

*Messages from*  
*Abundant Hope*

© Abundant Hope



© Abundant Hope

**Joyce Part # 1**

# Table of Contents

<u>Message</u>	<u>Page</u>
Table of Contents.....	1
Expanding the Mind and MORE!.....	3
Assisting Others in Shock .....	8
Ostentatiousness and Promises .....	10
Take on the Mantle of Christ that you might serve.....	11
Waste Not & What's In a Name .....	12
Maintain an Open Channel .....	14
Being Ever More Perfect: Create in his own image.....	15
Want excitement? Roll over and wake up!.....	17

*All writings by members of AbundantHope are copyrighted by  
©2005-2014 AbundantHope - All rights reserved*

[\*Detailed explanation of AbundantHope's Copyrights are found here\*](#)

# Expanding the Mind and MORE!

By Joyce , from her God within

Mar 9, 2010

A collection from Joyce from AHS. <http://groups.yahoo.com/group/AHSupport>

## Channeling Messages

I have eliminated personal messages. Some of what remains might be useful - remebere i am just a practicing note taker here for the channeled information to and through the God within. You may well find that i need alot more practice! (Candace: these are **impressive** Joyce, I think you are doing quite well!)

Taking notes from my attunement to and through GOD within:

## Expanding the Mind 022510

We mean the intangible mind AND the brain as its vehicle when we speak of expanding the mind - for what good would an expanded mind be without a manifest receiver? So we say to you that there will be a period in which you feel your minds stretch to the "breaking point" with totally new and revised mental constructs and the brain capacity will follow. How long will this take and in what forms will it "arrive" in your experience? All will be unique in the way this plays out - for some, there will be physical complaints in the head and neck region, for others, there will be none of this. Some have been stretching the mind for a good while and will remember periods when they did experience anomalies in these regions that passed with time.

(Candace: let me remind your readers, that your heads may well grow in size because of the expanding brain! I covered this months ago around the end of summer. Look thru my writings for the one that has MY BIG HEAD in the title. My sutures of my skull continue to expand since then.)

Let's be clear that here is much gray matter that is to be woken up in many. We are now on the fast track. Telepathic and intuitive capability will expand greatly - as this is the NORMAL being restored. Yes the normal communication lines are becoming reconnected. So go ahead with using them in connecting with your higher self, guides and guardians - for these are the sources of much needed assistance to you. Much of what is received is of a personal nature to assist your little self along the way.

Much of this transition will be stretching your capacity to love more fully in the truer sense of its meaning. Indeed - this is the answer to most seeming obstacles. Your willingness to listen and then ACT is of utmost importance.

Do not toy with receiving messages - they will stop - or worse - become tainted with the dark. Pure intent invites wonderful protection. Realize that, in many cases, these will be the much more

capable YOU reaching out to the little you. It is important - otherwise the energy would not have been directed as such. Until tomorrow.

### **Later on:**

Now let us speak of the collective mind, the expansion of the collective mind and your part in this. Do you realize that you both tap and feed the collective mind - constantly? Do you know that your capacity to consciously utilize this has been nearly shut down - compliments of the dark? Well NO MORE. Expect great ideas, expect greater realization of oneness, expect to be intimately involved in receiving and manifesting these things in your day to day. Oh how nice you say - yes, it is - challenging too! So none of you will be bored. It is time to start living again as it was meant to be. Strap on your seatbelts, take the steering wheel, and use the divine map that is ALWAYS available to you if you will but listen within.

You may think of this as a perfected GPS driven by the collective MIND to navigate you through these moments.

### **What We Know**

We know that the plan will be realized for Earth and its caretakers

We know that the light is impossible to stop

We know that the sun is ecstatic in his role as your father in this system

We know that the mother is anxious in her willingness to move forward as she absorbs and reflects new energy from the father

We know that there is much to celebrate. It is already done in the higher realms.

We suggest that you face the sun with closed eyes, raise your palms, and open your mouth widely as a baby bird) and let the sun shine on the back of your throat for a few minutes each day.

We will discuss the results of this within the next several days.

