

# *A Spirit Guide's A to Z*

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## **Foreword**

Since way back, I have been aware of feeling/hearing words in my head when in any slightly meditative state. During my church years in the later 1980s, this resulted in '*Listening to God*' which I always felt was pretentious and thus didn't tell many people, for fear of being sectioned!

Later, having found a different spiritual world of angels, crystals, channelling and spirit guides, etc, it was easy! From 2001 to 2005, I would often sit with my spirit guide for a while and the words and ideas flowed. It was clear from the beginning that we were mainly going to investigate human emotions. Sometimes I would understand an idea without having a clue how to describe it, so often had to ask for an analogy. It always came.

Gradually, it occurred to me that we seemed to be going through the alphabet, which naturally led to the title. Sometimes the language that entered my consciousness was not the way I would use language at all, which led to some inner cringing and grimacing. I always ended our sessions, however, feeling humble, uplifted and enlightened.

This is obviously by no means a definitive A to Z and I have the feeling that many more alphabetical offerings are waiting in the ether – as many and varied as there are aspects of the human condition. It is my hope that you will find this initial set of offerings both comforting and encouraging.

Kay Santillo, February 2010.

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**A SPIRIT GUIDE'S A TO Z****ACCEPTANCE**

Blessings – may all who hear or read these words accept the love and blessings which flow from the heart of the Divine Creator.

It is sometimes very difficult to accept what needs to be accepted for your own learning and growth and indeed, there are many levels of acceptance. To take is not necessarily to accept. To agree is not necessarily to accept. To allow is not necessarily to accept.

Acceptance is the taking into yourself – the infusion of what was once outside, so that it becomes part of yourself. It is not just the breathing in, but the uptake of the oxygen, which energises and works for the benefit of the body, before passing once more into the energy cycle of life.

Acceptance may be at mind level, heart level and soul level. The mind level is the reception area, the heart level is the living room and the soul level is the inner sanctum. Each of these levels is necessary for the process of integration, which is a necessary part of spirit growth and understanding. There are indeed many levels of integration, often taking place through many lifetimes.

Should you accept all that is offered? Of course not! Your mind and your intuition will guide you through the maelstrom of your life – your mind, with its amazing capacity for understanding, and your intuition, which is the prompting of your higher self. However, you would do well to consider what is offered, however fleetingly, to gain a full perspective of your life and a greater understanding of the world in which you live.

Therefore, do not reject out of hand, but be open and free in

your mind – for the more doors you close, the harder will be your passageway through the interior journey of your soul.

Do not waste your energy on fighting that which is part of your learning, but always be guided by your intuition. There is much injustice in your world, but all of this is part of the learning process and will be used for ultimate good. Sometimes the worst atrocity needs to be accepted at soul level for the highest good of the universe. Remember that love is always the key and that love is capable of opening any door.

Do not accept what is not yours, but if you need to mediate, then mediate, dear spirit! Sometimes, it is true, that what is meant for another will pass through your hands. In this case, bless and learn and send lovingly to the right recipient.

Accept and in turn be ready to give, so that the life cycle of which you are part is dynamic and beautiful as was always intended. All is meant to be and all will indeed be well.

May you always feel able to accept the gifts of Creation in all their different forms, knowing that the infinite love and wisdom given to you from the spirit world is only ever a thought away.

### **ANGER**

Peace from the spirit world, as I ask you to consider the emotion of anger. I ask that you quietly sit still for a few moments, breathing in peace and breathing out any unrest that that you are feeling. Imagine you are softly encased in a cloud of loving energy, which is protecting you as you consider a very basic and very powerful human emotion.

Anger is a complex human reaction that can lead to much destruction and pain. On the other hand, it can be a valuable

pointer to what is wrong or unbalanced, leading to a beneficial outcome. Thus, it is what you do with the anger you feel that is important.

A negative and destructive outcome of anger most often originates from selfish motives such as fear or greed, while a positive and facilitating outcome of anger most often results from perceiving wrongful acts causing pain and grief to others and wishing to balance the position for the benefit of humankind.

Anger is a primal instinct that was once utilised for protection of self and others. As human life has changed, so the need for different kinds of protection has changed. As human life and people's ability to harm one another has become more subtle and pervasive, so anger is taking form in more subtle and pervasive ways.

As more anger is being unleashed, so it is a prime time for recognising its potential power for good – for learning and understanding and acting upon many issues for the ultimate benefit of humankind.

However, it is vital to understand the negative power of anger – the blind rage, which does indeed blind you to any rational thought or insight, so that acts of destruction are carried out unthinkingly. This kind of anger thrives on manipulation and retaliation and will always result in pain and regret and the necessity of more learning.

To understand anger, it is necessary to understand that it stems from fear for self. Such fear for self is likely to lead to a negative outcome, while fear for humanity is much more likely to result positively. If you are prey to anger, open your heart to the spirit world and ask for guidance, so that you may understand the root

cause of your fear and the consequential expression of that fear as anger.

Anger is not comfortable and the inner disharmony it causes leads to efforts to make life more comfortable. Anger therefore needs to be expressed, for to hold it inside will corrode and corrupt and result in an uncontrolled explosion, which is detrimental to self and to others.

Express your anger verbally, firstly to your self and to spirit, for to say it aloud is to acknowledge it and the first step to dealing positively with it. This will also help you not to express your anger to others when it is overwhelming you, but rather to wait until you feel calmer. Those of you who know the peace that comes from meditation and communing with the spirit world will understand how you cannot feel anger when universal love and peace from the spirit world is coursing through your veins!

If you feel much physical energy with your anger, use that energy physically in beneficial tasks – harness the energy and ride it, so that it cannot ride you. Do not express your anger in violence, for violence is a violation of the sacredness of all life and has come about from the corruption of selfish desires.

Some of you may feel you have been born with a heightened tendency to react with anger. Remember that it was your choice of pathway – that it is a means of much learning and a pathway of much energy. Remember that you are a beloved soul who will be welcomed Home with so much love when your current journey is over and the peace of the ages will bless you forever.

Beloved spirit, rest quietly in the knowledge that the cloud of loving energy that was surrounding you has now been absorbed into your being, bringing you peace and love.

## **BETRAYAL**

It is understood how betrayal can cause much pain to you of human form, but it is wise and helpful to try to understand why and how you perceive you have been betrayed.

What is betrayal? Is it not an abuse of trust between you and another, so that deceit and dishonesty take the place of love and honesty? Indeed it is, but while this pain can be great, the most damaging form of betrayal is betrayal of your own self.

Think of yourself as a soul who has chosen a pathway of particular learning. It is your lifetime's destiny to undertake certain experiences – to break open the shell of understanding that will ultimately lead to your soul's nourishment and growth. Your free choice can allow you to roam in areas which are not for you – the areas of darkness which tempt you with power and control, contrary to your life's chosen pathway of fulfilment.

How do you know if you have thus roamed into such areas of darkness that betray your own soul? All you have to do is listen to your self, beloved one – commune with your higher self in honesty and humility and be prepared to hear your own answer deep in the recesses of your heart. You *will* be guided. You will not betray yourself if your heart motive is pure. If you truly love yourself as a spirit of light, you cannot betray yourself, because you will always follow the light.

What, though, if another betrays you? You may perceive that they are selfish and unkind and much worse. Remember that it is not for you to judge. They have their own life's pathway and their own learning. It is helpful to consider that the pain you suffer from betrayal can be the activating force that leads to much learning for you. Such learning will result ultimately in great benefit, as you learn to know yourself, to trust yourself and

to truly love yourself.

The pathway of betrayal can be a hard, barren, lonely place, but much love from the spirit world surrounds you. The fog of mistrust you perceive around you is in fact a soft mist of love to refresh your soul. Know that you are not alone in your pain, but are being guided and loved every step of the way.

To help yourself, seek comfort from the world of nature – allow the trees and plants to bless you with their healing energy. Take care not to let the pain of betrayal lead to negative emotions such as hate and bitterness. Be aware that this is a likely outcome, at least temporarily, and do all you can to find your own inner strength, as well as the love that flows from the spirit world.

There are different levels of betrayal, but the fundamental reason for the hurt you experience is the loss of love that you thought belonged to you. As you work through the layers of understanding, try to cease to think in terms of belonging, for love can never be possessed.

What if you should betray another? Look into your own soul and seek to understand why. There are always reasons and the reasons lead to understanding. It is useless to beat yourself about the head unnecessarily. Rather, ask for forgiveness and make a supreme effort to see the whole situation from a spiritual perspective, sending love and light to those involved. Betrayal is never just a simple act, but a whole theatre of complex emotions.

Betrayal is a deep and powerful emotion. Do not let it eat away at you like a cancer, but use its depth and power to help you grow into enlightenment. Many, many blessings and much love.

### **BRAVERY**

Peace and greetings to you all. I would like you to be still and at peace, knowing that you are safe – that the world of spirit holds you always in its care.

I would like you to consider bravery. Do you consider yourself to be brave? It is understood how so much on Earth can cause nervousness, anxiety and fear and that in such moments, you do not *feel* brave. However, it is precisely because of such moments, when you are facing, or are about to face, some trial or test or obstacle, that you are *being* brave. Who is braver, the one who has a fear of heights and climbs a ladder, or the one who has no fear of heights and climbs a mountain?

Bravery is often perceived as an accomplished act, but bravery occurs at different levels of being. In fact, bravery is largely an interior event, for how can physical bravery be achieved without a degree of inner fortitude? Indeed, take care not to revere bravery so much that the brave act becomes more important than the underlying motive. In fact, bravery with no well-motivated inner promptings can easily turn into foolhardiness!

So in the interior world of your own being, know that you are brave just to be on planet Earth – to have chosen to leave the comfort, security and bliss of the spirit world (your natural Home) to take on so many challenges and painful learnings.

Thus, when you face a difficult task, know you are as a warrior in the front line of battle. Try always to keep the wider spiritual perspective and remember your Home, where you will be welcomed with so much love and joy when your current journey of learning has ended.

It is understood that some of you may sometimes feel alone as

you face your individual learning. It is not easy to search and delve and quest for deepened understanding. Some have referred to this as 'the long, dark night of the soul', but know that as you bravely face your inner darkness, you are never alone, for angels, guides and helpers are with you, working always for your highest good. Also, your learning is never in isolation to others, but is accomplished by many different layers of synchronised activity.

Consider the bravery exhibited by other life forms on your planet. The delicate snowdrop, which forces its way out through icy winter earth; the birds who migrate for hundreds of miles; and the animals who stand and face a predator, often fighting unto death. Their bravery is a gift to the life cycle, just as your bravery is a gift to the learning cycle.

So, beloved warrior, clothe yourself with the protection of the spirit world, but do not encase your soul with defensive armour. Love is the only soul armour you need and love is in abundance for those who seek the truth. In this light, embrace the unknown, for the unknown is merely the as yet unremembered, which will result in the growth of your soul and the ultimate enlightenment of all. Know that all that you need will be given to you.

### **COMPASSION**

I bless you all. The wish in my heart is for everyone who reads these words to experience a deeper understanding of the wonderful healing power of compassion.

Remember we are one – the mystical One of Creation, which connects us all in spirit. And yet we are all precious and valued individuals. One but separate. It is not a paradox or a riddle intended to confuse – it is a blessing of true union, which you will

remember with joy upon your return Home.

When you embrace each other, then, you are embracing the Oneness, while respecting your individuality. From this position, your understanding will grow. To both understand and to give compassion, it is necessary to open your mind and your heart.

So what is compassion? It is remembering and acting upon the Oneness. To some it is the concept of the body of Christ, while to others it is caring for the whole of Creation. It is looking upon the sorrow of another and respecting the sacred path of the other's journey.

It is the offering of love from the heart and the reaching out from the soul. It is weeping if you are so moved, so that your tears for another rain down on the rivers of compassion, which flow to the ocean of the water of life and are taken up by the spirit realms and transformed into gifts of renewal.

Thus the gift of your compassion is to take the plight of another into your consciousness, to wrap it in love and then to pass it to the spirit world, who will bless you even as the other is being blessed.

There is so much capacity for compassion – compassion for your world, for other worlds, for the whole of humanity and for those with whom you have contact. You may think it is easy to feel compassion when the sun is shining in your life, but what of those who hurt you and blot out your sun for a while? It is at times such as these when your compassion becomes selective.

It is understood how it is so hard to feel compassion – to send love and light – to the one who has brought you pain and darkness. The spirit world does not rebuke you, but waits with

love for you to understand how the one who has caused you pain is the one who has given you the opportunity for a greater capacity of love. This understanding is sometimes not achieved in a lifetime!

Should you not, then, bless those who hurt you? It needs to be said that you should not seek pain! However, do not protect yourself with your own armour of defensive motives. Instead, clothe yourself in the pure protective white light of spirit and seek to understand how the one who hurt you can only be acting from a position of pain.

In the quietness of your own soul-space, try to understand the pain of the other, but do not become preoccupied with this. Remember that life is for living! Remember also how the spirit world longs to guide you along your pathway, into the gentle healing experience of your own compassion.

Indeed, although compassion may be perceived as a gentle energy, it has a strength that can change the world – your world and other worlds. Never underestimate the power of compassion. Rather, actively seek to practise compassion, which is a form of attained enlightenment.

Remember that to blame and to judge is not to practise compassion. But the more you practise compassion, the easier it will flow. It will not flow away to diminish your energy, but it will enhance your life force, heal your wounds and bless you on your journey.

Every drop of compassion is a valued contribution to the ocean of the water of life. As the seas flow with such power on planet Earth, so the seas of compassion flow with healing power in the spirit world for the benefit of all – for are not all one?

I urge you to open your heart to the wonderful healing capacity of compassion. Open your heart. Embrace the Oneness. You will be blessed.

### **COMPLACENCY**

Beloved, it is good to consider complacency, for in so doing, you are not allowing yourself to be complacent!

Complacency is a human trait of unproductive self-satisfaction that is understood but also tolerated lovingly by the spirit world, who long to guide you along your spiritual pathway so that you discover your lifetime's learning with soul satisfying joy.

It is understood that physical fatigue can lead to complacency and therefore it is of benefit to all for you to nurture your own needs, so you will be well equipped for your journey. Do not allow this to develop into self-obsession, however, which will only delay your mission of understanding. Rather, tune in to spirit and keep connected, so that the temptation of letting opportunities slide by you does not become a pattern.

