

Wilhelm Messages

December 4th Across the Years

A Collection of Channeled Wisdom with Reflection Questions

2008 – 2025



December 4, 2025 — Introduction

Verification is useful. You each come to the physical plane with unique gifts, and because they are meant to be new, many of you have difficulty accepting yours, as our messenger has. Still, today the verification you each seek will be found in the messages we provided on this calendar date since 2008, as we have done every day, but more of you will discover that today, as will our messenger.

Please follow along.

◆ Reflection Questions

1. What unique gifts have you been reluctant to fully accept about yourself, and what would it take to embrace them completely?
2. As you read through these messages from across the years, what patterns of verification are you beginning to notice in your own life journey?



December 4, 2008

You always access more of your powers and abilities when you recognize the same in others.

It was always your intention to know, experience, and utilize your connection to Source, or all that is. Every other person in your world is connected to that Source and therefore to you. It is only your particular judgments of those others that prevent you from recognizing this.

It is not possible for you to judge another without simultaneously judging yourself. Those others simply offer you different aspects of the whole, which you desired to see, so that you could have the opportunity to choose the person you desire to be in your own becoming.

When you embrace others, you embrace yourself, and that is true power.

◆ Reflection Questions

1. Who in your life do you find difficult to embrace, and what aspect of yourself might they be reflecting back to you?
2. How might your judgments of others be limiting your own sense of personal power and connection to Source?



December 4, 2009

Expansion never ends. Expansion is a very broad term that encompasses all that you can imagine in terms of growth, development, evolvment, as well as the eternal nature of your being. When you take that concept into consideration, you also release the unneeded pressure you place upon yourself with your thinking that there is some place to get to, there is a particular finish line, or there is some sort of ending.

You intended merely to experience your very own expansion in your every moment of now. This is the place you experience your joy, freedom, and unlimited nature. It all simply goes on and on.

◆ Reflection Questions

1. In what areas of your life are you pressuring yourself to reach a 'finish line' rather than enjoying the ongoing process of expansion?
2. How would your daily experience change if you truly embraced the idea that there is no destination, only continuous becoming?



December 4, 2010

All that is ever required is your very own acceptance, and nothing is kept from you except by your unwillingness to accept it. You have many different ways that you have been practicing your non-acceptance, and most times, it escapes your awareness.

You will practice that non-acceptance by your disbelief, rejection, or feelings of not being deserving. When you truly take the time and effort to examine this, you will see the truth of it. If it is true that you can be, do, or have whatever your desire, then the reasons that it does not manifest in your life experience are that you have not accepted it, or it is not for your highest good. Try as you might, it will be difficult to find any other reasons.

◆ Reflection Questions

1. What is one thing you deeply desire that you have been unconsciously blocking through disbelief, rejection, or feelings of unworthiness?
2. If you knew that everything you truly need is already available to you, what would you be more willing to accept today?



December 4, 2011

Everything you do is always your decision. While you may think that statement on its surface is obvious, many times you do not act in that manner. You can begin to believe that others are forcing your hand, so to speak, to take certain actions, speak certain words, or hold certain thoughts. In truth, what you actually do is weigh all the options of what is before you, attempt to measure the consequences of your thoughts, deeds, and actions, and then it is you and only you who makes the decision of what you will do.

Victimhood occurs when you fail to become aware that it is you who makes the decisions about your life experience. You always hold the ability to create your personal reality.

◆ Reflection Questions

1. In what situation are you currently telling yourself that you 'have no choice' when, in truth, you are simply afraid to own your decision?
2. How would reclaiming full responsibility for your choices transform your relationship with a current challenge in your life?



December 4, 2012

You live in a limitless Universe, and anything is possible. The difficulty that you have is deciding what is possible for you. In other words, as you move through your physical life experience, you begin to observe certain limitations, and you then begin to believe they are true and therefore create that experience in your own life.

