

You Will No Longer Deny Who You Are

The March 24th Messages: 2008-2026

A workbook of Wilhelm's guidance across 18 years, with reflection questions for each message.

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March 24, 2026

You must accept who you have become. We said those words to our messenger today, as we want him to do that, so he might aid all of you as you will aid others. That is the process of evolution in which you each participate, but this time is different, and your withholding of what you carry does not help you or others.

Our messenger was the first to deliver a philosophy to your world in this manner, but again, he must own that if he hopes to fulfill his purpose, which was to aid your world.

As we always say, but this time it will work, please follow along.

Reflection Questions:

1. What part of who you have become are you still refusing to accept?
2. What are you withholding from the world that could help others?

March 24, 2025

You are ready to regain your power today. You never lose it, but you must develop that innate power within you as you navigate your physical life experience.

None of you expected the world you see now, but we know you are the one to change it all when you accept the message we provided on this date in 2008.

There is order in your life and the universe.

Reflection Questions:

1. Where in your life have you given your power away — and what would it take to reclaim it?
2. Can you see the order in your life, even in the parts that felt chaotic or wrong?

March 24, 2024

You wanted to become yourself. That is the intention of every soul who comes to the physical plane. But finding your way during this planetary ascension has been challenging. But it is also why we provided

our work to aid you in your restructuring.

Linear time helps you understand and accept. The message from this date, a year ago, beautifully leads to our live conversation about your full moon and lunar eclipse. You have no idea what you can achieve.

Reflection Questions:

1. What does 'becoming yourself' mean to you — and how close are you to that?
2. What do you believe you can achieve? What would you attempt if you believed you could achieve more?

March 24, 2023

Please choose authenticity. You are born into the world with gifts, talents, and abilities that were God-given and meant to be developed by you. They become apparent as you move through your life, but you also must contend with your judgments of yourself. No person is born better than another, and you use your cognitive processes while in physical form to accept your authentic self, but you also hold fear and doubt.

You exist at a time in your world where your authentic self is needed for that energetic contribution you make to yourself, and therefore, your world will aid its ascension.

Usually, you doubt your worth and value, which is why we gave you our work, and even our messenger doubted we did so in this manner. Still, we did, and you are uncovering what you thought was lost now or believed you couldn't achieve, and you will succeed when you utilize the message we provided in 2012. You have a divine plan.

Reflection Questions:

1. What gifts, talents, or abilities have you judged as 'not enough' or dismissed entirely?
2. How does your doubt about your worth prevent you from showing up authentically?

March 24, 2022

Trust yourself more. You are in the world now, so you might experience this time on your evolutionary journey, moving through the restructuring of your world. It would be challenging for you not to notice

the multitude of events in your world that none of you have experienced.

We have continually referred to 2012, for it was another pivotal shift in your world. We told Roger we gave him everything that any of you would need to know, but that was an intellectual understanding. It only becomes valuable to your soul when you come to understand it while in physical form, as Roger did today.

We have used the term the integrity of your physical life experience for decades, which he only understood entirely today. We had him hear a video from another channel that offered similar information but used different words.

It was evident to Roger that they had more access to information on an intellectual basis through formal education. That is one thing Roger has used not to trust himself because he did not possess that formal education, yet he understood it all as you might understand the message we left for you in 2012 that would help you understand your world a bit more and decide to trust yourself more. You have that integrity operating in your life now. You will be fine.

Reflection Questions:

1. What have you used as a reason not to trust yourself — lack of education, credentials, approval?
2. Can you recall a time when you knew something to be true before you could explain why?

March 24, 2021

The time for you to become successful is now. This title is another we gave Roger several days ago and instructed him to use it to describe his program's contents and the results it would deliver, but he didn't know how we would illustrate the point until last night.

Roger was preparing for a talk he is to give today and, in preparation, reviewed one of the videos on life purpose. Roger found himself engaged as he watched and knew that if others saw it, it would aid them as well. Then Roger had this incredible feeling of regret, which we have spoken of often, and even placed something in the program to combat the useless occurrence of regret.

