



**NOVEMBER 9, 2016**  
**RISE *and* SHINE, ONE *and* ALL.**

The following is a transcript of Spirit's message delivered during *The Afterglow* with Liv Lane & Lori Portka:

And so we begin. We are gathered here today, for one purpose: transformation. Yes, change is in the air; the kind of change you can see in titles and victory speeches, of course, but more importantly the kind you cannot see. This is what we are here to discuss.

Perhaps you are coming into this conversation feeling weary, simply hoping for authentic connection and a glimmer of goodness to calm your nerves. Perhaps you come to this event all fired up, anger blasting through your veins or ecstasy pulsing through your body. Perhaps you feel fragile, tender to the touch and sensitive to every misgiving your friends and family and neighbors have expressed about a candidate you supported or the country you have loved or the process of picking a leader. Perhaps the accusations, inaccuracies and uncertainty surrounding this process have brought forth memories of trauma or deeply ingrained anxiety.

No matter where your emotional compass points in this moment, know that you are being held, that there is a love flowing into the deep philosophical divide that cuts through your nation; a river of everlasting, divine support carrying you all upstream, gently washing over you and renewing your faith in humanity, in healing, in all that is good. Listen to the voices calling your names – the spirits of earthly trailblazers who led you here, a chorus of dotting angels singing your praises, and the calming vibration of your inner guidance, your soul's knowing that all is well and you are safe and all is well and you are safe and all is well. Allow the resounding truth of these words to wrap around you like a blanket, here to comfort the parts of you that are tired or wounded or worried. Know that the heavens are providing signs of deliverance and a pathway to healing beyond your imagination.

We see you there with your glowing screens, separated by distance but energetically intertwined. You did not come here because of the people you voted for. You have come here because of the people you want to become, together. Let your shared breath be the starting point of unity. Close your eyes and take a deep, purifying breath – feel the oxygen fill every cell of your body and exhale the toxins that have worked their way in. Breathe in....and out. Envision everyone else that is gathered here with you, breathing in unison with you, open-hearted souls spread out from coast to coast, from sea to shining sea, and beyond the borders of this beautiful land. See the mother rocking her baby while she listens

closely. See the worker bee huddled in her cubicle with her eyes closed. See the writer with her paper at her side, just in case inspiration strikes. See the advocate set aside her caseload in order to be present in this moment. See the ones listening later, to this recording, still One with all of us – for this moment has no time attached to it; whenever you are here and wherever you are, you are here with us. Now see yourselves, beloveds – where you are, how you feel, and notice how you are positively glowing.

When the invitation arrived, some part of you said YES to this, knew you'd find what you need here, sensed that you might find common ground or guiding light or reasons to hope right here. Deep down, you knew that, and here it is. Here we are. We are grateful for your presence, for your passion and for your willingness to come together with strangers, and with soul sisters and kindred brothers who also said YES to healing, to hope, to what comes next.

In order to move forward, it is imperative to recognize the pain *and* potential that co-exist in this moment. It would be harmful to dismiss or degrade the arguments and anger felt by those who did not achieve their goals in this election, and the arguments and anger that led to this result. All anger is born of pain – from deep-seated insecurities to post-traumatic responses to flagrant injustices to suffocating hopelessness. Emotional distress breeds hatred and ignorance, and there is great relief - albeit temporary - in casting blame, threatening revenge, assassinating another's character, and bonding with others in the throes of pain, for misery does love company. Like a tidal wave, the sheer force of such energetic upheaval can form a movement, catching time-honored ways of the world by surprise. Even if its mission is unsound and its actions are desperate, any movement born of pain has the potential to become a catalyst for positive change. That pain must be honored, processed, learned from and reframed in order to transform its impact.

The challenge is that in your culture, personal pain is often private pain, kept close to the vest or shared only within your sacred circles. This is understandable; there are societal stigmas associated with nearly every kind of adverse emotional experience, as well as every symptom of it and for every attempt to heal it. As a people, you have not learned to sit with discomfort, to hold space for grief, to process fear, or to honor imperfections in yourselves, in your history and in one another. You see mistakes as weaknesses, rather than the stepping stones of progress. You see those who see the world through a different lens as adversaries, rather than potential allies in creative problem solving.

As a country, you have learned that at the first sign of uncertainty, you run for cover or cast blame or hurriedly patch together half-solutions. But these ego-based tactics leave little room for growth, little time to adapt, and little chance to cultivate trust in one another. Without an awareness of common ground – from shared pain to shared passions – you keep conversations at the surface level, or develop a bond of aggression, built on shared dissatisfaction. You need not be vulnerable in this kind of connection; all you have to be is angry or adamant about your views – and this is appealing for many. When it feels like you've been spinning your wheels, unseen and unheard, the addictive adrenaline rush of hatred or indignation temporarily feels like forward momentum, but it has you fooled and, far more times than not, you wind up spinning your wheels again, even angrier, heels dug in deeper, unable to see the light.

