



# Special Reports

## Channeled Messages from Spirit by John Cali

Volume 2

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# Introduction

In 1992, John Cali started channeling inspiring guidance from his spirit guides. During the next ten years this guidance was put into a rich collection of Special Reports, which now has been collected into a series of ebooks.

In this series of tightly focused special reports, Spirit and John answer many of the questions people have asked them over the years.

The reports are designed to assist you, in partnership with your Higher Self, in your personal and spiritual growth. The goal is simple:

To live your life freely, fully, and with deep joy, in every present moment.

This is the second of the three Special Reports ebooks.

Enjoy!

# Illness: A Gateway

## John

As I sat down to work on this message, I looked at my computer's clock. It said 1:11. Those who know more about these things than I do tell me the number 11 represents a gateway. An interesting "coincidence," considering the title of this week's message!

As I started writing, my intention was to just briefly introduce you to Spirit's message (as I often do). However, as I continued writing, I realized this "introduction" was a message in itself. I asked Spirit what they thought. They said "It's fine. It stands alone on its own merits - you don't need us for this one."

As some of you know, I've been involved in the real estate business, on and off, for almost 25 years. These past two years, as my work with Spirit began growing, I've cut back on my time in the real estate world.

For most of those two years I've been indecisively wavering back and forth between a full-time commitment to my spiritual work and just continuing the status quo. It's almost like I've been two people. And the gap between the two is growing wider and more uncomfortable, even painful.

Also, I've been indecisive in several of my relationships, one in particular. As in my business life, the indecisiveness here was creating discomfort and, at times, pain.

One Monday morning several weeks ago, I woke up feeling fine, as I do most mornings. But as I prepared for work, I suddenly became ill. I could barely make it back to bed. As it turned out, I had food poisoning and was in bed for two days.

The third day I felt much better and got up in the morning at my usual early hour to prepare to plunge back into the world of real estate. As I got out of the shower, I felt a slight twinge in my lower right back. A few moments later that twinge turned into a searing pain shooting up and down the entire right side of my body. It was the worst physical pain I'd felt in my entire life. Once again, I barely made it back to bed. And I was virtually bedridden for still another two days.

To put those four bedridden days into perspective for you, I must tell you I almost never get even small ailments like colds, or minor aches and pains. I've never had a serious illness in my entire adult life. And I'm well into (almost past) middle age (whatever that is). I take good care of myself. I've almost always carefully watched my diet. I exercise regularly and have been a runner for almost 40 years. I do whatever it takes to stay physically fit. You get the idea.

So, this episode was a real shock to me, not just physically but emotionally and psychically. For four days, I had plenty of time to reflect on it all. With Spirit's help, I began to make some sense of it.

The business world no longer brings me joy. My work with Spirit is where my passion is now. As long as I wallowed in indecision (as I had for two years or more), I was

stuck, literally, between two worlds. Since I hadn't taken any serious action to get unstuck, my Higher Self and the universe decided to take that action for me.

They'd given me gentle nudges before. But I guess this time they thought I needed a real double whammy. I could just hear them conspiring together: "Okay, no more gentle nudges - we're really gonna get his attention this time!" And they did.

So I've formed a concrete exit plan to get out of the business world and out of those relationships which no longer serve me. I've made a commitment to my spiritual work and to those relationships which nurture everyone involved.

Those four days of illness were the gateway through which I am now finding a way to abandon that part of my life now grown joy-less and to embrace that part that is joy-filled.

I've heard Spirit and others say this many times - we can learn our lessons through joy. We don't have to learn them through pain and suffering - but if that's the way we learn best, or if that's the only way the lesson can get through to us, then so it shall be.

It's all up to us.

# Innocence

## Spirit

You have heard the saying “innocent as a newborn babe.” And it is an appropriate description of those souls newly reincarnated. They have left “behind,” if you will, most memory of who they are. They have consciously, at the soul level, chosen to plunge back into the fray of physical form.

But they could not fully immerse themselves in this exciting new adventure if they did not (conveniently) “forget” who they really are, where they really came from. And so they left their true Home on another exciting adventure. And the best way to fully enjoy and experience that new adventure was to come into it in a state of pure innocence.

They are unencumbered by their “past” - whatever those experiences may have been, however they may have judged those experiences (or themselves) from a limited knowingness. They came to Planet Earth with a tabula rasa - a clean slate - the state of pure innocence, the innocence of a newborn babe.

And so, what is there for you to gain from what I’ve just told you?

