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Ishtara - Embodiment your key to being more successful

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Greetings, great beings of light. My name is Ishtara.

As we continue on in our journey. Of what we would call successful living, there's another very important energy that you can become aware of and choose, for choice is everything is it not. To be able to choose the life that you wish to live, and choose the experience, and the way you're experiencing, and the relationships that you have, being in the energy of choice is really a key component. So this energy that is one of the essential ones for living a successful life is that of your embodiment.

And this is an interesting and funny thing to talk about, yet it truly is essential. And so what does it mean, this idea of embodiment, for it's very easy to say "Ishtara I am clearly in my body, because here I am and I'm moving it, and I'm animating it, and I go to work, and I take care of things, and I exercise, and I meet with my people, and I take care of my family, all the things that you do, of course I'm in my body.

And yet many of you are not fully engaged energetically in choosing to be as deeply embodied as you can be. For many of you will relate to this, that you really feel like being in this physical body is a problem. It might even be a punishment or a curse, and that you just want to get to a different realm or dimensional reality, so that you're free of the 3D encumbrance of your physical body. Yet being fully embodied and choosing to be fully embodied, truly allows you to live your best life on every single level in the physical world.

But also as you're choosing to expand out and become more awakened, you want to utilize the vehicle, that was chosen specifically by your soul to optimize this experience in this incarnation. So let's optimize your experience by working with the energy of being more deeply embodied.

So the idea is that you are more energy, if you will. You've got all your energy bodies, you've got your higher aspects of yourself, the higher self, you're energetic bodies, and you have your physical body. So it's possible to exist in a human form without being fully embodied. So what we're going to ask you to do right now is, open up to the energy of your physical body, open up to the energy field around you.



Some might call it your auric space. But it's encircles you and 360 degrees. You are far more than your physical body. And just notice as we start into this, what it feels like to be in your physical body. Some of you might feel very strong and grounded. Some of you might feel like, I just sort of check in with my body every now and then, but I don't pay much attention to it. Some of you actually try to dismiss your body quite a lot.

So just check in without judgment about where you are in relationship to your body, and then through expanding your awareness. Invite more of the energetic aspects of you already, to come into your physical body. So you could almost see it like you're a sieve or a colander, so you've got like these little energetic holes, and invite this light of who you are already. This isn't bringing light from outside of you this is your energy.

Bring it into your physical body. Really see this light and energy coming in. Have it go all the way down, all the way to the soles of your feet. Some of you don't have much energy down in the lower portion of your body. This is why you always feel ungrounded, and you do your grounding experiences, and yet you still feel ungrounded, get in your body and you'll feel more grounded.

So allow your energy to move into your physical body, feel it in your cells. Many of you are going to feel the energy of this. Allow the energy and the fullness of you at all of your energetic levels, to say yes to the beautiful body that your soul chose for you to navigate this dimension at this time.

Give yourself a moment to feel it in your fingertips. Throughout your legs and arms, feel this energy flowing in through your conscious intentional awareness, and invitation to be fully in your body. Feel it in your torso where all the beautiful organs are that nourish your body, feel your light moving more deeply into your nervous system, your spinal cord, your brain.

Say yes to being in your body. So this is not saying yes to my body, and no to all of the energetic spiritual awakening striving that you do. What you're doing is saying yes to optimize your vehicle to experience. All of this! Stay with your body, stay in your body. Bring more of the energetic aspects of yourself into your body, which is just as divine as anything else you're striving for.

Your body is a gift. Be with it, optimize your life experience. And notice how you feel as you allow these energies to come in. And you may pause this recording whenever you want to really take your time with this. Some of you will really enjoy this experience of being embodied.

This is a very holistic experience where, here you are in your physical body, and you are allowing the energetic aspects of yourself to enliven your physical body. As you do this, it allows you to truly feel more relaxed, more focused, more grounded. You can have more energy to get through the day. You can become more aware of your feelings. You can tap into solutions for your 3D life more easily when you are embodied.



What you're doing in this experience is comparable to getting firmly in your car, behind the wheel, in the right place to optimally drive your car. You're not going to try to drive your car sitting on the roof of it, or sitting in the passenger seat. You're not going to be able to effectively drive your car. Allow your energies to bring you to the right place, so that you can optimize your energetic experience, your human experience, which is part of your awakening. Trusting that you are in the right place at the right time with all the right resources. And one of those key resources is your beautiful body, your beautiful vehicle?

And this is not about whether or not you're in love with your body right now. This is the body that you and your soul chose. You at your core level chose to navigate this life, honor it, be with it, ground yourself into it. And as you do this more open up also additionally, to a sense of gratitude, what can you feel grateful for in your physical body? What is it done for you? What can you do for it?

There are many ways to feel grateful, and that increases your awareness and your choice to be embodied. And as you choose to go through an experience every single day, of spending a few moments, choosing to get back in your body. Be fully present within your physical vehicle. If you do this in the morning, when you wake up, and if you do this at the end of the day as you're going to sleep.

You will find yourself feeling. That is easier to be present. It's easier to feel happy and content. Grounded and on track. And all of those qualities allow you to more effectively share your light. Feel that you're on purpose, and know how to take those successful steps forward in your unique way.

I'm with you now and always my name is Ishtara.