**022710**

**(Chile 8.8 earthquake)Well - now you can expect more and more of this about the ring of fire with unexpected zones being affected as a result of these movements - and so on and so on. California will be one of those areas greatly impacted - as she has gone well past her timing on this. Expect the volcanoes in the upper west to be awakened as well.**

**030110**

People - do you not hear me when I say that change will come whether you are ready or not. You will! once the many - and we mean MANY changes become evident - you will become a believer. Preparation is key. Do what you can now to align your thinking and your actions with the upper light to ride the waves of these changes. What changes?, you ask. You already know of some of the portended changes such as earthquakes, and related changes initiating mostly around the ring of fire.

But what will catch many unprepared are the weather-related changes. All of this is very far-reaching in its impact on food and travel. Many systems will grind to a halt forcing many to turn within for that center point of stillness to maintain their balance. Many geographies that thought

that they would be unaffected WILL be involved. So, everyone should be preparing by establishing a firm contact with the stillness within. It will be like roller coaster ride (and we know how much you like them, my dear) So fasten your seatbelt, expect to have a bumpy ride, and smile from the inside out knowing that all is well in the divine plan at work.

Truth be known, it would be advantageous to the US to be shocked into truth by events coming to the California region. You can expect this sooner than later, as it is already in motion.

Prospecting for the diamonds amongst the carbon is something akin to finding the rare instrument of pure intent and ability to communicate. We prospect and refine using pressures to grow the sparkling gems (instruments) that we utilize to bridge the communication gap with humanity. Be mindful that we do not intend for this to be a permanent means - it is a temporary connection until EACH one grows his own connectivity into a liquid diamond light that far surpasses anyone's ability to communicate for another.

**030310**

**Please be on standby for a message. Yes we note your exhilaration today. Meet me where I AM in truth! For I AM the center of thy being, at God's central computer if you will. Answer for me the following: Are you one with me, or a reflection of me, or separate from me? All of these would be true to differing degrees - this is where your consciousness is at the moment. It is a matter of CHOICE. Where you are I AM - where I AM you are to the degree that you realize it, is your vibrational experience.**

*Me: I would choose to be with you in the vibration of Paradise.*

And so you are - but you are also in this moment in a physical body with a mission that requires a filtering of this Paradise energy. It is quite wonderful that one can choose to learn to play the cosmic keyboard is it not? Place yourself as close to me as possible right now.

*Me: I feel the joy /bliss that I was noting earlier today.*

Exactly! And you are experiencing that part of me through your vehicles and in physicality. This is what the Great Work is all about Dear One! Choose this more often until it becomes a steady habit. You will notice some minor and some not so minor changes manifesting as a result of your efforts. Some changes will be in your body, others in your surroundings - but mostly those in your perceptions, your consciousness. This is the opportunity for all upon the earth that would choose it now during these opportune energies, Dear - ALL.

It is not secret - on the contrary - it is whispered to each from within to those that will hear. LISTEN to this clarion call calling you to these vibrations from your Father's home. There is nothing more fulfilling than this. These vibrations are packed with nurturing energies, information and instruction that can be downloaded if you will into the human instrument. Monitor your progress with this. Note those times when the information peeks through - this will be occurring more and more



frequently. Press not to make this happen - but allow this to happen in your experience - as it already IS.

End

**Attuned to CM** = saw large foreheaded figure quickly packing up, readying necessities and suggesting that we do the same as it will be days -not months to realize major changes now. (Candace: He does have a Large forehead, and I have posted an image similar to what he looks like, under the section about the team members of AH.)

**030410** (posted)

Prosperous times ahead! It is clear that I've surprised and confused you with that one. What is meant by "prosperous" is that invaluable truths will come to light, invaluable raising of mental constructs, invaluable realization of oneness - these are the riches I speak of! These are the things that will fill one's spiritual piggy bank and one's spiritual belly and craving for an unknown satisfaction.

All else leaves you spiritually malnourished - and you know it - but you have not - until this point - been able to break through to experience these truths in a more tangible way. Get ready! I have already started the outflow of this premium quality nourishment for my children. Open up ( saw the open baby bird mouths again) to receive it!