Balance is the key word – balance between your physical needs and your soul's need to progress along its pathway. If you feel you do not have enough energy for what you perceive as your soul's need, do not worry, for worrying will only cause you to spend energy needlessly. Remember that complacency is not avoided by carrying out so many tasks that you lose your heart in the tasks you do. It is far better to carry out one task with your whole heart than to carry out twenty tasks with a distracted mind that is pulling your heart in many directions.

Therefore, it is essential to connect with your higher self, your soul, so that you feel the joy of connection not only to the spirit world, but also to your self and your life's purpose. Say to the

spirit world, "I am here with my whole heart" in readiness and willingness, rather than trying to accomplish too much in Earthly terms. It is better to *be* well than to *do* well, although the one affects the other.

If you feel you have been complacent, do not despair and do not chide yourself, for it is a truth that nothing is lost. You will simply be guided to the same learning in another situation, or guided on to a slightly different route that will lead to the same destination

In your soul searching, do not be downcast if you feel you have lost time by procrastination or by pursuing society's conventions. It may be that learning is to be accomplished this way, or other souls to be met through such apparent detours. Just as it is not good to condemn or criticise others negatively, so it is not good to condemn or criticise yourself negatively. Rather, use your energy to love, in all its many forms!

Do not confuse complacency with patience, for it is not helpful to be impatient, but it is good to be aware. The underlying motive is what matters. If you feel you have become complacent, beloved one, ponder for a moment on the wonders that can be achieved with the light of universal love shining in your soul and you will no longer have room for complacency in your heart!

### **DEVELOPMENT**

Greetings to all who read these words – and let all who do so know that they are well on the path of development! It is a simple truth that life is development. Your life is your development in your own hands and should therefore be used wisely, for it is a wonderful opportunity towards wisdom and understanding.

Development is deeper and more specialised than growth.

Development is a maturity of soul. It fulfils a need, a desire, a passion for growth. Development is destiny.

Just as you each develop individually, so you are developing collectively. Your species develops, as does your world, as does the universe. Do not fear this development for the changes it will bring, for it is all for the ultimate good of Creation and you yourself are a precious, beloved part of Creation.

Do not fear that your own development, or your world's development is in the wrong direction, or is being held back by those who do not care. The Divine Creator is aware of all and will re-balance where necessary. If you could see from the universal perspective, you would understand how development is a dance of souls, with many different steps and many different ways of interaction. Enjoy the dance – it is a form of integration and in the end, all will be integrated.

Individually, you may feel your development is painful, but it is the pathway to a beautiful, wise and wonderful state of existence. Try not to see your development as a test, or a quest, but as a journey of love for yourself and for all Creation.

It is understood that you may feel discomfort, particularly at times of transition. Take comfort in the knowledge that the old skin has become too tight and restricting and needs to be sloughed off, to reveal a new, shining, life-enhancing skin with room for much further development.

Development takes place in many spheres – there are many realms and ecosystems of development. There will always be those who lead the way, but it is only their choice, their destiny. Remember that all are loved, the sheep and the wolf alike. When an advanced stage of development has occurred, the lion will

indeed lie down with the lamb.

Consider your life cycle and make it an analogy for your spiritual life. You will be fed and nurtured when that is what you need. You will learn to walk and run where your growing understanding leads you. You will become fruitful and scatter your seeds and knowledge for the further development of Creation. The pace of your own development will be for your own highest good, although it needs to be said that you may sometimes need a concentrated effort of encouragement!

Never compare your own development with that of others. If you truly long to develop, but feel you are being held back, it could be simply that the way is being prepared, or that you need some time to consolidate your development so far.

Be patient and brave, beloved spirit! Know that your development is guided – it is a symphony of your Earth world and the spirit world – and will ultimately be perfected in love.

### **DOUBT**

Draw near, precious being, and allow yourself to be filled with the loving energy of the spirit realms, where all the doubt that prevails in the world of humanity is simply transformed into love in the world of spirit!

Doubt is a human choice, but it can be a powerful spiritual learning tool. Therefore, if you feel you are weighed down by heavy thoughts of suspicion, or caught up in a spider's web of indecision or scepticism, do not judge yourself in a negative light. Likewise, do not judge others who have chosen the route of doubt on their particular pathway of understanding.

Some of you doubt outwardly, while others doubt inwardly. It

does not matter how you doubt, but what does matter is what you choose to do with your doubt. It is best that you face doubt – acknowledge it, own it, analyse it and do not condemn it, for if you condemn it, you are only transforming it into negative energy. Rather, let the positive energy of your doubt lead you on paths of honesty towards truth and understanding.

If you feel that your doubt is an unfair burden you were born with, consider that if all were born with implicit faith, there would be no need for heart rending questioning, or deep soul searching, which ultimately lead to the dawn of understanding. Tell your doubt to the spirit world – or if you doubt the spirit world, admit your doubt aloud. Every honest soul-cry is heard and honesty has opened many a creaking, rusty doorway!

However, do not let doubt close your mind to the wonderful possibilities of existence. Consider those whose strength of faith and conviction has been a positive force in their lives and others' lives and draw strength from the knowledge that such people exist. Their faith is indeed a shining example, but do not try to mimic them. Only try to be your true self, discovering all that is inside you – all the soul learning that you have chosen to undertake this lifetime.

Consider the gardener – how the seed is sown in quiet faith that the unseen force of life will blossom into fruitfulness. Consider the astronomer, who does not doubt that the stars are there, even though the night is cloudy. The doubt you may feel in a lifetime is as a cloudy night – it is temporary and does not take anything away.

If you long for spiritual growth, but feel doubt pulling at your heart, or infiltrating your mind, take comfort in the knowledge that it is better to doubt the spiritual than not to consider the

spiritual at all. Doubt is not a part of your soul, it is merely a temporary human experience. If you feel that doubt is beginning to exhaust you, perhaps it is time to accept that which you question – to enjoy the fruits of your doubting!

Try to control your doubting, rather than let your doubting control you. It is true that those who doubt in excess may miss understanding what they are seeing, but it is never too late.

While on the Earth plane, a small amount of doubt can be likened to taking some extra clothing on your journey – clothing you may not need, but which will serve to help you feel more comfortable and safe. Then, at the end of your life journey, any doubt that you still carry will be transformed into love.

Let it be known that doubt in the spirit world does not offend the spirit world. Therefore, be at peace, and know that whether you doubt or not, you are loved and valued for your self, for the life journey you chose so selflessly to undertake.

Let your doubt transform your life positively, dear traveller, so that **D**oors **O**pen to **U**nderstanding and **B**eautiful **T**houghts!

### **EMPTINESS**

Blessings to all those who feel emptiness. I would ask that you sit quietly and breathe in the tranquillity and sureness of the spirit world, so that you will be able to connect to the fullness of life that is within you.

Sit quietly and focus on the candle flame within your own mind. If you feel there is no candle, simply trust and imagine one. If you feel your candle flame has gone out, simply light it again. The spirit world will provide the means for you to light it with the spark of love that takes but a second to ignite.

Focus on the candle flame. Understand that it is your *own* flame, your own light that is shining – it is your own life, love, destiny and fullness of purpose creating the light. You are indeed rich with blessings that you sometimes need a little help to perceive.

Focus on your heart chakra. Are you able to see and feel the candle flame of love burning quietly and steadily within your heart? Listen to what your heart says to you – listen, hear, understand and act – your heart is your good friend and guide, that leads you along your own pathway to the fulfilment of your life's destiny.

Focus on those you love. Look into their eyes with your mind's eye. Do they not look back at you with the eyes of their own destiny? Know that it will all be understood when you return Home – all the pain, fear and confusion you experience that causes you to feel what you call emptiness.

Focus on the animal kingdom – on all the creatures who share your planet and who walk side by side with you for the furtherance of the understanding of the ultimate love knowledge. Is it not difficult to feel emptiness when you look into their eyes and sense their gift of life?

It is understood that your higher intellect makes it possible for you to experience what you call emptiness. It is good to question, to face yourself in honesty and openness, but the very feeling of such emptiness is an indication that it is time to journey inward a little further, to commune more deeply with your higher self.

Know that your higher self is filled with all the memories, knowledge, understanding and love that you need. *Your* higher self, dear spirit – you, *you* are filled to overbrimming with all you

need. However, it is understood how such feelings can seem overwhelming. Remember that such feelings are there to guide you, not to overwhelm you. It is sometimes the case that emptiness is the outcome of unfulfilled expectations that have been leading you in the wrong direction. If that is so, continue to focus on the candle flame in your mind and in your own heart.

Emptiness is not a vacuum. Emptiness is not nothing. Emptiness is like waking in the darkness and at first being unable to see. It will not take long for your eyes to adjust – to understand that the so-called darkness is filled with life. It will not take long for the light to shine fully, so that you can see clearly the abundance of all life there is, for you.

### **ENCOURAGEMENT**

I am so happy to convey these words and to send you all love. I would like to speak of encouragement and would ask you all to imagine that the love I send has taken form around you, as you are seated there, in a beautiful cloud of the most exquisite and delicate colours. Allow this cloud of love to be absorbed into your whole being. By the time you have finished reading, the essence of that cloud of love will be part of you and will encourage you to continue on your life's path.

The positive energy of encouragement is so vital in your world, where negativity sometimes seems to predominate. Encouragement is such a wonderful motivator and can be given and received in so many ways. Encouragement costs so little and is so immeasurably valuable.

Encouragement is like the first rainfall after the dry season. It is the shelter of a low spreading tree in the midday sun. It is the first twinkling star in the night-time sky. It is the clearing of the mist, even if only for a moment. It is the vehicle for growth.

Encouragement is the hug goodbye on a long journey. It is a heartfelt smile, a loving look, a silent prayer. It is knowing that the sun will rise above the mountain. Encouragement is a blessing that the spirit world longs and loves to give.

All of you are capable of giving so much encouragement in a world that is so needy ... and in giving you will receive, for the benefits of an open heart, a giving heart, have long been known.

Like the ripples in a lake, the effects of encouragement can be far reaching ... enough to help the first step of a pilgrimage or a journey of discovery; or enough to sustain the weary traveller on the final exhausting steps home. Have you never felt you could not go on and longed for someone to notice and smile and say, "Don't give up"?

Encouragement is an act of nurturing, which can take place at many different levels. It is a selfless act – of not worrying whether you may look foolish; or whether you stand out in the crowd; or whether you are stepping outside society's roles and conventions.

Encouragement is an act of hope that may sometimes need an act of discipline – of not allowing your good intentions to disappear into the swirling chaos of life. It is sending the card that you meant to; it is making that phone call; it is getting up in the night to write down that thought, or message or dream that you know you should remember to tell someone.

Encouragement is never to ridicule. It is being truthful in a positive way. Even if you may privately think that someone is on the wrong path, who are you to judge? Send out a prayer and always be ready for miracles! Encouragement can open hearts and minds, allowing creativity and healing to flow.

Never close your mind to receiving encouragement in an area where you do not feel worthy. Rather, accept the encouragement with the love in which it has been given and await the unfolding of your destiny.

Encouragement is sometimes the only missing ingredient – it is the final push, the letting go, the leaping off the cliff, the embrace of the unknown. It is the antidote, the elixir, the salve, the vitamin and mineral supplement of the emotions!

Paradoxically, it may be necessary to encourage by withdrawing, to aid independent growth. Always, though, be watchful and ready to say, “I am here.” Is that not the way of the spirit world, who love you and guide you and whisper in so many ways, “I am here”?

Encouragement is a life force – it is a gentle and powerful energy. It is a message from Home, through a loving heart, that all is indeed well. Encouragement is a gift of love. May you all enjoy the giving and receiving.

Let encouragement enter your soul, to spread its gift of hope and vitality. Let it focus your life-vision and enhance your perception. Let it uplift you, so that you continue to evolve into the precious being you are.

### **FAITH**

What can ever be achieved without faith? No matter how tenuous or small, it is still faith and the spirit world smiles at every gift of faith.

Is there indeed any life without faith? From the moment of birth until the moment of death, faith is as necessary as the will to live. In the spirit world there is no question of faith and you will

one day understand.

To live in your physical world you need faith and to live with others you need faith. There are many levels of faith at many levels of consciousness, from the simple reaction to the deliberated choice.

Do you have faith that the sun will always rise and that the moon will continue to wax and wane in your sky? Do you have faith that there will always be air to breathe and that the plants and trees will always grow? Do you have faith that there is a Divine Creator whose greatest gift is faith in all Creation?

Some confuse religion with faith. Religion is a set of beliefs, whereas faith is the soul’s way of life. To have faith is to keep believing beyond all doubts, throughout all darkness and despite all adverse events – and not just to *have* faith, but to breathe faith, to speak faith, to *be* faith.

So what then is faith? It is the holding on, the walking forward. It is the unwavering knowledge that all that there is exists for the highest good of all. The knowledge that all pain is a gift of learning. The knowledge that light is stronger than darkness. The knowledge that love is the ultimate answer.

What a wonderful gift to give yourself – to understand that when you cannot see clearly through a veil of tears or a mist of confusion, the spirit world is waiting and longing to give messages of guidance and comfort and love.

Even when your world seems bent on destruction, how wonderful to see beyond the fear and hate, to the wider, more loving perspective. To rest quietly within the faith of your own heart, which itself beats so faithfully until the time is right for you to

return Home, to rediscover the reason for your faith.

To practise faith is a blessing that calms the troubled soul. It is a walking stick to help you up the mountain. It is a boat to carry you to your destination. It is a steadfast anchor in an ocean of storms. It is a reason for deep, inner peace that will shine from your eyes as surely as the stars shine in the night-time sky. You cannot give your faith to others, but you can share your beliefs and your love and your starshine peace smile!

Nurture your faith, for it will serve you well – the quiet, steady faith that all will be revealed when you are ready. That at the end of this lifetime's journey, you will be welcomed Home with more love than you ever dreamed of. That all the colours of existence will shine for you and all the vibrations of heaven will bless you eternally.

### **FEAR**

Be at peace, all those who feel the painful emotion of fear. Be at peace in the knowledge that you are loved; in the knowledge that love is stronger than the strongest fear. Indeed, it is with much love that these words are imparted, with the intention to soothe, comfort and encourage all those who are, or who ever have been, incapacitated by fear in any form or degree.

Although a basic human emotion originally instilled for protection against danger, fear in your complex world has taken on many complex properties, ranging from nervous anticipation to the most rigid of phobias. As each fear is different for each person, these words are intended generally, to clarify the root of all fears, no matter what guise they take.