You would do well then to simply imagine what you truly desire without placing those particular limitations on your desires, and then go about creating or becoming whatever that is, knowing that what is for your highest good will become manifest. Your intention when you came into physical form was to always expand. Expansion and limitation cannot be held together.

◆ Reflection Questions

1. What limitation have you accepted as 'just the way things are' that might actually be a belief you adopted rather than an absolute truth?
2. If you removed all perceived limitations from your imagination right now, what would you allow yourself to truly desire?



December 4, 2013

Contradictions exist throughout your physical life experience, and they can either be extremely helpful for you or detrimental. They are helpful when you decide to acknowledge them, and they are detrimental when you attempt not to see them.

The greatest contradiction is that you came into this life for the purpose of expansion, and then you allow certain distractions and manner of thinking to prevent you from accomplishing that. You always know when this is occurring because you usually have an accompanying feeling of guilt. In other words, there is something that you know you can do to accomplish that expansion or move yourself in that direction, and then you make a different choice. Even this communication is difficult for you to examine because its truth can be uncomfortable.

Decide to be gentle with yourself, acknowledge the contradictions, and make conscious efforts to find wholeness.

◆ Reflection Questions

1. What contradiction in your life have you been avoiding looking at, and what guilt might be trying to show you about it?
2. How can you be gentle with yourself today while still taking one conscious step toward resolving an inner contradiction?



December 4, 2014

You will continually come upon times in your life where you see before you certain steps you know you must take in order to manifest the life you desire. Now taking those steps will inevitably involve some manner of change. When you contemplate that change, you also know it will take you into some unknown territory, and most importantly, emotional experiences that will typically elicit some trepidation, fear, and anxiety on your part. When you notice this occurring, simply decide in that moment of now to make it fun. In order for it to be fun, you must also consciously attempt to become comfortable with the uncomfortable, which you also know is part of the process.

You did not intend to be so serious in your life, especially when it is not necessary.

◆ Reflection Questions

1. What step have you been avoiding because of fear, and how might you reframe that step as an adventure rather than a threat?
2. Where in your life have you become overly serious, and how might bringing playfulness to that area change your experience?



December 4, 2015

Achieving what you think of as a level of success in your life does not have to be difficult, but at times, you have made it that way. It can actually all be quite easy, in fact, when you become willing to let go of some of your old ways of thinking and certain behaviors.

A big one is the need to control. Now, some of that behavior has also been taught to you, so to speak, from others. You learned that if you decide to give up a certain amount of control, you may be taken advantage of and lose something. That is indeed a faulty way of thinking, and you never actually lose anything from your experiences because, in fact, you gain so much more, and that is wisdom and knowledge. Make it easy now.

◆ Reflection Questions

1. What are you trying to control right now that, if released, might actually allow something better to flow into your life?
2. What 'loss' are you afraid of that is keeping you gripping tightly to control, and what wisdom might you gain by letting go?



December 4, 2016

There is a school of thought that would tell you not to hold any expectations about anything you might do in your life. You also find that difficult to accomplish. Everything that you might attempt to do comes with a certain expectation, or you would not even attempt to accomplish that.

Now the real goal then is to hold no attachment to your expectation. The reason that is helpful is that your expectations are always limited, and if you hold those in your thoughts, because

your thoughts are powerful and creative, you limit what you might be able to manifest. Your expectations are limited because you find it difficult to imagine beyond what you know now.

So you do well now to decide to only hold the expectation for whatever you desire to do as "this or something better".

◆ Reflection Questions

1. Where have your rigid expectations actually prevented something better from showing up in your life?
2. How would adopting the mantra 'this or something better' change your approach to a current goal or desire?



December 4, 2017

You have what could be thought of as your personal path to evolution. Every soul has this, and yours will never be the same as another's, and it was never your intention to figure out the path for another but to come to know and understand yours.

You set forth in your life the goal of empowerment or eliminating being controlled in your life by anything outside of you. In that effort, you became willing to accept full responsibility for your life. In that process, you also knew that you would endure some hardships, but you even knew that was part of your process because then you knew you would experience living in that state of empowerment that would not only be for your benefit but that of all others, when you accept your path.

