

SPIRIT GUIDE STEPHEN'S FEBRUARY 14TH, 2019 MESSAGE TRANSCRIPT

Hi, I'm Lorraine Manners, Spirit Channeler and your Soul Coach and I'm going to connect with my spirit guide Stephen and see what messages he has for you this week.

I'm going to yawn, it's my sign I'm connected and I'm ready to go.

All right. Stephen's coming in playing a drum – bom, bom, bom. It's pointing up to the sky and its in front of him. He's beating it and he's laughing as he's coming in.

He says, “Yeah, just comment a little Drummer Boy. I'm here with an announcement and it's a big announcement. So I wanted to bring it in with proper fanfare and make sure I have your attention.”

He's smiling and he says. “The announcement is - **you are free.**”

“Now, this is what do I mean by that you are free? Of course you think in many instances, you're free.

“You're not enslaved.

“You're not behind bars.

“What I mean is bigger than just the fact that you walk free in this world.

“You're free to choose who you are, who you want to be, how you show up.

“You're free.

“I can hear that all the protests coming up – *“But I'm not really free because I have to show up at a job, you know, every day, or I have to show up for my family or I have to....”*”

He says, “Ah. But you're free. **You are free.**”

“You're free to show up at that job or not, you're free to show up for your family or not, you're free and **how** you show up in all of those things - you're free.

He says, “Take a deep breath in and out and just sit with that statement for a moment.

“I am free

“I am free.”

He says “you could protest and say, *Well, I'm a woman. So I'm not free as men to, you know, have certain liberties or opportunities. Or I'm a person of color, I don't have the same freedoms as other people do coming and going*”

“Brother, Sister – you’re free.

“Close your eyes. Take a deep breath in and out and just say that to yourself with no judgment, no defensiveness, no nothing. **I am free.**

“Say it again if you need to. **I am free**

“Because truly, in the eyes of God, you are free. Free.

“You're free to believe that you are oppressed. You're free to believe that you're downtrodden. You're free to believe anything you like

“You're free to believe you're just a body.

“You're free to believe that this life is your only life.

“You're free to believe you’re eternal.

“You're free to believe you're loved.

“You're free to believe you're free.

“There are no limits. You are free.”

He smiles.

“When you say this to yourself, when you feel it in your being, when you know it - **I am free.**

“You'll start to feel an expansion in your life, an ease in your life, a way of being that really does set you free.”

He says, “Take another deep breath in and out and let that reverberate in your being for a moment - **I am free.**

“Imagine taking this attitude this belief forward “I am free”.

“How might that change your outlook? How might that change your perception? How might that change your life?

“Hmm.

“You might find it quite wondrous.

“You might find it quite freeing - pardon the pun.

“I'm free to believe that what someone says about me is true.

“I'm free to believe that what someone says about me isn't true.

“You are free.”

He's banging his drumming again and turning around and leaving.

All right. Well, thank you, Stephen for that message.

I'll be pondering my freedom. I hope you'll be pondering yours. If you want to see more messages from Stephen please go to my website lorrainemanners.com, they're all there under the video section. There's one that introduces you to Steve and explains about the yawning.

If you'd like to receive these videos to your email inbox every week then sign up for the free meditation on my site lorrainemanners.com and you know automatically get these videos delivered to you every week.

Thanks for tuning in and I'll see you next week.

Bye bye.

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