You only regret anything in your life when you have yet to gain value from the thing you are regretting. The regret Roger felt was due to his thought that if he had recognized this sooner, he could have been far more successful, and we told him that this is not true, and we have it pointed out in the program.

Roger was able to recognize a long-standing challenge he's carried. That is not trusting his creation until he received confirmation of the validity of whatever that might have been. Yesterday, Roger received a royalty payment on the album he recorded twenty-one years ago, and Roger remarked that the amount was far more than he had ever received. We then pointed out to him that he doubted that creation then, but now he is still receiving the results.

During this restructuring, Roger is to trust that he will receive the same results if he releases more of the doubt with this creation. We say more because there will still be a healthy amount of doubt that arises for each of you to keep you moving. But during this restructuring, you have something in front of you that was limiting you that you wanted to move beyond to become successful now, and you will if you do whatever it is, and you will be fine.

Reflection Questions:

1. What are you regretting right now — and what value have you not yet extracted from that experience?
2. What creation of yours are you doubting that may still be producing results you can't yet see?

March 24, 2020

You will no longer deny who you are. We are speaking to every person who happens upon these words, for the truth of them will come to you. Your world is moving through a period of significant evolutionary change. Change is always evolution even though most of you resist that with all your might.

Let us start at the beginning. You live in a world comprised of collective consciousness or energy. Now you usually only pay attention to what you see in physical form, but there is far more to each of you than that. For this complex configuration to evolve, there must be some reason to do so. Individuals then are born with specific roles to play in this expansion. Each of you was born to play a role, and your role is unique and vital. You all have trouble with this, for as we have said many times, you believe in the hierarchy of souls. When you think in that manner, you end up somehow always making yourself less.

Here comes the story for today. Yesterday we mentioned that Roger didn't always trust our words or follow them, as he, like you, is continually plagued with self-doubt. Roger received an email with a transcription of a channeled message, received in the same manner as he is doing now. Roger glanced

at the first words and couldn't read any more. He put it away and only opened it later in the evening while speaking with a friend. As he read the full transcript, it was pretty much all the messages we have given you all for more than the last week. He could no longer deny his role.

Then we led Roger to a message we gave some time ago, and now he and you will understand why he had the denial reaction, as you all have in your lives. During this period, you will no longer be able to deny who you came to Earth to be. You can refuse to do that, however, as you do have free will. But regardless, you will know it is your choice, and if you choose to stop the denial, your lives will begin to expand in seemingly magical and fulfilling ways. We own that prediction.

Reflection Questions:

1. What part of who you are have you been denying — and why?
2. Do you believe in a hierarchy of souls? How has that belief made you feel less than others?

March 24, 2019

Change is permanent, which is why you want it. You will gain so much through this message, and you will also come to know this is what you desired to share with others.

You are in the midst of a planetary change. Everyone feels this change, but some are attempting to ignore its occurrence, or they allow the change they are experiencing to frighten them. You know this all too well, but you also know that your experienced change is permanent when you decide to accept it as being real.

The intention that you all had when you were born was to evolve and continually become more, so it's kind of crazy that you deny this is happening. Please accept your change, embrace it deeply, and spread it to others.

Reflection Questions:

1. What change have you been resisting or pretending isn't happening?
2. What would it mean to fully accept and embrace the change you've already experienced?

March 24, 2018

Please stay with this message for a moment, as it will lead you to a great result. You had an experience yesterday where a manifestation appeared that you had desired for some time. When you saw it, you noticed your emotional reaction, which was one of disbelief, followed by doubt. The doubt was saying to you, 'This might not last,' and the disbelief was saying to you that you lacked the belief in your ability to manifest, which you have done much of your life.

Now you know you desire to develop your belief continually.

Reflection Questions:

1. When something good happens, do you trust it — or do you immediately doubt it will last?
2. What would it take for you to believe in your ability to manifest what you want?

