

# You Might Move Beyond Your Fear Today

*A Three-Day Wilhelm Workbook · March 9 – 11*

*Received and channeled by Roger Burnley · Wilhelm · 1989–2026*

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In 1989, Roger Burnley sat down and began receiving daily transmissions from a collective consciousness called Wilhelm. He did not fully know why. He only knew he had to save them all.

What has been revealed across more than 6,200 messages — organized by calendar date, building on themselves year after year without contradiction — is The Living Architecture: a complete, verified philosophy for conscious evolution.

These three days — March 9, 10, and 11 — have carried a continuous thread across every year since 2008. That thread is this: the permission to move beyond fear, claim your gifts, and contribute what you came here to give.

This workbook contains every Wilhelm message for these three dates, along with two reflection questions for each day. Read slowly. Write honestly. What comes through is for you.

**Today's video: "You're Not Afraid of Failure, You're Afraid of This"**

<https://youtu.be/NcCOXzbA09A>



# DAY ONE - March 9

*You Might Move Beyond Your Fear Today*

WATCH: HOW TO CHANGE YOUR LIFE AND WORLD FOREVER

**How to Change Your Life and World Forever — Channeled March 9, 2025 (7 min)**

<https://youtu.be/boDPTkWKhY>

## TODAY — MARCH 9, 2026

You might move beyond your fear today. We said might because it will be a choice you each make, and it would be one where you decide to honor your life purpose and evolutionary goal.

We have said you were moving through a restructuring in your world, so it is occurring within each of you. You could not have known the life path you accepted, but we did. We used our messenger to bring you this transformational work, and he did not know what he possessed, as you couldn't know what you held within.

We asked him to give you the preliminary results of our work, and we want him to move on in the next two days.

There is order in your life and universe, and he decided to live his life with the purpose of healing, which first manifested in his life and will do the same for anyone who chooses to follow our work, and therefore your world.

Please note, he did this every day, and no one had done this in your world with this type of accuracy, so it was challenging for him and you to accept.

But today, he must. Otherwise, he will not fulfill his mission or aid so many more of you, as he knows he could. The same is true for you.

### **MARCH 9, 2008**

If it is your goal to move beyond fear, it would behoove you to do just that. You will give yourself countless opportunities in this lifetime to accomplish this through the choices you make. The fear is not real; however, it will appear that way to you, for you have temporarily cut yourself off from Love, your natural state and connection to your Source. In every situation, make a conscious decision as to whether you will make a choice that says you choose to love yourself or if you will make a choice that will reinforce your notion of fear. In this process, step by step, you will achieve your goal.

### **MARCH 9, 2009**

If you believe you can, then you can, and if you believe you can't, then you can't, simply because you create your own reality.

Everything is energy; even your very own physical body. This very energy is creative, meaning that it carries the ability to manifest anything in your physical world. You were given the ability to direct, so to speak, this energy through the power of your thoughts, and you utilize your free will of choice to accomplish this.

Your life experience then is merely you continually coming to know and experience this. You may have an intellectual understanding of this, but what you desired is an experiential knowingness. Everything that shows up in your life experience is there to assist you in this effort. Simply welcome all of it joyfully, while remembering your original goal. This is mastery.

### **MARCH 9, 2010**

You live in your imagination. When you take that concept and examine all its elements, you uncover the sheer beauty of your physical life experience. Your perceptions, perspectives, reasoning, experiences, and senses are all realized, actualized, and felt by you through your imagination.

Now you gain a much broader understanding that without that very imagination, the you that you experience as you does not exist. You also now understand how essential it is for you to use it to your benefit.

While you may think of this as your mind, that concept may also be a bit limiting for you. Imagination is expansive, and that is what you desired.

### **MARCH 9, 2011**

There are many outcomes that you receive throughout your physical life experience that you would consider miraculous if you decided to notice them. You do not notice them as often as you could because you have trained your focus to seek what you would consider to be 'wrong'.

This is not something that you need to beat yourself up about, because it is a typical 'human' condition, you might say. Now that you do get to have the awareness that this phenomenon occurs all the time, you would do well to seek them. The more you decide to seek them, the more of those miraculous outcomes you will notice. The outcomes you receive are not always the ones you expect, but always the ones you 'need'.

