

Wilhelm's Messages

November 26 Through the Years

November 26, 2025

Liberation is also an inside job. You might have sought that experience of freedom or authenticity in your outside world, only to discover it was always within you.

That realization allows you to see and realize the importance of your life. Self-mastery is never complete.

Reflection Questions

- 1. Where in your life have you been searching externally for something that was actually waiting to be discovered within yourself?*
- 2. How does recognizing that self-mastery is an ongoing journey rather than a destination change how you approach your daily growth?*

November 26, 2008

The only limitations that ever exist for you are in your limited perception of what is possible.

If your life's journey is about evolvment and expansion, then it would behoove you to always think the impossible. Simply because from your limited perception of where you stand now, and cannot view a particular foreign country, for instance, does not mean the country does not exist. There is no difference in your physical life experience.

All that you know now that is possible has already been accomplished, and your intention was always to accomplish more.

Growing in awareness simply means that you become willing to be conscious of what you are creating. It is never a matter of whether or not you are creating, for the nature of your being is to create; always, with every thought in your "now" experience.

Reflection Questions

- 1. What "impossible" vision have you been dismissing simply because you cannot yet see how it could manifest?*
- 2. In what ways might you become more conscious of what you are creating with your thoughts in each present moment?*

November 26, 2009

Your feeling of insecurity may be a gift for you when you decide to use it that way. In other words, those times that you have the feeling of being insecure in anything that you do, you can also decide in that very moment of now that you acknowledge that you know there is so much more that you can be, do, and have. You can also know in that very moment of now that the particular feeling of insecurity is your way of asking and opening yourself to receive so much more that the Universe is always willing, ready, and able to deliver to you.

There is never any need to fear or dismiss those feelings of insecurity; simply embrace them.

Reflection Questions

- 1. When you feel insecure, what might that feeling be revealing about what your soul is ready to expand into?***
- 2. How could you practice embracing rather than resisting your feelings of insecurity this week?***

November 26, 2010

You are always and only ever seeking to know and own your truth, and when you do so, you also experience incredible peace. Truth is a relative term that can only be applied to physical things while you are in physical form.

You get confused on this issue as you attach other labels to it, such as right or wrong, and good or bad. These are all subjective terms that are only relevant to the one who holds a particular perception. Your intention then, while on your physical journey, was to always find your truth, for you knew that would require greater awareness and knowledge, which enhances your spiritual expansion. All souls come to know the truth eventually.

Reflection Questions

- 1. What truth about yourself or your life have you been avoiding because you've labeled it as "wrong" or "bad"?***
- 2. How might releasing the need to judge your truth as right or wrong bring you greater peace?***

November 26, 2011

When you focus on the solution rather than the problem, you cause your greatest expansion. When you focus on the solution, you are also affirming that there is indeed a solution, and then allow the information, wisdom, and intelligence to solve it to come to you.

When you focus merely on the problem, you hold it in place, and because you create your own personal reality, you continually live that problem. The only reason the problem exists is that you desired to see it so that it would cause you to do something that facilitates the expansion you always seek. There is no problem that exists without its counterpart of a solution.

Reflection Questions

- 1. What current challenge in your life might transform if you shifted your attention entirely toward its solution?***
- 2. How has a past problem served as the catalyst for expansion that you can now appreciate?***

November 26, 2012

Everything that shows up in your physical life experience is always for your highest good. This is the most difficult concept that you will encounter as you move through your life, and it is the one that can provide you with the greatest sense of peace when you decide to accept it.

It is not difficult for you to accept it when the events and circumstances that show up are to your liking, or provide you with a sense of pleasure, but it is all those other events and circumstances that you continually question their validity and purpose that are difficult. It is not that you need to learn anything through pain, as you think of it, but it is that the contrast of your experiences always causes you to expand, and that is why they are all indeed for your highest good.

Reflection Questions

- 1. What difficult circumstance from your past can you now see was ultimately for your highest good?***
- 2. What current situation are you struggling to accept as being in service of your expansion?***

November 26, 2013

You desired as well as deserve to have fun.