Well what do I do with it when I receive it? - you might well ask. DIGEST IT. Extract the perfect nutrition from it to grow on all levels of your expression. That is what it is for, my children - you will be starved no longer!

(now a different more stern vibration)

Expect a special dessert to be served this weekend.

**Me:** *What do you mean dessert?*

Nosy. (pause)

We are not finished. There will be an unparalleled event that will occur within your experience of this weekend.

**Me:** *I thought you stayed away from giving dates. That makes me all the more hesitant to share this.*

And therein is your little test.

**Me:** *So, is this meant to be shared, or it personal guidance?*

I thought we were clear on that. You are encouraged to share this information so that all can be seated at the dining table with napkin in lap!

That is all. Go about it.

**030510**

Chipping away at the little self sculpts it into a work of art that conveys meaning, purpose, and has

an effect on those that are encountered. This is what you are doing when practicing meditation and joining with others to radiate positiveness. The "work of living art" is often not aware of the effect - yet this diminishes not the effect. The intent is paramount. So, remember to set the intent each morning upon rising - for each day is a cocreative event.

### **030610**

**THIS WILL END!**

The peace and turmoil spectrum of duality that has worn workers to the bone - **THIS WILL END**. It will not happen overnight - but it will end. And a great step forward is happening now to that end. I have **NOT** forsaken you! Let it **NEVER** be said or thought that I have forsaken my children as it would be impossible for me to feel their dulled agony and turn away. Intervention is my prerogative - and I shall use it liberally to clean house! Loss of my dear ones to despair is **NOT** an acceptable loss. Many have been beaten by the system into submission to the point that identity has been questioned, alignment with the light has been questioned, **GOD** has been questioned - even after a millennium of work in the light. This is unacceptable. I **DO** extend my hand to you, I **DO** offer you passage on my ship of souls, I **DO NOT FORSAKE MINE OWN**. To those that are so war torn, I say that the time is now. Raise your vibration in intent to be with me - and it shall be so.

### **030710**

**Think. Think of those times when you have been most vulnerable and low. And now think of those times when you have been most deeply joyful. What has made the difference in your experience? Choice! You choose this. Therefore we say to you to choose the joyous vibration as it is not only a much higher expression - but also serves as a protective shield. How wonderful! Sovereign choice is so different that the day to day free will that you speak of. Choice comes from the consciousness and empowers the lifeform to do what he is meant to do - EXPLORE! EXPERIMENT! ENJOY! There is such abundance that has been closed off to your experience until now. Welcome to this most joyous realm of sovereignty!**

Yes - you will recall your chosen personal motto "**FREEDOM**" - and have a deeper appreciation for that vibration. And with sovereign freedom comes the greater responsibility for choices aligned with the light. Shedding the heavy mantle of deep density is a very joyful thing indeed.



# Assisting Others in Shock

By Christ Michael and Joyce

Mar 17, 2010

March 13, 2010

Me: It is my intent to ask for truth in assisting others with loss of their loved ones and the shock of changes. I wish to know how I can be of service to them.

Hello dear. CM here. We are happy to oblige as this is the type of information we wish to provide through you.

A formula, if you will, is not useful for all cases that you will encounter for each will be unique. There are some general patterns in the human experience of loss that will be valuable to examine here. Know that the initial tearing asunder of their beliefs, their reality that included the "missing" individuals will create the shock that will sneak up on some and will hit others like a brick wall.

Dealing effectively with these situations will always first entail an acknowledgement of the person's loss. It should then include making oneself available to listen - not to provide unrequested advice. This listening will allow them to open the door to possible answers beyond their fear. Until that point - there is no open door.

So wait patiently until the request is made.

Then offer in the simplest form in words that are meaningful to the culture mindset and practices of the individual. Offer up certain leading questions that he individual will begin to fill in for themselves. This brings comfort and believability to the process of understanding - it can come no other way than through the individual. As the host often says about communication "questions are a good thing". It is true, as it lays common level ground for the exchange and begins to build trust when trust has been shattered. Offer little bits of information in the form of questions - Do you think it is possible that ... Do not overwhelm an individual with information that they have not requested. It will slam the door shut to the possibility of connecting to a greater reality lifeline that they can make sense from.

