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God, who is the loving Light that you seek, surrounds and blesses and affirms and strengthens always.

Each of you has questions related to truth—truth as you grow to understand it, truth as you seek to reflect it, truth as you see it expressed by others, truth as you hope the world is led more intensely toward. You have concerns about those who reside in your families and in your work places: what is the truth of your relationship to each of these? You have concerns about health, but what is the truth that must be followed to achieve the state of health that is most appropriate? You seek the truth about relationships with nations, about relationships between races and contrasting beliefs. You seek truth about dreams: what do they mean? You seek truth about who you are and where you have been and where you are being led. You seek truth about why human life, why spiritual life, why both lives exist simultaneously.

There is one basic truth that rides above and surrounds all that is, and that truth is that God exists and is made alive through love. God does not exist outside of the reality of love. All that exists, all that is is only possible because God exists.

Life as you know it to be, and as you experience it, is not random. Life is not meaningless. Life is not about mere chance. There is a flow to life. There is a reality with purpose. There is a reality with design, but this reality is not predestined. Your human lives are not predestined by a truth that says no matter what you do, something will happen or something will not happen. The truth about human life is that it is part of a flow that increases and decreases in energy, that moves momentarily in one direction and seems to be, at another moment, diverted. And yet when looking at these changes, these diversions, at some distance, your lives, the lives of all share a common purpose. They share a common bond. All paths in human life are unique, but they all ultimately head in the direction of the Light that guarantees the inclusion of absolute Love. How each of you gets there is entirely individual.

Your lives are not random, but they are designed to intersect with those around you. Sometimes those intersections seem positive and clear. At other times those intersections create dark clouds of fear and anxiety. But those influences do not change the absolute truth of where each of you is evolving, the goal that awaits all human beings.

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You receive the gift of life not as a random biological event. The biology of creation is essential, but it is because it exists in the flow of God's intention that you are given life.

The questions you have—whence, where to, why, why not—are less important than your acknowledgment of your current place on your own path. Each of you must live in the now. It is of no use to be consumed by questions of *what if*: what if something happens; what if something does not happen; what if you decide this; what if you decide that. You then find yourselves preoccupied more by what will not occur than what is occurring.

Life is to be lived. It is not to be dreamt about. It is not merely to be hoped for. You are given life to experience. You are given life to learn what you can learn. You are given life to enable your Spirit Center to learn what must be learned. The truth is you learn by what you currently experience, not by what you might experience. It is now that is important, not what you perceive to be in the future. Time does not exist, and if you forget the now, there is no future as you define it.

If you wish to shape what you perceive to be the future, you must commit to what you feel is important now. The truth is all exists in the present. All exists in the now. There is nothing that exists in the future, for the future is a series of nows. The past is a series of nows. What you are given in human life is the ability to perceive what is. It is your response to what is that is crucial. Worry about what might be only serves to take your attention away from the presence that is given to you through the gift of human life.

You're asked to be loving, and in becoming continually loving, you ultimately arrive at being Love. You're given your lives so that you may be led to the condition of becoming Love. As we have said before, becoming Love is not a part of the human condition, but in order to become Love, ultimately you must learn to become loving in your human life.

Loving means accepting who you are and where you are, and accepting who another is and where that other is. If you wish to become loving, you must first become accepting, for without accepting, becoming loving is impossible. If you are to love yourself, you must become accepting of yourself. Becoming accepting of yourself, does not mean merely saying, "I am who I am." It means acknowledging more profoundly your awareness of who you are and what motivates your life; then accepting that as part of a greater process. If you perceive yourself as being selfish, it does not mean that you are prevented from growing, for in recognizing that selfishness and then accepting your value as a human being, despite what you see as negative, you are becoming loving toward yourself. Human nature is such that you cannot love another unless you can love yourself. You cannot love yourself unless you have been loved by others. The circle is unbroken.

By acknowledging your vulnerability to need, your vulnerability in needing to be loved, you allow yourself to experience the love of another and you empower yourself to

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be loving toward yourself, accepting yourself. Through that acknowledgment, you're empowered to be loving beyond yourself. Accepting who you are is the first stage to loving yourself. Loving yourself is the first stage to loving others, and as you reach outward in that attitude, you become more like Love.

It is a process. It is why you experience what you experience. It is why you encounter those who challenge you, those who test your ability to accept them. If there is no challenge, if there is no need to exert efforts to be loving, there is no strength that is achieved. You grow by being challenged. You become loving through your encounter with those for whom loving is difficult. You are given strength, you're given insight, you're given light in order to respond in a loving way. That is the truth about the human experience, and those souls who join us who have yet to see that truth find it difficult to see themselves surrounded by love when they felt separated from that in their human experience. If you feel you have not been loved, how can you readily accept what being loved means? That is why many guides are devoted to teaching and supporting and loving souls that have recently joined us. In time, as you would measure it, all souls learn what it means to have been loved. Every soul that has experienced love ultimately seeks to be loving. Every soul that seeks to be loving ultimately becomes Love.

Your souls have experienced previous opportunities to share life with human beings. It is not the first time for any of your souls. The lessons to be learned while sharing human life can only be learned through that sharing. As you know, your soul is what is permanent about you, and therefore it is essential that you recognize that permanent entity that is within you, that surrounds you, that permeates all that you are. You must regularly seek more opportunity for focusing on that eternal component. You do not separate yourself from your daily life in so doing; rather, you enhance your interaction daily because those interactions are informed by your own consciousness of your Spirit Center.

There is understandable concern about much that has been written surrounding 2012. 2012 is not a magical date. It is not a year that human beings should lay great concern over.

But what we can say is that the change in leadership that each of you recognizes is part of a process. It is a new direction, but it is also the reaffirmation of a direction chosen by many who seek the reality of peace rather than war, the reality of kindness as opposed to competition. This change is not a radical change. It belongs to a greater process wherein human beings become continually more aware of what unites everyone.

There will continue to be wars, there will continue to be conflicts, for human beings are often consumed by fear, and as a result of that fear are motivated to do all that is seemed possible to alleviate those fears. But living fearfully and governing fearfully is being controlled by defensiveness. It is part of the flow of energy that is the human condition, that what is defensive ultimately is neutralized into acceptance. Think

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for a moment of times you have reached out very defensively. You have been governed by fear. When there is no fear, there is no need for defensiveness, and as you know, when there is more love, there is less fear.

What is it you can do to join this river of energy? You join this river through personal acts that are loving, that are reflective of a nonjudgmental God. Cumulatively, such acts bring human life through tragedy, through worry, through suffering to the light that is provided with hope and love. Dedicate your own lives to what is positive. Dedicate your lives to what is now. Separate yourselves from fear, from worry, from anxiety, and you will be given the vision of light, and your pathway will be clear.

You are blessed when you seek that light.

You are blessed in your journeys.

You are blessed when you receive love.

You are blessed when you are loving.

Be nourished by the Light!

Be nourished by the Love!

Amen.