

So this is Erica Glessing, and I am so happy to be here in co-creation with all of you, and I feel like just saying straight up that all of you are in expansion. You're attracted to expansion for a reason, and it's part of who you are right now on the planet, and to really just get that you're all in a major growth spurt, and I am too, and so we're hanging out together because like attracts like.

So we can all just sit in that space of that glorious expansion, and of course when you're growing, and changing, and shifting it doesn't always feel glorious, there are moments when you're just like, "Honestly, it's like the Earth shifting, and things are tilting."

I just had some conversations just not so long ago that really shifted the energy of something that's going on in my life in a really major way, and it almost felt like the flying carpet I was on was now changed and I was on a different carpet. It felt so different. So while expansion is glorious, it can also have with it this kind of thing where you want to watch your energy, and ground, and things like that.

So when I asked for guidance on what this call will be about, I really stepped into, "How do we raise the vibration so our expansion is in the highest part of ourselves?"

In that space of that question I had such an interesting set of events this morning, and one of the women who is on our call right now had to interview a pretty high level speaker, and I went out and listened to some of his talks. It was about, or what I took from it was, "Are you standing in your potential? Are you standing in the biggest you can be? Are you expressing yourself with as much *you* as you can? Are you bringing it? Are you bringing yourself to your life?" Those are big questions.

You know, I've attended events where they've said, "We want you to play full out," and I look at them and I think, "What does that mean? You know? Like I'm doing my best, leave me alone!" That question can actually can put me into contraction.

Instead I sat there this morning and I just asked myself, "Am I giving what I can give? Am I really playing full out? Am I sharing my gifts to the best I can? Am I even trying to be at my potential, or have I given up? You know, did I give up? Did I see my potential at some point and then a bunch of things happened and I got turned down, rejected, sat on, shrunk, criticized, whatever things that made me feel small, did that cause me to lose track of that beautiful space of that potential that is within each one of you beautiful women?"

And just with the conversations I've had with some of you over the last ten days I have come to be so amazed with each of you. And I'm serious, there's not one person on this call, except maybe one person I met twenty seconds ago, but every one of you, I've got to say you have an amazing gift and that you're here on the planet at this time to help bring that expansion to fruition. Just kind of sit with that.

I'm going to ask you now to go inside and kind of get centered with yourself. I'm going to ask you to bring energy up from the Earth up into your feet, and take a deep breath,

and just let go of anything you were doing before this call, and let go of anything you have to do after this call, just let it all go.

Now I'd like you to picture an animal who is going to be an animal that tells you something very special. I'm going to ask you to imagine an animal who is going to be very, very wise. In the past when I've done this people have had leopards, or mountain lions, or cats, one person had a squirrel. Just sit kind of in a quiet space and imagine a very bright animal who is going to give you a little piece of information about your expansion, and just relax for a minute, and kind of have fun with this, and see if the animal will show up.

Wow. I'm actually seeing an animal who is really special to me. She is sharing something quite beautiful and sacred.

Now I'd like you to ask the animal for the wisdom towards your own personal expansion. What could you do to even be deeper in your potential? Are there things you could do to help you give your gift more freely, more openly, more expansively, more beautifully, more abundantly, more rewarded, more, more, more, more, more, more giving, more flowing, more filling, more loved, more trusting, more openness, more everything? Just more. Just sit with the animal if you can and see if they'll just share with you some wisdom.

Now it's going to be quiet for a minute, because they might have a message for you that's more than 10 seconds long. I'm just going to be quiet for a minute so you can communicate with if there's an animal, and if no animal is showing up, maybe just let an angel, or another voice share with you wisdom.

Stop now and actually pause and see if you can sit quietly and invite an animal into your space to share some wisdom with you!

Mm, very nice. And now just thank the animal guide, keep to heart anything they shared with you, and I want to chat for a minute now, and you can just sort of relax and experience what kinds of things stop us from being in our expansion. What kind of roadblocks show up when we start moving into expansion?