As fear is basically a survival aid, at the root of all fear is the possibility of non-survival in any given situation. This is the most

basic cause for fear, but there are other different base levels of fear, such as fear of pain, fear of failure, or fear of not being loved. To understand your fear, it is helpful to start with the manifestation of the fear and work downwards to its base level, trying to identify at each step what exactly is the underlying reason. In this way, fear can be understood and thus having been identified, can be more easily faced and dealt with.

Thus it can be seen that there is much mind work involved in understanding fear – but take courage in the fact that the power of your mind is immense and can be used as much for you as you may feel it is working against you. Ask for healing energy for your mind, to balance the production of chemicals that are involved in the fear response.

Does it not help, with your belief in the spirit realms, to know that there is no pain or failure and that all are loved unconditionally? Does it not help to understand that survival on your Earth is but a limiting construct, like trying to hold on to the seed case enclosing the seed? Does not your belief in the Divine Creator, the Great Spirit, the universal love energy of Creation, comfort you to the core of your being, if you so allow it?

Always remember the strength of love – remember that love can conquer the greatest fear – that love is waiting at the other side of fear – that fear is love itself, given to you to aid your existence and your life's learning. Fear is what prompts you to ask the questions to which the answer is a greater understanding of love. It is not bad to fear, it is human to fear.

However, beloved spirit, try not to let your fear overcome you so that you turn away from your life's destiny. Listen to your heart, to your higher self – in the very midst of your fear if necessary. Pace yourself well, according to your own needs, not those of

another. Walk to your own drumbeat, for it is uniquely yours and perfectly suited to your soul.

If fear is overwhelming you so that you feel you cannot function, try to understand that there is a reason for this and that your fear is leading you to find that reason. Do not fight your fear, but try to understand why it exists. Once understood, it will lose its power to disable you and will instead be the energy that enables you.

Know that you are never thought less of because you fear. Fear is your soul's honesty to yourself, not allowing you to cover up that which has become unbalanced.

If you fear for another, use the energy of that fear to pray for the other, but do not allow the energy to create negativity in yourself. It is understood that your motive in this case is altruistic, and such a motive will lend itself well to aid the healing of the situation.

Have faith in love, in yourself and in your own destiny. Have faith to face your fear, knowing that all are known, all are loved and there will be no fear when you return Home for all eternity.

### **FORGIVENESS**

Beloved, it is good to consider forgiveness, for forgiveness is a gift of mercy, of generosity, of transformation and of healing. It is a gift that you can give yourself with honour. Likewise, if you are forgiven, it is a blessing of deep grace.

Forgiveness needs to be addressed at many levels and this can take much time and energy. Do not worry if you find yourself wanting to forgive someone with your mind, but find that your heart is not yet ready. This only means that there is more to

resolve and more to learn from your experience. The motive of your soul is what counts and even the smallest, most fragile fleeting thought or feeling that you want to forgive means that the process is underway.

It is understood how pain can result in defensive behaviour, in the need for self-preservation and the need to survive emotionally, but take comfort if you can in the knowledge that the deepest painful experiences can result in the deepest learning. The circle of love encompasses many learning routes, from pain to fear to hate to sadness to grief to disillusionment, to resolution to understanding to wisdom to trust and to forgiveness. Know, though, that the circle itself is love.

It may be that your journey of forgiveness begins with the soul statement, 'I want to want to forgive', even while pain and fear still rankle in your heart. If you can make this soul statement, with honesty and true intent, you will be guided and blessed along the way, so that you will eventually be able to say, 'I want to forgive' and finally, 'I forgive'.

If your pain has been deep, you will need to travel through many different emotional terrains, from the shadowy valleys of denial to the rugged desolate places where you acknowledge your own wounds. It is like climbing to the top of a mountain and when you finally forgive, of leaping off that mountaintop into the unknown. Know that you will not fall, but the angels will transport you into a higher awareness of love. Your act of trust will be blessed, even as you fly with the angels. Indeed, if you make that great leap of forgiveness, you will be blessed forever by love, it is a truth.

It is beneficial as you travel along the pathway of forgiveness, to acknowledge what still causes you pain and to ask for healing for

that particular memory or group of memories. Do not be afraid that you are simply opening old wounds – it is necessary to be healed, so that you can be free of those wounds.

What then, after you have forgiven? Particularly if your pain was very deep, you may find you are presented with moments of testing, but these moments are necessary to make you strong, even as a broken leg needs to be tested many times before it can be walked upon with ease.

What if you do not want to forgive at all, but turn your pain into a destructive force to shield yourself and to keep others away, or if your pain turns into hatred that sends out poison arrows? If this is so, you have far to go. Know that every poison arrow you send out will eventually return to you, as it has come from you. How much better for you if you had sent out waves of loving intent!

Remember that your motive is all, irrespective of where you are on your journey of forgiveness. Remember also that your greatest aid on this journey is love. Connect with the universal love of Creation and your journey to the mountaintop will be eased. How glorious will be the mountaintop, the place of your flight into freedom! Forgive where necessary, beloved spirit, and let go forever!

### **GENTLENESS**

Imagine you are cocooned in a soft, warm bubble of infinite love that shields you from all harm. Imagine you are being welcomed into a place of such beauty, wisdom and tranquillity that you know you will be safe and cherished forever. Then know that this is your Home and that all the harshness of your past and current lifetimes cannot take away the gentleness of the spirit world that nurtures and loves you for the wonderful being you are.

When you have achieved your life's learning, you will understand how gentle is the heart of the Divine Creator that beats softly in rhythms of tenderness and bathes you in healing energies of light. Yet how the gentleness is strong! The threads of gold that connect you to the spirit world, though so fine, will hold you imperceptibly until there is no more separation. The threads of such powerful gentleness can be woven into a garment of protection that will never rip apart.

Consider the strength of gentleness in your world, from the gentle giants of nature to the gentle light of the moon – the moon which has the power to change tides and to affect so many other aspects of life, some as yet unremembered.

Consider the souls who have walked upon Earth, whose gentleness was strength and whose gentleness prevailed against the empty violence of the age. Such souls were sent to change the course of destruction and more such souls are even now preparing to impart their gift of gentleness.

The gentle among you know how to listen to the deeper vibrations of the universe. The gentle are sought for the strength of their wisdom. The gentle are sought when the learning from life's lessons is hard. Who would seek the loud and aggressive, rather than rest in the presence of a truly gentle spirit? The supplication of open hands is mightier than any sword and the gentle embrace of kindred spirits is a vitalising force of energy.

There is much in your world to bless you with gentleness when you would seek rest and refreshment. The gentle rain that caresses and soothes the fevered soul. The gentle mists of morning that remind you of life's mysteries. The gentle light of a candle flame that links you with the spirit world. The gentle elegance of a rainbow that beautifies the sky.

Treat others gently as you would yourself be treated gently and never confuse gentleness with feebleness or weakness. Gentleness is born of respect for life and life itself is sacred.

Allow your life to be blessed by gentleness. Remember that you cannot force the blossoming of enlightenment, just as you cannot force the flower from deep inside the bud. Allow gentleness always to be a source of inner strength.

### **GUILT**

Beloved ones, I send you words to comfort and to heal, to assuage any disharmony of guilt in your soul.

What is guilt? It is the human condition of knowing, of feeling that you have done wrong. It is a conviction in the heart and a knowledge in the mind that causes you to feel discomfort deep in the roots of your being. Would you consider it a positive or a negative energy? The truth is, it can be either and is thus beneficial at the right vibrational level.

Guilt is a human emotion that can be best used as a gauge, to indicate when you have committed an act that does not resonate with your soul's purpose. Let it be said that as well as a physical act, it can also be a verbal act, or an act committed by thought alone. The discomfort the guilt causes will motivate you to correct that which is not harmonious.

In this sense, guilt is a positive energy. However, it can easily become a negative energy when there is either too little or too much guilt in any one situation. Too little guilt can lead to callousness and arrogance and is detrimental firstly to others and ultimately to the self. Too much guilt can lead to unnecessary anxiety and illness and is detrimental primarily to the self and secondarily to others.

It is essential, then, to keep the correct balance of the energy called guilt. Think of a spirit level, the purpose of which is to indicate correctness of level. If your level of guilt is balanced correctly, you do not need to worry about guilt, for you know that your heart and mind will act as your conscience.

How then can you best keep your level of guilt balanced correctly? Beloved ones, simply keep the spirit in your level! Communicate with the spirit world, attune yourself with the divine universal love energy of Creation and your own spirit level will be your soul's conscience, illuminating your way to the eternal light of Home and your soul's destiny.

Be at peace and know that you are loved.

### **HATRED**

Beloved, it is good that you are willing to consider the issue of hatred, as it is understood how hatred is a feeling undesirable to the enlightened soul.

Much learning on the Earth plane has been, is being, and will be accomplished through the existence of the human condition known as hatred. Although as a force, it is capable of perpetrating much destruction, there is no law of Creation which says that only the black or the dark power of hatred will exist.

There will never be a time when hatred will rule supreme, for the universal law of Creation is love. Hatred, or the dark energy, has been allowed to exist to bring about the balance of all the creative forces in your universe.

In the meantime therefore, please understand how hatred is a force that can be used for ultimate good. This understanding is in global terms and there are many who have chosen a lifetime of

supposed darkness in order to allow a deeper understanding of universal light. However, it needs to be remembered that the dark energy can be alluring and powerful and it is therefore always vital to clothe yourself in protective white light energy.

In individual terms, for your own spiritual well being and for the eventual global primacy of love over hate, it is necessary to look deeply inside your own soul. Allow the pure, abiding love of the universe to send its kindly searchlight into your darkest recesses and bring to light any residue of hatred from this life or from previous lives.

Allow the healing power of universal love to cleanse and transform the negative energy you have carried, however small, into positive energy that will enhance your soul, the universe and thus Creation itself. You are all so important – all individually as vital to the vast network of souls as the sun is vital to the moonlight. The highest powers will come to your aid if you earnestly, openly and truthfully seek to purge your soul of any lingering darkness.

Do not hate any darkness you may find in your self – remember that the darkness serves its purpose and allows certain manifestations of Creation, just as the night time allows the stars to shine. Rather, love the darkness you may find in your self, for in so finding it, you assist the ultimate balancing of all the universal creative forces.

Know that all souls have a chance to choose the light. Know also that you cannot purge yourself of darkness with your head and not your heart. Until your heart is ready, you still have lessons to learn and your negative feelings have yet to offer their final enlightenment. However, it would be better for you if you did not allow any hatred to fester in your heart, for that will serve to

deepen the negativity. Hatred is often a by-product of pain and the pain itself will need to be addressed.

Look kindly upon those who hate and send them love. Do not allow fear to add power to hatred. Do not feed the hatred with anything but love, for love is stronger than any force. Love is the ultimate, the eternal power, and in the final balancing of all the creative forces in the universe, all will be transformed into love.

### **HOPE (Hold Only Positive Energy)**

What would your world be without hope? It would be a dead place, for life itself is hope. Let hope be a beautiful flower that lives always inside your soul.

Your soul-flower of hope is your own, but you would do well to share it with others, so they may know of its colour and fragrance. Sometimes when conditions are harsh, it may shed its petals, but allow more to grow and your flower of hope will grow stronger and more beautiful.

The hope-flower thrives on positive energy, but do not keep hold of this energy as if you would not let it go. Rather, hold it as a gift, always giving thanks to the Divine Creator, who is the ultimate life, hope and energy. The energy can then be used for the good of all Creation, which is the higher aim of the universe.

Have you ever felt without hope? Have you ever looked at the daylight and felt only the darkness? This is the experience of despair, the other side of hope. It is difficult for the hope-flower to grow in such light deprivation, but one single atom of light is enough to stir the life force. At such times, you may be unable to understand the gift of life energy, but simply use that energy to stay alive. Be comforted to know that the full appreciation of hope can only be understood by the experience of despair.

If you should feel without hope, look outwards with your soul eyes. Look outwards to the sky and the trees. Listen to the birds, touch the grass, sniff the roses and feel the softness of their petals. If you feel you need to, stand under the night sky and weep for the distance you perceive. Or walk in the rain and let your tears mingle with the raindrops ... but let this be a release. The stars will not condemn you and the rain will serve to bless you, if you open your heart to Creation. For what does the Divine Creator love more than Creation? In this way, the negative transforms into the positive and the flower of hope inside your soul suffuses with colour and energy.

What should you do if someone you know has lost hope? Do not try to take their burden, their learning, but smile at them with your soul. Do not tell them they should not be feeling as they do, for no one has the right to tell another how to feel. Simply smile and love and offer a prayer from the ground in which your own hope-flower grows.

Sometimes your world might seem to be losing hope, but have you not noticed that as quickly as one flower withers and dies back into the ground, another is sending forth its shoots? Like a well tended garden, hope is dynamic and it will never be taken away.

Let not your hope be passive, but let it live and breathe and take form in positive thoughts and actions. Talk of your hope – share your hope, for hope spreads well in the open. One single seed of hope can grow into a beautiful garden of flowers. One single spark of hope can ignite a movement towards the light.

Let hope, then, be your guiding star – your comfort and your mainstay. When the Earth plane shares its hope with the spirit world, the whole of heaven smiles and the angels sing with joy.

May your flower of hope continue to grow in beauty and strength and peace. May it grow in the sure knowledge that the spirit world receives and reviews each sincere and heartfelt human hope for the benefit of you and for the benefit of all Creation – for hope is the opening of the gateway of miracles.

### **INTOLERANCE**

Greetings and much love to those who are prepared to consider their own intolerance. It is a simple fact, beloved ones, that intolerance of any living being is an intolerance of Creation itself. All are on the Earth for a purpose, no matter how distasteful to the human perspective – all are a fundamentally valued part of the Oneness.

However, intolerance is a deceptively complex issue and there are different ways in which it can be understood. Firstly, what is intolerance? Is it pre-judgement? Is it rejection? Is it narrow mindedness, arrogance, failure to see the wider picture?

This is so at soul level. At this point, it is helpful to distinguish between intolerance at behavioural level and intolerance at soul level. At behavioural level, intolerance is likely not to be so deep-seated or negative, if it is truly only behaviour that is the issue. However, it so often happens that behaviour is not separate from the soul and intolerance deepens into intolerance at soul level.

Intolerance at soul level can be divisive, detrimental and dangerous. It can be the precursor to stronger negativity, such as prejudice and hatred. Much has been learned from the collective intolerance of races and religions and it is believed that many now are beginning to understand the positive value of tolerance.

