

Wilhelm Messages: Cultivating Inner Wealth and Expansion

December 16, 2025 

You could have been wealthy now if you and our messenger had followed our guidance. We used 'wealth' because that's what most of you would respond to, but what we actually meant was becoming yourself.

You each accomplish that in various ways, but the way that matters most for you is accepting the physical life experience you have, and when you change your perception of what I might have been, you will.

Please release your judgment about yourself and the world, and you will become wealthy.

Please follow along.

Reflection Questions

1. In what specific areas of your life are you holding a perception of "what might have been," and how can shifting this perspective allow you to fully **accept your current experience**?
 2. What is one judgment you are ready to release about yourself or the world that, if dropped, would immediately increase your feeling of **internal "wealth"** and self-acceptance?
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December 16, 2008 

Your eternal home is your inner world, while the physical world you now experience is transitory.

You have the ability to experience whichever you desire whenever you desire.

In the past, you have formed habits of observing your physical world, feeling its effects, and then reacting to it. What you desired to know was that your **inner world experience is always at cause**, and you have the ability to direct it.

There is nothing that exists in your physical world experience that was not first conceptualized and then created by you.

When you come to understand this concept more fully, you will embrace it and thereby create deliberately.

You are never a victim of your physical world, and your intention was always to experience your natural abilities and powers.

Reflection Questions

1. When faced with a challenging physical world circumstance, what is one immediate shift you can make to move from a "reaction" based on external effects to a **deliberate creation** from your inner world?
 2. What is a current desire or experience you wish to manifest, and what are the specific thoughts and feelings in your **inner world** that will act as the "cause" for its creation?
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December 16, 2009

You are indeed always moving forward, and the question becomes how much you are willing to do so. Forward refers to your very own embracement of the process of **expansion**.

That was always your intention while in physical form, and only you ever halted that process. In actuality, you cannot halt it, but you can block it from your awareness.

All the elements that encompass this are your willingness to **see your vision, share it with others, and tell your own truth**. This is indeed the greatest contribution you may make to yourself and all others.

Reflection Questions

1. Where in your life are you currently **blocking your expansion** from your awareness, and what is the "truth" you need to tell yourself or others to unblock this forward movement?
 2. If you fully embraced your vision and were **willing to move forward** without hesitation, what is the single next action you would take today?
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December 16, 2010

Your first step toward manifesting what you desire in your life experience is to **not accept that which you do not wish to manifest**. This is such an important concept and one that usually escapes your awareness, for you have formed a habit of settling for less than you desire.

The reason you do settle, so to speak, is because you have allowed your thinking to become dominated by **fear**. You hold the fear that you either cannot manifest what you desire, do not possess the ability, or that unless you accept what is offered, you will be left with nothing. That is the true meaning of scarcity and one that has permeated many areas of your life. Make a new decision.

Reflection Questions

1. What is one area where you have been **settling for less** than you truly desire, and what is the underlying **fear** driving that choice (e.g., fear of lack, fear of inability)?
 2. What specific thought or belief about **scarcity** are you ready to replace with a **new decision** that supports the manifestation of your genuine desires?
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December 16, 2011

Any change that you desire is always within your reach. In order for that change to become manifest in your life experience, it is also important that your thoughts, deeds, actions, and words are all in **alignment** in the direction of the change you desire.

While that may seem like a very logical statement and concept, you often allow your own actions to remain obscure to you, thereby being in **conflict** with the very change you say you desire. All things are possible for you to do, but it requires your willingness to simply make choices that you know are headed in the direction of the change you seek.

Reflection Questions

1. Identify a change you currently desire. What are your **thoughts and words** saying about that change, and how do your **actions and deeds** currently conflict with that alignment?
 2. What is one small, deliberate **choice** you can make today that you know is **headed in the direction** of the change you seek, proving your willingness to align?
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December 16, 2012

Fear is both your **enemy and your friend** as it relates to your intended goal of expansion while you are on the physical plane.

It is your enemy when it blocks from your awareness the true nature of your eternal spiritual being, or when it prevents you from experiencing the full nature of human existence.

It is your friend when it causes you to seek its sources and **uncover the illusion** that causes it to seem real to you. When you find these instances, you will be motivated to live more fully, and further continue your expansion, and contribute to the expansion or evolution of the world at large.

When you embrace all aspects of fear, you also begin to live fully.

Reflection Questions

1. Think of a recent instance of fear. Did it act as an **enemy** (blocking you) or a **friend** (motivating you to seek its source)? How can you intentionally use fear as a **friend** next time?
 2. What **illusion** is a current fear trying to protect you from, and what action could you take to **uncover** that illusion and live more fully?
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December 16, 2013

Strength and courage are those qualities that you and all others desire to have, experience, and see then grow continually. They will do precisely that when you decide to **give them away**.

Anything that you decide to give away will grow because that act itself indicates that you know you have them. Anything you have experienced in the past that felt difficult or challenging has caused those qualities to grow and develop within you for the purpose of sharing with others, and, additionally, because you are all one, it stands to reason that you will experience more.