### **MARCH 9, 2012**

You return to Love when you discover that your state of peace is most important. In other words, there will always be events, situations, and circumstances that show up in your life that disrupt your state of peace. In those moments, you find that finding Love in the moment will cause you to return to your own state of peace, which is what you cherish most.

It is only possible for you to create what you desire from that state of peace, and the process of finding it is what causes your expansion and evolution to continue. The concept will make more sense when you allow it to.

### **MARCH 9, 2013**

You are only ever seeking your own acceptance. You began to think very early on in your physical life experience, beginning with your parents, that you were seeking their acceptance. You merely used them, as you do all others, as a reflection of your own privately held ideas and beliefs about yourself.

Whenever you experience any sort of embarrassment about some aspect of who you are, it is not due to what others think, but about what you think of yourself, and it will serve as an indication of an aspect of you that you are still seeking to accept.

When you become more actualized or more whole in your being, you accept yourself and every aspect of you completely, and nothing anyone else thinks or might say about you will change that. This is what you ultimately experience as true freedom.

#### **MARCH 9, 2014**

You have used avoidance as a tactic to attempt to disguise fear. The more you study that statement, the more you will find evidence of it playing out in your physical life experience, and in many areas of your life. In other words, when something appears that, on some deep level, you know that the fear of either not being able to accomplish it or experiencing what you would term a failure, you use avoidance to try not to have the experience of fear.

This runs counter to the goals you have set in your life, which were to use the overcoming of fear as a path to your expansion. It now becomes imperative for you to recognize that you can decide to break the habit of avoidance, which is what it is, a habit, by deciding to walk through it. You know precisely what this means.

#### **MARCH 9, 2015**

You are never really lost, but at times the thought that you might be causes you to experience a certain amount of terror, but you always find your way home. All souls seek to find their passion, purpose, and meaning while on the physical plane. You will have glimpses at times as to what that might be, but then you will experience a great deal of self-doubt, which in turn causes you to have that feeling of being lost. Now that you recognize what is occurring, you can simply allow yourself to be found, and help others to do the same.

#### **MARCH 9, 2016**

There is a big difference between causation and manifestation, and it is imperative that you understand and study the differences if your goal is expansion. Manifestations show up in your life on a very physical level, so because of that, they fully capture your attention, and you often will stop there and never examine causation or what created or contributed to the manifestation itself.

This most often occurs for you in your physical body. You will notice a manifestation or misalignment in your physical body, then go about treating the symptoms physically, but never examine the causation. There is always an emotional component of any physical manifestation, and that component or causation is then crucial for you to discover in order to manifest a new condition. Study this.

### **MARCH 9, 2017**

The only cause of any unhappiness that you might experience is your insistence that things be different from what they are right now. That sentence may feel daunting to you at first until you understand that this state of affairs means that you always have the power to change that.

You may think that because of certain situations or circumstances that have occurred in your life, you are entitled or justified to be unhappy. That may well be true, but it also means that you are making a choice to be unhappy, so, in essence, you are still using your power.

It is not possible for you to experience unhappiness when you are engaged in any activity, mental process, or action you might take to change the current conditions that you believe are causing you to be unhappy. Please think about this.

### **MARCH 9, 2019**

You begin to see perfection. As you begin moving in the direction of what you feel on an intuitive level, which is toward your life purpose, evidence of your correct choice will start to show up in quick succession. You call it synchronicity, but you can also call it merely recognition. You will notice these things showing up faster, and you begin to see more because you believe in your direction. As you accept the truth of this, you see more perfection.

Perfection, as it is used here, means the right circumstances, conditions, and people, who all showed up in your life to help you evolve. Accept your purpose.

### **MARCH 9, 2020**

You are now given permission to be yourself. None of you trusts your physical life experiences fully, so any confirmation you might receive about who you are, or that confirms your beliefs, is helpful. Your stories will heal the world when you accept and share them. It is only you who believes your life is inconsequential. The problem most of you have is not trusting yourselves, so validation from others is powerful.