When you decided to have a physical life experience, it was for the purpose of the expansion of your soul or spirit. You knew that in order to accomplish this, you would experience all manner of different and sometimes complex human feelings and emotions. All of those experiences do indeed cause you to expand, but some of them have a greater impact on that expansion.

This is because everything in your physical world is energy, and energy reacts or perpetuates itself with like energy. The energy of fun is on a much higher vibrational level of that energy than certain other emotional states. You can decide before you begin anything that part of your intention is to also have fun. When you align yourself with that energy, you also gain greater access to wisdom and knowledge that will inevitably flow to you much more easily when you are in that state. Try it more.

Reflection Questions

- 1. Where have you been treating spiritual growth as serious work when it could include more joy and play?***
- 2. What activity could you approach this week with the deliberate intention of having fun while doing it?***

November 26, 2014

One voice has the ability to change your world, and that voice can be yours when you decide to believe this and then use it in the direction of your known intention.

You have difficulty in accepting and applying this premise because of your own long-held fear of judgment, criticism, or disapproval. Your awareness of this now will begin to break down your own barriers in using your voice, but it is also wise to be gentle with yourself and all others as well.

Your voice or that of any other soul can only speak in one direction at a time. You will either speak in the direction of fear or in the direction of love. You merely need to seek to know in which direction you will speak and use your voice.

Reflection Questions

- 1. What message have you been holding back from sharing due to fear of judgment or criticism?***
- 2. When you speak today, will you notice whether your words are moving toward fear or toward love?***

November 26, 2015

The practice of gratitude is one of the most important processes in which you can engage. When you decide to do this often enough, it can shift the trajectory of your physical life experience.

The reason it is important is that while you are doing it, you are focusing on what you have, and thereby adding energy to that and creating more of the same. Now the important part is that it is not about physical stuff, but about you. It is about focusing on your innate talents, abilities, and gifts. Those are the things that are important and affect the quality of your life.

When you think about it, you will notice how much of the time you are focused on what you think you lack. Now, those things are obviously not important, but who you are is important, and that is a gift.

Reflection Questions

- 1. What innate talents, abilities, or gifts do you possess that you have not fully acknowledged or appreciated?***
- 2. How much of your mental energy this week has been focused on what you lack versus who you are?***

November 26, 2016

The road to the self-empowerment you seek will be paved for you when you begin to recognize, honor, and own your opinions. While that might seem like a minor point to you or one that you believe you already perform, in fact, you do not.

An opinion is simply how you have come to feel about anything, including yourself, your beliefs, and the nature of your world. Your opinions and those of others are not necessarily based on any particular fact or truth, because they are all subjective. If you think about the biggest opinion that any person holds, it is about what happens when you leave your body. You may hold a particular belief about that, but it would make sense to hold the belief or the opinion that causes you to feel good. You can do this in every aspect of your life, and when you do, you will also experience empowerment.

Reflection Questions

- 1. What opinions have you been suppressing or minimizing because you feared they were not valid or important?***
- 2. Where could you choose to hold an empowering belief simply because it causes you to feel good?***

November 26, 2017

You always receive what you want, but at times it doesn't feel that way to you. That was the case for you yesterday. You had an incident that pointed out to you a continuing difficulty you have experienced in your life, and that is relying on the opinions of others before you decide to believe in yourself.

This fact could only become apparent to you when you sought confirmation from another about who you are and did not receive it, and at the same time, knew that was a perfect outcome because now you get to rely on your internal belief. Keep doing that.

Reflection Questions

- 1. When have you recently sought external validation instead of trusting your own knowing about yourself?***
- 2. What would it look like to rely on your internal belief first, before seeking confirmation from others?***

November 26, 2018

You don't believe it when you see it. You had difficulty allowing this message to come through because it was almost embarrassing for you. You and others hold, at least intellectually, the idea that visualizing what you desire is an effective way for you to use your thought power of creation. But what you noticed this morning were all manner of ideas, encouragements, directives, and requested information coming forth, and your first instinct was to deny that it was real or happening to you.