This is all for now. We will talk more about this important issue. We shall continue. In preparation for meeting and helping individuals, one should clear oneself, protect oneself, attune oneself and bring in the Christ Light. Then extend a secondary "bubble" of this energy out toward the

individual. They will accept this energy if it is their will and timing to do so. Then begins the acknowledgement and listening. It is imperative that you offer this light connection for them and honor their choice in drinking it in to light and organize their own energy. Think on this.  
We will talk again later.

Taking Notes through the Higher Self 031310  
I AM THAT I AM  
Joyce

# Ostentatiousness and Promises

By Christ Michael thru Joyce

Apr 8, 2010

**Christ Michael: Ostentatiousness** - go ahead and write that down.

All of my children are dearly loved - one no more than another. There is NO reason for separating yourselves by this non-existent measurement. Nor is there any qualifier that will make you more loved - for you are loved completely.

I see easily all of the growth still needed and the misconceptions and missteps that you make - even against divine will - and I could not love you more. Can you not emulate this with you darkest brethren? Do as I do. Try to do as I do, in earnest - and I will do the rest.

Imagine not that one stands above or ahead of the other in the great line towards Godliness - for the road is ETERNAL mydears. Imagine yourselves to be looking me straight in the eye and seeing yourself reflected as I see you beloveds!

Then turn to your darkest brother and let their God Self be reflected back to themselves in your eyes. This ONE realization will carry you far in your understanding of ONENESS. And THAT mydears is a launch pad to many other truths that you will come to KNOW.

Acting "puffed up" or "better than" is just that - acting. It has exactly NO basis in TRUTH. NONE. Nor does the act of making yourselves "less than" another - for that is a pattern borne of slavery, my dears. BANISH it from your thinking - for it serves not GOD.

When we talk of a level playing field going forward into this new world - we mean just that. None is at a disadvantage - but the school bell rings again! The classroom has been remodeled and stocked full of the textbooks of truth to be used as building blocks of your new civilization.

So you might say that a distinct advantage is given to TRUTH. That is the nature of truth - it is STRONG and shines brightly in dimmed spaces - including the dark areas of your collective mind. You are all one and the light you see shining from ME is reflected in you. Do me proud!

Taking Notes thru the Higher Self 040710  
I AM THAT I AM  
Joyce

# Take on the Mantle of Christ that you might serve.

By Christ Michael thru Joyce

Apr 8, 2010

Take on the Mantle of Christ that you might serve. Choose it, receive it, become one with it. It is time. Wear this mantle as an apron of service to your brothers and sisters. Know that this mantle is an endless outpouring of the proper energies flowing through you at the right time.

Your little self need not concern itself with the managing of ANY of this - but only to cooperate with this energy. BE as a conduit for the work I AM DOING through you, my elder children. As you pour forth, so you are protected. Breathe with ME. Act with ME.

Be steady and serene as you are mighty warriors when donning the Mantle of Christ! Move with surety in MY footsteps as I lay them out perfectly before you.

GO!

Taking Notes thru the Higher Self 040510  
I AM THAT I AM  
Joyce

Candace: After a brief discussion with Christ Michael, he gave me permission to add a little personal story of mine.

Back in late 2001 or early 2002, after some consideration, I was out walking and I asked that the full mantle fall upon my shoulders. That is the word I used. What helped me change my earlier plans for AbundantHope, was in fact 911, when I saw what this had done to the world a few days later.

Then a couple days later, I was presented with a vision of a beautiful silver sword. I was actually sitting on the side of the tub in a towel at that time, having just showered. And there it was, hanging in the air in front of me.

And that let me know the mantle had fallen, and now, here around 8 years later, we have a powerful organization going. Ask for the mantle if that is your desire and don it, and grow into your true God power in service.

# Waste Not & What's In a Name

By Christ Michael thru Joyce

Apr 8, 2010

Waste not the many gifts bestowed upon you, for they are uniquely chosen for you, in the right way, at the right time, for the right reasons. Pay attention to the hints that are given you to prepare for them and develop them in the best possible way. I have carefully laid gifts in your field of discovery.

