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- *Peace and balance*
- *Unity of all*
- *You are each other's keeper*
- *Sharing these messages*

Peace.....peace.....peace. Isn't this why there's life? Life is the seeking of the balance that is so important, important for your human lives and essential to your spiritual selves. Balance is manifested in peace. This peace is far beyond your normal perception of that term, and yet the word carries with it a sense of rightness, a sense of awareness of God's presence. Peace also implies the balance of health—physical health, mental health, social health, political health, economic health.

Peace is precisely what we in the spiritual plane experience. This spiritual plane is not removed from you, rather it is a condition, an energy. It is a state of being. We experience this plane of existence only as a differentiated form of energy. It is in no manner located elsewhere, someplace that you hope to be, someplace that you seek as an objective. The peace is merely a form of energy that is different from what you currently experience consciously.

What you experience is not truly a different kind of energy. It is only one part of the total spectrum of energy. The energy exists. We are aware of a certain range of that energy, and you are aware of a different component. Much like the variety of light waves, the blue portion of light is a component of the total reality of that light. Red also belongs to that same general component. The blue and the red waves are not in essence any different. They appear to be different, they may have varying characteristics, but they belong to the same source.

And so it is with human awareness. Your reality is not different from ours. It is just a part of the same greater reality. The peace that we experience is likewise not in any essential way different from your conscious experience. There are superficial differences, but in reality each of you, each of your lives, is actually part of that which you seek. You are a part of peace. In your anguish, you are a part of peace. In whatever imbalances, you are a part of peace.

We often say that you cannot be separated from the love of the Spirit Center, the love of God. You may feel separated at times, but you are never separated. All that happens in separation is a matter of perception, not substance. Therefore, when you pray for peace and you seek what peace offers, what you are really praying for is that your perception is broadened to see peace, to feel peace, to reflect peace. If you are filled with grief and anxiety, the peace you seek is already present. You must open your eyes to the peace that is around you. You seek peace in relationships on many different levels. That peace is there. That peace already exists. It is there for you to become aware of that presence.

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You discussed a film relating to the unity of all. There is great truth to those concepts. They are nonetheless difficult to understand fully, but the concepts are correct. There is no time; there is no space. At the level of your awareness, you're conscious of differences more than similarities. You see others and you see how they are different from you. You don't focus on the similarities. You see yourselves occupying a particular physical position and perceive that position as different from what another may occupy. If you pull far enough away, you would recognize there is no difference.

In the early years of astronaut travel, many of those spoke of the unity of the earth. You don't see borders. You don't see what divides nation from nation. You don't see what divides people from people. You don't see what divides political perspectives from other political perspectives. All you see is a globe as one item among countless items within your view. Those individuals comment about that sense of complete unity, but as you stand in a field, you are aware of distances perceived. You are aware of trees, you are aware of groundcover, you are aware of sky, you are aware of light, you are aware of shadows, you are aware of various life-forms, but all of those elements cease to become important when looked at from another perspective.

It is for you who participate in human existence to change your perspective, to see what is and not merely what appears to be. You *are* your neighbor. You *are* the citizen of another country. That *other* country is *your* country. It is part of your land. There is virtually no difference.

You're given life to find balance, balance and perception, a sense of what is and not merely what appears to be. Our function in your lives is to help with this perception, to help each of you see what is, to help each of you understand what is, to help you see peace that you may know and recognize peace everywhere. Certainly there is much evidence of strife in your world, and that strife should always be countered with a sense of equality and unity. The peace that you seek then will be evident to you.

Your prayers to God are never prayers of expectation that if something is done, God will find favor. That is not reality, for God finds favor. God is the creative force for everything, and therefore there is nothing out of favor. There is nothing that lies outside the human emotion of pleasure, acceptance, satisfaction, for all is okay.

You are your brothers', your sisters', your aunts', uncles', children's keepers. You are your neighbors' keeper. You are fundamentally *your* keeper. You are your keeper because you love what is inherently *you*, because you love all that unites, because you love all that affirms. You try to spread that influence when you can, and yet it is understandable when you see yourselves inconsistent and sometimes ineffective.

There are many ways of expressing that unity. You express it in your relationships with others. You express that unity in acceptance of yourselves in each possible consideration of yourselves, not just emotionally or physically or spiritually, but comprehensibly. Part of this acceptance of self is also an acceptance of the expression

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of self. You accept others when they are loving; you must accept others when they are not. You accept yourselves when you are loving, and you feel guilty when you are not. But in accepting yourselves, you must feel free to accept those loving efforts that you are engaged in that are directed toward others.

You wonder about your recent dissemination of our messages to you. That is one part of accepting yourselves because this is an activity, it is an act of love, that characterizes part of what you do. If you accept yourselves, then you can accept what you offer others of yourself. Is the website sufficient as an expression of self and an expression of sharing? Everything you do is sufficient because there is nothing you can do that is insufficient. There is nothing you can do that is a failure. Any endeavor is sufficient. You are where you are because that is where you should be. You do for others what you feel you can do because that is what you can do at the moment.

Is there an opportunity to expand your commitment to others in sharing these communications with your guides? Yes. It is a commitment that can be done. It is a commitment that is fully valid. But it is not a commitment that you must feel pressed to do. When you feel it most appropriate, then that is indeed the most appropriate moment. Since there is no time, whenever you move further, it is the present, it is now, it is part of reality. You can do as you wish when you wish. It is appropriate, but what has been done and is continuing to be pursued is also fully appropriate. It is your way of sharing your journey with others. You are not proselytizing, you're not promoting, you're merely sharing, and that sharing is part of what being loving means.

You are sharing and being vulnerable in that what is shared can always be criticized. Criticism is natural. It is a part of life, for it expresses where another's perspective comes from. Perspectives change. Your perspectives have changed, and there is nothing to suggest that such change in others is impossible. What is shared is part of that journey. Criticisms are part of the journey. Support is part of the journey. Disbelief and suspicion belong to the journey. Acknowledging their place is part of your process of finding balance. It is part of the process of achieving peace.

Seek ways to find meaning for balance. Look to your lives for evidence of balance. Find some corner of your experience that is peaceful. Find some corner of your relationship with each individual you encounter that can be identified as peace. There is no relationship devoid of peace. There is no experience in life devoid of peace. By seeking evidence of that reality in everything you encounter, you are well on your way to seeing a peace that is there.

We bless you with the peace that surrounds you. We bless you in your vision of peace in your life, and we bless you in the depth of meaning that you understand to be peace.....peace.....peace.

Amen.