness that doesn't always have to feel peaceful, sparkly and light in order to be beneficial. Nor does it always have to be painful, crushing and exhausting in order for me to know I'm being productive in my journey.

So in honor of being aware of what's really going on, and in making the commitment to evolve at such a rate and speed that I inspire others around me to evolve at a quicker rate and speed so that life doesn't have to manifest wacky characters just to pull out of us what we can surrender right now.

Therefore, in the name of highest evolution, I allow all unresolved patterns and cellular memories, identifications and attachments to denial, isolation, confusion, anger, sadness, skepticism, grief, guilt, shame, inferiority, self-judgment, skepticism, bargaining and negotiating, all self defeating patterns, all illnesses and imbalances, all addictions throughout all dimensions, time and space, including all moments of victimhood, all karmas and traumas through all ancestral lineages that have been encoded and recorded throughout all atoms, cells and molecules, throughout the physical realm, the mental realm, the emotional realm, the causal realm, the astral realm, the cellular realm, the atomic realm, the sub-atomic realm, the elemental realm, the celestial realm, the cosmic realm, throughout all individuals, throughout the collective, throughout all incarnations, throughout all cycles of birth and death, throughout all universes, galaxies and civilizations, continents, body, mind, heart and souls, is cleared out of this energy field and all energy fields and returned to the light now.

And as of this moment, I reclaim my full and absolute power, recognizing the light of gratitude and acceptance, love, peace, harmony, unity, oneness of my highest consciousness, of my highest divinity, of my highest victory, of my highest liberation, of my highest potential, as my natural state, who I've always been, what I shall always be, that only incarnated to venture through the darkness because of my interconnection to all beings, allowing my awakening and returning to power, to allow others to return to their power.

Therefore, to fulfill my mission of reclaiming my power, to inspire the world to awaken and to allow the world to manifest light in physical form, instead of more wackiness. To heal all the distractions, I bring forth, I command in to form, and hereby anchor my highest light, my highest truth, my highest way, my highest health, my highest autonomy, my highest invincibility, my highest immortality, my highest sovereignty, my highest liberation, my highest abundance, my highest passion, my highest ecstasy, my highest bliss, my highest potential, that is fully realized, fully revealed, and fully received for the well being of all that I am now. And so it is.

I am the light, the light I am.

Oh, hell yeah, you are.

I love you (repeat).

Energy Update: Anchoring The Divine Feminine
(Matt Kahn <http://www.truedivinenature.com>)

1:24:00

Anything negative I feel, does not belong to me. It is not mine. It does not need to be used to make myself in to someone I'm concerned about. It is evidence of what my energy is transforming out of the collective.

What I'm feeling, what I'm helping to heal. It may not heal completely. It may be one layer of many, but when I rejoice in that what I am feeling is the universe so happy with my contribution that it doesn't want me to overlook or forget my contribution to the planet, so it helps me feel what I am resolving. I can be grateful for my contribution. Instead of overwhelmed from what I am clearing. And even when I feel something positive that like a magnet of divinity is what I am calling forward in every heart. So may I begin to rejoice in my life's purpose as a beacon of light, an anchor of heart centered consciousness, a wayshower of the new paradigm, an agent of unity consciousness that is only feeling in my field what I am helping to shift in the collective or what I bring forward for the well being of all. And knowing it is so, I allow all that isn't mine, that doesn't belong to me, that I've collected from the past, that I've taken on from others, in hoping to lighten their load and to make them treat me the way I want to be treated. I allow all this to be cleared out of my field, returned to the source of its origin, transmuted completely, returned to purity, wholeness and perfection of eternal light, now and forever, amen. And since I now realize that my energy field is always healing and activating the energy fields of others, whether I am aware of it or not, may the light of my highest power, the light of my highest potential, the light of my highest love, the light of my highest abundance, the light of my highest success, the light of my highest divinity be fully realized, fully revealed and fully received, that I am now, and so I am free.

I love you (repeat)

Bless you (repeat)

Feel Good Now

(Matt Kahn <http://www.truedivinenature.com>)

1:20:00

I love. You are doing everything right. And anything you think you are doing wrong, you're nailing it. You know how to look at yourself and point out all the things that need to be fixed. And don't let the fact that whatever you do be a demonstration of divine perfection to ever get in the way or interrupt the flow of your self hatred. You do it so well. And then when you're bored with you, an entire world, for you to criticize. You are so good at all of this. Wow, you are talented.