So one thing that happens is that people who knew us the way we were are much more comfortable with us not changing, and they really might feel uncomfortable towards you as you're in this mode of, "Anything is possible, and I am in my abundance, and I am bringing in so much. I'm receiving, I'm having so many good things show up for me, I'm in synchronicity."

If they were people who you struggled with in the past, and they really were maybe enjoying that struggle with you of how hard it is, and how much work it all is. So you might actually have to shift some of the people in your life. This might include people who worked for you or with you, as well as those who care about you.

So as your vibration shifts, there's going to be a point at which people will feel uncomfortable. The good news is many will rise up and hang out with you and rise up with you, and just be joyful for you, and be cool about it. So the good news is that not everyone in your whole life is likely to change.

The bad news is that some of the people who are very much interested in you not changing might get a little bit more annoyed with you, or difficult with you. This could include a sibling, a best friend, a spouse, a child. Because you're changing in front of their very eyes, and when it's really fast, and part of what we're on right now is the planet is changing really fast, and so all of us are being invited to change much faster than we changed before. There's a period during this expansion where you change, and as you change, the people in your life may change, and that can be an obstacle, and that can be a stopper if you're not ready to have things change. So yes, that showed up for me recently in my own expansion

Another obstacle, it's really interesting, that's been showing up for me relates to the way you get things done. You may have chosen difficult ways of getting things done, and you may find from your newly heightened, expansive energy that there are actually much easier ways for things to get done. So I'm going to give you an example that's real time, and my true experience.

As I started building my new book on how to expand, manifest, change, I was contacted by a woman who is creating a tele-summit, and she invited me to speak with her audience, to her audience.

But think about it, if my mode was, "In order to reach more people, I'm going to have to do all the work all myself. I'm going to have to build all the stages, and all the rooms, and I'm going to have to fill all those rooms, and I'm going to have to sell tickets in order to blah, blah, blah, blah, blah," and all this junk that goes in our head when we think about how we're going to get stuff done, and in fact all I really had to do was get clearer, and clearer, and clearer on my messages, and then all these ways of having them uplift.

By being at a higher vibration, things show up easier for you.

As you're stepping into your expansion, and as you're changing, new ways of doing things are going to show themselves to you. Easier ways of doing things are going to show themselves to you, and then your job is to recognize it. To recognize that, and to honor these gifts that show up in your life, to take you and propel you to the next level in a really meaningful way. Really, really honor it when someone shows up and offers you an opportunity to change your vibration. So that's showing up for me to share with you as well.

I'm kind of feeling the need to tune in with one or two of you, just to ask you maybe any thoughts you might have on this, or any reflections on this, ideas about this. So what we say in our circles is the Talk Stick is in the middle for a few minutes, and if someone

would like to comment, or communicate their ideas about this, just see if maybe you could pop on and share.

Candice: Erica, it's Candice. I just want to share because what has happened to me recently and very quickly is the choices. I'm the kind of person who wants to mull over everything for days, and months, and have the *perfect* decision, but really that's the opposite of what you want to do, because once you make a choice then other things can show up.

You were talking about how it's all showing up, and you have to learn to recognize it, so sometimes just making a choice is what allows things to show up. Access Consciousness talks about how choice brings awareness, and that has proven true to me almost daily over the past month, or few months, so it's very exciting because things are happening a lot easier, and a lot more rapidly, just because I'm not afraid to make choices anymore like I used to.

Erica: Oh, that's beautiful. Thank you. Thank you so much. Would someone else like to share?

Heidi: Erica, this is Heidi. Well it's so interesting everything you're saying of course, because I have made the choice to expand in a very big way, and throw myself in the middle of it all without really knowing how it can all happen, or come together. And yet, in that trusting, and in that knowing, which is truly a knowing, I am being that space of expansion, except for occasionally when my head will get in the way and I will go back, it's funny how we'll contract back, to old patterns if we're not really, really cognizant of our expansion, and if we don't make the concerted intention to continue to expand in every moment

Erica: Absolutely.