Hold yourselves back from the desire to dig them up and rip off the wrapping on the eve of my presentation to you - for it is perfectly laid out as it is - and the flowering will draw your attention. Often it is useful to prepare and build expectation in the time leading up to the unveiling to lay a most balanced groundwork - to till the soil and pull the weeds. It would be good to express sincere gratitude and intent well before receiving the gift.

It would be good to give due attention as to how it is unwrapped and the energy exchange between the giver and receiver of the gift, the intention, careful selection, and the chosen moment of gifting.

It would be good to take time understanding the long instruction that comes with the gift - one piece at a time as to not miss something that is very important. It would be good to honor the giving and receiving - and regifting process. Yes regifting is a most wonderful thing.

You regift when you offer up sincere thanks. Did you know that?  
You regift when you apply yourselves to the promptings of your inner God.  
You regift when you use these gifts in a positive manner and when you teach by your actions.

You are gifted with the breath of life and the waves of light and love that animate your bodies and gift you with opportunities to develop. Waste not. Give thanks, receive my gifts as I give them, and regift consistently through your service. And be assured that you are in service to others as you work this growth process as - remember - we are truly one.

Taking Notes thru the Higher Self 040210  
I AM THAT I AM  
Joyce

\*\*\*\*\*

## What's in a Name? - a message from CM

Let me assure you that there is MUCH in a name - and there can be much abuse with that knowledge. Look to your own financial games played when the little worms borrow your names, your identities, and play games with them. Quite a bit of havoc can be generated by this simple act. Look at what your own government has done with your names as corporations! Multiply that mess thousands by thousand fold - and you can begin to guess at the ill conceived mess brought about by the misuse of the names of the Spiritual Hierarchy.

Rarely do WE give out our true or partial names as this creates so much more to manage and straighten out. You each - at a certain point - have a spiritual name that evolves with you through your development and spiritual achievement. Many of the names you know US by are titles of certain levels of light, achievement, and responsibility - for good reason. Would that you heard MY true name, your vehicles would shatter!

It is the responsible thing to do to hold a name sacred. It is also a responsible thing to use any reference to the spiritual hierarchy with positive intent - as you draw any mal-intent back upon you with dire results. As with any door that is opened - you would be wise to acknowledge the responsibility of doing so with the God within and the careful hand of your guides.

Consider the many sources of channeled information - good , bad, and in between - using our name - there is much to manage! It is for this reason that I have placed my seal upon Abundant Hope in this most important mission. Enough said.

Taking Notes thru the Higher Self 040610  
I AM THAT I AM  
Joyce



# Maintain an Open Channel

By s333 thru Joyce

Apr 16, 2010

STRONGLY prompted to post the few sentence before this and then few minutes later received:

Now that we have gotten that out, I want you to expand a tad more. My vibration is one that will become even more familiar to many of you in the times ahead for we will speak more directly to you individually. Now you need to maintain an open channel to do this. Answer the phone and check your waiting messages more often. This is for your own good, believe me. It is the fastest way for you to get reliable guidance. If you feel a message waiting and the tingling of the crown that may come with it. STOP what you are doing and take the call. It may be information that needs to be shared; it will often be immediate guidance for you. We are in volatile times and instruction will be received at a moment's notice. So. Please answer the call. It may be from your guides or others from the Spiritual Hierarchy. WE PUT YOU ON NOTICE.

Posted a few minutes ago:

S333 Hello dear one - can you jot a quick message from me?

Certainly.

Mind the messages everyone. We are not playing games with you here. Brace yourselves, as big changes are imminent.

# Being Ever More Perfect: Create in his own image

By Joyce

May 20, 2014

You could say that the universe-all is quality driven rather than efficiency driven. Efficiency is an effect of true quality. And quality is an effect of the perfection process. You often put the end cause before the beginning cause and mistake it for the reverse. Think deeply about that.