First of all, I would ask you to consider this possibility: Can you, at the start of each new day of your earthly lives - put aside all (and I mean *all*) of whatever experiences you have had in this lifetime? Or in other lifetimes?

Put them aside - forget them - forget every last detail of them, at least in the beginning of this delicious new day as you stir to wakefulness and begin again your conscious daily life.

If you can do that, even if only for a few moments - perhaps as you meditate or pray or simply and quietly reflect in the early morning hours of this new day, you will gain great benefit.

For in those few moments of quiet and peace, you will return to that state of innocence you entered into this life with. You will return, if only for one bright moment of eternity, to the true source of your being.

And the more you practice this, the more “innocent” you will become. It will grow clearer and clearer to you that you have never done anything “wrong” or “bad.”

You’ve simply experienced your life fully, doing your best at every present moment of your awareness.

When you can believe in your own divine goodness - and allow your own human experiences at the same time - you will have come back for a moment to that pure state of innocence from which you came, and to which you shall return for eternity.

# Keeping Your Focus

## Questioner

John, I am prompted to write you because Spirit is always speaking about remembering who we are. I am starting to remember more and more but all too often my conscious mind seems to forget what it has learned and slips back to forgetfulness. I don't wish to forget any longer.

How do I do this? How do I keep the focus?

## Spirit

You must first remember this: Your Higher Self is always (and we emphasize "always"), and in all ways, in a state of bliss, in a state of deep joy. It cannot be otherwise. For the nonphysical dimension, where your Higher Self has its primary focus, is a place of high vibration. And so, any being in that dimension is experiencing only high vibrations, only joy.

When you are there, you cannot experience the lower vibrations as you do on the earth plane. Those low vibrations include any emotions you would call negative. For example, pain, sorrow, sadness, anger, bitterness, resentment, etc. etc. You name it - they're all the same because they never feel good to you.

Therefore, anytime you're feeling any negative emotion you are, in that moment, disconnected from your Higher Self, your soul. And you are forgetting who you really are.

But there is a great benefit to being able to feel negative emotion. It's always a sure signal that, in that moment of negativity, you have disconnected from your Higher Self. In other words, negative feelings serve as simple reminders that you are off-course. Reminders that you are straying from the intention you, at the soul level, held when you chose to incarnate this time around.

And positive emotion is always a sure signal you are connected to your Higher Self. You're remembering who you really are. You're remembering the bliss you, at your soul level, exist in for eternity.

You don't have to know all the nitty gritty details, if you will, about your soul's experience on, what you would call in earthly terms, a day-to-day basis.

All you really need to know is your soul is in a state of bliss, eternal bliss, eternal joy. And it is in a state of constant growth, as are you, its human partner. You are ever-changing. And your soul is absolutely loving the journey.

You, at the soul level, are on an eternal journey. You'll never finish it, for it is your reason for being. You are on an endless journey of joy. Since it's endless, you cannot get it wrong. You cannot make any mistakes.

You, at the soul level, came to your present incarnation for one simple reason: to experience joy in exercising your divine power to create exactly whatever you want. And to experience even more joy through the resulting growth and remembering.

You are always growing, whether you are physically or nonphysically focused. It cannot be otherwise, for growth is your natural course. It is your destiny. And joy is your natural state.

To sum it all up, simply enjoy the journey, for it's all you'll ever have. There are no final destinations.

And so, let us get to our answer to your questions: How do I keep from forgetting? How do I keep the focus?

The answer is simple: Seek only joy in your life.

We realize that sounds like an impossible task to many on the earth plane. But it is not impossible. It may be difficult at first, especially if you've been habitually focusing on what does not bring you joy.

But you can move into a state where most, and even all, of your present moments are filled with joy. And you can achieve that in this lifetime.

But you cannot do it if you insist on focusing only on what most of your world focuses on. It behooves you to pay attention to what you're paying attention to. If you read your daily newspapers, for example, you're paying attention to what most of the world is focusing on. And just how does that make you feel? Certainly not joyful.

You have to move out of the mainstream to be joyful. You have to be willing to do whatever it takes to feel good. You have to be relentless in your insistence that you will choose only experiences that feel good. Whether we're talking about relationships, jobs, places to live - it doesn't matter.

What does matter is that you choose only experiences that feel good. That you make a deliberate, conscious choice to experience only joy in your life.

The more you focus on joy, the more joy the Universe will deliver to you. The more you focus on what's less than joyful to you, the more the Universe will deliver that to you.