As you now notice the difficulty you had accepting things you could see, feel, and hear in your now reality, you can understand the challenge you and others face when attempting to use visualization. We will now give you something else you might find difficult to believe. We had your friend say to you last night a phrase we will shorten here: dreams of what you want are clues.

Reflection Questions

- 1. What evidence of your manifesting ability have you dismissed or denied because it felt "too good to be true"?***
- 2. What recurring dreams or visions might be clues pointing you toward what you are meant to create?***

November 26, 2019

The shocking manner in which you come to love yourself. We needed to find a nifty title for this message as we wanted to attract attention. Roger is even willing to deliver this one, even though it requires him to become vulnerable and transparent. But also, he knows how valuable it will be for him and many of you.

You each have been influenced to believe, or taught, that the key to living a happy and successful life is to love yourself. You then attempt to find studies, tools, teachers, leaders, and philosophies that might show you how to accomplish that. You think that if you do certain things, such as tithing your money or other symbolic acts, it will cause you to love yourself. We gave you a message some time ago, stating that pure love is the most powerful state of existence. That state exists when all manner of judgment is removed. You understand this intellectually, and then don't follow it.

Yesterday, Roger was called to a video shoot to create content on personal development. He was available but had not prepared any material. When he began filming, he was surprised at how easily it all flowed. Keep in mind that on the way there, we had him hear a video of a TEDx Talk from Gabrielle Bernstein, where she related a story of discarding prepared notes for the talk and instead deciding to speak from her experience. Roger forgot this within an hour, but that is what he was doing. At the end of the shooting, the young cameraperson said to Roger, "You delivered your points so clearly." Roger also felt his rejection of that acknowledgment. You all do this. He was then asked to come back on Wednesday and create something else that would be helpful to others, and Roger wondered what the topic would be, and we are telling him it is this!

The only thing any of you must do to experience self-love is to stop judging yourself and stop comparing yourself to anyone else. And finally come to understand that the unique and individual you is what the world needs, and when you decide to be yourself, your experience of self-love will be undeniable.

Reflection Questions

- 1. What acknowledgment or compliment have you recently deflected or rejected instead of receiving?***
- 2. What would change in your life if you stopped judging yourself and comparing yourself to others, even for one day?***

December 2, 2017

Please allow yourself enough time to absorb the meaning intended in this message, for it holds the power you sought to propel your life forward.

You had a memory of a pet you once had that you loved very much. Now, because the pet was no longer in physical form, the only thing your mind could conjure was the feeling of pure love. You knew that was the same feeling you had when the pet was alive, because there was no judgment held by you or the pet then, which is the only manner in which you might experience pure love.

Now, you stayed with that feeling for a while and carried it with you into a current situation in your life, and then made a decision from that feeling that defied your physical world logic. Good for you.

All you ever need to know is that the experience of pure love is more powerful than anything else. Period.

Reflection Questions

- 1. When you recall a being you loved without any judgment, what does that feeling of pure love feel like in your body?***
- 2. What decision in your current life could you make from a place of pure love rather than logic or fear?***

November 26, 2020

Today will be different, but you will still be thankful. As we have said, you are currently moving through a massive restructuring of your world, being led by the United States and internalizing within you. Today is the day celebrated in the United States as Thanksgiving, which was established to commemorate new perceived freedom. The difficulty you each have is that the freedom was only perceived and not materialized. The manifestation of that freedom must begin within you.

When Roger came to his computer, he opened to a video with a photo of Jesus and not much else. It was very odd to Roger as he had never seen this video, and there was no information as to the author. We wanted it to remain mysterious. We are giving you these fun details because many of you doubt your mental explorations, as Roger has.

Then we had Roger continue on a thread he began last night while speaking to a friend, where he uttered the phrase, "I believe we just participated in reverse discrimination." Roger went to bed, and this morning, we told him to look up moral equivalence. We are taking some liberties with that phrase's original intent, but you will understand what we mean. We have always said you are all one, and what affects one affects all. But not all of you are here at this time to live that idea. Roger believes he is, but he never trusted that, just as you may not have trusted your life path.

