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- *Guides serve all that exists*
- *God is a kind of connective tissue that unites everything*
- *Dreams are a connection to reality*
- *Spirits are visible as lights of different colors*
- *The momentum of human life is toward peace and love*
- *Every day find evidence of God and you will believe in God*

Each of you is indeed open to the gathering of spirit guides—not just your own guides, but all guides—for when you are open, that openness is not merely to specific guides but to the present energy that is contained in all guides, yours and the guides of all life-forms. The presence of guides is not merely dictated by human need but by all of creation, human and nonhuman together. All that exists contains the energy of guides. The function of a guide is not to tell a tree what to do but rather to enable the tree to find nourishment. All animals, all forms of life, are connected to this energy force. It is a kind of life force that is a part of what guidance really means.

When you are open to your guides, you are open to this collective life force, this collective life energy. It is God that serves as a kind of connective tissue, connective pathway, that unites all of what exists. So when you pray to God, when you pray to your guides, you are really connecting to an enormous well of loving energy, and in your connecting you are experiencing at some level the impact of being surrounded by love.

You pray for healing. Healing is allowing the love to be drawn in, to be absorbed, allowing the love to penetrate every part of life. When you welcome and invite this ever-present love, when you are open to that love, you begin to experience the peace that is in truth God's peace. It is the peace of being a part of All That Is.

When you feel fearful, when you experience anxiety, you are feeling a separateness, an aloneness, a uniqueness that is truly not reality, for you are connected. You are connected to each other. You are connected to all spirits. You are connected to all guides. You are connected to God. You do not live alone. You do not live in a vacuum. You live within a shell that is Love, a comforting, nurturing, supporting, affirming, nonjudgmental Love that holds you in its hands, that holds those for whom you pray in its hands. You are cradled. All you pray for are cradled in this surrounding Love.

We spoke last time about dreams. Dreams are a kind of connection, one of many, that binds you to what is actual reality. Certainly your dreams may be fanciful. They may have little connection with fact, but yet they are a way of finding another level to human life, to spiritual life, which does have a reality of its own. If you dream of running, you are dreaming of the reality of running and what that means. If you dream of love, you are dreaming of the reality of what love can mean. If you are dreaming of subjects that create anxiety, you are dreaming of a portion of human life that is anxiety-

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producing, and that is very real, but it is a way of processing what is real, what is good, and what is painful in that reality.

You are indeed limited in your perception of what is real. You all shared moments when reality encroached upon perceptions, when reality signified a wider understanding than what is traditional. Human beings are limited in their sensitivity. Human beings are subject to perceptions which are revealed only through their own capabilities. Reality is far broader than the ability of humans to grasp, but that limitation does not in any way reject categorically what is there. You may claim something does not exist because you cannot hear it or see it or touch it or smell it or taste it, using any of your senses. But life is far broader, and as you come to understand your limitations in your senses, your limitations in your physical abilities, you can at the same time begin to accept, because of those limitations, the reality of something beyond.

We can tell you that the spirit is visible. The soul is visible. But your spirit, your soul, does not take on human characteristics, human proportions, human appearances. Your soul is a kind of energy, and we as spirits are fully aware of that energy. That energy is best described as light of different colors. You see certain wavelengths, but we see all wavelengths. We see all forms of energy. Light is simply the transmission of energy, therefore the manifestations of souls, one to another, is through light. It is not through shape. It is not through physical characteristics that you identify as human.

When you journey through life, you journey through an encounter with energy. This may be energy of individuals. It may be energy of a collections of individuals. It may be an energy of society. It may be an energy of humankind. Human energy is changing, and as you traverse your path, you can sense the change. You can sense the evolution. But this change that you have asked about is not a change that has suddenly begun. That change in energy, that evolution of energy, is constant. It, too, has no beginning and no end.

So what is it that you sense when you believe that there is a shift in energy? You're actually becoming more aware of the shifts and adjustments, changes that are taking place in your own perceptions. You gradually accumulate a clearer view because you are accumulating more understanding of what the human condition is and what its potential is. That increased understanding is an increase, a broadening, a deepening of vision. That is what is truly changing. When you see more evidence of God in your daily life, it is not because God is more present. It is because your vision has broadened.