The wonderful thing about this process is that it will accelerate for you when you decide to be actively aware of what you are up to.

Reflection Questions

1. Who in your life currently needs a dose of the **strength or courage** you possess? What specific way can you **give that quality away** to them today (e.g., an encouraging word, sharing a personal story, offering help)?

2. Reflect on a past **difficult or challenging** experience. What specific way did that experience cause **strength and courage** to develop within you, and how can you be more actively aware of that growth process moving forward?
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December 16, 2014

The experience of **joy is a noble pursuit**. That statement is meant to point out to you a difficulty you have in your life by thinking that only the things that you would consider to be difficult or challenging are the only ones to pursue that would provide you with a sense of satisfaction or accomplishment.

This goes back to what you learned very early on in your life: the idea of "**hard work**". This setup within you a belief system that whatever you did in your life would have to involve hard work to provide abundance and a so-called comfortable living experience. These are simply ideas made up and that you unknowingly accepted. You can now begin letting them go and pursuing the experience of joy.

Reflection Questions

1. Where does the belief in "**hard work**" currently prevent you from choosing the path of **ease and joy** in your life or career?
 2. What is one small, joyful activity or pursuit you can commit to today that you would normally dismiss as **not "hard enough"** to be worthwhile or productive?
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December 16, 2015

There is a school of thought that says you should never use comparisons, and you have even stated it yourself; however, that is also an unreasonable expectation. When you view another, the first thing you will do is make some comparison with yourself. The point is to become aware that you are doing so, and then decide to do it in a way that **supports your own expansion or helps you to evolve**.

When you can look at that other and decide to take from them what inspires, motivates, assures you, or provides some manner of comfort, then you are using it in what could be seen as a productive way. If you begin to judge yourself where you think you are somehow less than or even arrogant enough to think you are more than that other, that works against your own goals.

Reflection Questions

1. When you last compared yourself to another person, did that comparison lead to **judgment** (making you feel less than or superior) or to **inspiration** (motivating you toward your goals)?
 2. Identify someone you admire. What **specific quality or achievement** can you take from their experience to **inspire or motivate** your own expansion today, rather than using it to judge your current progress?
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December 16, 2016

Do less and deserve more. This message will point out a pattern of behavior you have used that has not served you well.

There is always an intention behind everything that you do, and that intention will produce different results in your life. When you are doing something merely with the expectation of receiving something, it is easy for you to attempt to do so much to receive whatever that is, that you are saying to everyone that somehow you might not deserve whatever that is you expect.

If you give something or do something out of the goodness of your heart, so to speak, you are saying to everyone, and especially to yourself, that you have so much to offer and that it is valuable. Now, this makes you feel good about yourself and, therefore, **deserving**. You will then attract far more than you expected.

Please take the time to study this message closely, especially at this time of year.

Reflection Questions

1. Reflect on a recent action or task. Was your **underlying intention** to receive something in return (which implies undeserving), or was it purely to give from the **goodness of your heart** (which affirms your value)?
 2. What is one thing you can **stop doing (do less)** that is driven by the fear of not receiving, thereby creating space to **feel more deserving**?
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December 16, 2017

You are **weird, normal, and perfect**, and when you accept that fact, everything you desire will be delivered to you.

You were struck by a comment that prompted you to question some of your past actions. The judgment you received made you think you were indeed weird because you did things only to experience love.

Now then, this is **normal** because that is who you are, innately and always.

You also knew, even if only unconsciously, that the power of love or that experience and state of being would cause you to feel powerful because there is no higher power than that. So now you see that all of you are perfect, so decide to **accept and embrace yourself fully!**

Reflection Questions

1. What is one aspect of yourself that you have previously labeled as "weird" or "too much," and how can you reframe it as a **normal, innate expression** of your desire for love and power?
 2. If you fully accepted your **weird, normal, and perfect** self today, what is one thing you would stop doing or start doing that is currently held back by self-judgment?
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December 16, 2018

There was a message we gave you some time ago that included the idea of accepting your mission. We made it memorable by connecting it to something meaningful for you in popular culture. It would behoove you now to find that message and insert it here, for you and all others will muster your belief in what you are up to accomplishing in your life.

YOUR MISSION

May 3, 2015

Your mission today, should you choose to accept it, is merely to decide to **be yourself**. Levity is always helpful in gaining a deeper understanding in certain areas.

The greatest irony, if you will, of physical life experience is that you are born being authentic and exactly who you are with all manner of innate gifts and abilities waiting to be discovered, developed, and utilized. Then you go about a great deal of your life learning something different and thereby coming to doubt and not believe in the integrity of your being.

Then, at some point, you decide to leave your physical body and, in your new awareness, discover that your only mission all along was to be who you are,

knowing that, in and of itself, was enough, and because of it, you contribute to and help so many others. Do that today.

That would be quite enough "message" for you to assimilate today. And then get on with creating from here. We know this was an unusual format for this information to emerge, but that was purposeful as well.

