



Your New Life is Waiting

Please join us:  **Full Moon Channeling Session — February 1 at 12 PM PST**

More of You Will Claim Your New Lives Today

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The Bridge to a New Frequency

We are living through a moment in human history that is no longer just about personal "self-help." As our understanding of the galaxies and our place within the universe expands, we are beginning to realize that the "restructuring" Wilhelm has spoken of for decades is a literal, energetic shift affecting every living soul on this planet.

Everyone is moving through this. No one is exempt from the pressure to evolve, because the very frequency of our world is changing.

My role in this transition—as defined by my life's path and the Scorpio/Leo placements in my birth chart—is to stand in the center of that intensity and provide a bridge. Since 1989, I have

been trained to translate the "unknown" into the "known." My purpose is to help you navigate the discomfort of this galactic shift so that you don't just survive the restructuring, but lead it.

February 1, 2026, represents the point where the celestial timing and human readiness finally meet. The messages in this collection are more than just words; they are an 18-year frequency transmission designed to bring you to this exact day.

As you move through these pages, understand that you are not just reading text. You are aligning yourself with a new reality. The image you see at the start of this book is the vision; these messages are the map.

Your new life isn't coming—it has arrived. It is time to claim it.

— *Roger Burnley*

The messages

February 1, 2026

More of you will claim your new lives today. That will be enhanced by the changes in your lives and the world, and by the guidance we have provided. You will believe us today, and more importantly, yourselves. You each decided to live through the restructuring of your world, and what you came to offer is needed now more than ever. More of you will be willing to recognize and own your worth and value. Please follow along, but also take time to absorb what we have given; the collective energy you generate will benefit all and your world.

- **Reflection:** What specific part of your "new life" feels most ready to be claimed today?
- **Reflection:** How can you acknowledge your own worth as a necessary contribution to the world's restructuring?

February 1, 2008

As you continue with your desire to move beyond fear ruling your life, you will place in front of yourself all the perfect events and circumstances that would have previously elicited that very fear. Your only goal then, in your clarity of the present moment, is to decide to exercise your free will, to let it overtake you, or make a completely different choice, which is to decide to love yourself regardless. The only thing that ever holds you from your greatest good is not making that very choice. It would be helpful if you decide to make this a game you play with yourself, rather than life or death choices, which in truth don't exist. You never die.

- **Reflection:** Which "fearful" circumstance in your life can you begin to view as a "perfect event" for your growth?
 - **Reflection:** If you treated your current challenges as a game rather than a life-or-death struggle, how would your approach change?
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February 1, 2009

Everything that shows up in your life experience is always for your highest good. If you were to maintain that mindset no matter what particular situations, circumstances, events, and people that appear before you, your moment-to-moment experience will be much different than what you have previously experienced. When you react with fear, worry, judgment, or anxiety, you may easily miss the gift of greater awareness and evolvement that is always there for you. When you simply examine past events of your life, you will find evidence where this is true.

- **Reflection:** Looking back at a past "difficulty," can you now see the gift of awareness or evolution it provided?
 - **Reflection:** What judgment are you currently holding that might be obscuring your connection to Source?
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February 1, 2010

The value that you find in another always raises the value that you find within yourself. You are all one, and use each other, so to speak, as reflections of your internal workings in order that you might spur your very own evolvement and expansion. Since all things are indeed energy, the energy that you expend finding value always attracts more to you, and therefore, you gain that increase in your own value. And because this is a Universal Law, the converse will be true as well.

- **Reflection:** Who is someone you find difficult to value, and what part of yourself might they be reflecting back to you?
 - **Reflection:** How can you consciously choose to "spend your time" finding value in others today?
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February 1, 2011

Holding fear does cause you to expand in some manner. It is not important that the fear itself is there; it is more important what you decide to do with it. It will cause you to take some particular action, which yields specific results or experiences, and those results or experiences

allow you to experience greater awareness, which is expansion. You have difficulty with this at times simply because you have set a standard in your life, so to speak, that expects you should not have the experience of fear.

