

**MESSAGE FOR SACRED LIGHT FELLOWSHIP  
FROM THE ARCHANGELIC REALM  
THROUGH REIKI RHONDA  
ON SUNDAY MAY 27, 2025**

**THE JOY OF JUST BEING**

**What a concept; what an idea; what a way to live; thrive, survive.**

**Living on the opposite side of the pendulum has been  
standard, normal, exceptive and your truth.**

**But now you are and have been given other options.**

**Self-love, self-care, self-acceptance  
and equally transformational healing.**

**This process is taught to you every day in many ways  
especially through your spiritual practices.**

**You repeat, confirm, affirm, declare but find difficulty  
putting them into practice daily, momentarily with each holy breath.**

**We are now offering you another tool for your tool box.**

**Joy, the joy of just being you,  
just being you; whoever you are  
right now without self-judgement or fears of not knowing  
which way to go, feel, accept or reject.**

**Find ways to stop for a few minutes a day,  
preferably at the start of your day and in between,  
be mindful to carve out time for the joy of just being.**

**We love you and we are ready to assist you with all of the joy  
you allow yourselves to have.**

**Blessings dear hearts and I leave this with you.**