March 24, 2017

You needed the opposition. While needed is not the appropriate word, for need never really exists, it does get you to pay attention. It would be more appropriate to say that you desired the opposition because you knew that would cause you to become motivated, and you wanted the motivation because you knew that would lead you to more self-belief, because you also knew that was what you sought and was the only element missing in your personal formula for success.

There is so much for you to study here. The point of all this is, you will find it quite difficult to reach the level of success and accomplishment in your life without the development of your sense of self-belief.

Reflection Questions:

1. What opposition in your life has actually motivated you to become more?
2. How would your life change if you developed unshakeable self-belief?

March 24, 2016

You are always seeking understanding because you desire to experience complete peace. You also have unrealistic expectations in this area because you never know for sure that you have found an understanding that is based in what could be called ultimate reality, which is what occurs when you leave your physical body.

So the best that you can hope to accomplish as long as you are alive is to find a level of understanding on whatever subject about which you still hold questions. When you have that level of peace, you have accomplished your goal for now.

It is not just you who does this, but everyone, because they do not know for sure either. Now simply decide to use your own quest for understanding as your own road map to experience peace. You know how to do this as well as anyone else.

Reflection Questions:

1. What are you still seeking to understand — and is the seeking itself preventing your peace?
2. Can you accept that you know how to find peace as well as anyone else?

March 24, 2015

There is nothing more powerful than your mind during your physical life experience, and you are continually coming to understand that. This is not merely referring to your physical brain, which is the thing that performs certain actions and tasks you assign it, but it is your mind or your connection to spirit and all that is that manifests any results.

You recently had an experience where you felt this on a deep level. You held a fear of something occurring, and you manufactured those fears by the thoughts or function of your brain, and that caused your mind to deliver or manifest those results in your physical life. You do this all the time, and as you come to fully accept this, you will put everything in order. You will use your thoughts or the function of your brain to feed your mind to produce the results you desire. Study this.

Reflection Questions:

1. What fears have you been feeding with your thoughts — and what results have they produced?
2. What would you need to think consistently to produce the results you actually want?

March 24, 2014

There are days or even certain times of a day when you feel as if you have reached a turning point. In those moments, you experience unexpected clarity and understanding. You feel as if certain things that had previously confused you now make sense, and with all this new information, you can make new choices and move in a more desired direction in your life.

While these turning points, when they occur, capture your attention, you actually possess the ability to create them consciously when you choose to believe that it is possible. In each and every moment of now, you have the opportunity to create these turning points simply by acknowledging how much power and ability you have right now.

Reflection Questions:

1. When was the last time you experienced a genuine turning point — and what made it possible?
2. What turning point could you consciously create right now if you acknowledged your power?

March 24, 2013

When anything shows up in your physical life experience, you will have an initial reaction of either embracing it or resisting it. When you begin to pay attention to your initial reactions, they can serve as great tools to help you further expand. At times, you think that you may have no reaction, but in actuality, that may also be a disguise for resisting something.

When you resist, you are allowing some manner of fear to control your experience. When you embrace it, you are affirming the integrity and trust in your life experience, with the knowing that whatever it is, whether pleasurable to you or not, is always for your highest good in some manner.

This concept can be understood by you more when you think of the popular saying, 'go with the flow.' That very notion is the epitome of the trust and faith you desire to possess.

Reflection Questions:

1. What are you currently resisting — and what fear is driving that resistance?
2. What would it look like to fully 'go with the flow' of what's happening in your life right now?

March 24, 2012

Any defense you offer is your resistance to your very own expansion. You may argue that there are many reasons and causes for you to offer a defense, and that only becomes true when you believe in the mortality of the physical body. When you remember that you are an eternal spiritual being and that you and all others are one, then you never have need for any defense.

Whatever it might be that you are defending is something within yourself that, at that moment, you are unwilling to acknowledge. This does not mean that you will not have your own opinions or preferences, but those will never cause you to need to offer a defense.

Reflection Questions:

1. What have you been defending lately — and what part of yourself are you unwilling to acknowledge?
2. How would you show up differently if you truly believed you never needed to defend yourself?