So, is it any wonder that you are all exhausted? The way this political contest unfolded is symptomatic of unaided human suffering and a growing distrust of one another. We understand it has felt awful, but it is also our great hope that it feels – and continues to be – cathartic for the whole of your country. It's as

if a bandage has been ripped off your collective skin to expose long-ignored wounds that refuse to heal without proper care. It may have seemed better, more civil, less painful, to pretend they did not exist. But there they are, for all to see: normalized misogyny, deep-seated prejudice, unspoken fears, overwhelming greed, woefully impoverished communities, and pervasive mental health crises. These are the results of hurried healing, of rushed evolution without widespread empathy. Your country has experienced rapid change from the time it was established, just over 200 short years ago. Long before this land became a country held together by the rules of a constitution, others called it home. And before them, still others, who could not know – could not even imagine what would become of this land and its inhabitants...the stunning progress and mind-bending challenges. They could only focus on their present moment and just beyond, on what was needed to thrive, to love, to tend to the land with what they had and what they knew and with a faith in benevolent forces at work to guide the way.

Keep in mind, dear ones, that these politically divided United States are in their adolescence compared to nations, cultures and governments that have existed on this planet for much longer – some for thousands of years. That you would experience monumental growing pains is a given; it's how you address them that matters. Will you transform pain into possibility?

Follow the divide, trace your fingertips along its cracks and crevices, listen to the calls for change within your hearts and within the hearts of those you do not understand. You need not have walked in a person's shoes to feel their pain, to see inside their story, to forgive their transgressions, to ultimately recognize the root of their perceptions and the reasons for their actions. We issued the invitation to this gathering to all, regardless of your philosophies or the outcome of your election, because this gathering is not about right or wrong, win or lose, but about rising and shining as a diverse and united people. The politicians will give lip service to this, but you are the ones who are capable of this, and the time is now. You are part of a nation that is relied on by many others in many ways to lead but not dictate, to guide but not rule. A nation indivisible that pledges liberty and justice for all, and cares about the wellbeing of the world it inhabits. History shows that generations of trailblazers have given their lives or committed their hearts to the cause of making that your country's legacy, for the highest good of the people. There are many ways to goodness. Your well-established founding fathers, and the founding mothers hovering over their shoulders and whispering in their ears, laid the groundwork but left the future wide open to interpretation and innovation. And now, it is your work to take up where they left off.

Contrary to popular belief, your young nation is still establishing its identity – not only in how you interact with the rest of the world, but by defining who you are in the comforts of your own home. No revolution begins at the top of a hierarchy. It begins in coffee houses, at bus stops, in libraries, around dinner tables. It begins with connecting, finding common ground within your families, with your neighbors, and with perfect strangers – and then inviting them inside to bear witness to your pain, your passions, and your gifts – and asking to see theirs.

Let uncertainty be the birthplace of goodness. Let the causes that move you, the fears that rattle you and the injustices that shake you be what leads you into inspired action. As we have urged before, begin every conversation with radical compassion. If it is empathy you long for, embody it. If it is justice you seek, be fair-minded in every interaction. If you shudder at how the misunderstood can be treated like second class citizens, be conscious of the derogatory ways you approach or regard those you do not understand. For as long as the others are treated as Others, you will live in a land of the lost and lack the collaborative momentum and mindset you need to rise.

Show up where you feel called. Get involved where help is needed. Exhibit love where you see it missing. Share your sorrows so others feel safe to do so, too. Share your joys so others do, too. Be a beacon of light in the dark divide by focusing your gaze upon what's possible. You are being asked to create an illumination – the land of opportunity and optimism you all seek, reds and blues and greens and every color in between. There are as many ways to achieve this as there are people across this land, illustrated by more than two centuries of political discourse, mistakes and solutions, debates and divisions, movements and magic.

A revolution need not be a violent clashing of ideologies. It can be an attitudinal, energetic adjustment adopted by the masses for the betterment of society. And in every uprising in modern history, change has been led by the people, not the politicians. Your elected local and national leadership is meant to *reflect* the people they serve, not to dictate what those people should think. Heal each other, and let the positive momentum of that intention rise up to the highest ranks, lift up all who feel unheard, dig up the roots of hatred and plant something new, seize up when there is friction so you can find a better way, show up in whatever way feels universally good and kind. You are the ones we've been waiting for. You are the ones who have the power to create peace, choose light, walk with grace and lead the way. You are the afterglow.

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**The affirmation from Spirit that we shared at the end of the Afterglow call is as follows:**

I am one with all of Creation.  
Not better than anyone or any one thing,  
Nor less than anyone or any one thing,  
But aligned with the centering fire  
That burns in the belly of our planet  
And the bright white forcefield of light that surrounds it.  
Trusting in the healing, harmonious energy  
That vibrates through me and hums around me,  
I feel moved to act with grace  
And inspired to love all without condition.