- **Reflection:** What "unrealistic standard" regarding fear are you holding for yourself?
 - **Reflection:** Can you allow your current fear to lead you toward expansion rather than seeing it as a sign of failure?
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February 1, 2012

You feel the way you feel because of how you think about things and not the other way around. In other words, your feelings are generated by your thinking, and your thinking has developed because of your personally held perceptions. In order for you to make changes in the way you feel, you would do well to look at how you perceive your life, events, and circumstances. You will always find another way of viewing anything, and it would be wise for you to choose the perception that causes you to feel good.

- **Reflection:** Pick a situation that makes you feel bad. What is a different, more empowering perception of that same situation?
 - **Reflection:** Do you believe that your expansion occurs most when you feel good? Why or why not?
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February 1, 2013

You will always have doubt as long as you are in physical form, and when you begin to embrace this fact, you can use it for your benefit and reach your goal of expansion. Many times, you have taken your feeling of doubt about something and turned it into judgment of yourself. When you realize that if you did not have doubt, you would have little desire to seek more knowledge and wisdom, which is that expansion. You hold the greatest amount of doubt about yourself, including your intelligence, abilities, and talents.

- **Reflection:** How can you reframe your self-doubt as an "impetus to become more" rather than a reason for judgment?
 - **Reflection:** In what ways has questioning who you are led you to seek greater wisdom?
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February 1, 2014

There will be times during your physical life experience when it feels to you as if you are being forced to change. Those changes that are being offered are always for your highest good when

you do not resist them, accept them, and decide to implement them. Even though you may not currently have an awareness of why those changes were presented, they are always ordered up by you, so to speak, in your effort and desire to expand.

- **Reflection:** What change in your life currently feels "forced," and can you entertain the idea that you "ordered" it for your own expansion?
 - **Reflection:** What question are you willing to ask today to uncover the highest good in your current circumstances?
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February 1, 2015

There is nothing more fun for you than starting. Even your emergence into the physical world began with your decision to start. While you even held some apprehension in doing so, you have little conscious memory of that now, but you carry the effects of that into your current life experiences. This means that you always hold that apprehension or fear, if you will, before you start anything. This is what causes the procrastination you have noticed.

- **Reflection:** What are you currently procrastinating on, and what "hidden fear" might be causing the delay?
 - **Reflection:** Can you recall a time you "started" something despite fear and were ultimately glad you did?
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February 1, 2016

The first step is always the most difficult, the most rewarding, and once you take it, everything else feels relatively easy by comparison. The reason this occurs for you before you undertake anything in your life is that taking that first step moves you into some unknown territory, so to speak, and you still maintain that fear of the unknown. A part of that fear is natural and also a protective mechanism... There comes a time, however, where you are wise enough to know that the fear is unfounded.

- **Reflection:** What "unknown territory" are you standing on the edge of right now?
 - **Reflection:** Is your current fear a necessary protective mechanism, or is it an unfounded barrier to the life you desire?
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February 1, 2017

"Healing the Shame that Binds You" represents the last bastion of hell through which you must pass, so to speak, in order that you might reach, accept, and own your authentic self. Any

experience of shame you hold about yourself is merely a place where you have yet to fully appreciate the value of whatever it is about you that you hold that shame.

- **Reflection:** What part of yourself do you feel shame toward, and what hidden value might exist within that part?
 - **Reflection:** Are you willing to do the "work" required to move past shame and reach your authentic self?
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February 1, 2018

Every experience of your life is only for one purpose, and that is for your expansion, or to enable you to become more. You will not accept this idea if you label any of those experiences as being good or bad. All of them help you. Today, you had the realization... that you consciously placed yourself a year ago in a situation that you felt might offer that expansion... The new mindset is: **every experience I have is valuable.**

- **Reflection:** If you removed the labels of "good" and "bad" from your recent experiences, what value remains?
 - **Reflection:** How have the challenges of your past year specifically helped you expand into the person you are today?
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February 1, 2019

Blame it on your ego. Your ego, again, is that protective entity you created that thinks it will keep you safe. Then, as you discover it is what has been holding you back, you judge yourself as not being aware, which is not the case. You couldn't know freedom unless you experienced bondage. Your ego tells you you're delusional. That is to try and keep you where you are.