Reflection Questions

1. Where in your life do you feel you are currently doubting the **integrity of your being** (i.e., not being authentically yourself)?
 2. If your only mission today were simply to **be yourself**, what is the most important thing you would **stop doing** (to release inauthenticity) and **start doing** (to express your innate gifts)?
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December 16, 2019 🙏

The reason you need **faith**. While there is nothing in your life that you need, we are using that word to mean that which would aid you in achieving the goals you set forth in this lifetime. You need faith because you don't trust where you're going, and you know it is the unknown, which you have also grown to fear. You also need it because you judge and regret your past, and you compare yourself to others...

...You program yourselves, and it takes time to change those programs, which is why you need faith, and you must **grieve your old self**, as the boy did. Study this a bit.

Reflection Questions

1. What is one **old program** (e.g., a self-judgment, a comparison to others, a regret) that you are ready to identify and **grieve its passing** so you can step more fully into the new you?
 2. What small, consistent action can you commit to that will act as a demonstration of **faith** in your unknown, unwritten future, rather than fear of it?
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December 16, 2020 ✨

Denial can be exhausting. This message will be one of our favorites. As we have said, you are moving through a massive restructuring. You are doing it in your individual lives, in your counties, and in the world at large. The purpose of the

restructuring is to engender evolvment. That evolvment only occurs when you allow it to happen, because you are that powerful...

...In 1979, Roger was given a book titled "Three Magic Words." We are giving you the date because it is essential. Roger read the book, and the punchline was presented at the end. We will spoil it for you now; again, it is vital to this message. The three words were, **"you are God."** Roger was in shock, felt the truth of those words, and has spent all the time since then attempting to deny them, just as you have.

Your restructuring is meant to cause you to embrace them.

Reflection Questions

1. In what area of your life are you currently feeling exhausted, and could that exhaustion be the result of a **long-term denial** of your own power or ability to influence your reality?
 2. What is one tiny, practical way you can **embrace the concept** that "you are God" (or, you are the powerful creator of your reality) today, and what shift does that create in your approach to a challenge?
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December 16, 2021

The unbelievable will become believable. You are in the world now because you wanted to evolve and experience the life you always dreamed of. Recently, you have started to think that maybe it wasn't possible due to the conditions of your world, but in actuality, the opposite is true.

We said you were moving through a significant shift in your world, and we call it your restructuring...

...Those of you who decided to believe us and are using the material are making fantastic progress, and that is precisely what we wanted. You are **acknowledging your limitations, deciding to move beyond them, and holding a vision** of who you want to be and the world you want.

We will enable you to trust us more now, for we will give you the instruction we showed you on this date in 2012, and each of you will understand it for yourself and make the choice that is right for you. You will be fine.

Reflection Questions

1. What is one perceived **limitation** you are ready to acknowledge and then make a **definite choice** to move beyond today?

2. Describe the **life you always dreamed of** in one or two sentences. What is the smallest action you can take to make that vision feel more **believable** right now?
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December 16, 2022

It's time to move beyond your fear. We rarely use contractions in our titles, but when we do, Roger knows it means we are giving something vital to your evolution and the ascension of your planet.

You experience fear when you have **forgotten to love yourself**. You love yourself when you become your **authentic self** and bring your **gifts to the world**. You have feared those gifts. But you exist at a time of restructuring in your world, and your essence is needed now more than ever...

...none of you know beforehand who you will become in your lives, but it is before you now, and when you embrace it, you will love yourself more and move beyond your fear.

Reflection Questions

1. What specific **gift or authentic essence** are you currently **fearing** to bring into the world, and how is that fear a reflection of having forgotten to love that part of yourself?
 2. What is one step you can take today to **embrace the unknown** of who you will become, as a direct act of self-love and moving beyond fear?
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December 16, 2023

Fear can help you. That statement might sound counterintuitive, and it was meant to be that. While you may have had many interpretations of beliefs about your experience of fear, we would like to offer the one we provided on this date in 2012. As you view your life and world, you can better decide **how to use your fear experience**.

Reflection Questions

1. If you treat a current fear as a helpful signal, what is it pointing you toward that you need to **seek or uncover** (referencing the 2012 message)?
2. How can you consciously **choose to use** a recent fear experience as motivation for **expansion and living more fully**, rather than letting it be a blockage?

December 16, 2024 

You can become wealthy now. You have always had that ability, but it has become easier due to the movement of your world and what we give you today.

The only difficulty you have is **not recognizing your importance in the world**, especially during your restructuring...

...It is what is within your life experience. Our messenger didn't believe us either, but today, you will believe in yourself.

We only wanted you to **love yourself, recognize and own your value** to usher in the life and world you want.

We did it every day.

Reflection Questions

1. In what concrete ways can you **recognize and own your value and importance** today, translating internal belief into external action or expression?
2. If true "wealth" is what is within your life experience, what is the **most valuable non-monetary asset** you possess that you can appreciate and use to usher in the life you want?