You each will give yourselves permission to be yourself at the right time.

#### **MARCH 9, 2021**

Healing can be uncomfortable. You are moving through a massive restructuring, but you may resist that by allowing physical ailments to manifest. You each use different means of holding back your progress, so your journey in this life revolves around you figuring out those self-imposed limitations and deciding to move beyond them.

Empowerment is the juice within you that you will use to manifest anything in the physical world you desire, for without it, you do not achieve any goal you have set in your life in any area.

#### **MARCH 9, 2022**

You have more to give. You have withheld something about yourself that you judged as either inadequate, wrong, weak, or any other human judgment you have placed on your importance, and why it is needed in your world now. We know the essence of who you are: a benevolent, loving being that is the energy required in your world now for this restructuring to be successful.

Stop doubting yourself and your gift, for as we said, every human is born with one.

#### **MARCH 9, 2023**

You were born to change your world. We know many of you have difficulty accepting that you have that much influence, but you do. You are alive now during the restructuring of your world because if you were to accept your contribution given to you by God, your world would be far different from what it is now, and you all would ascend.

#### **MARCH 9, 2024**

Your inherent power emerges with time. Every soul does this, and if you do it now, your life will expand exponentially, and so will your world.

#### **MARCH 9, 2025**

You can move beyond fear today. That has always been our goal during your restructuring. Divine order exists in your life and the universe, and we have reinforced your memory.

You can begin again in 2008.

— Wilhelm

# YOUR REFLECTIONS

**Question 1: What is the fear you have been avoiding — not of failure, but of who you might actually become? Describe it as specifically as you can.**

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**Question 2: What is one step you could take today that would require you to stop hiding and begin honoring your life purpose?**

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# DAY TWO - March 10

*Your Self-Belief Is Stronger Today*

WATCH: HOW TO HEAL YOURSELF AND HELP THE WORLD

**How to Heal Yourself and Help the World — Channeled March 10, 2022**

<https://youtu.be/g1fKB2AfCAg>

## TODAY — MARCH 10, 2026

Your self-belief is stronger today. It is always the lack of that belief in yourself that holds back your progression. That is true for every individual and your world collectively.

Please follow along.

## MARCH 10, 2008

All 'negative' emotions, those which you use to make yourself feel uncomfortable or distressed, are unnatural. You may, however, use them when they show up to point out to you where you have gotten off track in terms of where you truly desire to go on this journey.

First, when they show up, thank them for being there, for you know on a deep level they are there to provide you with something you wanted. Secondly, continually ask them — the emotions — questions as to the nature of what they wish to impart. Your initial gratitude for these emotions themselves will help you let go of your resistance and lead you to new awareness.

## MARCH 10, 2009

You are continually in a state of gaining greater awareness of the fact that your thoughts create your reality and thereby your physical life experience. What you observe in your present now of that experience is merely a reflection of past creative thoughts. With this particular knowledge and awareness, you know that you possess the same ability to use creative thoughts to create new experiences and a new future now.

There is no good or bad, or right or wrong in any of it; it is all simply a matter of choice. You always have free will of choice in your moment of now to utilize whatever thoughts you desire. Alternate realities always exist, and they are within you.

#### **MARCH 10, 2010**

Everything that you allow into your life experience is so that you can become more. When you decide actually to accept that statement as true, you gain an entirely new way of looking at everything, and also your power, freedom, abilities, and joy in the whole process. You will begin to welcome everything that you have labeled as difficult or challenging because you know that through them, you evolve.

#### **MARCH 10, 2011**

You can only ever steer your own ship. When you came into physical form, it was with the intention of facilitating your own expansion through your physical activities. All others who come into your experience do so because they serve some purpose in helping you to accomplish this. When you begin to believe that it is your responsibility to steer their ship, you give up your helm.

Your choices then come down to what is best to achieve your goals, and at times, that may include helping or aiding others because it adds to your expansion. In that scenario, everyone wins.