Heidi: And you mentioned, I forget the name of the woman who just spoke right before me, oh Candice, yes, Candice. Candice had just mentioned access you know, and of course that's the choice every ten seconds, then a new choice, and while ten seconds seems like, "Oh my gosh, really? I have to think about this every ten seconds?" You know, it's truly making a new choice and being open to what's possible in that moment. So everything you're saying is just *so* perfect for me right now and I really appreciate it.

Erica: Woohoo!

Now, this material I'm going to share right now, I want to give credit to Abraham, because I went to a workshop a couple weeks ago, and one of the things that was talked about that really I could picture so perfectly that helped me in this expansion energy are pipes under a house that the water has rusted out your pipes and maybe you can't even fix them, you just get brand new pipes sometimes and you put them all in place. I really saw myself being nourished in a completely different way than I've been choosing to be nourished financially, and with love, and with relationships, and just really taking the

time to open up to new systems, new ways, and then there's new bridges that show up because there's people you're going to connect with, with your new pipelines of support that you didn't have before and it's kind of crazy to trust new stuff.

Just like what Heidi just said, it's so much easier to step back and just say, "Oh, I'm going to go back to the old way, because at least I know I got fed." You know? And when you're sitting in the new pipes and their wide open, and they have a much bigger capacity it feels really different. It *feels* really different. It's amazing, and I went into, I'm not sure when this happened, but at some point in the last two months, I went from sort of my dream life, to my real life in several areas of my life, and I'm still kind of in this place of, "Really? This is so amazing!"

And then there was all this resonance, and I talk a lot about alignment and resonance, and what feels right. Sometimes if we don't think big enough nothing feels right. Because if we're not hitting that sweet spot of being big enough, any systems we put in place might not be big enough, and I think I can share that with the women on this call in a very unique way. Because we were all drawn together here, and we are very, very strong people.

And so, if we're not thinking big enough then even though we're dreaming and we're doing big things, if they're not big enough then there's not that perfect resonance. I was in *awe* when I hit the spot of being big enough and then seeing the flow all coming together where what is possible and what is actual became almost interchanged.

Honestly, I've never experienced anything like this in my life. Because I've never thought quite big enough, and so I've never quite dreamed big enough, so even though I had beautiful things happen I never really got big enough. As I'm in the presence of some of you who have really nourished my spirit of the past couple weeks, it's amazing to me what is possible.

I just want to bring that into your consciousness, that it could be that you haven't thought big enough for yourself, and even though you say, "I'm getting bigger than I've ever gone!" Is it big enough? When it's big enough it feels good.

So if it's 10 books being created, or 17 audio seminars for people to come and learn from you, or building platforms for seven different mega-stars, or if it's just, you know, doing a job beautifully so you feel good about it every morning. Whatever it is for you, if it feels good, that's when it is possible. What's probable and your potential come together when you have something that is like synergy and momentum. Synergy and moment propel this forward in a way that's so incredible that that whole life of struggle that you loved so much even though you hated it is gone. That whole struggle is gone. It's just gone.

Let's spend a couple minutes now, and then I'll tune back in for some more reflections, let's just spend a few minutes between struggle and peace. We all kind of say, "Oh I want to be in peace. You know, I want that, I want that!" and then the very minute there's a

sign of distress, or something is not fast enough, or something is not good enough, or someone's not this enough, or that enough, we flip and go back into struggle because we've known that so much of our lives, if any of you are like me.

I just want you guys for a minute to taste the deliciousness of that peace and that knowing, that inner knowing, and let's just feel that juicy feeling of inner knowing. Let's just be in that space. It's a conscious choice.

When you wake up in the morning, I want you guys to do this tomorrow morning, wake up and say, "Am I in peace or am I in struggle?" And just kind of throughout the day, "Am I in peace, or am I in struggle?" Just kind of keep checking in on that for me, and see what happens to your physicality in your body when you feel peace.