If you search your soul and feel you are intolerant to certain

souls by reason of their behaviour, race, religion or difference to yourself, then love is the answer. Try to see the other as a loved and valued part of the Oneness, just as yourself, and ask for your intolerance to be transformed into the loving tolerance of spirit.

On yet another level, to tolerate might imply to put up with that which is not much liked, be it soul or behaviour. There is likely to be an element of self-righteousness in this kind of tolerance, which is a form of pride and how often is it said that pride comes before a fall?

That is the negative side of intolerance, but know that on the behavioural level, there is also a positive side. Human behaviour can be very detrimental and in this sense, should not be tolerated. Thus, any intolerance you feel within yourself needs to be constantly evaluated. From where does your intolerance stem? What does it say about you?

Beloved, know that from the spirit world you are never tolerated – you are loved, deeply and unconditionally and forever, for the special, valued soul you are!

### **INTUITION** (Tune in to the tuition within)

Blessings from the spirit world and know that many blessings will indeed flow from your own intuition, when you trust in both the spirit world and in your self. Intuition is your own inner journey – a journey that is blessed by spirit and guided every step of the way with never ending love.

Intuition – the tuition from within – your higher self speaking in words of wisdom; in sudden understandings; in dreams, images and visions. There are so many ways that so much can be imparted, uncovered and rediscovered.

You are all intuitive and you are all capable of so much. Never think that others are more intuitive than you or that you are more intuitive than others – do not waste your precious energy on fruitless comparisons. It is simply that some of you have learned to listen more acutely to your inner voice, your soul promptings. To listen is very wise, for do not those who listen well learn most?

You have entered your world with much stored knowledge and many memories from previous learnings. While this knowledge may not be conscious, it is there, ready to be accessed and used if so needed. The realms of intuition are founded in cell memory, evolution, association, flexible perception and in openness.

Another means of intuition occurs in promptings from the spirit world, reminding you of such previous knowledge and learning, or of new links, or of adaptation, or of simply sharing your inner journey with others. There is much synchronicity of learning between the spirit world and the Earth plane and much knowledge is imparted intuitively from spirit to Earth.

Thus, the flowing of intuition is a wonderful gift of growth, between and within realms. How, though, should you practise your intuition, your sixth sense? Be still in your mind ... be still and ask and trust. Trust is so important – trust in spirit and trust in your own higher self. Listen well and be open to answers and promptings that you may not have been expecting.

As your sixth sense, intuition is so often drowned out and overlooked by the more immediate physical senses – and yet intuition leads to an enhanced physical life, maturity of spirit and many soul blessings. Indeed, some say, "Follow your heart" – and it is true that while your intuition may seem based in your mind, it flowers in your heart, in the expression of your soul.

It is understood that the pull of your physical world is strong and the noise level is loud. It is therefore imperative to find a quiet space – to retreat temporarily from the world’s demands if necessary – to be retuned and recharged via the wonderful capacity of intuition and thereby able to deal more effectively with the world.

Share your intuitions with others and always listen to theirs. Try not to hear just the words, but listen to the deeper message. Intuition – the gentle gift of insight – to see what is spoken in silent words of thought, as subtle and as strong as a finely formed spider’s web.

Make it a daily prayer to ask for intuition: “May I listen to my higher self and be guided by intuition today.” Exercise your intuition and it will grow stronger. Exercise your intuition and you will feel the pleasure of many spiritual rewards. Learn from your intuition, beloved spirit. Learn that there is never no answer, but only the answer that you have not yet heard.

### **JEALOUSY**

Draw near, those of you who suffer the shadowy pangs of jealousy, which clutch at your heart and threaten the wellbeing of your soul, causing you great and unnecessary anguish.

First of all, know that it is not a sin to experience jealousy – the idea of sin is of human origin, used to subjugate the many by those seeking power. However, as you must be aware, jealousy is a negative energy, which eats away at your heart and begins to poison your mind.

Do you not realise that you do not deserve to put yourself through such torment, just as those of whom you are jealous do not deserve to be the brunt of such negative energy? If you are

jealous of another, you cannot feel whole. You cannot be acknowledging and accepting yourself as a whole, beautiful, worthy spirit in your own right, just as you cannot be accepting the other as a whole, beautiful, worthy spirit in his or her own right.

Why are you jealous? Why do you want that which belongs to another? Forget the idea of possession, for no one can possess any person, or indeed any thing. Each life is a journey, a precious learning experience, despite whatever burdens or delights have been chosen. Your soul eyes need to be focussed on how you have been blessed – and there are always so many blessings if you so choose to perceive them.

To covet the stars shining on another’s world and so miss the sun shining on your own world is a pity indeed and the cause of much unnecessary sadness. Do you feel the other is not worthy of those stars, or that you deserve them too? Take care, for you may not only miss the sun, but the stars which are waiting to shine for you, just as sunshine gives way to starshine in the night sky.

Of what are you afraid? That you will go without, or be left behind, or will miss out on the good times? Do you not understand how your jealousy wounds you, how you are not seeing clearly through your spiritual eyes? Take care that such misperception does not lead from jealousy to bitterness, for bitterness corrodes the soul.

Rather, listen to your inner self, which will tell you of what you are afraid, if only you are brave enough to listen. Remember there is no jealousy in the spirit world, in the Home from where you came and where you will return. Concentrate on the wholeness and beauty of your soul and on the wholeness and

beauty of other souls.

Spend time with the healing power of nature. Forgive yourself, heal yourself, love yourself – and move on. Your heart would shine in all its glory, so that its loving energy can heal and bless others, rather than let jealousy turn its energy inwards and become dense with the sucked in energy of a black hole.

Be kind to yourself as you travel on and know that jealousy is as a small stone in your shoe, as you journey towards the wonderful, beckoning light of Home.

### **JOY**

There is so much joy in Creation, so many reasons for the exultation of the spirit. Indeed, it is a sadness only when you cannot see or feel any reason to be joyful!

There are many manifestations of joy, on many levels. There is a peaceful form of joy from the appreciation of Creation – the simple act of looking at the shape of a tree, or the delicate intricacy of a flower – looking outwards to feel the joy of life, of existence, portrayed in innocence and wonder in the miracle of nature.

How can you feel the warmth of the sun outside and not feel a joyous surge of warmth inside that the sun exists and shines for you? How can you feel the rain and not be lubricated with the joy of knowledge that the water cycle perpetuates itself for you? You may say that the sun and the rain and all creation exist for all – but are you not part of the all, a microcosm of the all? Receive the joyous gift with humility and thanks and allow it to revitalise your soul.

Learning to transform your dark clouds into gifts of life-giving

rain is a joy of learning, which lifts the heaviest heart. Whenever the dark clouds gather, keep your inner candle of joy alight, knowing that the dark clouds will eventually pass, to reveal the most beautiful light. Indeed, you may experience that light in a sudden ecstatic explosion of joy – truth bursting forth, shooting high in the air with a delight of colours. This may be only momentary, but the joy of the light remains forever in your memory.

The precious joy of true communion with another soul is one of untold benefits. The resulting expansion of light and well-being is a song in the heart, the melody of which is received in the spirit realms with reciprocal love. Indeed, the different realms of joy are manifold – you are all capable of so much joy that you do not yet fully comprehend. Think of your most blissful moments and know that they are but a dim precursor of the joy to come.

Some of you wonder at the joy of love in your physical bodies, but how much more is the joy on the spiritual plane – to know, to understand, to experience the life force of another in moments of true union is a treasure beyond compare. Imagine – no worries or fears, just the joy of one another. Does this thought not cause rivers of joy to flow through your being, with currents of love and wonder?

Never dismiss small joys in search of bigger joys, for in so doing you demean the essence of joy, which exists for your benefit. If you would delve into the meaning of joy, you would smile always inside to know that you are loved, that no darkness can extinguish your light – so smile, dear spirit – smile in the depths of your being!

Sometimes you may experience a poignant form of joy that finds expression in weeping. Do not confuse this with sadness, but be

thankful for the sensitivity of your emotion and marvel at the different colours of joy that are simply awaiting your discovery.

Give thanks for all the colours of joy in your life. Hold on to your joy – nurture your joy – share your joy. Remember that there is no joy without the Divine Creator. Joy, in all its forms, is an awareness that the Divine Creator is touching you gently on your arm and smiling the most wonderful blessings into your soul. Then remember that all you know now is but a mere anticipation of the most heavenly joy to come!

### **KINDNESS**

Breathe in deeply – breathe in the eternal kindness of the Divine Creator in all that exists – breathe in the silent gift of Creation. Then breathe out from within all the kindness existing in your soul. Breathing kindness in this way will encourage the flow of positivity and enhance the vibrations of life.

What is kindness? It is thinking of another with love and putting that love into action, even if it can only be shown in a glance from loving eyes or a smile from the soul. Kindness is not a showy gesture or forced generosity, but is a gift given with quiet grace and with sensitivity of purpose.

Think for a moment of all the kindness you have ever known – it does not matter that you cannot remember it all. Simply picture all the kindness in your life as a present, wrapped up in a ribbon of love – then send out a prayer of thanks for all those who have contributed to that present and blessed your life with their kindness.

Imagine a world without kindness and you will understand its value. Do not think for one moment that it does not matter whether you are kind. Some of you will be familiar with the

feeling of being so low that a single kind word can make you want to cry. Kindness is a healing energy and your small gift of kindness may be the very drop of moisture to fall on the soil and begin the flower's growth.

Kindness is not softness or indulgence. Kindness is sometimes of necessity encased within a hard coating of learning, but the learning is the best solution for right being and for moving forward into the light.

There are those who think they are starved of kindness, but if they would only open their soul eyes, they would perceive the kindness of the Divine Creator around them and within them. All of nature is given freely for your wonder and delight, from the magnificent planets to the healing plants of Earth.

There are so many kindnesses of existence – even pain is a warning of imbalance. The kindness of sleep is a wonderful gift, as is the kindness of physical death – for the passing of time with its inevitable ageing process is not relentless as some would say, but is a loving passage towards Home.

When you cannot carry out a physical act of kindness, it is a spiritual kindness of untold value to say a prayer from a pure-hearted motive. Such a prayer can act as a drink for a thirsty soul, or as a cool hand on a fevered brow. Such giving vibrations will attract the same – kindness will attract kindness. But do not give kindness in order to receive, for then your motive is impure and is a form of selfish game playing.

Dear spirit – practise breathing kindness and the very stars will shine more brightly for you, for your connection to the spirit world will grow stronger and your soul eyes will perceive more clearly all the kindness of Creation.

**KNOWLEDGE**

Greetings and blessings to all who seek enlightenment – for what is enlightenment, but a knowing of mind, heart, soul and spirit?

The meaning or the essence of knowledge, however, is much more than is at first understood. In your world, it is as if knowledge is an entity that can be contained in a mental box, or attained by a particular course of study. Knowledge is perhaps better labelled in spiritual terms as knowing and it would be well to remember that it is just a label – never revere knowledge above all else.

In your world, much is made of mind knowledge. It is indeed good and necessary to understand/know with the mind, but there are many other forms of knowing at many levels of existence. It needs to be understood that every form of knowledge is valued for what it is.

In your world, it is as if everything must be categorised, compared, weighed and measured, in order to understand its worth – but know that everything that is created has worth. It is well and good to categorise, compare, weigh and measure in order to reach greater understanding, but do not think that such endeavours are the end product and signify attained knowledge. Such endeavours are simply a temporary means of understanding the dynamics of existence. As Earth's collective consciousness expands to allow greater and deeper understanding, so the methods of reaching that understanding will change.

All knowledge is part of Creation, from the reactive knowing of cell memory to the intellectual understanding of particle physics. Every single atom or spark of knowing is a part of the great Knowledge of Creation.

Why are you living on your Earth? Is it not to experience in order to understand, to gain knowledge? You are only on your Earth for a time, but knowledge is not bound by time. The great Knowledge of Creation exists in all time – it needs no time, it just exists. For the benefit of human life, though, knowledge has been broken down into small parts, so that there have been different periods of prevailing knowledge.

To understand this, think of an alphabet that is made up of many different letters. Each letter is a valued and necessary part of the alphabet, although each letter exists as a separate entity. Think of the process of learning to read and write – how at the start, the number of words is limited, but as understanding grows, so the capacity for making more words escalates and produces more and more scope for creativity and knowledge.

Think of your Earth's history as the process of learning to read and write. There have been many different periods of prevailing knowledge – of survival knowledge, experiential knowledge, natural Earth rhythm knowledge, cosmological knowledge, scientific knowledge and many, many other fields of learning. Each field and period of learning has been, and still is, as an individual letter of the Earth's alphabet. At the present time, the prevailing knowledge is that of integration, as each separate letter of the alphabet is joined with others to make new words. As this integration escalates, so there is more scope for a far greater and deeper understanding, until the language is spoken fluently! Be reminded that this is just the Earth's language and there are countless other languages in different stages of understanding.

While Earth knowledge is contained by time, so the pendulum swings from side to side, from one extreme to the other, but gaining knowledge with every movement. Do not despair that

lessons are not being learned, or that the greater part of humanity is missing the deeper moral, humanistic and spiritual learnings. The time scale and the alphabets are more than you can at present comprehend, but the possibilities of the languages that will one day vibrate in heavenly harmony are also more than you can at present comprehend!

Beloved spirit, remember that your life is a precious opportunity for knowledge and that what you came here to understand this lifetime, you will be led from the heart to discover. Likewise, remember that all lives are precious opportunities for knowledge – never treat anyone as having less knowledge than yourself. Respect the knowledge of the newborn baby and the young child, even as you respect the knowledge of the older person. All are expressions of the great Knowledge of Creation, the motivating force of which is love.

### **LONELINESS**

Beloved ones, I send much love from the spirit realms, to comfort and uplift all those who feel pangs of loneliness winding tendrils of sadness around their heart.

Know that such feelings are temporary. They are born from your lifetime's journey, born from the subconscious remembrance of your spirit Home and the bliss of communion with other spirits, amid the sure knowledge that you are one with all there is.

Know that your loneliness is simply the human result of your spirit's yearning for that sense of complete and wonderful belonging that sings quietly in your soul of a higher and more harmonious existence beyond your human dreams.

Remember that loneliness is not aloneness. In your human life, you can be alone and feel not one shred of loneliness, whereas

you can be amid a thousand people and feel the desolation of utter loneliness. Aloneness acknowledges and still feels the connectedness of Creation, whereas loneliness feels isolated from the connectedness of Creation.