- **Reflection:** In what way is your ego currently telling you that your dreams or desires are "delusional"?
 - **Reflection:** Can you appreciate the "bondage" you've experienced as a necessary step toward understanding true freedom?
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February 1, 2020

Welcome to your new life. You each have the potential to create your new life every day, and the only reason you don't is that it is uncomfortable for you, and you acquiesce to fear. The funny thing is, the uncomfortable feelings that you experience indicate that you are willing to have your new life. The unknown is where everything you want lies.

- **Reflection:** Are you willing to be "uncomfortable" today in order to access the unknown where your desires lie?
 - **Reflection:** What would you do today if you weren't "acquiescing to fear"?
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February 1, 2021

Every experience is for your healing. We told him he only required three steps to heal: **acknowledgment, acceptance, and amendment.** Acknowledge your error that occurred due to your resistance. Then accept personal responsibility willingly. And finally, make changes that will amend your previously held limited thinking.

- **Reflection:** Think of a recent "mistake." How can you apply the three steps (Acknowledgment, Acceptance, Amendment) to heal it?
 - **Reflection:** How does accepting personal responsibility feel different than accepting personal blame?
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February 1, 2022

The belief in inferiority has been the only challenge. Suppose the only challenge throughout the existence of humankind is the belief in the existence of inferiority. In that case, you are here to change things by refusing to believe in your inferiority.

- **Reflection:** In what areas of your life do you still harbor a secret belief that you are inferior to others?
 - **Reflection:** How would your actions change today if you completely refused to believe in the concept of inferiority?
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February 1, 2023

It is now time to move beyond more of your doubt. You have seen how much you were needed in the world and in your life, and now it is time to move to the next level of who you were meant to be, so you can contribute to your planet's ascension.

- **Reflection:** What does "the next level of who you were meant to be" look like to you?
 - **Reflection:** How does knowing you are "needed in the world" change your perspective on your daily tasks?
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February 1, 2024

You must claim your new life. Your new life will manifest your new world. (Reread 2020).

- **Reflection:** How does the act of "claiming" your life differ from simply "living" your life?
 - **Reflection:** If your internal "new life" manifests the external "new world," what is the first internal change you must make?
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February 1, 2025

Now you can claim your new life. Reread until the end, and you will know why.

Wilhelm

- **Reflection:** After reading through these years of guidance, what is the consistent theme calling to you right now?
- **Reflection:** Are you ready to stop waiting and start claiming?

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A Final Blessing from Wilhelm

You have traveled through these years of messages, but in truth, you have traveled through the layers of your own resistance to find the light that was always there.

As you close this document and step back into your world, do so with the awareness that you are a vital part of the Great Restructuring. You are the hands, the heart, and the eyes through which the Universe experiences its own evolution.

Do not fear the unknown, for the unknown is merely the space where your yet-to-be-manifested greatness lives. We are with you, as we have always been. We see your value, even when you do not. We know your power, even when you doubt it.

Go forth and live as the creator you were born to be. The world is ready for your light. Your new life is no longer waiting—it is living through you now.

And so it is.

— **Wilhelm**

About Roger Burnley

Roger Burnley is a world-renowned intuitive coach, author, and channeler based in Los Angeles, California. For over three decades, Roger has dedicated his life to exploring the depths of human consciousness and the mechanics of personal transformation.

Since 1989, Roger has served as the physical vessel for Wilhelm, a collective consciousness focused on guiding humanity through its current era of restructuring. His work is a unique fusion of practical coaching and high-frequency spiritual guidance, designed to help individuals move beyond fear and claim their authentic power.

As a Scorpio Sun and Rising with a Leo Moon, Roger's life purpose is rooted in the process of rebirth and creative leadership. He is the creator of "Your Last Development Program" and the author of *Overcoming Fear: A Guide to Freedom*. Through his website, anyadvicefortoday.com, and his live channeling sessions, Roger continues to provide the roadmap for those ready to navigate the unknown and manifest a new world.