From that place of peace is an extreme power, because I honestly don't know if I've met any human being on the planet that doesn't want that peaceful energy in their space. They love that energy. Everyone loves that energy. It's so delicious. The minute you're in peace and knowingness it's like so yummy people want to be in your space. They just want to come over and hang out with you, and touch you, and say, "How can I be like you?" And I'm not always in peace ladies, sometimes I'm too crazy, I don't always model that, just so you know.

But when I do shift into that peace it's a great power, and it's a great gift. I do feel like when I am in that space of inner knowing, calmness, and strength that it really allows me to connect with others in a beautiful way, and it wakes that up in them which of course is another gift.

I'm going to do a little bit more sharing, and then I have the last piece I want to share with you guys, so who would like to share on just the last kind of thing, or anything you'd like? So go ahead. Maybe someone who hasn't spoken yet.

Jos: Hi, this is Jos. I'm just loving, absolutely loving this call and being intentional about what I'm going through throughout the day. I feel like as a leader, and it sounds like a lot of the people on the call are leaders, and it's so important to create a space for other people to grow and express themselves and come into a more powerful energy for themselves and others. As a leader I think it's so important for us to take the time out to create that same space for ourselves, and I feel like you are creating that space for us, and I feel a higher energy just being on this call. I don't even know everybody on this call, but I'm *loving* it, so thank you.

Erica: Thank you. Thank you. Actually it's funny when I did my animal vision one of the things I saw was holding that sacred space for creation, so that's perfect alignment for what I also got from my little animal guide that showed up. So thank you for sharing that. Who else would like to share?

Kaarin: Hey Erica, this is Kaarin. I wanted to talk just very briefly about what you said about peace, which is so beautiful. We all want peace, it is a basic human desire to have

peace, and we thwart it in so many ways. One of the things ~~that~~ I teach is a very simple sentence-question that anyone can ask themselves at any moment, “Because life gives us moments where we want to be in control, we want to have the right thing to say, we want things to go our way, our ego wants to be right, So just ask yourself in those moments where you’re feeling a little stressed and peace is not foremost on your mind, “Right now, would I rather be right, or would I rather be happy?” It’s amazing how it will shift consciousness just like that, like a snap of a finger. “Would I rather be right, or happy?” It’s done a lot for me. Thank you.

Erica: Thank you, that’s awesome, awesome.

So thank you for that gift, that was beautiful.

Here is another message showed up for me to share with all of you is that you are an ever expanding being, and that this is your true nature. So your truth is that you are always expanding, and when you find yourself choosing contractions, that’s okay, that’s at peace, just like Winter turns into Summer, Summer turns into Fall, everything has seasons in your life, and there will be contraction moments.

But your true essence as spirit is so big, and your true beauty is that part of you that’s right there asking itself to be expressed in the universe. As you expand and allow your voice to get bigger, and I was really told this morning when I was meditating on what I was going to say, more specifically, was that you all have this, and you all *are* this, and that you *are* pure expansion, and to let go of the pain a little bit, and to let yourself go where you need to go to get healing, and to do what you’ve got to do to stand as tall as you stand, and connect with the brightest people you can find in your life and let them uplift you. You can come down and nurture wounded people also, but also give yourself the gift of hanging out with bright souls like you so that you feel nourished in that space.

And maybe that ties into what Jos said a little bit ago, about really connecting with others who are leaders who can nourish that truth of you, and that brilliance of you. I’m being shown new bridges are built, new tools are available that you haven’t yet fathomed, new connections are unfolding. This whole thing about how alive we are in our instant now is amazing to me, it amazes me what might happen that we might not have allowed to happen before because we weren’t expecting something beautiful to be around the corner waiting to just play with us.

Your true nature is an expansive being and you came here to play and have fun, you came here to enjoy the fruit of our beautiful world. I’m seeing dolphins swimming, and I’m seeing oceans, and I’m seeing cruise ships, and I’m seeing delicious things to eat, and I’m seeing joy and luxury. You all came here able to be part of all of that big beautiful stuff, and that it’s okay. You came here to really lead in that direction.