The energy of human life is in constant flux. It changes—changes in color. Human energy changes in intensity. There is a sense of optimism or pessimism. There is a change toward faith. There is a change toward fear. There is a change toward the acceptance of God. There is a change that leads some to a rejection of God. There is a change of the perception of the importance of worship. There are those who feel blessed, motivated. There are changes in your sense of belonging to others. That

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relationship ebbs and flows. There are times when you feel apathetic, and there are times when you feel critical.

All of these energies are at play, but the overall direction of human life is toward love. It is toward a commitment of mutual acceptance. That is part of the direction of human beings. There is, as you have discussed in the past, more evidence of peace than there ever has been. Yes, there are wars. Yes, there is strife. Yes, there is great suffering at the hands of other human beings, but the momentum is still toward peace, toward mutual concern, toward caring. There will always be strife. There will always be concerns over territory. "This is my country, and that is yours. This is my resource, not yours. It is my water, not yours." The arguments will continue as long as human beings exist, but the commitment and understanding of what it takes to seek peace and to make peace a reality continues to expand as it has always, and it will always continue so.

When you sense a change in the people, when you sense a change in attitudes, that change is in your perception of people and your perception of attitudes. Light always draws light to itself. Light does not draw darkness. Darkness does not draw light. Light is the energy, not darkness. The peace, the godliness that you seek evidence of, is essentially a kind of light, and because it is a light, that peace, that godliness, that sense of nonjudgmental love is an energy that will continue to draw towards itself, to accumulate, to gather strength. The changes are real, but the changes are not sudden. It is your perception that opens up to reveal what's there.

There are questions that each of you has about relationships—relationships with those who have passed on, relationships with one another. The fact that you bring these questions of relationships to God is all the evidence necessary to convince you that you are seeking what it is that indicates God's presence. You are by your very questioning being brought into God's light. You are attracted to that light, and it is for your sustenance that God's light is present.

There is much you can do, each of you, to strengthen your view of the changes we speak to. Every day find something that affirms to you that God is. It can be anything, grand or small. It can be the beauty of a flower. The beauty of someone's love. It may be the openness of another to share who they are. It may be the expression of real peace on the face of another. It may be the sun. It may be the nourishing presence of rain, for without rain, you would cease to exist. It may be the love expressed to you by a pet. It may be the smallest gesture—a smile, a handshake, a hand on the shoulder, an embrace. It may be music. It may be art. It may be something someone writes. But fulfill each day with a firm acknowledgment that this is God.

God is not an abstraction to which one says, "Well, God exists, and I guess I have to believe it." That's not enough. You don't have to believe everything, but you do believe what it is you see evidence of. Find evidence of God and you will believe in God. It doesn't take much effort, for God's presence is not a secret. God's presence is

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everywhere. All you have to do is open your heart, open your eyes, open your spirit, open your emotions to see the glimmer of light. In the darkest of days God's light is present. In the blackest night the stars twinkle. There is always the sign of God. When you daily acknowledge through your own experience that God is, you will find the peace you seek. You will find the healing you pray for. You will find the comfort that you pray be given to others. All that is good, all that is light, all that is love will be immediately apparent.

When you experience the affirmation of God, you will never feel alone. You will never feel in some way cut off, that you are suffering by yourself or another is suffering alone. You will see that in the midst of the suffering, in the midst of the dark night, the brilliant sparkling light that is God.

Let yourselves be part of the energy, part of the change that you seem to feel. Allow the openness that is taking place to guide your journey on the path to light. Each of you, all human beings, have been given the blessing of vision—not just vision of the eyes, but vision, awareness, contact with what's around you. Embrace that vision. Find ways of exercising it, and give thanks to God for your expanding view of creation.

You are blessed in that vision. You are blessed in your seeking, and you are blessed in your dreams. You are blessed by what others give you, even when they are unaware, because of the vision that you exercise. Be glad in spirit. Be patient. Be humble. And be forever aware of God in your life.

Amen.