Contrary to popular belief, there is absolutely, positively nothing wrong with me. And when I take the time to feel good about divine will and how it wants to be nowhere else but here, living and breathing just as I am, that a life of greater purpose comes from living ON purpose. I will not just breathe in the air, I will devour each breath. I will not just notice my heart beat, but it will be like the tribal drum of the universe. Creating sacred space of this holy land with every step I take.

And even though, there is absolutely nothing to think about, may that not stop me from thinking about anything over and over and over again. May I call it processing, even though there is nothing to process where we all know processing is a fanciful word for thinking. No need to stop thinking, absolutely nothing to stop thinking about, everything is going to happen when it is meant to happen. And if you want to spend the in between spaces thinking and when something happens, you say, see my thinking got me there. You are free to do so. Like a child, sitting in the passenger seat, pretending to steer the steering wheel, even though the parent has the car handled. And when they got to the destination, the clever parent says "And we couldn't have gotten here safely without our beloved navigator". Feel free to think as often as you want, pretend your thinking creates something. Imagine that you are the one doing anything, and yes even though you are the creator, you created this prior to form, prior to mind, prior to name and identity.

So that when you say, why did I create this, it was created before the I. So that makes that question arbitrary. But don't let that get in the way of endless over-analysis, internal crazy talk. Where I grab onto one thing, just to have something to let go. And to do this over and over again until whatever is meant to be shows up. And then when it does, I can say to myself, it's a good thing I let go of all that stuff.

1:30:45

Whether I know why or how I am here for a reason, I matter. Everything I do is right for me, even if it's not what's right for others. I am here for a very specific reason. Even if I don't know those reasons. And just by affirming I am here for a reason, tells the universe that I am ready to live out that purpose because the universe is waiting for me to feel good about myself, to put

me on a path where I can feel good about others feeling good about themselves. And the universe has been waiting for my cue, to simply say I am here for a reason.

And instead of declaring those words, I've taken it upon myself, to figure out that reason. I accept It's not my job to figure out that reason. I accept It's not my job to figure out that reason. Because if it was my job, don't you think I would have figured it out by now? How much thinking does it require? If I ask myself "Why am I here?", and in 3-seconds, I don't get an answer, then it's time to praise the Lord. And with my hand in the air, praise the Lord, I am here for a reason, I matter. The second coming of the messiah is here. Answer me now Lord. I am ready to live out my purpose. Even if my purpose right now is simply strengthening one arm with my hands to the heavens reaching out to the angels, the California angels, Charlie's angels, angels come to me, bring me your light angels. Enter these bones angels. BE with me now angels. I'm ready for my purpose angels. Come to me know angels. Is there an app I can download for this, angels? You're kinda quiet angels. Come to me now.

I'm done with all this pretense. I'm ready to matter. And now that I matter, my soul becomes solid in form. 'Cause that's what matter means. That I am comprised of density, the density, the density of eternal divine perfection. And I only seem so solid 'cause there's a lot of God up in here. Praise the Lord. Halleluiah!

Emotional Oneness

(Matt Kahn <http://www.truedivinenature.com>)

42:05

Dearest Inner Child, I am so sorry if you've ever felt hurt, abandoned, rejected or doubted. By anyone in the past, or if you've ever felt that I have lived in a way that has excluded you from my experience, made you feel less than, humiliated, if I judged you by calling you an ego, by thinking that you are a barrier to God, that you are something for me to get away from, as if you weren't a pivotal part of my journey, as if you weren't the guardian to my highest self. And I am so sorry if my interest in spirituality made you feel like the invisible sibling that is never enough for my attention.

I am sorry if lovers seemed more important than loving you. And when you felt unsafe around the people I surrounded myself with, I am sorry I did not hear those requests. And instead tried to desperately make people that made you feel unsafe, validate my existence, instead of keeping you safe, I am so sorry. Please forgive me. Let this moment, be a restart, where we make peace. Allowing the mind and heart to reunite and we come together in the oneness of love to engage in consciousness, so that the world within myself can end and I can finally feel the joy of being myself. As a conscious parent, to my own innocence, that no longer has to act so desperately, to earn my loving approval, and no longer has to create my existential crisis in order to motivate me to send love to it. I love you, I'm sorry, please forgive me, I did not know how deeply you hurt. And I vow from this moment forward to be the one that keeps you safe, that allows you to speak whatever you need to say, that listens to anything you want to share. And that loves and adores you. As only I can love and adore you.