◆ Reflection Questions

1. What hardship in your life, when viewed through the lens of your personal evolution, might actually have been essential for your empowerment?
2. In what ways are you still allowing something outside of yourself to control your thoughts, feelings, or decisions?



December 4, 2019

The absurdity of fear. First of all, we must tell you that Roger argued with us about using that title as he thought it might offend those of you who are currently experiencing some fear, and now you will understand, as will he, the challenges Roger has experienced in his life.

We first gave him the title or idea, which was almost a subject, the understanding beyond belief. We will explain it now. We said the absurdity of fear because we knew it would capture more eyeballs. But in actuality, fear is necessary and helpful. Without it, you could not come to know and realize the truth of who you are.

You each are born with gifts that most times you don't recognize or honor, and Roger is a perfect example. We had Roger write a book on fear, as he has had numerous opportunities to experience it. Yes, all those words were intentional. The experiences became opportunities when he moved through them and found himself. Because Roger has seen that he never needed to be fearful in those situations, he had a desire to share that discovery with others, and simultaneously held himself back, as most of you do, again, because of comparisons to others. If there were one thing we would yell the most, it would be, Honor every aspect of who you are.

We will give you one example. Because Roger has moved through so much trauma in his life but projects this cheerful, optimistic, and positive demeanor, he compared himself to others. He judged himself as wrong, as not everyone else operated in that manner. Roger even judged his laughter and humor in delivering our information because it didn't fit the established norm. This morning we had him hear Alan Watts, and that provided him with greater encouragement to be himself. He will now own that transformative quality in himself and offer it to others, and each of you is to do the same with your gifts. You're welcome.

◆ Reflection Questions

1. What gift or quality do you possess that you have been diminishing because it doesn't match how others express themselves?
2. Looking back at a fear you have moved through, what did that experience teach you about who you truly are?



December 4, 2020

Now is the best time of your life. We wanted to use a title today that many might find surprising, but hopefully, we will prove what we mean to some of you. We say some of you because not all will believe our words, for even Roger doesn't at times, even though he is currently typing them.

We have said you are moving through a massive restructuring, and each of you wanted to be here to experience this time, for it would aid you on your evolutionary journey. None of you is here to do the same thing; all elements are necessary, none of you is right or wrong, and your collective cooperation in this system causes your world to evolve. You have done this for eons, but you never complete your goal, for that would indicate an ending to all that is, which obviously has not occurred.

We also said that the feminine energies would emerge globally to shift from male-dominated energy to create a more balanced world. You each are to find your part, which you will call your purpose, and you will evolve and will the world. The only challenge is that you have never accepted your importance in all this, so you will attempt to do more in this life. We cannot tell you what that is for you specifically, but we use Roger's exploration to aid you all.

Roger's bank fiasco, which we mentioned the other day, was no surprise to him. Roger knew he was hanging on to an old identity, and that recognition caused him to take action, and the matter was resolved. You may be having your moments of recognizing how you have denied who you are. This morning, we led Roger to a video that gave an explanation similar to ours, which provided Roger with more trust.

Then we told him we had given him the answer to this current dilemma you find yourselves in, and we gave it six years ago in a particular writing, but actually, it has been far longer, just like for you. When you read the message, decide to embrace it, and then you will know why this is the best time of your life.

◆ Reflection Questions

1. What old identity are you clinging to that is preventing you from stepping into who you are meant to become during this time of restructuring?
2. If you truly accepted your importance in the collective evolution happening now, what action would you take today?



February 14, 2014 — Referenced Message

The only goal you have throughout your physical life experience is self-love. That goal is expansion and evolvment in their purest forms. You use everything that occurs in your life to accomplish this. You use other people and relationships to reflect back to you to achieve your goal of self-love. You allow your so-called mistakes, embarrassing times, shame, and guilt, or any other uncomfortable experiences you might have, to show up so you can move through those experiences to reach that self-love. You use your work, your contributions, and every action you take to achieve that one goal.