Beloved, if you feel lonely, think more deeply upon your loneliness. Is it possible that your feelings are prompting you to reach out to others? Or is your loneliness a sign that all is not well in your life journey – that healing is perhaps necessary for your self, which may be emitting negative vibrations that are tending to keep others away?

It is not wrong, or bad, or detrimental to feel lonely. Do not feel afraid of loneliness. Do not try to push it away or occlude it with much work and many tasks. Spend time alone with spirit and ask the deeper questions of your existence. When you truly connect with the Oneness of Creation, it is not possible to be lonely.

Know that the spirit realms are ever with you, always only a thought or a heartbeat away. Allow yourself to be comforted by the angels and helpers that watch over you with such love. Indeed, the manifestation of Divine love is so abundant when you are able to perceive it. Know that you are loved, eternally.

Know that you belong to Creation. You are a vital part of all there is and your feelings of loneliness are known and blessed. If you are feeling the loneliness of grief, be kind to yourself and seek healing. It is only the human part of you that grieves, although it is understood how the grief can feel deep and overwhelming. Know that you truly are not alone, not ever, and know that your grief and loneliness will ease away into the acceptance of total love, which is your destiny.

Give thanks for your life, remembering that your loneliness is

just the echo of your own soul, calling to that for which it longs. Be at one with the beauty of Creation – stand under the sky, breathing in the knowledge of your connectedness and smile in the deepest recesses of your soul, for all is well.

### **LOVE**

Greetings and love from the spirit world to each and every one of you. I would like to speak of love and for this purpose, I ask that you breathe deeply and slowly. Know that you are safe, that the realms of spirit are sending out waves of the most wonderfully coloured energy to enfold you completely.

Let your thoughts and feelings centre on your heart, to that lovely special place where you are most sensitive to love. Imagine your heart as a flower – any flower you choose – which is even now opening its petals to reveal the colours of your soul.

Feel the love of spirit flowing down and around you, just as a summer shower of fine rain refreshes the thirsty earth. Feel the life-giving moisture refreshing your heart-flower, enhancing its colours and helping it to grow.

Does not a smile happen in your soul to feel such love of spirit? Know that the spirit world blesses you as you smile and indeed smiles upon you with love stronger than the sun.

Love ... let us consider love. Love is the alpha and omega; the life spark; the meaning; the reason; the everything. You came from the love-place and you will return to the love-place, it is a truth.

Love ... feel the word itself soothe and bless you, for the word carries the meaning and the meaning of love is a healing energy. Love is free – the gift of all for all. Free the love from inside yourself, for there is nothing to fear from love.

Love ... so many levels of love. Love limitless and boundless. Love never-ending and everlasting. Love is your beginning, love is your journey and love is your destiny.

Love ... the ultimate power. Be aware of the power of love. Let love be your deepest motive, your highest goal and your abiding desire. Be strong in the knowledge that love can keep afloat the drowning soul; can support the weary; can save the lost.

Love ... the divine spark within all, that can burn away the darkness and see through the thickest mist. If this can happen from one divine spark, consider what can be achieved when many sparks join together to create a living fire of love!

Love ... there are many in your world who have misunderstood the meaning of love. Many seek to use love, but once love has been used to manipulate, it is no longer love. Many selfish acts are carried out in the name of love, but loving acts can only result from loving motives.

Love ... love shines in all the colours of life, to nourish and delight you. Your world is a gift of love and your helpers and guides are a love link. Let the love flow, to strengthen the power of guidance. Such love is as gentle and strong as an angel's wings.

Love ... love is the key to unlock all doors. Love is the answer to all questions. Breathe the love into your heart-flower and feel its fragrance permeate throughout your being. Rest in that love for a moment, knowing that it is eternal.

Allow your heart-flower now to gently close its petals, but know that it remains forever beautiful in all the colours of your uniqueness. Just as your heart beats for you, so your heart-flower grows for you. It is your special gift – tend it well and

share its fragrance with others. Peace and much love to you all.

### **MATERIALISM**

Much love to those who are bound by the confines of the material world and especially to those who are temporarily chained by their own materialistic world.

Beloved – remember that you are of spirit and that the spirit world knows and understands your current material needs. It is simply the wish of the spirit world that you remember how materialism stifles spiritualism – that the more energy you invest in your external material world, the less you are able to invest in your internal spiritual world.

However, much is being learned of human nature and of your Earth by the complicated interaction of humanity with materials. As with everything under your sun, all materials can be used for positive and negative effect. It is not the materials themselves that stifle and confine, but the meaning and intent with which they are endowed.

It is so easy and it is a trap to instil into your material world so much feeling and emotion that would be better used on the non-material. Remember that material possessions are temporary and transient and can never truly belong to you. Likewise and even more importantly, remember that souls inhabiting material bodies can also never truly belong to you.

If you are unsure of how you are interacting with your material world, ask the spirit world for balance. All that you need for your chosen existence will freely and lovingly be given to you. It is well and good to respect the material, but do not revere it. Do not be captivated by materialism, for if you are captivated, how can you be free?

A balance between your material and spiritual worlds is achieved by your intent to use materials for the highest good. Ask for blessings on your materials. Many materials can be used to achieve much that is beneficial – for instance, from the simple choice of uplifting colours to the technological advancements of medical science.

Thus, it is good to use materials to achieve a sense of wellbeing, but it is not good to use materials simply to appease your passing desires. Use your materials, do not let them use you! While it is understood how material bodies need material items, do not be distracted by trivia or enslaved by hedonism, for such pursuits will simply serve to delay the glorious dawning of your soul's destiny.

Beloved spirit, remember how your soul needs to fly in freedom. Remember how too much of the material will simply weigh you down, so keep light as you journey to the light!

### **MINDFULNESS**

Dear spirit, whose mind is receiving these words – receive them with the love of the spirit realms, whose desire is for your highest learning and for your highest good.

Mindfulness is not having a full mind, but rather a mind that is fully aware and fully alert for the processes of growth, knowledge and understanding. It is having a mind that is fully connected to your heart, so that all such growth, knowledge and understanding is motivated and inspired by love, the purest energy. Such mindfulness leads to wisdom.

Your mind, dear spirit, is capable of much you have not yet discovered. Your mind can be your greatest friend, to guide and inform and delight you. If you think of your mind as your best

friend and your heart as your lover, then how beautiful is the energy of the two combined and working in harmony!

Your mind is your soul's working place, where so much information is received and processed. Therefore, to be mindful of the true nature of your spirituality is to enhance your whole existence and greatly aid the journey along your life's pathway.

Your mind is unique and suits you well. Do not envy the mind of any other, for in so doing you will allow negative energy into your own mind, to interfere with your learning process. Rather, love and nurture your mind – encourage it always to be a positive place.

Keep it healthy as you keep your body healthy, with exercise and good food. Do not feed it with images of the baser elements of life, such as violence and greed, which only serve to detract from your life's goal. Allow your mind to drink the clear, cool water of the mountain stream, rather than poison itself with stagnant, fetid water from the sewage system.

Mindfulness can greatly aid your soul's vision, just as a pair of glasses can aid your physical eyesight. Such mindfulness, connected to heart, can help you to perceive how another's reality fits into the current moment and thus allows you to develop a greater degree of emotional and spiritual intelligence.

Mindfulness, the soul's perception, helps you to see the wider spiritual perspective and thus clarifies your connection to the world of spirit. This form of mindfulness is widely practised in meditation, for which the spirit world is thankful!

Such mindfulness of the individual is as a candle of love lit in the mind. Consider then, how the collective consciousness is alight

with the love of innumerable candles and marvel how the light of one single mind-candle can positively affect the universal mind. Keep your mind-candle lit, dear spirit, knowing that by being mindful, your mind will be filled with love.

### **NEGATIVITY**

Dear Earth beings, so much love is sent to you from the world of spirit, to melt away any negativity that causes you unnecessary pain, misunderstanding, or prolonged difficulty.

It is understood that life on Earth is not easy and that what can at times seem overwhelming can give rise to negative emotions. It is sometimes your partial disconnection with the spirit world, your Home, that initiates this feeling. The time you spend on Earth is so valuable and regarded with much respect, but it is understood that what seems like the twinkling of an eye to spirit can feel like a life sentence to an incarnate being.

That is the general picture, but the more specific picture involves your chosen life vehicle – your personality and the chemical structure of your brain. Much is being learned of the human microscopic world of chemical interaction and balance and those of you who suffer from depression and the so-called emotional disorders are thanked for your experience.

All of life is made of so many parts – structures within structures and interactions within interactions. It is not meant to be that your life experience is all positive and easy, for the deepest learning does indeed take place at the limits of your endurance.

Ever was it said that you cannot understand the whole without experiencing its two opposing sides. Thus, you cannot fully understand the positive without having first experienced the negative. All of life, including your Earth, is a balance between

two poles. It is in all Creation – in north and south, in yin and yang, in male and female.

However, for your own ease of being, it would be wise to be appreciative and open to the more positive view of life, the way of seeing the cup half full, rather than half empty – but never, never chastise yourself unduly, for is that not the negative way?

It would be better to spend your energy connecting with the balance of nature, to feel yourself ebbing and flowing with the phases of the moon and the passing of the seasons, for in nature the interaction between positive and negative can easily be sensed.

Beloved spirit, know that what you may perceive as negativity is but a passing moment that will be blessed for eternity when you return to your spirit Home. Simply tune into the spirit-linked reality of your higher self, to connect with the essence of Creation that in the end will transform all the negativity you ever knew into the wonderful positivity of universal love.

### **NOURISHMENT**

Draw close and feel the nourishment that the spirit world delights to give. Feel the sweet vital essence of spirit love fulfilling your soul's need, so that you smile with inner contentment to know that all you need is yours for the asking.

Nourishment for your soul is so necessary, but is overlooked by many. The emptiness and hunger of recent decades, however, combined with the growing spiritual awareness of the few, has led to a collective reawakening to the fundamental need for food and water for the soul.

Just as physical life cannot be sustained without nourishment, so

your soul cannot live and grow without spiritual nourishment. Your need for nourishment echoes in your dreams, in promptings and yearnings. Just as the physically starving dream of food, so the hungry soul dreams of what it needs.

How is spiritual nourishment obtained? It is obtained by opening your heart and mind to your spiritual self and the realms of spirit – by acknowledging the true nature of your spiritual existence and recognising your life's path and your life's destiny.

When you sit and meditate, it is as if you sit at a table to eat a meal that supplies all the nutrients you need. When you meditate with others, it is as if you share a meal of many different foods. The spirit world delights to feed the searching soul in this way, just as it delights to give nourishment in dreams and insights.

If you come to the table with a true and open heart and mind, you will be given exactly what you need, to suit your soul's requirement. You may want to try all sorts of different foods and it is good that this is so, but be aware that your soul knows what it needs and it is therefore best to listen to your soul.

There are so many qualities of nourishment that your soul may need at different times, as you grow and progress and learn. Such qualities as peace, encouragement, compassion, understanding and wisdom can be a feast for the hungry soul – but the greatest nourishment of all is love.

What of the water of life? Is not love the liquid elixir for which your soul craves? Love is both as food and drink, for love encompasses all.

Can you help to nourish another soul? Of course you can, although it would be well to recognise and give thanks from

where the nourishment originates.

Rejoice, dear spirit, every time you know you have been nourished, as you feel the energy of love permeate your soul. Feel your self tingling with joy and wonder and thankfulness and the calm, blissful assurance that all you ever need for your soul's growth will be gladly and lovingly given to you.

### **OBEDIENCE**

Beloved ones, so much love is sent to you on the Earth plane, as you struggle and come to terms with all the constructs of humanity, of which obedience is one.

Obedience implies the act of obeying, of doing as one is told by a being or force of greater importance or power than yourself. Let it be known that in the spirit realms, there is no need for obedience, as it is understood without question that all are part of the Oneness.

Thus, it can be understood that every single action, thought or change of energy affects the whole. It follows therefore that to cause harm to another is to cause harm to yourself, which will affect the dynamic energy of Creation. Take heart, though, for the same applies to all good thoughts and deeds. It is the cause and effect of Creation, of which you are an integral part.

On your Earth, it is easy for obedience to be used negatively, to be taken to extremes that can lead to obsession, domination and oppression. Indeed, much is still being learned about humanity via the construct of obedience. All such extremism leads to great imbalances. Much love is needed to heal the wounds thus caused and to restore the balance of Creation.

Is it not so much better to practise respect for the whole of

Creation, rather than to adhere to the often misdirected motivation of obedience? If you are motivated by respect for Creation, you are motivated by love itself and linked directly to the energy source.

A milder, more positive form of obedience is perhaps the discipline with which you address your daily life. In this sense, you are being obedient to yourself, as you carry out the practices that you know will aid your soul journey. As with obedience and every human construct under the sun, it is far better to seek balance in everything you do, rather than to take or use anything to extremes.

Beloved ones, if it is in your nature to follow and to be obedient, follow your heart and be obedient to the laws of Creation, which are the laws of love itself. There is no obsession, domination or oppression in love, but only the exquisite freedom of a soul in flight.

### **OPENNESS**

It is with much love that I ask you to consider openness – the way of joy and delight of honouring your connection to spirit – the way of growth and the flowing of universal energy.

How sad is the closed soul – how much is missed by the being who will not face the light. Yet there are those who have closed for purposes of protection. It is for such as these with closed minds, hearts and souls that I ask you to send waves of love to gently encourage their opening.

Consider the openness of a young child who knows security and the wonder of discovery. Such a child is open to the world around and is not afraid to explore new ideas. Such a child trusts that the universe is benevolent.

However, just as such a child needs to be protected, so you must also be protected, for to be open can sometimes mean to be vulnerable. There are different levels of protection, from looking after your own physical needs to the invocation of your own guardian angel.

Trust always in the guidance and protection of the spirit realms. Let your mind be open to all that comes your way, for all that comes your way is meant for you, even if it is meant for your rejection. Trust in spirit will open many doors, which lead the way to many discoveries.

As trust in spirit is even now growing collectively, so many doors of understanding are opening, from science to intuition and from microcosm to macrocosm. In time, the scientific and the intuitive will be integrated and understood, as will the microcosmic and the macrocosmic worlds that you inhabit.

It is understood that much pain can result in closing for fear of further pain, but there is much healing for such a soul who wishes to be open. Such a soul is as a delicate flower, the healing of which will allow the petals to open.

Consider how some flowers close their petals at night for protection, while others are flagrantly open to the elements! Each soul is unique and each soul has different levels of need for openness and protection. It is an individual balance with which the spirit world is happy to assist.