Soul Contracts, Twin Flames

(Matt Kahn <http://www.truedivinenature.com>)

1:14:40

I accept that without needing to minimize my pain, turn away from my hurt, or betray my innocence, every tumultuous relationship is a twin flame energy destined and created by my highest consciousness to help me resolve what I am here to transcend often in the most tumultuous, confusing, complicated, difficult, and inconvenient circumstances. While I don't have to justify anyone's behavior, even if it was created as a catalyst of my highest destiny. To blame any character is to withhold love for myself. Therefore the act of forgiving the past is the willingness to surrender blame so that love can awaken in my heart and infuse the cellular memories to embrace the aspects of self from the past who relied on others to provide only the love that I can give.

I love the one who has been heartbroken.

I love the one who is willing to trust, only to be deceived time and time again.

I love the one who expects,

I love the one who anticipates,

I love the one who thinks happiness is what happens when I get my way.

I love the one who can't forgive,

I love the one who won't forget,

I love the one who blames themselves when unable to let things go,

Even when spiritual people call them stories.

Because letting go has nothing to do with resolving soul contracts. In fact, if there is anything I dwell on, it is but a chance to love the one who dwells, fixates or obsesses, allowing any twin flame behavior to motivate me to love myself more, not less. When I love myself more, to the depth that I receive my love, becomes the depth that they can invite that love in. And if I try too hard to love them, it bounces right off their field, when their heart isn't open to receive it. And the only way I can increase the likelihood of their heart opening to receive my love, is to make loving my own heart my central point of focus, so whether I forgive the past, or hate it relentlessly, all that matters is that I am the one that loves more often as I bring forth the soulmate of my highest destiny and form. For the well being of all, as I am now. And so it is.

The Soul's Journey

(Matt Kahn <http://www.truedivinenature.com>)

1:37:00

"I love you" (repeated).

And by loving this heart, I help to embrace all hearts. Because when my heart is loved, all hearts are healed. And when I bless the world, it is I who am transformed. And as this transformed "I", I radiate a vibration that introduces the world in form to reflect back to me my own presence. I no longer match and mirror, and empathize the world in the collective unconsciousness. I merely embody and empathize the light of my highest vibration. Radiating it out in all directions so that the world can raise its vibration to match me. Instead of me lowering the standard of my energy to be like the world in order to be liked by the world. I don't need to be like others in order to be liked by others. I just have to shine my light as the uniqueness of spirit in form. As the eternal soul I am. And so I am free. And so it is.

The Eternal Invitation

(Matt Kahn <http://www.truedivinenature.com>)

1:17:22

I love you (repeated)

You are safe enough to be honest. You are honestly safe.

You are safe enough to be honest. You are honestly safe.

I am the love that you are.

And you are the love that I am.

I love you. I love you. I love you.

I acknowledge now that my relationship with honesty has been clarified, purified, and reconfigured to be the means through which my deepest surrender occurs. That from this moment forward the only reason why I think, feel, act or behave the way I do is to invite me. To stop where I am at and admit what I don't know. What I don't know how to change, what I don't know how to stop. And in knowing this is the reason why I am the way I am, I hereby activate the path of my highest surrender. To accelerate me to the timeline of my soul's highest reality where I activate my light body and all crystalline dna and anchor it into the divine matrix blueprint, pure crystalline core of the 5th dimensional earth plane.

Where I abide in the sincerity beauty and surrender grace of unity consciousness, radiating a vibration of love to call the highest frequencies of truth. To awaken in all beings as I welcome my most fulfilling reality for the well being of all, that I am now. And so I am free. And so I am.

All Is Well

(Matt Kahn <http://www.truedivinenature.com>)

Negative situation, respond with “May you be blessed”

Negative situation, respond with “I love you”

Chaos? What is opposite? “May all be blessed with peace”

Injustice? What is opposite? “May all be blessed with fairness”

The End of Victimhood

(Matt Kahn <http://www.truedivinenature.com>)

1:10:33

Now that I am free of all beliefs, identifications and attachments to victimhood. I hereby activate and awaken all 108 chakras and crystalline dna to be activated and awakened, fully grounded into the pure crystalline core of the 5th dimensional earth plane. Where I step forward as a light bearer of heart centered consciousness. Calling forth my most fulfilling reality for the well being of all. That I am now. And so it is.

Embracing Your Humanity

(Matt Kahn <http://www.truedivinenature.com>)

1:25:49

When I see atrocity, it reminds me to stop and bless the world with the opposite vibration. And if I'm unable to bless the world with the opposite vibration, it's a reminder to stop and love myself more, not less. And thru the heart that I love, all things are transformed, one I love you at a time.

The Path of Mastery

(Matt Kahn <http://www.truedivinenature.com>)

58:13

May you be blessed (x11). (x63).