The more joy you experience in this physical lifetime, the more you remember who you really are.

Joy is not only the key to remembering who you are. Joy IS who you are.



# Learning To Be

## Spirit

I can see the raised eyebrows and the questions coming to your lips as you read that title. "Learning to be WHAT, Spirit?"

So many of you have such a struggle with BE-ing. You must always be DO-ing. Do you know what incredible obstacles and pain you create when you berate yourselves if you feel like doing nothing. Let me tell you this clearly and directly:

**IT IS GOOD FOR YOU TO DO NOTHING!**

Now, I'm sure, there are not only more raised eyebrows and questions, but perhaps also some screams of protest. "But, Spirit, we cannot simply sit around and do nothing! We must keep busy!" All I can say is your third-dimensional training has certainly had its desired effect! Often you hear your parents, your friends, your teachers, your government leaders, your church leaders tell you to "work hard." Only through hard work, pain and struggle will you ever amount to anything. Or so your society's conventions would have you believe.

Well, that's strictly a third-dimensional belief system - and an outdated system at that. It's certainly served its purpose in years past. But this is today - not yesterday or yesteryear. Times are changing rapidly. You, individually - as a race - as a planet, are changing rapidly. Old third-dimensional beliefs must "fall by the wayside," as you say. Their usefulness is long past.

And the so-called "work ethic" that dictates you must always be doing something - its day is certainly over - its demise is at hand.

I realize how difficult it can be for you, even the most enlightened of lightworkers among you, to "kick the habit," if you will, of needing to "work hard." That outdated concept can no longer serve you - will no longer serve you - where you're going - into the fourth, fifth and higher dimensions. Third-dimensional ways simply don't work in the higher dimensions.

It is absolutely essential for you to get totally comfortable with simply BE-ing - instead of DO-ing all the time. Only in this way will you once again find your way back Home to your Soul - your Source. All your Soul cares about is BE-ing, not DO-ing.

Many of you feel you must justify your BE-ing by DO-ing. What that means is, in your own eyes, your value is totally dependent on what you do. How often do you meet someone for the first time, only to be asked "What do you DO?" Or how often do you ask that question? Virtually no one ever asks, "Who are you?" It's just not done. Why? Because, in your society's eyes, you must be DO-ing something to justify your BE-ing.

Well, this is utter nonsense. You are of infinite value - no matter what you do or don't do in the third dimension. Etch these words indelibly on your mind and in your heart:

## BEING IS ITS OWN JUSTIFICATION!

That's it. You don't need to DO anything to justify or give value to your BE-ing.

And so, let me say this again - it is good, infinitely good, for you - every now and then - to simply do nothing. Do nothing except luxuriate in the glory and grandeur that YOU ARE!

I'm not saying you should not pursue your life's work - the spiritual mission you've set for yourself in this incarnation. But I am saying whatever your work, your mission are - and as important as they are - you do not need them to make your life or your being infinitely valuable.

You are infinitely valuable simply because YOU ARE. Period, exclamation point - that's it! If you weren't infinitely valuable, you simply wouldn't BE.

I think we shall continue this another day. But for now, I would only ask you to ponder these things and see where they lead you.

# Life Is Like A Railroad

## **Spirit**

Imagine you're on a train, and the train is traveling west. You can choose to go east - you can move to the back of the train. Or you can choose to go north - you can move to the right side of the train. Or you can choose to go south - you can move to the left side of the train.

Or finally - and this is what many are doing - you can be in such a hurry to get farther west - to your true destination - that you rush up to the front of the train.

And then, as your train hurtles westward, it is suddenly plunged into darkness. And you panic - all you feel is fear.

And then, just as suddenly, you are once again surrounded by light as you come out of the tunnel of darkness.

And do you know what? It doesn't matter one whit what you did on the train of life. It doesn't matter if you went east, north or south - nor if you went with the flow and went west. It doesn't matter if you feared the darkness. Or if you exulted in the light. You were free to do whatever you wished on the train of life. That is what free will is all about.

But no matter what you chose - no matter what direction you went - you ultimately arrived at your final destination.

The journey westward has brought you Home once again. And once you have arrived Home again, you can, of course, choose to take another exciting train ride.

# Lightworkers And Financial Struggle

## John

Lately, I've been on the receiving end of some rather harsh criticism, some of it expressed in an ugly way. Part of that criticism has to do with accepting money for doing my own particular brand of spiritual work.