Remember that being open does not mean accepting everything, for you would be overwhelmed. It is enough to see all that enters your consciousness through spiritual filters of love.

Open mind, open heart, open arms – remember that the open

stance is the easiest for both giving and receiving. To stand with open arms, both physically and spiritually, enhances the flow of universal love.

Be open to guidance – be open to learning – be open to healing – but most of all, dear spirit, be open to love.

### **PEACE**

I send you love from the spirit world, from the realms of perfect peace, where acceptance, understanding and the love of the Divine Creator permeate the universe to infinity. In truth, peace is a gift from the spirit world, but it is also a human choice, born from the soul's need for attunement and enlightenment.

There are many levels of peace and many different qualities of peace. My wish is that you all come to know, deep inside your soul, the inner peace that is a beautiful blessing, which enhances your very existence. If such peace seems but a wistful dream, take comfort beloved spirit, that the peace you desire is as close as your next breath, as nearby as the gossamer thin veil that separates our two worlds.

What then is peace? It is acceptance of a sort, an inner quiet knowledge of love that sustains and beautifies and glorifies each questing, bruising, mundane moment of existence. It is awareness of the peace to be found within and without – the peace of the soul and the peace of environment. The one can enhance the other, but inner peace is the quietly burning candle flame, which can overcome any turmoil of environment.

Seek, though, the peace of environment, for it serves well to remind you of the knowledge of love that the Divine Creator bestows on all Creation, and this cannot help but connect you to the deeper peace within. Within the outer fight for survival, to

which every living organism is subject, can you not see beyond the physical realm to the realm of spirit, where physical death is a gift – for physical death is the gateway to peace beyond measure?

Dear spirit, the greatest threat to inner peace is yourself, for the ability to connect to your inner quiet voice is an instinct, only drowned out and overridden by desires of the flesh in pursuit of selfish gain and selfish pleasure. But peace – your journey of life is a learning ground and your moments of greatest turmoil are your moments of greatest learning.

Relax in the knowledge that your life's journey is indeed but a moment in existence. Relax and feel the steadily burning flame of your own inner peace carrying you through your unrest, ever onward to the unfolding expansion of awareness, until your vibrations blend perfectly with the perfect peace of all Creation.

Send your own song of peace into the far reaches of the cosmos. Gaze at the distant stars and feel the peace of ages wash away the burden of your day, purifying your soul, ready for its journey into the realms of night.

Such peace is a gift, given mostly to yourself, but if you share your soul with others, they will sense your peaceful vibrations and begin to attune to their own inner peace, longing unaware for the peaceful heaven of Home.

Peace – is not the word itself healing? Heal yourself with the peace that comes from forgiveness, from compassion, from love – the peace that indeed passes all understanding. Peace among the thorns. Peace in the wilderness. Peace inside the pain.

May all the colours of peace fill all levels of your being with the

truth and beauty of a soul in tune with the universe. Peace forever!

### **PREJUDICE**

Greetings and much love to all who grapple with the learning fields of Earth! It is the pleasure of the spirit world to commune with those on the Earth plane of the particular mindset and the thought processes labelled as prejudice.

As the name implies, prejudice involves the act of pre-judging and is therefore not an informed state of mind – it is not open and adaptable, but closed and obstructive. Do your utmost not to pre-judge, for if you pre-judge, you deny the unfolding of a precious soul's life story. In this sense, prejudice is not listening, not accepting, not allowing a soul to be. The negative energy of prejudice will always affect the one who manifests it, rather than the one to whom it is directed.

Much perceived harm has been perpetrated by prejudice, although much has been and is currently being learned from this facet of human behaviour. The human mind is capable of so much not as yet recognised and so much not as yet remembered, but in human terms, it works on the basis of survival – the dynamic but fundamental desire to survive.

There are many degrees of prejudice and some of you pre-judge without even realising. It is not a sin (as sin is a human construct) but it is in the interest of future and higher development that you all become aware of your different prejudices, no matter how apparently small or benign, or disguised in seemingly acceptable guises such as patriotism or competitiveness.

Your world is set to change in a leap of collective consciousness –

is even now engaged in that process – and a state of heightened and deepened self awareness is necessary, so that the prevailing energy is more geared to the survival of Earth than to the survival of self.

Think then of your prejudices. Think why you feel threatened or disgusted by certain others. There is always some reason why this is so and the reason is always in yourself. It is thus essential at all times to remember that you are all a precious spark from the Divine Consciousness – all valued and loved for who you are and what you have set out to achieve in your lifetime.

It may be that your human consciousness has been damaged by the prejudice of others. In this case, you will need to be healed and it is the delight of the spirit world to administer healing to all who ask – to every single one of you ready to address the questions of your life's existence. Know that the answer is always love – in many forms and in many kinds of answers, but always love.

Prejudice and unconditional love (and pure love is always unconditional, or else it is something else disguised as love) cannot co-exist. To those enlightened beings who are in tune with your higher self, including those who feel you are simply trying to be in tune, seek to expand and alter your consciousness, so that all your prejudices are gradually, honestly and beautifully transformed into love.

### **QUALITY**

I invite you to ponder on the quality of your life and all that it entails. Let this pondering be carried out in the knowledge of the love that surrounds you from the spirit world. Let the quality of that love be as gentle as the rain that falls from a benevolent cloud, refreshing you in gentleness and peace, soothing your

soul and allowing you to open your spiritual eyes to all that is within and without.

Dear spirit, the quality of your life is what you make it. You have already chosen the difficulties that are your means of learning, but how you approach and work with those difficulties can either enhance or detract from their potential quality of spiritual insight. If you close yourself to the spiritual perspective, you will delay that insight.

The quality of your existence is both as an individual and as part of the collective whole. Your own unique quality – the quality of your soul – will add to and blend with the collective consciousness. How much better if the gift of your soul's quality enhances the universe to its highest potential! It is a gift that will be returned to you in manifold ways, for you are part of the collective, just as the collective is part of you.

Think of nature – does it not give of its best, wherever it is, in whatever conditions? All that it can give, it gives. Think of the tree that grows in the wasteland, or the solitary flower that grows on the edge of the rubbish tip. Are those gifts of nature not more beautiful in quality for the utmost gift of themselves? Does not the candle flame burn in glory to its full potential? Dear spirit, let the flower of your heart grow to its utmost and the flame of your soul burn in glory!

The quality of anything that exists – material, emotional, or spiritual – is integral and fundamental to that thing. It is its essence, its breath, its *raison d'être*. It is the whole that is more than the sum of its parts and in that quality lies the gift of self. Even the raindrops, as they cascade down the window, have their own special quality – and how much more beautiful is that quality when the light is shining through them? The raindrops of

your existence, as you work through your life's learnings, can be just as beautiful, if you allow the light to shine through them and through your soul.

Think of the quality of colours, how they inspire and comfort and freely impart the quality of their essence. Think of the colours of your soul and of your connection with the universal love of spirit. Let that love so shine in your soul that your colours radiate to all those around you and cause the spirit world to rejoice.

Are you not drawn to some beings, whose quality of self, of soul, shines from their eyes and emanates from their aura? This quality of inner beauty is simply their strong connection to the universal love of spirit – a soul living to its full potential. Dear spirit, all that you need to be as one of these enlightened beings is already within you, as your guides and helpers and the angels of light shine their love upon you. You are a beautiful being, whose quality is unique and as precious as the stars. Strive to be all that you can, so that the quality of your soul is the quality of love.

### **READINESS**

May you all be ready to receive these words into your heart, to enrich your soul and enlighten your life.

Readiness is looked upon with much joy from the spirit world, who love to work with those who are ready to work with them. To be ready to act, to think, to breathe in the spirit of universal love is a blessing to all realms of existence.

What is meant by readiness? Readiness is an open and willing mind, heart and soul, ready to work and learn and love wherever a chosen pathway leads. That is one level of readiness – another level is one that seizes the moment. It is a truth that the right

word spoken at the right moment can change a life from shadow to light, as can a warm smile encourage a chilled soul back to life. Be ready, then, to seize the spirit given moment, to spread the wonder of universal love.

Some might say it is a poor excuse to say, "I am not ready", but have care. Such words may indeed be a denial of the chance moment, but there are many levels of readiness and it may be so that a particular soul is indeed not ready for a certain task – it is not right or beneficial to try to run where walking is needed. Motive is all and motive is best left between the soul concerned and spirit.

Readiness – of ear, of eye, of mind, of heart and of soul. Listen, see, perceive, love and understand – readiness greatly eases the way.

What do you need to do to be ready? Trust in spirit and think of the wider perspective, for even a dark event may be the removal of a blockage to a vista full of light. Be ready to perceive all with a spiritual perspective. Be ready to share the story of your life's journey with all who ask – and it is here that you need to listen well. Listen to the deeper question and the deeper yearning of the asking soul.

Be ready to open your mind to all the wonders of the physical and spiritual realms, which are even now being integrated in the widening perception of human understanding. Be ready to believe, although it is here that your intuition needs to play its part – trust in your own intuition as you trust in spirit.

Be ready to be a channel for all the spirit work that comes your way, for there is always much work to be achieved, even though you may not always perceive your part in its undertaking.

Be ready to accept the blessings that the spirit world loves to give – so many such blessings are missed or misunderstood. Be ready to pray, to talk with spirit, for the utterance of such words are as a trumpet call sounding on high.

Be ready to give yourself what you need, so that you work to your optimum. Dear spirit, it is my wish that the importance of readiness be known. Readiness to open your soul, so you will experience all the bountiful blessings that are daily poured upon you. Readiness for spirit is readiness for love!

### **REVENGE**

Much love to all on the Earth plane who are willing to consider the human trait of revenge. Let it be known that revenge is the defensive stance of an unenlightened or immature soul and that there can be no freedom of spirit in revenge, but rather a self-imprisonment in the dark energies of deception, fear and hatred.

There are those who would justify their vengeful actions as necessary to right the balance of wrongdoing. However, it is not for the Earthly domain to balance wrongdoing in this way. Rather, it is in the domain of spirit where a lifetime's learning is analysed, reviewed, understood and balanced within the light of the Divine Creator.

It does not take a very highly developed mind to understand how revenge perpetuates a spiralling vortex of violence into which many are drawn, only to find they are trapped within their own shortcomings. However, much has been learned from this human trait and do not forget that the penetrating power of love can and will overcome all such darkness.

What is to be gained from revenge? The one who justifies his or her vengeful actions might say that a sense of satisfaction, of

balance, is gained, but that soul is thinking only of self and there is no balance, only the scales weighed down at the other end by the negativity and ill-intent of the avenger.

A true act of balance would be to ask for the whole situation to be flooded with love, so that forgiveness can heal the wounds, transform the negative into positive and allow all souls concerned to be free in spirit. Can you not understand how the miracle of love and forgiveness can melt the most frozen heart?

There are many spiritual forces with which the Earth realm is not familiar. You may feel that as one soul, nothing you do will make much difference. Let it be known, though, beloved soul, that your one shining light has the power to join with other shining lights to burn away the darkness – the darkness of the human mind that is even now evolving into a higher stage of awareness.

Shine your light. As the collective power of your Earthly light unites with the light of the spirit realms, so all the human tears shed to form the frozen wastelands of the human experience will begin to melt into glory. Once this process has begun, the light will intensify and revenge will not exist. You cannot hold back the melting of the icecaps! Peace and much love.

### **SENSITIVITY**

Love and peace to all those who are sensitive to these words and allow them to reach their soul through the delicate power of their senses. The sensitive way is not the easy way, but it is the way of highest rewards and highest learning. The more acute your senses, the more you are receptive to all you perceive at every level of your being.

It cannot be said that you are sensitive or insensitive. Rather, you are somewhere along the continuum of sensitivity and your

position thereon changes from moment to moment. It is a measure of awareness and perceptiveness that is pleasing to the world of spirit, who best communicate through the senses.

It is wise to be sensitive to others, but first of all it is necessary to be sensitive to your self. Your senses exist for your own wellbeing, but how greater is the wellbeing of one who is also sensitive to others!

Do not overlook your own sensitivity and do not let it rule you, but aim always to keep a balance. Remember, though, that your level of sensitivity at any one time is to enable learning, either for yourself or for others.

If you feel you are oversensitive, love your sensitivity – it is part of your uniqueness and works on your behalf. However, do not allow yourself to become overwhelmed, but seek healing and balance from your guides and helpers.

If you feel that others are not aware of their own oversensitivity or undersensitivity, simply send them love. The healing energy of that love will help to soothe the oversensitive and ease the undersensitive into greater awareness.

Consider the sensitivity of your Earth – how the petals of a flower open to the sun, how the desert landscape changes after rain and how the fluctuating temperature causes great climatic changes. Just as there are many levels of sensitivity in your Earth, so there are many levels of sensitivity in your being, from the basest primitive response to the spiritual auric field.

Many of you are developing your sensitivity to the psychic and the spiritual and this is a cause of great joy in the spirit realms. Continue to develop all the senses you have and they will grow in

strength. Reach out – explore the energy fields, explore your inner self and explore your universe – but do it all with love, for love will balance, strengthen and heal.

Always remember the value of sensitivity when you communicate with others, for every word, gesture and facial expression will affect who you are with. Remember this particularly when you are in a position of passing on knowledge – always remember with sensitivity the one who is receiving.

Dear spirit, without your wonderful senses, you would be physically dead ... so live! The spirit world blesses you.

### **SHYNESS**

Beloved, know that much love surrounds you always. Know that those who believe they suffer from shyness are blessed by their sensitivity to life's deeper meanings. Therefore, it is unhelpful to use the word 'suffer' – rather, understand the positive nature of shyness and give thanks for the sensitivity it carries.

However, it needs to be understood that shyness is a human construct – a name given to a particular way of reactive behaviour and as such, it has no import in the realms of spirit. Please bear in mind how many of you can change the way you instinctively react. While such reactivity can be modified to allow optimum growth and learning, no one should be judged on how well they respond to others, for no one should be judged!

As with most aspects of humanity and learning, it is how a matter is perceived that carries the impact. Shyness is mainly a matter of communication and the shy are often perceived as poor communicators. This is not so – they are merely different communicators, for there are many levels of communication. All humans have different ways and different abilities to speak, just

as all humans have different abilities to perform so many aspects of human life.

The aspect of shyness is simply one end on the continuum of spoken communication. It is not a deficit or a disease, it is simply a difference to the middle and the other end of the continuum. Is it not understood that you are all unique, all valued, all loved – not despite of your differences, but because of them? Is it not understood that all aspects of personality are chosen and given as an aid to learning?

