

## NOW IS THE TIME

Now is the time to feel your feet upon Mother Earth and to say: I feel safe & secure

Now is the time to touch your creativity and to say: I express my emotions freely.

Now is the time to stand and face the shadow self and to say: I am not afraid.

Now is the time to dismantle the barriers, to reconnect with the divine spark and to say: I love unconditionally.

Now is the time to listen with all your awareness and to say: I speak my own truth.

Now is the time to lift up your head, to acknowledge the beyond and to say: I am not alone.

Now is the time of ONENESS

For, now is the time of I AM.

The Lady Mary  
Channelled by  
Ishmael  
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