This sort of criticism is often leveled not only at me, but also at the many other spiritual workers who are charging money for their services.

Oddly enough, the criticism often comes from people who consider themselves spiritually evolved and enlightened - who consider themselves lightworkers.

However, these folks rarely allow themselves to ask for money in exchange for their services. Nor do they allow it to be okay for others to do so.

Interesting, isn't it? Here's what Spirit has to say about all this.

## Spirit

Why are so many lightworkers struggling financially? First of all, let's examine the question. Are lightworkers the only ones struggling financially? Are not some lightworkers actually prospering? Lack of abundance is certainly not the problem of lightworkers exclusively. Many others suffer from the same malady.

Now let me ask another question. How does your society - at least, in your western culture - view money? Of course, money is not the only form of abundance available to you. But it is often the one form you associate most closely with the concept of abundance. Money is often viewed, is it not, as the source of all - or much - evil?

So, you've set up an interesting dilemma here for yourselves. You want to live a "good" life - yet, if you strive to acquire money, you are seeking something "evil." Do you see the contradiction?

If you perceive yourself as good and money as evil - then, I can promise you, ne'er the twain shall meet! The Universe will see to that. You are not going to be inundated with money until you either see yourself as evil - or money as good. And your Higher Self, in its infinite wisdom, will patiently allow you (that is, your human ego self) to work through this process - if you are willing.

And so the question as to why so many lightworkers are struggling financially can be answered by looking to the human self's attitude toward money - and toward rich people.

It's ironic so many of you, in your quest for money, often view the wealthy as heartless and cruel opportunists who give nothing but take all. It is, of course, quite the opposite. But that's another topic for another day.

Postscript from John:

That was the end of Spirit's piece. However, as I thought about this piece, I remembered something else Spirit had once said - something, "coincidentally," that could have been most appropriate for the closing of what Spirit just said above. Here it is:

Can you simply allow all your sisters and brothers on the planet the right to choose their own paths - no matter how much you may agree or disagree with their choices?

In simply and lovingly accepting the paths of all beings, you will find much peace. You're all going to the same place anyway - for all paths lead home.

# Living With Pain Or Joy: It's Your Choice

## Spirit

Many have come to us in recent months with heavy hearts and troubled minds. These souls are burdened - oppressed, even - by the challenges of their lives. And the challenges range from minor to major.

One person in particular stood out. She had, to all outward appearances, a rather successful life, at least by the standards of your society. She had a personally rewarding and well-paying career, three children she had been raising alone (and doing an excellent job of it), a comfortable home, supportive friends and family, and much more. She acknowledged, though barely, her life was good. Then she proceeded to point out to me the many aspects of her outwardly successful life she was unhappy with.

Finally, at the very end of our session, the truth came out. I asked her why, when she apparently had all - or most of - what wanted in life, was she so unhappy. She didn't answer me directly, but the reason soon became clear. She believed success (whatever that meant to her) could be achieved only through pain and struggle. The idea she could move through her life joyfully was foreign to her. And so, she literally looked for ways she could create pain and struggle for herself. If a joyful alternative presented itself, she refused to consider it. It didn't "compute."

And that belief in struggle and pain as essential steps to success - a false belief - permeates your culture, at least in your western society. How many times have you heard these things said? "No pain, no gain" Or "You must work hard to succeed." Or "Life is such a struggle." And so on. Of course, if you subscribe to this false belief system - or any other belief system - you shall surely get what you expect - what you believe.

It's all a choice - whether you are experiencing pain and struggle or joy and peace - it's YOUR CHOICE!

Now, I am not dismissing or minimizing the challenges or lessons you, at the soul level, have chosen for yourselves in this lifetime. I am simply saying you can choose - consciously, deliberately choose - whether to experience and move through those challenges and lessons with pain and struggle - or with peace and joy.

Okay, we have established you are free to choose whatever you want for your life. The next question many - even among you, the great lightworkers - have is "How do I choose joy over pain?" And it's an excellent question.

Often, when you make a conscious choice to experience your life - all of it, even the major challenges - with joy, you will alienate some among your friends and family who still buy into the false belief that life must be a struggle. And you need to let that be okay. Simply know all souls will ultimately move through the darkness back into the light. But they must do it in their own way - and their way does NOT have to be YOUR way.

So be prepared for that reaction, if it comes, when you decide you've had enough of pain and struggle. You don't need others to understand and accept you - as long as YOU understand and accept yourself.