I can feel you stepping in to your expansive energy right now.

Now I'd like you to go back in. We're going to do one final kind of meditation, so ground your feet on the Earth, and see if you can feel some blue energy coming up through the bottom of your feet, and connect to the celestial energy over your head and bring that down into your body.

I want to have you just say to yourself that you trust, and that you're here on the planet for a reason and that it's all moving along in divinity in connection to your higher self, she's probably on the call with you right now. I'd like you to propel yourself forward to around Christmas 2016, and so kind of see yourself floating over your timeline, and if this is really foreign and hard for you just relax into it and see what comes up, and if this feels really good to then go ahead and play with me word for word.

So float up into your timeline, and float forward into about Christmas 2016. I'd like you to come up with a few sentences that describe yourself now in this future reality where you've done all this expansion, where you've asked and it's been answered. You've been asking for so long for prosperity you had no idea it was sitting inside of you this whole time. I just want you to picture yourself 2016, and say, you can also do this later, I have a recording, say, "It is December 2016, I am living," describe your environment, "I am writing, singing, being on stage, teaching others, enjoying my family, having retirement," anything that feels joyful to you, that feels really good, really good, and just kind of imagine if you can a lifestyle immersing that's more than you thought you even knew was possible.

One of my friends teaches Infinity, how to be an Infinite Being. So just kind of touch that within yourself that's infinite, that has infinite potential. And then see if your 2016 self has anything else to share with you. See if there's a message that your 2016, for me Erica, for you all the different names, has anything they'd like to share with you about your journey. Very good. And if they don't it is okay. I know it can be a strange concept.

Now I'd like you to just float back into the present please, bring your body back to your present body, and come back to center, come back into your solar plexus. I'm actually being shown to do a little bit of Chakra clearing, so the next couple minutes we're going to go through our Chakras together.

So the first Chakra is the base Chakra and that's red. That is our safety and our security. Just see that as sort of being cleared, and cleaned, and purified, and beautified.

Then right there in your belly button area, your genitalia area, this is orange. This is your creativity and money, this is the second Chakra.

Then the middle part, the yellow, is your solar plexus area, that's the ego, that's the self care maybe, the self Chakra. See that kind of glowing, and yellow, and vibrant, and clean, and just ask whoever you connect with in the God space to help you clean that out.

Then the heart Chakra is green and that's within your heart. Give your heart Chakra some love, and some caring, and some cleaning. Feel into your heart and express love outwards around you and accept love into your heart, now.

The next Chakra is at your throat, and that's the blue Chakra. That's communication, and telling your story, and telling your truth. If you need healing in that area, ask for healing in that area and maybe not this second, but maybe go back and see if that resonates for you get some help clearing, and healing your throat Chakra.

Then up in the third eye, this is a violet Chakra, this is your third eye Chakra, this is your seeing. This is a very beautiful Chakra. Just ask for violet to clean that and clear your third eye space.

Then above you there's a white Chakra that connects you to celestial. There's a white Chakra above you that is the final Chakra. Just ask for clearing and cleansing for anything that has been holding you back, and ask to be in expansion with grace, and ask to be in expansion with knowingness, and beauty. Ask that your expansion be guided in such a manner that it helps people in your life in ways you can possibly fathom.

As for your expansion...

For those of us who talk a lot to big groups it could help thousands and thousands. For those of us who work in our communities, it could help a few people in a very meaningful way, or one person, or someone we love. Let's let go of any judgment of who our expansion helps, and trust that when you shift into your own light that it helps everybody in your life. They've also done some studies that it helps, I don't know if it's three or six degrees out, but they've done this study that when you feel better everyone you know can feel it, and then everyone they know can feel it, and that people they know can feel it, and so you can't imagine what you feeling good does out several degrees. It's really amazing.