#### **MARCH 10, 2012**

Gratitude is the instant healer that you can use to transform your physical life experience. You have the ability to choose where you place your attention. When you decide to place your attention on things for which you are grateful, you feel good. A wonderful experiment for you would be to spend an entire day looking for those things in your life experience for which you are grateful, and then take notice of how you feel at the end of the day. You will then never take gratitude for granted.

#### **MARCH 10, 2014**

The word relax can be very powerful for you when you decide to use it as the operative, action verb in anything you attempt to do throughout your physical life experience.

When you fully embrace that word, you feel good in your physical body, which is your natural state of being. When you relax, you allow all manner of Infinite Wisdom and Intelligence to come to you, for you are offering no resistance. When you relax, you dissipate fear, worry, and anxiety from anything that you do. Relax.

#### **MARCH 10, 2015**

Holding no expectations is one of the most valuable things you can do because it leaves you available for anything and everything. Expectations are not the same as desires, goals, or dreams. You will expect certain things to occur and become fixated on them turning out that way, and then block yourself from receiving other experiences and true gifts.

The only expectation that is indeed valuable for you to hold is that whatever shows up is for your highest good and expansion, and anything going 'wrong' never happens.

#### **MARCH 10, 2016**

You have gone through a series of experiences in order to come to know and discover who you are in full and in every aspect. Then you have gone about either becoming comfortable with what you discovered, or decided to make different changes in order that you might be satisfied with the result. Then you go about examining that end product — which is you — and discovering that you own every single aspect of that.

You finally give yourself a test, and that is discovering if what you have now you can fully present to the world. Now you discover that you can do so without any shame or guilt, and then you have lived a successful life.

#### **MARCH 10, 2017**

You always find that which you seek. It refers to the creative power of your thoughts. You are doing this all the time, but most times you do not notice it because it shows in a different form than what you would have thought.

You will hold an idea or thought about what you desire long enough, and that manifestation shows up in some other form, and because it is unexpected, you finally pay attention. You can also do this deliberately.

#### **MARCH 10, 2018**

Follow the path, but decide to leave your own trail. To find, discover, and come to own the treasure that exists within you, you must first become willing to be an explorer. All those explorers continually held curiosity for something more and knew they would forge their unique path.

You are now following the existing path, but deciding to leave your unique trail for others to follow.

### **MARCH 10, 2019**

There are no accidents, and you are always being led to becoming the person you desired. You began your day normally, but heard something that caused you to decide at that moment to write this message. You listened to another speaking on the subject, 'Be Gentle With Yourself.'

Be gentle with yourself. Just because you discover a behavior you have been using most of your life, and know how it has held you back because of your awareness now, does not mean that you instantly adapt, believe, or even accept the new behavior. Decide to be grateful for the new awareness, and know that there will always be more.

### **MARCH 10, 2020**

You still came to be love. You are each born with a life purpose that is important, valuable, and essential to the evolution of your world. Simply because you have thought of yourself as being inconsequential does not diminish or disprove that fact.

What occurred was that your life, your actions, your characteristics, your life experiences, and every aspect of your life now made sense. All you need to do is believe: you came to be love.

### **MARCH 10, 2021**

What did you want to change this time? We are speaking of your previous lives, and we have asked Roger not to apologize for mentioning this, for what he, as many of you have done, is discount the legacy you hold and the one with which you were born. There are no exceptions here, especially for you.

Empowerment is the juice within you that you will use to manifest anything in the physical world you desire, for without it, you do not achieve any goal you have set in your life in any area. You will now be fine.

### **MARCH 10, 2022**

You will understand more today. For the last several years, we have said you are moving through a massive restructuring of yourself and your world. The current events of your world are not accidental, and you are not here accidentally. Additionally, you are complicit in allowing the events to occur.

But this is also why you are alive now, and the mission you set for yourself is before you now. None of you know when you are born how your gifts will unfold. Neither did Roger, which allows him to be the leader now, the role he abdicated. You have done the same with your gifts. But that was also purposeful, for your world needed you to blossom now.

**MARCH 10, 2023**

You create your world. You do so by your thoughts about yourself, your significance, and your ability to do either.