The most perfect outcome is worth the time for alignment in the end, and in the process, and most certainly in the beginning. The time it took to achieve it is illusory like the money of this world and the seeming cost involved in a given project. You are not a business. **God is not a business.** Impatience is a greedy driver and cuts corners to results that would be better served by patience and mindful attention at the wheel. Impatience ends up being a truly wasteful choice.

The universe-all ends up being highly efficient because it has an omnipotent omniscient and omnipresent driver at the helm. It would do you well to remember these simple things. This may help:

Realize that when aligned with the Universal Father, I AM using the power of my Heavenly Father - all things are possible. (visual given was a "Father Fractal"; see [http://www.misterx.ca/Mandelbrot\\_Set---Thumb\\_Print\\_of\\_God.html](http://www.misterx.ca/Mandelbrot_Set---Thumb_Print_of_God.html) ) reminds me of the cover of Hazel's book!

You are to create this "fractal" idea of the Universal Father in your bodies first:

My spirit body is perfect as the Universal Father is perfect (visualize Father Fractal if it helps you to do so)

I command uncreation of all that is not aligned with this perfect pattern; this perfect cause

My mind body is perfect as the Universal Father is perfect

I command uncreation of all that is not aligned with this perfect pattern; this perfect cause

My emotional body is perfect as the Universal Father is perfect

I command uncreation of all that is not aligned with this perfect pattern; this perfect cause

My physical body is perfect as the Universal Father is perfect

I command uncreation of all that is not aligned with this perfect pattern; this perfect cause

I AM perfect LOVE in perfected manifestation

Therefor, I AM THAT I AM

I was given an important afterthought: Remember careful attention to self - quality of thought & action - and clearing up any mess immediately!

Love & thanks.

*Candace: And I agree that messes should be cleared ASAP where possible to do so. In this particular stressing and pressing time,, people misunderstand each other even more than previously and its important to use love to clear up misconceptions and confusions about what has transpired between people.*

*It is important to establish true cause. People will seek out this concept of finding true cause in due time and it will become a habit. And if done regularly it will become a habit to find the cause and eventually see the cause before you get started,,, so that a more perfect effect is obtained.*

*Becoming perfect as your Father is perfect is hugely about communication besides knowledge of how it all works as to the perfection process. That is WHAT will produce in each of us, this statement above The universe-all ends up being highly efficient because it has an omnipotent omniscient and omnipresent driver at the helm. You become with experience and practice, that omipotent, omniscient and ominpresent driver of your personal helms as you co create with Source/Father/God. -C*

# Want excitement? Roll over and wake up!

By CM thru Joyce

Jul 3, 2014

Most often you crave the new and exciting while ignoring the best that is already in place in your interactions, your teachings, your knowledge, your home, your daily activity, your nature... We could go on, but you are already bored by reading what you already intimately know- or do you?

Let us consider your routine daily activities that present you with an opportunity for growth, greater perspective - yes, even of service. There are many many of these moments, but you dismiss most of these gifts while you look for the new, revealing, and exciting that is WORTHY of your attention. Your culture, or lack thereof has purposely encouraged you to be true superficial surface dwellers in many respects, scurrying about for the where, when, and how of it all - with your eyes tightly shut!

Many of you will not hear this as your ears are tuned to that which will stimulate with a bang! A bang may very well be heard from your slamming into the walls that you continually ram while missing the many ingress and egress opportunities that you CAN see and explore. You see - life IS very exciting. And you have better than a front row seat.

Know that the Universal-all works and experiences through you. THIS IS YOUR JOB. You are the boss, employee and the client in this.

There is no real "stick it to the man" as the spiritual boss in you retreats into his office and the wisdom and guidance are not heard.

There is no "slacking on the job" as your productivity and paycheck suffer- and you have run on the rat wheel for naught.

There is no "dropping the ball" as your quality and output do not serve the client - yes, you guessed it- you hurting you again- you are busy getting nowhere with little of real value!

Well this ends this boring useless reminder to many who choose not to awaken to what they already know. You can opt to continue to snooze unawakened to what living truly is - but I, Christ Michael, GUARANTEE you that your slumber will not continue to be a peaceful one! The alarm is about to ring...