

April 4, 2013

- *The power and influence of thoughts*
- *Prayer is not words but an opening*
- *The true meaning of Easter*

God reaches each of you in ways that all human beings can recognize. God, who is the Spirit Center, the Creator, and consists of all that has been created, is the unifying force, connective tissue, the source of all energies that provide a means of communication between you and all. You are a part of All That Is. Therefore, what you do, what you say, what you think has an impact on all of creation. We, your assembled guides, wish to focus your thoughts, your energy, your spirit light on the power and influence of the thoughts that you live with every day.

We speak often of energy. We speak often of various forms of energy. Thoughts are one of the manifestations of energy that are a part of all creation. Thoughts are like the ocean currents. They are an energy that is constant and yet changing. The constancy of thought is their existence. Just as there are always currents in the ocean, there are always the energy forms: thoughts. The currents carry great power. They help to control weather. They help to influence food sources. They have effect on the shape of continents. They affect the lives of all that live within the seas. There is no part of the globe that you call Earth that is in some way immune from the power of the currents.

It is exactly so with your thoughts. Some thoughts lead to action, but most thoughts affect attitude. Thoughts have an impact on how you perceive life around you. They impact how you live now, and they have an impact on your future—the future that you anticipate, the future that you fear, the future that you welcome. Thoughts affect how you deal with uncertainty. Thoughts affect how you express your love to another. Thoughts affect how you express your love to all. Thoughts affect your relationship to the nonhuman world—your sense of responsibility, your sense of caring. Thoughts are in their own way the most pervasive energy that you exhibit, and yet for all their power, thoughts themselves are invisible. It is only the manifestation of thought that can be seen and can be measured.

There are countless technologies that present images of the process of thoughts, but your thoughts are more than process. They are substance. They are concrete in their application to life. They are concrete in their effect. When you are aware of us, you are aware at some level because of your thoughts. Those thoughts may not be specific in terms of words, but they are definitely connected to attitude. We ask you to be open to the guidance that is available. It is your thoughts of openness that help swing the gates of resistance wide so that we, your guides, are able to more easily provide what it is you pray for, what it is you need.

But thoughts can also be measured in other ways. If you regard another with negative energy, that energy is consumed by another. When you regard someone with

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positive energy, that individual is given light because of those positive thoughts. You have the capacity of serving others as God through just your thoughts. Of course those thoughts can lead to action which is a form of service, but thoughts exist without the necessity for direct action, and yet they have impact on others. Thoughts are like a small light bulb in the dark. Regardless of its smallness, it can be seen at enormous distances. What you think has incredible impact on all that surrounds you.

We are not suggesting you feel guilty about thoughts, for you are human, and some of those thoughts are positive and some are not. What is important is not to only allow yourselves to think positively, for that is not possible. Rather, it is for each of you to acknowledge that your thoughts do carry an energy that impacts far beyond what you know and recognize.

Each of you, at some level and in some direction, seeks peace. That peace may be political. It may be military. It may be interpersonal. It may be inner peace that you seek. How you approach what you seek is all important in affecting that which you look for. If you approach what you seek from your own understanding of how you would perceive the Spirit Center, God, to respond, then you can be certain that those thoughts carry with them the strength, the power, the energy to make real what may be merely a matter of faith.

You achieve peace by being consumed with the intent of being peaceful—full of peace, an energy that is fulfilling in its goodness and its positive bright light. You achieve peace not only by what you do but by your thoughts. You can work toward the peace that you seek and yet be consumed by what is not peaceful, and those thoughts that are not peace-full will have greater impact than the actions you take in the name of peace. When you think peace-fully, the actions that come from those thoughts are in themselves the Spirit Center being present in what you seek.

Thoughts which are filled with light permeate your being. They affect not only the energy of spirit but the quality of the physical. If you are dominated by what is negative, your bodies respond in a negative fashion. When you are filled with light that is God's light, your body responds with light.

You have read of experiments where thought has been communicated to others. You have seen examples where thought is transmitted into an energy form that is very concrete. There is no mystery to this, but there is only a truth that you are to others as you think of others. When you think with light, you are the light. When you think in the shadows, you increase the darkness. You are what you think. You are not what you do. You do what you think when you are filled with an intention that reflects your interpretation of Spirit Center, of God.

Prayer is one manifestation of thought. Prayer does not have to be observed. It can merely be. True prayer is not words but an opening to Presence. Prayer should always be considered an opening, not a demanding, not supplication—being open. If you pray for peace, you may ask God to grant peace, but even in those terms the peace

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you pray for in fact is your own peace, and when you are peace-full, when you have been open to being filled with peace, you are then able to bring the peace that you seek to a reality.

Praying is not asking God to act. Praying is really opening your awareness of God's presence. That openness is a form of thought. It is a conscious effort on your part to bring about what you seek. Thoughts therefore are not merely to be described as a collection of sentences and phrases or words or images. The concept of thought is far more.

The question arose about the true meaning of the celebration of Easter. The true meaning can only be understood as an openness to a renewal of your connection to All That Is. It is an intentional effort to become thought-full, peace-full in your interactions with Creation. It is not in the end about suffering. It is a reminder of what really is. The story of suffering around Easter is to serve as a reminder about what love can become, what being thoughtfully welcoming of the presence of God can become in your own lives. It is not in the end a story about Jesus. Regardless of how it is clothed, the reality is simply a reminder of the importance of opening and allowing the presence of Spirit to completely permeate your lives, to allow the openness of Spirit to connect to what elevates you beyond the vicissitudes of human life. It is to clarify for you what is really important. That is not human life. It is the expansion, the direction of Spirit, the strengthening of Light.

All celebrations in all religions are ultimately an attempt to connect with the Spirit Center, an effort to fully understand who you are, to feel that your thoughts are the direct connection to all that has been created. You are blessed in your thoughts. You are blessed in your efforts to acknowledge the power of Light and the infinite wisdom contained in thought.

You are aware of us through your thoughts. We are aware of you through your light. Thoughts impact the light, so it is through the effect of thought that we see your light, and we send each of you the Love that binds everything together.

Amen.