March 24, 2011

Whenever you use blame in any area of your physical life experience, you give away part of your inherent ability to gain mastery over your experience. While you may argue that someone, or some situation, has caused you to behave in a particular way, make certain choices, or feel a particular way, you have given your power to another or to a certain situation. When you act in this manner, you block the information and awareness that you desired to receive by agreeing to have that person, that situation, or that event appear in your life experience.

All of it has value and purpose, or it would not be there. All blame then leaves you as the victim rather than the creator of your experience. You create your personal reality; always.

Reflection Questions:

1. Who or what are you currently blaming — and how has that blame given your power away?
2. What value or purpose might exist in the situation you've been blaming?

March 24, 2010

Artificial guilt is that guilt you have made up, placed upon yourself, and done so with your own value judgments. Your intention in living your physical life experience was to use natural guilt as a way of doing no harm to your life experience, as well as that of others. Anything that falls outside of that goal is indeed artificial and causes you to live your life in a self-imposed prison, so to speak.

No one else can cause you to feel guilty, for that is something that you alone accept and operate by. In the past, it has caused you to become defensive. Whenever you find yourself in that particular state, you can be sure you are utilizing artificial guilt. You now understand more deeply, 'In my defenselessness my safety lies.'

Reflection Questions:

1. What artificial guilt have you placed upon yourself that has nothing to do with actual harm?
2. Where does defensiveness show up in your life — and what guilt is underneath it?

March 24, 2009

All you ever desired to control are your thoughts.

When you have a particular desire that you wish to create or have manifest, that information is registered, so to speak, with the Universe, and it is always delivered to you. Your difficulties arise when what you observe occurring in your physical world doesn't appear to be how you thought it would look. This is based only on your judgments of what is occurring. Your judgments are always based in your past, limited thoughts and beliefs. It was always your desire, however, to continually expand and evolve; therefore, your judgments are also limited. This creates a cycle, of sorts, where you continually create the unwanted experiences of your life experience.

In order to break this cycle, simply be grateful for everything that shows up, for it is always leading you to your desires.

Reflection Questions:

1. What has shown up in your life that doesn't look the way you thought it would — and can you find gratitude for it?
2. What past judgments are you still using to evaluate your present circumstances?

March 24, 2008

While it is natural for you to have a feeling that permeates your life of others, particularly those you deem to be in a position of authority, to have control over your life and affairs, it is quite unnatural for you to maintain that belief. This is something; again, you learned and practiced from a very young age. You purposefully set this up, so to speak, to give you the opportunity to 'learn,' more accurately, remember the truth of who you are: an unlimited, powerful, spiritual being. Every action that you take to claim that birthright brings you closer and closer to the goal you set up. Seek the opportunities in your everyday affairs for you to remember and practice your new beliefs. They will serve you well and finally move you out of your self-imposed fear.

Reflection Questions:

1. Who have you given authority over your life — and what would it mean to reclaim that power?
2. What opportunities exist in your everyday life right now to remember who you truly are?

The Pattern

- 2008: Reclaim your power from external authority
- 2009: Control only your thoughts; trust manifestation
- 2010: Release artificial guilt
- 2011: Eliminate blame
- 2012: The pivot point — defenselessness and divine integrity
- 2013: Embrace vs. resist — go with the flow
- 2014: You can create turning points consciously
- 2015: The mind-brain distinction — you manifest through thought
- 2016: Peace through understanding
- 2017: Opposition as a tool for self-belief
- 2018: Manifestation and doubt recognition
- 2019: Change is permanent — accept it
- 2020: You will no longer deny who you are
- 2021: Trust your creation without external validation
- 2022: Trust yourself more — integrity of experience
- 2023: Choose authenticity
- 2024: You wanted to become yourself
- 2025: Regain your power — the 2008 message is the root
- 2026: Accept who you have become — the messenger must own his role

This is not random. This is a systematic curriculum across 18 years.

"We own that prediction." — Wilhelm