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- *See God with your heart*

God speaks to each of you and all have the ears and hearts to hear. You do hear God through your heart, not just through your ears. You are aware of God if you allow yourselves to be through each of your senses. The characteristics that are identifiable to human beings as they seek God are not limited to one sense. God's presence is known through all of your abilities to perceive your environment.

It is not hard to know that God is present. Rather, it is difficult to sense at all times that presence. You can know intellectually that you are with God, but too often you decide that in order to be certain of God's presence, you must see it, see evidence of it, must hear it or hear evidence of it. You must touch it, must rely on your senses. The difficulty comes when *you* determine the condition that affirms God's presence. Maybe you want to know God is with you in your relationships with another person. Perhaps you wish to know that God is with you through a deep personal sense of commitment. Perhaps you wish to know that God is with you through something you see or hear or touch. By limiting yourselves to an expectation of how you will experience God, you are boxing in that experience. You are walling out more opportunities that are available to you.

When you seek God in your daily life and do not find, your inability is created as a result of your inflexibility. If you seek God in an illness, look at a flower. If you seek God in a forest burned to oblivion, see God in the love of another. If you fail to see God in a friendship, watch a sunrise, listen to music, enjoy a painting, read a poem. Find other ways that you can experience that magnificent and loving warmth that is God.

We are not limited by your senses of smell and touch and sight—all of the senses that you associate with human life. As a matter of fact, the way you communicate with us is not by way of the primary senses. It is another form of energy that allows this direct communication.

We experience God in a realm of understanding that goes far beyond senses of human beings. We not only know God exists but we see God, not as a human being, not as a creature with eyes and ears and nose, hand and feet, for that is not God. But we know God through the energy and warmth and overwhelming love that permeate our entire existence.

When we speak to you, it is God who speaks, for we are transparent. We are the medium of the message. We are not the giver of that message, but we vibrate sympathetically with energy that vibrates as God. We are drawn to God through color, through a brilliance, through an awareness of an energy not completely unlike when you observe something beautiful. We know it's there because we feel it. We know God is with us because God is within us.

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So it must be with your own awareness of that marvelous presence. You are aware of God when you allow yourselves to be placed within a condition of awareness. When you seek awareness, you seek proof. You seek concrete evidence. When you seek the spirit, the proof is something felt. It is something seen with the heart. The proof of God is the exhilarating conviction that God Is and that you are a part of what God is. There is no doubt in our minds of the existence of God, for when we are removed from the human form, we are left only with what is eternal and it is that eternal entity that is fully aware of God. We have much to learn about the nature of God, but we learn through spiritual commitment, not through deadlines imposed by time. Our perception of God is immediate, but it is never complete.

If you accept the ultimate reality that God Is, you must then ask yourselves, knowing that God Is, what is your response? What do you do? What do you think? What is your belief? What are your reactions? What are your options? If you know that God Is, then you accept that All That Is is also God, for the God that we speak of is the God of all creation. It is not a human construction as a way of understanding what is not known. Acknowledging the presence of God is not an alibi for denying the presence of one another. God Is and therefore You Are, and it is how you respond to one another that is an indication of your acceptance of God in your own lives.

Many talk about God in human forms. We have referred to this: God is love, God is judgmental, God punishes, God requires certain things of you in order to be a part of that kingdom. All of these are really human constructions in an attempt to understand who God really is. These constructions in themselves are not complete, but they do represent the beliefs of many.

What are you being asked to believe? Your guides, first and most importantly, want for you to believe that God has a direct influence on your own lives, and we want you to believe that you have within you the strength of character, the courage and convictions to respond appropriately to the awareness of that very Presence. All follows from that. If you accept God, then you are committed to an appropriate response. There is nothing more to require. Your perceptions change, they grow, they're augmented and then they diminish. They are reaffirmed, they are questioned, but your belief in God, in the potential that God holds within your lives, this belief is what we, your Guides, want so much for you to internalize and to make an important component of how you live the life that you have been given.

When you acknowledge the existence of God, when you accept that God Is, your life will be devoted to how that acknowledgment, that acceptance, gives meaning to your activities. If you are in a condition of accepting and believing and seeing God with your heart, there is nothing that you will do that could in any way be considered wrong or bad. Can you make mistakes within your vision of God? Of course. You are human. You can have a vision of God and yet fail to see that Presence fully. You can believe

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that God is a part of one part of your life but not another. That is your choice. The truth still remains that God is a part of all that you experience.

You are asked from time to time to love and to fear God. When you are asked to fear God, it is not a fear of retaliation, of punishment, of deprivation, of pain. It is a fear that is more characterized by respect, by honor, by a commitment to that very reality.

It is not hard to see God with the heart. You cannot see God with your eyes, so how can you be sure that your heart sees God? You must always allow yourself to be open to be then guided on how to proceed with all that you do. It is about being open. *Seeing with the heart is knowledge through openness.* It is not knowledge through reason or logic. Seeing with the heart is intrinsically knowing what is right, what benefits others, what shuns selfishness. Seeing with the heart requires seeing with faith, for you're given moments of awareness when you think to yourself, "There must be a God. This can't just happen." That is a glimpse. It is a moment when you see God with your heart and not with logic.

Look for God in the loving touch of another. It is not a physical touch but a personal one. It is a touch of relationship. It is the touch of a smile. It is a touch that comes through selfless compassion. The touch we speak of has nothing to do with the physical. It is a touch that reaches the heart. That is where the vision resides.

You know you must treat others with love, but the question is always "who?" It is always "why?" It is always "how?" The *who* you know...it is everyone. The *why* you know...it is because this is what God would do. The *how* is to listen to your heart. Listen to what moves you to compassion. Listen to what moves you to an affirmation of another. Listen to what moves you to raise your eyes in thanks for your neighbor, for your associate, for your family member.

God is to be heard. God is to be known, even if not fully. God is to be embraced without arms. God is to be loved by a perfect stranger. Look with your heart all about you and you will see God clearly.

You are blessed in that vision. You are blessed in your ability to see God. You are blessed in your sensitivity to your guides, and we are blessed in our ability to see you when you exude love and compassion, when you become a polished mirror to God's surrounding love.

Amen.