You chose this lifetime to be alive because it is a significant change in your civilization, so your evolutionary path brought you here, which also means that what you came to offer yourself and the world matters. When you change your perceptions about your life and what you have done or not done to one of gratitude for all of it, then you emit the energy of light and love into your life and world, which was the reason for your birth.

**MARCH 10, 2024**

You will change your world. We have brought you to the place where you will believe more in your ability to do so because you will also know how to change your life. It is never about what has happened to you but what you do now.

**MARCH 10, 2025**

You were not an accident. Nothing in your life or world happens accidentally. You had an important role to play, and we have been reminding you. Today, more of you will remember — even our messenger.

— Wilhelm

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**YOUR REFLECTIONS**

**Question 1: Where in your life have you been steering someone else's ship instead of your own? What does that cost you?**

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**Question 2: What gift or ability have you been withholding from the world because you doubted its value? How might you begin to offer it today?**

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# DAY THREE · March 11

*Don't Do Anything Else*

WATCH: HOW TO HEAL YOURSELF AND HELP THE WORLD

**How to Heal Yourself and Help the World — Channeled March 10, 2022 (essential for this day)**

<https://youtu.be/g1fKB2AfCAg>

## TODAY — MARCH 11, 2026

Don't do anything else. Those are the words we said to our messenger before we asked him to reveal to you what we have provided so each of you could live your best lives and manifest the world you collectively want.

Please read along.

## MARCH 11, 2008

The most challenging aspect of utilizing your creation process is in your very own acceptance and knowing of your ability in that process. You continually color your current circumstances and life situations with your past experiences and thereby limit your ability in the present now of your life. The value that your past holds for you is only in knowing what you created then and no longer serves you now.

Expand your vision and accept more. All you need is the clarity of where you desire to go and know and accept that you are on your way. Your Highest Good is always at hand. Let go of figuring out all the 'hows.'

## MARCH 11, 2009

Anything and everything that shows up in your physical life experience is a result of what has occurred in your past inner life experience. As you begin to accept this as true, you avail yourself of the intrinsic power and ability you possess through the Universe.

When you welcome and embrace all the situations, circumstances, events, and people that show up, you will more easily see the value and opportunity they all hold for you. Your only intention, ever, was to live a happy, peaceful, joyous, and adventurous life, and these all help you.

### **MARCH 11, 2010**

The validation that you seek is always from yourself. You experience difficulties when you think that validation is to come from others, things, possessions, or anything physical. You always intended to know, love, and cherish your life journey, and that is only possible when you acknowledge, accept, and believe in your own 'rightness'.

When you look at your past, it will become quite evident of the misplaced searches for the validation you sought, and with that knowledge, the cure and healing becomes simple and instantaneous. All things in this life experience are provided for you, simply awaiting your own validation.

### **MARCH 11, 2012**

Every decision you make is the correct one. Any decision that you make will lead you in some particular direction. That direction, many times, will be a new one for you, so the ultimate result is that you gain some greater experience, wisdom, and knowledge. In that case, your decision caused some kind of expansion.

When you simply sit and lament over your decisions and try to figure out the results beforehand, you are tempted not to make any decision or movement at all because fear has taken over. When you trust the integrity of your life experience more, you will trust your decisions more.

### **MARCH 11, 2013**

Ideas are spiritual messages that come to you, and when acted upon by you, cause your expansion. This does not mean that every idea you have will manifest in a manner you thought; and in fact, most times they do not turn out that way because at any given moment in time, you are operating from limited awareness, so it is not possible for you to fully envision what the Universe will deliver to you.

The point is, however, that your action or movement in some way, directed by your ideas, causes you to become the evolved being you are today.

### **MARCH 11, 2014**

You are always in charge of your physical life experience, and the only difficulty you have had is not being willing to fully accept responsibility. You are in charge and accept responsibility when you always tell your truth as you know it now; being willing to accept outside help and suggestions given to you when they fit your life goals, and ultimately being willing to accept and use your own inherent gifts.

This could be a turning point for you when you are willing to be in charge.

#### **MARCH 11, 2015**

Focus on others. When you shift your concern to the well-being, feelings, fears, motivations, and ideas of others, you increase your own well-being on a very deep level. Now you are no longer in fear of what might be 'wrong' with your life, mind, and body. The appreciation that you receive from those others when you operate in this manner might even surprise you.

