

Impeccability and Integrity

November 14, 1997 - San Francisco, CA

Sasha through Lyssa Royal

(Excerpt from Session #184)

As you move into the new millennium, frequencies on your world are accelerating and human evolution is occurring quite rapidly. There are some very important issues that each of you as individuals should hold very close to your heart. It is important to take these ideas within yourself so they become a part of you. These ideas are: Impeccability, Integrity, and Responsibility.

As the frequencies on your world accelerate, many of you are finding that things are being reflected back to you very quickly. You may say or think something and it comes back quickly, even more so than ten years ago! Have you begun noticing this? Therefore, you have probably been saying to yourself, "I need to be a little bit more careful about the thoughts that I put out and the hidden agendas I may have within myself that I am not aware of."

We are going to give you a key to moving into the new millennium with grace in such a way that you will cause the least amount of pain for yourself and your loved ones. The first key is **impeccability**.

Impeccability means that every action you take, every communication you say, must be with the intent to perfectly align with the you that you wish to become or are in the process of becoming. You must do a lot of soul searching, especially in the direction of hidden agendas. All humans have them. They are nothing to be ashamed of. A hidden agenda could be something as simple as the priority of keeping oneself safe. Therefore, when you act without integrity (for example), it might simply be a way that your ego thinks it can keep you safe. This hidden agenda is nothing to be ashamed about, but it does need to be recognized because ultimately a lack of integrity will get you into a lot of trouble!

If you can begin to recognize the things in yourself that you want to protect (such as your fears or old patterns that no longer serve you), you can begin acting and expressing yourself in all areas of life with impeccability. Impeccability simply means acting in total alignment with the higher aspects of who you really are beyond the ego. You do not have to get crazy with this. You do not have to monitor yourself to the point of a headache. Simply be aware of your weak areas. On a day-to-day basis, begin to bring these areas into balance. If you begin to understand these weak areas, own them. Say, "Now I will use this aspect of myself as a learning tool in order to come into balance with the higher aspect of who I am."

Impeccability then leads to integrity. **Integrity** is the by-product of impeccability. Integrity means that your actions are aligned with this perfectly balanced aspect of who you are. Integrity is the idea of walking your talk, staying in the heart, and not being afraid of being

your full self even if you think it may hurt another. If you can be your full self with love (not with anger), it causes the other person to see a reflection of who they truly are.

A commitment to impeccability leads to acting with integrity. This requires just little steps to begin. Eventually you will feel that it is second nature to you. Then, once you begin acting with integrity, it leads you into becoming a responsible human being.

Let us define what we mean by **responsibility**. Let us say that I break this window accidentally. If I say, "You did it because you made me fling my arm toward the window," I am blaming you. I am telling you that *you* that you are responsible. Perhaps I may say, "I am such a bad person. I do everything wrong. The broken window is my fault." In that case, I am blaming me. This is *not* taking responsibility. This is placing blame, and anchoring in the past.

Responsibility is entirely connected to the self. You must take responsibility for *your* actions and emotions no matter "who" is at cause. True responsibility comes from the commitment to impeccability and the acting with integrity. This creates a self-responsible individual. The aspect of you that goes beyond the human ego (such as the higher self) is an entirely impeccable, integrous, and responsible consciousness. This is who you naturally are.

As you move now into the new millennium, these three issues will be following behind you very closely. Sometimes they will bite you in the butt! If you are not willing to look at them, you will find that your own personal transformation may become a little bit difficult.

This brings us then to the idea of contact with other life forms. This is an interest for many of you. How can the principles that we've just outlined enhance the idea of contact? Let us simply say that when we are talking about contact we are talking about contact in many forms. It may be ET contact; it may be contact with your higher self or spirit guides. It may even be contact with the plant or animal kingdoms. It can also be contact with each other!

If you utilize the principles of Impeccability, Integrity, and Responsibility in any attempts at contact, the resultant contact will be a contact of impeccability, integrity, and responsibility. You will draw to you another being of equal frequency. Therefore, the contact or relationship that you build from that point onward will be one that you would term "healthy." It would become a type of relationship that you would then consider a stepping stone into higher evolution.

From my point of view as an extraterrestrial from the Pleiades, these are the types of relationships we seek. We do not seek relationships with other life forms that may deify us, or put us on a pedestal. These three components create a field of equality in which all contact and relationships are healthy ones. As all of you know, this is truly the road to any of the higher potentials that you wish to create on Earth. If you can create that field of equality where there is no separation, demonization, victimization, or deification, you make that conscious step into the next phase of your evolution.

Those of you doing contact research must consider these three ideas -- Impeccability, Integrity, and Responsibility -- as being very important to the fabric of who you wish to become in order to be able to create that field of equality.

It is our desire that you will be able to utilize what we have just given you in some way in your life and/or contact activities, or simply within yourself. You will find, as simplistic as it may sound, that these are the building blocks of a healthy future within yourself and between each other. These principles are the glue that holds you all together. ☆

☆☆☆

This text is an excerpt from Session #184, available on CD from our web site at www.lyssaroyal.com. We offer over 200 sessions by Lyssa in either written or audio form, as well as downloads, articles, books, and workshops around the world. For more information, please see our web site. You may also join our email list for free newsletters that are sent periodically. Your address is kept confidential. Thank you for your interest!