We brought this up because Roger experienced a moral standard of sorts placed on some family members. The justification from these members is that the other members are not family, for they are not related by blood. Now we have stumbled upon the reason for your current restructuring, and you get to decide which role you will play.

It now made sense why we led Roger to that video because Roger was tempted to judge the others in his family for their moral declarations, which was not the job he set forth to do in this lifetime. This message's point is that even though this year may be quite different for many of you, it will help you come to know and own who you are and what you wanted to accomplish in this life. All roles are necessary for without conflict, contrast, and opinions; you would not come to know yours. Thank your adversaries.

Roger had an appointment yesterday with a young lady who felt quite lost in finding her life direction and purpose, which Roger could see clearly. Then we had him say to her, "Those young girls depend on you to be a leader." You each are now being asked to be that leader in your own way, and allow everyone else the opportunity to do the same, then you will all heal more, and you will be fine.

Reflection Questions

- 1. Who in your life has served as an "adversary" that helped you clarify your own values and purpose?***
- 2. In what way are you being called to be a leader, and who might be depending on you to step into that role?***

November 26, 2021

Do what is best for you now. Over the years, we have given you several messages where we made distinctions between the individual you and the collective you. We have done that because you decided to be alive during this restructuring to manifest the reality of that sentiment, which is to merge the two.

You were born to evolve and expand, but you have also been held back due to your fear, lack of trust, non-belief, and self-judgment. But you are no longer the person you were before you participated in your current pandemic. You have recently experienced the feeling of the new you, but are still hesitant. So we planned our conversation for tomorrow on confidence.

We also planned the message we gave you in 2012, for we knew if you were able to reconcile the current events in your world and your life with that message, you would achieve much of what you desired in your life. We know that what you will choose to do for yourself will benefit all others, and especially you. Contemplate the following message and have in mind the life you want to manifest now, and you all will be fine.

Reflection Questions

- 1. How has the person you've become since the pandemic different from who you were before?*
- 2. What would doing what is best for you now actually look like, if you trusted it would also benefit others?*

November 26, 2022

Your life and world will change when you believe yourself. What we mean is that still, small voice you have always heard but only believed occasionally. You have moved into a new dimension in your life and world, and your self-belief has become more vital.

At birth, you are each given a gift you were meant to actualize to live a glorious life, but the path that is best for you to take is only sometimes clear and depends on what occurs in your world. What will manifest in your future depends on what you do now. That means believing in who you are and the gift of your essence.

No one holds more ability than you. But it is also a gradual process of acceptance as you move through your life until you reach the dimension of acceptance, where you view yourself and others differently. That is how you will collectively manifest a new world, which is why you exist during this restructuring.

You didn't know what you were given at birth, but you might have misinterpreted yourself, and this time in your world, so we gave you a message on this date in 2012 to aid you.

Roger had to accept that he was given something to aid your world, but it is the same for you, and we only provided guidance.

Reflection Questions

- 1. What has your still, small voice been telling you that you have not yet fully believed or acted upon?***
- 2. What gift do you sense you were given at birth that you may have misinterpreted or undervalued?***

November 26, 2023

You were never meant to suffer. While you may have believed some of the difficulties in your life and world were thrust upon you, we can assure you it was precisely the opposite.

You agreed to be alive during this time of restructuring of your evolutionary journey and your planet's ascension, and we are giving you the tools to change your perception so you might love yourself and recognize your enormous contribution.

The message we provided on this date in 2012 will aid you in our upcoming conversation on your full moon. You are closer than ever to accepting your magnificence.

Reflection Questions

- 1. What suffering in your life might you have unconsciously chosen as a pathway to greater expansion?***
- 2. What would it take for you to fully accept your magnificence and your contribution to this time of restructuring?***

November 26, 2024

You came to put an end to suffering. You will do so when you end yours; many of you are ready to do that now. Our message from last year will resonate as you view your life and world.

Wilhelm

Reflection Questions

- 1. What personal suffering are you now ready to release, knowing that doing so serves the collective?***
- 2. How does the perspective that you came to end suffering shift your understanding of your life's purpose?***