#### **MARCH 11, 2016**

Start over again today. You never need to experience any manner of shame or guilt in making this decision, but rather a sense of pride and accomplishment. You have reached a different place in your life where you are better able to reevaluate where you desire to go, who you desire to be, and what you desire to achieve, so you can now make new choices about that to create different results.

Remaining stagnant in your life and being afraid to make changes is never what you intended and always causes you to experience a feeling of hopelessness, so instead, start over again today.

#### **MARCH 11, 2017**

You never need to be right to anyone but yourself. Whenever you think there is something that you need to do, you are also acknowledging some lack of belief in yourself.

You will notice when you are attempting to prove yourself right because it will typically lead to conflict, where you think you must defend yourself. There is never a reason for you to justify who you are. Your intention in your life was to be happy, and you can always choose that.

#### **MARCH 11, 2018**

Love for no reason. When you love for no reason, you are in a state of non-judgment. Now, the most significant part of this is when you come to understand that you must begin with loving yourself for no reason, except that you are you.

#### **MARCH 11, 2019**

There are times when you don't know the question because you cannot conceive of the answer. As you steadily seek to evolve, so does your vision, as well as the answer you have been seeking. You slowly begin to see your future.

### **MARCH 11, 2020**

Rip off the band-aid quickly. You think that if you don't acknowledge a challenge or difficulty you might be experiencing in your lives, they will magically disappear. That is never the case, and it's not a solution you want. Your intention is to live free and as an empowered being. That will never manifest if you attempt to hide from those things you know you can see and are within your power to change.

There is a way to ask for what you want without it being a confrontation or disempowering another. Please stop denying what you want. When you do, you will help heal your lives and the world.

### **MARCH 11, 2021**

You have never had a bad experience unless you choose to believe you have. When you imagine the term expansion, you can feel how your body might resist moving into a new dimension of who you are, but that is what you each are accomplishing.

Roger knew he would not have possessed the clarity of mind to offer the guidance he did without his previously thought 'bad' experiences. This particular relationship opened Roger to decades of dysfunction he'd carried. Still, you do not necessarily need to figure that out, but you can decide to move beyond it in this lifetime.

### **MARCH 11, 2022**

You are not crazy. You each come into the world with different gifts. They unfold at precise times to serve your evolution and that of your world.

We intend to enable you to believe in yourself. The more you know, the less you understand — but that is not a failure. It is the doorway. Currently there is a restructuring occurring, and we will tell you that the United States will experience the most significant shift. You will understand how balance was needed to aid the evolution of all that is.

### **MARCH 11, 2023**

It's time for your contribution. You were born into the world at the perfect time to offer the gifts within you that would cause your life and your world to evolve.

Some of you put those ideas away because you erroneously thought you were not the person to accomplish your task. Others still believe that your life experiences could not have provided you with any valuable knowledge or wisdom. Now you can be grateful for them all. Today you will understand, and you will question how we knew — and that is because we are attached to the higher awareness within you that would now have you accept our words.

**MARCH 11, 2024**

The best time of your life is now. As you read our message from a year ago, you might be ready to make this time the best one you have ever experienced and contribute to the planetary ascension.

**MARCH 11, 2025**

Today could be the best day of your life.

Now begin in 2008.

— Wilhelm

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## **YOUR REFLECTIONS**

**Question 1: What would you do, say, or create today if you knew without doubt that it was exactly what you came here to do?**

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**Question 2: Where in your life are you still waiting for permission from someone else — and what would it mean to give that permission to yourself right now?**

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# Your Greatest Life Starts Here

*The full launch continues on March 11, 2026*

Everything in this workbook has been building since 1989. Wilhelm delivered it message by message, date by date, year by year — until there was no longer any way to doubt what had been given.

If these three days have moved you, the next step is Your Last Development Program at [anyadvicefortoday.com](http://anyadvicefortoday.com) — where this philosophy becomes the daily practice of your actual life.

Begin today's Wilhelm message at [rogerburnley.com](http://rogerburnley.com).

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