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- *All is now, all is one*
- *Your thoughts impact others*
- *Difference between heart and mind*
- *Guidance for sharing this material*

God fills your lives with light. It is a light that is visible to all souls. It is the light we often refer to that identifies each of you and yet unifies all of you.

Our last sharing with you was with our understanding that there is much yet to be learned, and yet there is a wisdom that belongs to what is shared with you. You are not expected to fully grasp all of the implications of what was contained within that communication, but rather it is our intention that you understand merely that the presence of God means that all that exists, exists as now. All is related. There is nothing that exists which is somehow divided categorically into past, present and future.

What God has created, has been created. It exists. It is. We say to you often, “God is, and you are.” Those are statements of the present. It is not stated, “God was and is and will be.” You may perceive it as such, but the truth is: God is; you are. There is a beauty to that sense of what is present because it means all is present.

It is easy for human beings to separate what was and therefore think God is in the past, but that is not who we are or what we are or what we will become or who we will become. If reality could be defined in such terms of past, present, and future, what exactly is the dividing line between the past and the present? Is it last week? Last year? A former life-form? A future life-form? Is it what happens tomorrow? Where is the dividing line that separates those three categories?

The dividing line is according to your own specific perspective. When you anticipate a major challenge, you may divide the present and the future in such a way that all is measured on the basis of that future challenge. When you recall what was, you recall a moment of great trauma, and you may measure that trauma as what occurred last year, ten years ago, an hour ago. The division between past, present, and future is at best arbitrary. That division is subjective.

How long is the now? Is it the time you are together, or is it the thought you have in your mind this very second? Is it this year in your life? Is it the challenge you’re currently enduring? What is the now?

Because of the human delineation of past, present, and future being so subjective, it is in reality of no meaning except the meaning that you give it, but you give it meaning because of your human perspective. We look at what is outside of that human perspective, and it is because of our perspective that all is now, just as it is in our perspective to assure you that all is one—you and every human being, you and every animal, you and every plant. You and every item that exists are part of a single whole. It is all one, and it is that way with time. It is that way with space.

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It is that way with thought, for your thoughts have an impact on others. Your thoughts, though perhaps not voiced, do not exist solely within your brain. They do not exist solely as some kind of energy within the organism that you identify as you. Those thoughts go far beyond the "you." Those thoughts impact all. Everything that has been created has an impact on everything else. There is nothing which is separate.

We say to you that you are never separated from the presence of God, but that is because you and God are part of the same entity. You are a part of God. You are a soul that belongs to the collection of all souls that are in turn a part of God. We speak often of unity, and this unity is more than a physical unity. It is more than an energy unity. It is a unity of existence. It is a unity of everything that is part of what has been created. You are a part of the unity that includes all planets, all stars, all universes, all that is. You belong to that unity. We speak often of unity, but this unity has so many layers.

You wonder about the difference between your response in thought and your response in heart. Are they different responses? Certainly the exercise of both may be experienced as different, but your thoughts are related to the heart. Your mind is related to the spirit. They cannot be totally separated. The heart, as you refer to it, is the energy of spirit. The mind can be the manifestation, the exercising of that energy, impacted by the human ability to choose.

You can choose to behave in opposition to what you know to be what is right. You can choose to follow what you know to be right. You can sense what you sincerely believe, and yet your actions through choice can be in opposition to all that you sense.

The heart could be said to be the bridge to the soul. The mind could be thought of as the implications through choice of what that bridge may imply.

Each of you is guided. You may be guided by words. You may be guided by images. You may be guided by hunches, but you are all being guided. The mind is the exercise of choice, not the heart. If you wish the mind and the heart to work together, then you must listen to the heart, and you must trust what the heart tells you.

Sometimes your interpretation of the heart will lead you with a sense of honesty in one direction, or with that same sense of honesty in a different direction. There are many who feel they are doing what is right, and yet they are clearly misguided, as you would say. Each of you have pursued elements in your lives where you thought you were doing what was right, and you ultimately recognized that was not the case at all. But the heart was nevertheless a part of your actions. Your actions were a fulfillment when you consciously tried to do what you felt was right.

There are other times in your lives clearly when you have done or said things that were in opposition to that healing, that sense of heart. That is the choice that you make. You choose to follow the heart in whatever way you interpret the heart to be saying, or you choose not to follow that. The interpretation is part of your human experience. It is part of what you learn. You will always have an experience of recognizing the difference

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between the head and the heart. Part of each path that you experience is one of learning to trust and to know what the heart is truly saying.

There is no room in human life for a feeling of real guilt, for you are on paths on which you learn, you grow, you evolve, you become. That is the journey for all human beings, and that is why you are given your paths. The journey on that path only leads toward a greater vision, a clearer hearing of what the heart says and what the heart means. Trust in your journeys. Trust in the efforts. Do not be afraid of the separation you observe from time to time between heart and head. The heart is the bridge, and it is a bridge to be approached, to be observed, and to be crossed.

You have spent considerable effort trying to find a path for what we share with you individually and as a group. Among your questions comes concern about what shape must what we share with you assume or take on as you continue in the present. You wonder about the written format. Is it appropriate to have a book or several books? Is it appropriate that we dictate the entire context, the entire verbiage, the entire spirit of a book or books? We can say that it is entirely appropriate to share in written form, to disseminate in written form, any and all that we share. If it is your decision that a book be dictated by us and through us, we are here for that. We are also here to guide you in the process of sharing a portion of your choosing in whatever form you wish it to take. It may be written. It may be spoken. It may include both. It may be visual as well as written. What is central is that you choose what you are most comfortable doing.

Is it appropriate to make such efforts? Absolutely. Will what you have done and what you are doing and such applications as you anticipate doing have an impact on others? Absolutely. But you cannot measure the impact of what we share to you as disseminated to others in terms of time. What is important is that what you experience in these gatherings will find a voice that spreads beyond. How far can that spread? Remember thoughts extend far beyond you. In like manner, all that you share beyond this group has resonance and will find its own impact.

You are all stewards of truth as you understand it. Part of that stewardship is sharing. It is not dominating. It is not insisting. It is not overwhelming or overpowering. It is, as you would say, putting it out there, making it available. The truth will radiate. Light moves outward. The truth is light. Let it shine, and do not be so concerned about how far that light illuminates the darkness. What is important is that the light shines. What is important is the light is, you are, and God is.

Be blessed in your search. Be blessed in all that you can share with one another. Be blessed in every way that you ignite the light.

Amen.