Therefore, if you perceive yourself as shy, do not feel you are less valued than one who communicates with ease. Such individuals have chosen that gift in order to fulfil their lifetime's destiny, just as the reason for your perceived shyness is to lead you to the understanding you have undertaken on your own lifetime's destiny. How often has it been said not to compare yourself with others!

It is understood how different behaviour is evoked and necessary when a group is gathered – groups have their own value and benefit, just as a single soul communicating with her/his higher self has value and benefit. Remember that the group is as good as its motive, just as the individual is as good as her/his motive.

If you perceive yourself as shy, remember it is about communication, not about making the grade. It is for each individual to find the balance of best communication, both with self and with others. Just as you all have differing human dietary needs in order for your bodies and minds to function to their optimum, so you all have differing group/social needs for your soul's optimum functioning.

If you feel you are misunderstood, remember that the spirit

world understands you. Take comfort from that knowledge and remember that you do not need another's approval or understanding to fulfil your lifetime's purpose. Indeed, many misunderstandings can be the catalyst to a far greater understanding that is beneficial to all.

If you feel you are poor at communicating, do not waste your valuable time trying in vain to be like others. Rather, spend your valuable time finding out your soul's gifts and your soul's destiny – but do not cease trying to communicate with other souls in whatever way presents itself. Life is dynamic and you are all part of the Oneness of Creation.

Do not think of the outcomes of your efforts at communication as either successes or failures, for it is the motive that counts. Let your motive be love, for love is always the answer and love can be communicated in many ways that are not affected by shyness.

Remember, beloved ones, never cease to communicate with your higher self and never cease to communicate with the spirit world. Is it not a gift that you cannot be shy with either? Trust in the spirit world and trust in yourself, for you are much loved.

### **TEMPTATION**

Blessings to those who seek the truth of their own existence and who are prepared to address their own particular areas of learning. Temptation is often viewed as a weakness, but it is merely the means by which to test areas of so-called weakness. In this way, such so-called weaknesses can be made strong. So do not be afraid of temptation, for it is only the means to a stronger, more enlightened end!

Remember that the power is not in that which tempts you, but in

your own reaction – your feelings, thought patterns and actions. Temptation only initially occurs at a surface layer, but the more you allow yourself to be tempted, the deeper the layer becomes.

Hold on to your own power, to the power within. Connect with the spirit world and with your higher self. In this way, your motivation will be balanced and your instinct will be for right-being and right-doing, rather than self-appeasement. It is known and understood that the pull of Earthly pleasures is strong and complicated, but it is also known that the power of the human will is so much greater when motivated by goodness and truth.

Just as it is unbalanced to give in to temptation often, so it is unbalanced to resist temptation as a matter of course, so that your life becomes sterile and ascetic. Life is dynamic and you are dynamic. Follow your heart at any given moment, not a set of self-made limitations or self-made excuses.

If your motive is to tempt someone into an act that will either result in gratification for you, or a sense of superiority as they give in to temptation, then it is worse for you the tempter than for the one who is tempted.

There is an abundance of much to be enjoyed on your Earth – much to be used for wellbeing, joy and the benefit of all humankind. These gifts are for you to use well and wisely, not to waste or taint by selfish whims or desires.

If you are unsure of what you should do in a moment or hour of temptation, first consider whether anyone or anything will be unnecessarily hurt or harmed by your decision. Seek out the natural places of Earth, with the wisdom of the ages in the ancient rock formations and in the dynamic energy of the ever-changing sky. If the motive of your heart is for the highest good,

then you will know the answer in your heart. You will know, even as you read this, that the ultimate answer is love, born of the deepest respect for all life.

### **TRUST** (Trust Reveals Universal Spiritual Truths)

Trust is an essential element for spiritual growth and it is a choice from the mind and from the heart. It is a recurring choice, although once the initial choice has been made, the ongoing decision may become easier.

For some of you, trust will be a battle – for others a gift. For those of you who battle, take comfort in the knowledge that trust is a wonderful learning ground and once trust has been accomplished, the gift will enhance your life.

Some of you may have been hurt by others in your lifetime, but never equate the trust you place in others to the trust you place in the spirit world. Trusting in others leads to the greatest learning, while trusting in the spirit world leads to the greatest gift, which is love.

If you feel your trust in others is a wounded bird which can no longer fly, is that not even a greater reason to trust in spirit? The instant you reach out and flex your wings in trust, the spirit world will be there to uplift your soul and to help your spirit soar. Indeed, the gift of your trust is received with much joy and excitement, for it leads to much growth.

Once you trust in spirit, your broken trust in others can be healed, so that you are strong again and can fly confidently in limitless spiritual skies. Trust in others is necessary, for the negativity of mistrust delays many a scheduled flight.

The trust which leads to spiritual growth is so natural, it is only

your own doubts which impede its simplicity. Trust in spirit is as natural as a bird learning to fly. Such a fledgling has no doubts about its flight and no thoughts of destination – it simply knows it needs to fly.

The trust you receive from others is a precious gift that is sometimes overlooked. Always be mindful of the trust others place in you and treat that trust with the greatest of respect. Reciprocal trust is a bond which strengthens you both and greatly aids growth.

Trust, then, in spirit – reach out in trust with all that you are and all that you are will be greatly blessed. When you perceive no results from your trusting, still trust! Hold on to the trust within, for it ultimately leads to love. Sometimes it may even seem that your trust is answered harshly, but the loving answer is not always the easiest answer. Be assured, though, that it will be the answer which will lead to the greatest learning.

Trust in yourself. Trust in your soul-voice and trust in your heart-voice. Trust that your higher self knows what is best for you and knows what will lead you to a life full of love. Choose life – choose love – choose trust!

### **UNCERTAINTY**

Blessings, beloved ones, who have temporarily forgotten the blissful certainty of being eternally at one with the universal energy of love – at one with the rhythm of all life – at one with the heartbeat of Creation.

It is my gift to speak of what is already yours, of what is an intrinsic part of your being as much as the body you currently inhabit and the soul that is your self. Beloved ones, this is a song of love for you, sung amid the music of angels and all the

harmony of heaven. It is a song of your Home and of all the spirit beings who know you and love you always.

Of what are you uncertain? Is it to do with your Earthly life? Or is it the uncertainty of what will happen when your body dies? It is all of one consequence, the consequence of your choice to leave the absolute certainty of Home and to undertake a lifetime on Earth.

If you feel it is unfair to have forgotten that which would give you certainty, it was your gift to do so, for if you remembered the place you had come from, it would lessen the depth of your learning. The gift of your lifetime is treasured greatly, particularly for your sacrifice of certainty.

If you feel uncertainty is an insistent ache in your heart or a soul cry that is never answered, do not avoid the issue, but rather delve down into it. Spend time quietly alone, surround yourself with the love and protection of the spirit world and ask for enlightenment. Ask for confirmation – ask for your ears and eyes to be opened and your senses ready to receive. It is not that anything is deliberately withheld, rather it is that the greater gift is the one given in trust rather than the one given in knowing or certainty. Trust is the key, beloved spirit. Trust makes all uncertainty bearable.

Many seek to hold on to what is familiar, in order to allay their sense of uncertainty. This is only a surface or temporary answer and one that can lead to problems greater than uncertainty. If this is so for you, what is your fear? It is understood that the fear of being unloved or of being alone is a prevailing human condition and it is with so much love that you are all watched and loved and connected intricately with all there is. Every one of you is as precious as the stars and every single atom of Creation.

It is understood that the current age through which Earth is passing is perceived as one of great uncertainty, as changes occur rapidly. Do not be afraid of these changes. Hold on to the truth in your heart and the wisdom in your mind and know that all is for a purpose. All your life, every breath you take, is for this purpose and it follows as the day follows the night and as the planets orbit the sun, that this purpose is Love.

### **UNDERSTANDING**

It is my wish that all who read these words will be blessed with greater understanding, to sustain, nourish and comfort them on their journey towards the loving, beckoning light of Home.

There are so many levels of understanding, which vibrate in the mind, heart and soul centre. All levels of understanding are greatly valued, although soul understanding encompasses mind and heart understanding and is thus the highest form of understanding.

You may feel that understanding sometimes comes at a cost – that the awareness of what is hard to accept causes you undue anguish. Dear spirit, the anguish comes from your human qualities, which are given to you as your means of learning. When you understand with the eyes of your world only, you are prone to pain, but when you understand with the eyes of the spirit world, you are able to rejoice deep in your soul for all that was given to you, all for your highest good.

What is understanding? It is recognition of the answer to your life's questions. Love is the answer to all questions at soul level, but it is how the answer fits your question that involves the understanding.

So how can you gain understanding? You cannot gain it in the

sense of having it, for it is not a possession, but you can gain it as part of your spiritual growth. Mind, heart, soul – mind understanding is like opening the door to a room you desire to enter; heart understanding is like entering that room; but soul understanding is belonging in that room, so that the room is part of you and you are part of the room.

Soul understanding is a beautiful, precious awareness of what connects you to the heart of the Divine Creator. With mind understanding, you may weep for the evil of greed and injustice; with heart understanding, you may weep for the emotional pain of the human condition; but with soul understanding, you may weep for the deep, fundamental beauty of what you have discovered.

Can you understand others? It is not yours to understand their pathway, but you can bless them with your understanding of how their feelings are affecting them. You have not chosen to exist on your Earth to understand another's soul – that will happen when you are Home, when all souls love in openness and truth. Therefore, tread carefully, so as not to interfere with what is not yours. A soul is a sacred being – always respect the sacredness and uniqueness of every soul and the pathway which that soul has chosen.

Rather, your task is to understand your own soul and that is task enough! All that your own soul needs to understand is already within you, although other souls may illuminate, enable, guide, comfort and protect – and is not that all a form of understanding, a form of love from which all understanding emanates?

Have you ever felt that no one understands you? Can you now understand that no soul can, or should, properly understand another soul? Rather, seek understanding from the spirit world,

who know of all the journeys of your soul, from its alpha to its omega.

When you feel that no one understands you, beloved spirit, look at the stars, touch the trees, gaze at the wild beauty of nature and remember the spirit of Home, where you belong, and the only place where you are completely understood. Blessings and much love to all who seek understanding and to all who yearn to be understood.

**VALUE (Vision Amid Love Uplifting Existence)**

Beloved spirit, I ask you to open your mind and heart within the protective love of the Divine Creator, so that you may receive a deeper understanding of the value of all existence.

It so often happens that the human mind thinks of value in comparative ways – that rose quartz is more valuable than fluorite, but amethyst is more valuable than rose quartz. Such values are of human origin and are valueless! Every rock and mineral that exists is valuable in its own right and for its own purpose – and so it is with all realms of existence.

To value means to recognise worth and there is worth in all – all species, hybrids, types, races, groups – all are part of the whole of Creation, which is the expression of universal love and what is of more value than universal love?

Consider lovingly all the people you know and you will find that you value each one of them for their own special qualities – likewise with all that makes up your day to day living. However, it is unnecessary to be always conscious of value, for then there is a danger that the value itself is held in higher esteem than that which is being valued – and that is false value. Rather, value the spark of the Divine Creator in all, for that is beyond value! If

you perceive the Divine Creator in all, it is easy to value the whole of Creation, not just for its intrinsic worth, but for its gift of self to Creation.

It is a maturity of soul to also value what cannot be seen – to sense the small pearl of wisdom or the tiny diamond of love nestled amongst the dust. Further than that, to value the dust itself, which has cushioned the jewel of the unseen and helps that jewel to stand out in all its glory.

To value in human terms is to imply that which can be bought or owned, but in truth, all of Creation is free and freedom is a divine right of all – for the Divine spark in all can never be captured or owned.

How then can you compare a breathtaking sunset to a manure rich vegetable garden? Yet they are both valuable at different levels of existence and all such levels are linked. The vegetable garden enhances the physical, which enhances the emotional, which enhances the spiritual. Thus is the connectedness of Creation – if you value the one, then it follows that you need to value all!

It is a common feature of human existence to value the moment only after it has passed, but it is a maturity of soul to value each moment as it happens – to sense the worth of each passing second. However, it is wise to value the past for what it has taught you and for what it still can teach you.

Beloved spirit, do you understand how it is so necessary to value yourself – you, a spark of the Divine Creator? Know that you are valued for the unique being you are, as one of the whole of Creation – and then value the whole of Creation more fully by fully valuing yourself!

Value the whole of your existence – value the learning; value the work; value what you may perceive as the boring necessities of your human existence. It is a truth that when you see all with spiritual vision, you will understand so much more clearly the value of all. It is my heartfelt wish that you will thus understand ever more clearly and deeply the wonderful, powerful, healing value of love.

### **VIOLENCE**

Peace to all on the Earth plane, who are currently prone to violence, as your world undertakes much learning and balancing. Blessings also to all those who yearn for peace – whose souls cry out for inner peace and outer peace. To all such souls, I would ask that you consider the true implication of peace. Peace is not just stillness, but the other side of violence. The full extent of peace is not known until it has triumphed over violence.

Let it be known that violence is an abomination. It is a primitive reaction to all that is good, gentle and wise. It is a violation of the sacredness of all Creation. If you can understand this in your heart – if you respect yourself and all life – it is most unlikely that you will ever carry out or condone violence. Rather, you will want to work for the balancing of all violent energy into harmony and peace.

To consider violence, it is necessary to think in individual terms and in collective terms. Individually, those who express themselves in violence have not yet addressed the inner learning that is their lifetime's journey. The root cause of violence is fear and until such fear is acknowledged and faced, it is a negative and detrimental force.

As with every condition of human life, there are many levels of violence, from the physiological to the anthropological. On the

physiological level, some of you feel you are predisposed to violence – that you cannot help it. Remember you are on Earth to learn and that you have chosen your own particular pathway towards that learning. If your pathway is a violent one, you have chosen a hard pathway, but that does not mean your destiny is violent. Remember how the other side of violence is peace, in every meaning of the word.

Individually, do not think that a violent act, no matter how small, does not affect the whole of Creation. Everything that exists is so intricately connected – it is a wonder to spirit how you on the Earth plane can believe you are separate beings.

Likewise, do your individual best not to allow violence to be perpetrated. Do not imagine that anything you say or do will not make a difference, or will not help to redress the imbalance. It is understood how there is a current upsurge of violence and it is requested that those who stand up for peace do not give up their beliefs or their actions. You are known and loved and nothing happens for no reason. The outcome may not be in your hands, but the motivation of your heart is what matters for you.