Your moments of complete peace are when you are experiencing that goal achieved in your now.

◆ Reflection Questions

1. What mistake or embarrassing moment from your past are you still using against yourself rather than as a stepping stone toward self-love?
2. When was the last time you experienced complete peace, and what does that tell you about where you are on your path to self-love?



December 4, 2021

Your logical thinking is always limited. We are giving you some information now that we will expound on later in our live talk with you. But we would like you to contemplate this now, for the answers you discover within yourself now will be the ones you will use the energy of the eclipse, as we said, to create the future you want.

We are giving you this information today because we reminded Roger of its existence as he began working on the material he will use in our program that begins next week. Roger's logical thinking has been the biggest hurdle in his life, as it might have been for you.

In our work, we told you that the human brain could think in human terms, but you are guided in this life by your spiritual mind. Many of you will understand now why we continually had Roger study and make references to the likes of Tesla and Einstein. As many of your leaders progress through their physical life experiences, they discover the mystery of their intuitive mind, which holds more ability and power than their logical thinking.

We said you were all here now to experience this restructuring because you wanted to evolve. But then you attempted to use your logical human mind to figure out what is occurring now,

only to find yourself steeped in anger and fear. We have said that our intention in holding our conversations is to help more of you move through your fear and doubt. Our program maintains the same goal, as your restructuring will continue for a while longer.

We did not begin this work earlier because we had to allow Roger to move beyond his logical human thinking and utilize his intuition, for that is what causes evolution, which is why you are here. And you cannot understand that with logic, but we will help more of you feel the essence of that later, and you all will be fine.

◆ Reflection Questions

1. In what situation are you currently trying to 'figure things out' with your logical mind when your intuition is offering you clearer guidance?
2. How has your logical mind created fear or anger by trying to understand something that requires trust and surrender?



December 4, 2022

You will see greatness when you look in the mirror. That is, if you choose to complete the mission you were given at birth, which is your divine plan.

You have known of it for a while and made significant progress in achieving your dream, but you have yet to take the steps you know would be required to actualize that greatness within you.

It always requires you to move beyond your biased opinion of what you could accomplish because no one else can do what you were given. And you were given your gift to be actualized during this time in your world.

You never understand that process at once, for you are using your human awareness, which is always limited, but some of you know what to do precisely to reach your goal, and you know it would aid your world.

We are giving this message today in preparation for the live conversation we planned for your full moon, for it will be a marvelous opportunity for you to make a big leap in your life. We used that phrase and the title of the conversation purposefully.

But we did more than that because, as usual, we provided guidance in 2012, and as you follow it along with this message, you will see your greatness in time.

◆ Reflection Questions

1. What step do you know you need to take to actualize your greatness, but have been postponing out of self-doubt?
2. What biased opinion about your own capabilities is preventing you from seeing the greatness that is already within you?



December 4, 2023

Everything is possible. When you come to the physical plane, you do so with something you want to accomplish that would add to your evolution and that of your world. You will inevitably encounter what you believe are obstacles or what you cannot achieve.

We assure you that whatever shows up for you is possible, and you can reach the next level of who you want to become, which is the purpose of your current restructuring. We provided guidance on this date in 2012, for there would never be a better time for you and your world to embrace it than now.

◆ Reflection Questions

1. What 'impossible' obstacle in your life right now might actually be the exact doorway to your next level of evolution?
2. If you fully believed that everything showing up in your life is possible and purposeful, how would your approach to your challenges change?



December 4, 2024

Now is still the best time of your life. As you view your life and world today, those words will make sense when you view what we provided a few years ago.

Reread 2020.

❖ Reflection Questions

1. Reading back through these messages, what evidence do you now see that this truly is the best time of your life for your personal evolution?
2. What part of your purpose—your unique contribution to the world's evolution—is becoming clearer to you now?

— Wilhelm —