Anthropologically, as a race you are capable of much violence, but also of much that redeems you, even in the face of violence. Thus, much is being learned of the human condition collectively. Do not ever despair that your race is heading for self-destruction. Do not be overwhelmed by violent events. Remember how your Earth was born from cataclysmic forces, but now is a place of such beauty, even as such forces are still balancing. The final harmonising of all forces on Earth will be a miracle of Creation.

Beloved spirit, remember the sacredness of all life. Peace to you all and peace to your world.

**WEAKNESS**

So much love to you all, particularly to those who perceive themselves as weak. There is much negativity inherent in the word 'weakness' and I would like to balance that negativity. Thus, I ask you to sit quietly and to breathe slowly and calmly, so that you connect with the strength of your higher self.

Feel the sacred and beautiful energy of Creation surrounding you, as you open your heart and mind to the question of humanity. Much of humanity is now aware of the fundamental question of the meaning of life. The answer to that question is, of course, love and so please allow the love energy of the Divine Creator to be absorbed gently into your thought processes.

Many perceive humanity to be weak, but weakness is just a word to describe the current state of strength. It is better and more positive to think in terms of strength than in terms of weakness. Does it not make sense to think along the continuum of strength, rather than to classify as either strength or weakness?

Know that you are all strong simply to be on Earth and on your chosen pathway. Know also that you are often strongest in moments of perceived greatest weakness, for in those moments, you are being tested to your utmost. Is it not a feat of patience, endurance, fortitude and trust to live your life on Earth and are not these qualities indicative of strength?

It is understood that your physical bodies have many requirements and that it is part of the human condition to feel weak or to experience a lack of strength. It often happens that your physical body experiences weakness so that you are forced to attend to your inner self. Thus the play between various stages of strength are in fact a dynamic act of love, as you continue your life's learning.

Often when you perceive yourself as being strong, you are simply travelling smoothly and that is good. Be sure, however, that you are neither being complacent, nor deluding yourself by hiding behind a show of outer strength. In this case, remember that your strength and energy are vital for your inner journey.

If you feel that some have weak personalities, do not judge – they have chosen their personality for their particular life learning and the most learning will be achieved during periods of greatest so-called weakness.

At times of your own perceived weakness, you simply may be resting. This does not mean you are being weak, but attending to your inner needs. However, do not use this as an excuse to avoid your pathway – remember that both rest and nourishment are needed for strength. You are dynamic beings, multi-layered and interactive and nourishment is gained from such interactivity.

If you feel your strength is low, think of your Earth, which possesses great strength and power. Draw on that power, on all the natural energy so abundantly given to sustain you. Call on the spirit world and hold on to your own heart convictions and to your own inner strength.

Be comforted by the knowledge that when you really need it, you will be capable of all the strength you need to continue along your life's pathway. Indeed, many feats of so-called superhuman strength have been carried out by the loving help of angels. Remember, beloved spirit, that there is no greater power in all Creation than the miraculous and eternal power of love.

**WISDOM**

Let us consider wisdom. Although I am perceived as one voice speaking to many, it is as if I am speaking to you each as an

individual. It is in this way that I send you love.

Some think of wisdom as an entity, an attainment, a goal – something that is to be pursued or achieved. Some think that wisdom is needed now in your world more than ever before.

But can wisdom be learned, or grasped, or achieved? How do *you* think of wisdom? Who do you think of as wise? Forget your old perceptions and let the fresh breeze of spirit-thought clear away the cobwebs. Feel the loving vibrations gently opening your awareness and fine-tuning your thought patterns.

Wisdom, dear soul, is within and without. First, let us journey within, to where you have unlimited access to the wisdom you have been blessed with from before the beginning of time. Is not the Divine Creator wise? Are you not all microcosms of the whole? Does not the Divine life spark exist within you? A single strand of DNA can tell the whole story. You are only just beginning to understand the code of life and much wisdom is needed in this area.

But you, dear soul, what of your wisdom? Never, ever confuse wisdom with intellect. Intellect is just a tool, a means to an end, but wisdom is the diamond in a bag of glass beads, it is the gold among the stones in the river-bed, waiting to be uncovered. Wisdom is a force of universal energy and you possess that energy in your own soul.

But just as the gold among the stones, your wisdom needs to be uncovered – rediscovered – in order for you to learn your life's tasks and to add your wisdom to the universal flow.

Never strive to attain wisdom, to make yourself seem above others, for wisdom is like a beautiful white cloud on a bright

sunny day. As much as you admire its beauty and marvel at its changing shape, you can never capture the cloud.

Your wisdom is a dynamic gift from the Divine energy source. You cannot say, "Give me wisdom" but you can say, "Please help me to be wise." But never just for yourself – always a gift which is part of yourself to be shared, even as the universe is gradually sharing its wisdom.

Uncover your inner wisdom in meditation – it may be revealed in many forms and images and needs to be recognised. Your wisdom is always there in the form of your higher self, waiting to be accessed as you journey along your life's path.

You cannot give your wisdom to others, but you can share your truths and in doing so may unlock the wisdom in another soul. For this reason alone, always listen to others.

Within and without – the wisdom without is everywhere, in the elements, the landscape, the life-cycle, the trees and in every living cell. Your Earth itself is wise and from the dawn of Creation has sought to share its wisdom. There are so many messages of wisdom in rocks and fossils and in the ocean depths – all that is needed is love and discernment and the accessing of your own inner wisdom.

Give thanks for the wisdom in your world and for your own wisdom, for you are currently part of your world. Remember that wisdom is not knowledge alone, but knowledge used to its highest capacity, for the greatest good of all.

Remember also that it is foolish to think you are wise, but even more foolish to say so! Within your wisdom within, remember you are nothing without the wisdom without!

**(E)XCELLENCE**

Many smiles from the spirit world, especially to those who strive for perfection and who perhaps feel a little uncomfortable at the non-perfection of this title. I would say that perfection within the field of human endeavour is arbitrary and of less importance than the endeavour itself. Rules are a guide, not an absolute. You will understand fully when you remember the perfection of Home upon your return.

Likewise for excellence, although excellence is a desirable goal, whereas perfection is an unnecessary goal. You may strive for excellence at all levels of your being, but it is particularly good to strive for spiritual excellence.

Do not be held back for fear that anything you undertake will not meet a particular standard of excellence, either yours or another's. Excellence is not just the attained light at the end of the tunnel, but it applies to the whole journey through the tunnel, every step.

It is good that you strive for excellence, but never let excellence be used as a carrot or a rod – let it instead come from the yearning of the pureness of your heart, from a motive for the highest good for all – for that is true excellence.

Although your life is a learning experience, never think that you are graded as you were in school, with 'excellent' being the highest grade. You are loved and valued simply for having undertaken your life upon Earth. Let excellence apply not so much to your deeds and what you achieve, but to your whole self, the essence of who you are.

As a flower grows up through the ground and turns its face to the light, so let it be for your whole self – for excellence means

living to your full potential, just as the flower grows to reveal its true colours. Make it your daily prayer to say, "May I live today to my life's full potential."

Do not strive too hard, beloved spirit – allow that which is meant to be, to be. If ever you are in doubt, remember your connection with the universe and allow the universe to pour its loving, healing energy through you.

Consider the Earth, from its majestic mountains to its murky depths and know that excellence does not mean prettiness or cleverness or any one supposedly desirable quality. Just as the excellence of the Earth exists in its all-encompassing soul, so let it be for your own soul with all its mountains and depths.

Remember that the Divine Creator created all. Live your life with a willing, open heart and a humble, loving soul and you cannot fail to be a living expression of the Divine Creator's excellence. Peace and smiles to you all.

**YEARNING**

Blessings and much love to all who yearn to know the truth and the meaning of existence and who seek this knowledge from the perspective of the spirit realms. The truth and the meaning of existence are one and that one is love. Love is all and love is one, for all are one.

To yearn is to desire earnestly, to long for that which for the moment is out of reach. It is sometimes difficult to understand the reason for such yearning, but there are different levels of yearnings, which occur for different reasons, and it is always beneficial to seek to understand the reason for your yearning.

The yearnings of your body may at times seem to overwhelm

you. Try to separate beneficial need from detrimental habit – much is currently being relearned about biological and physiological requirements and their interaction with the psychological and the spiritual. As a guideline, seek nothing to excess, but rather seek balance. Learn to listen carefully to your body and if you feel your yearnings are overwhelming you, ask the spirit world for help to rebalance.

Think not that the yearnings of your heart are as whispers in the dark, or as a frail sheep lost in the wilderness. Have you not heard how the lost sheep is diligently searched for and found with much rejoicing? Dear spirit, the yearnings of your heart are always heard and always considered. When you feel your yearnings have ached inside you for too long, it is a surety that all is coming to fruition, for your best possible good.

What if you yearn for another, if your heart longs and aches to be with another? Much is to be learned from such relationships, but just as the potential for learning is great, so the potential for pain is great. Be mindful at all times of the pain you are capable of causing to others and seek always to choose the most loving path, the spiritual pathway.

Your mind yearnings are simply the communication centre of your being. You would thus do well to keep your communication centre clean and healthy, so that you can listen deeply to yourself and listen deeply to those who guide you.

Listen to your body, listen to your heart and listen to your mind, but mostly listen to your soul and seek guidance always from spirit. Remember that you are a unique valued being on your own pathway – you are whole and do not need to find your other half. Rather be open to encounters from other beings who will share their life's learning with your life's learning.

By turning to spirit, the yearnings of your body, mind and heart turn into yearnings of your soul and soul yearnings indicate the direction of your pathway. Your soul yearnings will never go away – do not imagine that you can bury or destroy them, for they are part of you and are there to lead you towards your destiny.

Just as you listen to your own yearnings, listen to the yearnings of others – such yearnings may not be expressed outright, but in many subtle ways and for many subtle reasons. With this, as with yourself, try to recognise the reason for the yearning and deal lovingly with your part in its outcome.

Do not waste energy in yearning for what is unattainable in this lifetime and never let an as yet unfulfilled yearning turn into envy or bitterness, for such is the way of needless pain.

Let your yearning be an offering to the Divine Creator, as a token of your desire to be an instrument of love and peace. Know that in spirit your yearnings are blessed – know that in spirit your yearnings are met – and know that in spirit your yearnings are blended in connectedness with the Divine Creator's desire for total, universal love.

### **ZEAL**

Blessings to all who hear or read these words, as we consider the energy known as zeal – for zeal is energy driven by the force of human motive and there are many human motives.

What is zeal? It is motive made manifest in enthusiasm, sometimes in the effort to persuade others to see or understand what the zealot sees or understands. It is good if such enthusiasm is truly for the benefit of others, but if the zealot is trying to convert for her/his own glory, then that is a selfish

motive and can end in the destructive force of fanaticism.

It needs to be understood that everyone has their own life's pathway and that a myriad different pathways lead to the same destination. No one pathway is better than another, it is just that some pathways are more obscure or more dense or more limiting than others – but this is only on a human level, as seen with human eyes.

When seen with spirit eyes, each pathway is a precious gift of learning, carrying its own inherent value. It is a pathway of inner freedom to believe in the sacred love energy of the Divine Creator, rather than to be caught up in brambles of restricted thought, which do not allow the wider vista. It is therefore of limited use for the zealot to try to persuade another forcefully – it is enough to sow seeds and to allow germination to happen in optimum conditions, when the time is right.

The zealot has much energy, but it is better to use this energy in following one's own pathway, rather than to interfere with others' pathways. It is understood that enlightenment can result in the desire to spread the good news and for this, the spirit world smiles. However, it is enough to spread the good news, while remembering that enlightenment for one is an unnecessary detour for another.

It is better to allow the subtle energies of the universe to flow where they will. There are so many energy levels and energy that is too forceful at a particular place or time will only cause stress waves. Remember the strength of gentleness, which naturally has a more lasting outcome.

Beloved spirit, if you feel you are being caught in the web of another's belief system, listen to your own heart, rather than to

the persuasive arguments of another. Many truths are to be found in the peace, or indeed the turmoil, of your own heart and mind. Trust in your higher self and trust in the spirit world, who smile upon you as you journey along your pathway.

### **ZEST**

Greetings and a world of love to all whose eyes rest on these words. May you feel the message these words carry entering your soul, to enhance your zest for life, for living and for love.

Liken your self to an orange. An orange is such a beneficial fruit, which brightens, uplifts and fortifies the physical and emotional. The zest of such an orange encases the soft inside and the oil squeezed from the zest is used for flavouring and piquancy.

Let your self be aware of your zest – welcome it, enjoy it and give thanks for it. Sometimes it is overlooked, but it is ultimately valuable. Imagine an orange with no zest and then imagine your self with no enthusiasm for living. Such dullness paves the way to monotony, stagnation and negativity.

Are you not aware of some people whose zest for life emanates from their being? How they sparkle and encourage and brighten those with whom they have contact? It needs to be said, though, that such zest for life is not loudness, for much that is true and valuable is drowned in loudness. Such loudness can be compared to the rough and careless peeling of an orange, which takes little heed of the delicate flesh inside.

Consider the oil which can be squeezed from the zest – the oil of your own being – and consider how you would best use it. Would you keep it for yourself, or give it freely to others? Such oil has many healing properties – the unique healing qualities of your own being, through which universal healing energy is channelled.

So that your oil remains sweet and wholesome, all you need to do is to be pure in motive and turn to the world of spirit for love and guidance.

Consider how the fragrance of an orange's zest is only set free when the protective outer skin is broken. If you feel that your own protective layer has been too forcefully or painfully broken, be comforted to know that this will allow the wonderful inner goodness of your soul to be free, so that others may enjoy your soul's unique fragrance.

Is not the orange a joyful, sunny fruit? However, the other zests producing fruits have their own special value. If you can easily liken yourself to an orange, do not compare your own orange qualities to those of the grapefruit, lemon, or lime. Likewise, do not think yourself more wholesome than those whose zest for living is not yet apparent. There are many stages of growth and many stages of fruitfulness.

Zest for living, then, is a delight that can be set free in you all and once set free is imparted to those around you – consider how pervasive is the aroma of an orange. Happy are those who impart their zest as long as they live, for they have discovered the sparkle of spirituality, which has nothing to do with religion.

May your zest for living be a delight as long as you live. Enjoy your zest, beloved spirit, with zeal in your eyes, a zip in your step and a zing in your heart. Peace and joy to you all!