Okay, so let's say you have now accepted this new belief - albeit an unpopular one in your society - that life is SUPPOSED to be joyful. For those of you who remember the wisdom of our dear friend, Seth - you may recall he said if something is not fun, you ought not to be doing it. And he was talking about EVERYTHING in your life - even those things you might perceive as heavy responsibilities.

So, if it ain't fun, don't do it! Life SHOULD be fun. Neither the Great Spirit, nor your Higher Self or Soul, want you to drag yourself through life with a mournful "woe-is-me" attitude. Life can be joyful, even in the midst of heavy challenges and responsibilities.

I am not saying you will not feel all - or most - of the emotions associated with being human at one time or another in your life. Simply allow yourself to feel those emotions. Your feelings are neither right nor wrong - they just ARE. It is only when you become attached to them - whether you perceive them as negative or positive - that you get yourself into difficulty.

If you have a good solid relationship with your Higher Self - generally achieved through regular meditation - you will be able to remain peaceful and centered even when the world around you is chaotic. And you will be open to the messages and wisdom your Higher Self wants to give you.

And that brings us back to the question: How do you live your life with joy instead of pain?

The answer is LISTEN TO YOUR HIGHER SELF! And you do that by listening to YOUR FEELINGS. Your feelings are one of the clearest and best lines of communication you have with your Higher Self. Of course, this requires you be willing to love and nurture yourself - just as you would a beloved child. And part of that nurturing and loving is LISTENING. If you really listen to yourself - your feelings - you shall hear your Higher Self loud and clear! We've spoken of all this at other times, but it does bear repeating here.

If you get nothing else out of my words today, please remember this:

When you are feeling pain in your life, it is your Higher Self talking to you. And what is the message? The message is "I have a better way for you to move through this particular experience - the way of joy!"

You do not NEED to face any of your life experiences with pain - pain is simply your Higher Self's way of saying, "Listen up, you don't have to do it this way." Of course, you can choose to continue to do what you've always done - it IS your choice. But you can make a different choice - at any moment.

If there is a purpose to suffering it is only to remind you that you don't need to suffer! Your life - even in these challenging times - can be joyful, peaceful - and fun! And, in fact, it is from that joyful, peaceful place within yourself that you can best prepare yourself for the coming of a truly new age - when you shall all return Home to the Light.



# Lone Wolf

## John

These past few weeks have been a busy time for me. And not just because of the holidays - but also because I was moving and my regular workload (whatever "regular" is) had greatly increased. Plus, during my move, I was offline for three days - no email and no Internet access. Talk about feeling lost and disconnected! I felt so distanced from the spiritual family I'd grown to know and love through this wonderful medium called the Internet.

Anyway, over Christmas, I was reflecting on the grand opportunities Spirit has given me in these recent days - especially during the time I was offline while moving. During that time, I jotted down some of my thoughts. Those thoughts were sort of a "silent message" to all of you, our beloved spiritual family - a message I did not intend to publish. Only hoping, I guess, you'd get the message intuitively or telepathically. However, after reading what I wrote, I decided to publish it.

Here it is.

Most of my life, I've been what you might call a lone wolf. I've always prided myself on my self-sufficiency and willingness to follow my own path. Even though that path has taken me far from those I dearly loved in my younger years, and whom I still love today. Though, to many of them, I am a mystery they cannot understand. And that's okay.

But what my three days of electronic isolation taught me was I am not alone - I cannot be alone - on this path I walk in this incarnation. And, for the first time in this lifetime, I can honestly say I do not want to ever walk alone again.

Yes, we must all follow our own inner guidance. We must march to the beat of our own drummers. But, in following our own paths, we do not need to isolate ourselves from our sisters and brothers - as I have done much of my life. And, in fact, we cannot isolate ourselves.

In this new millennium we will soon be entering - in this new age we have already entered - it is essential we connect with each other. And we do that by first remembering who we are - reuniting with our God selves. And then, having done that, we must remember the Oneness we all came from - the Oneness to which we shall all return. And we shall do it in *this* lifetime!

I really missed all of you! Though it was only three days we were out of touch, those three days were magical. For they taught me I no longer need - or want - to walk alone.

# Midnight In Montana

## John

I was having a restless night and couldn't sleep. It was midnight and I was in Montana.

The cold night wind carried the wail of a train whistle from far across the valley. The mournful sound mirrored my dark mood.

Late night has always been a good time for me to ponder the twists and turns of my life. It's so peaceful and quiet. Especially when it's midnight in Montana.

That night in Montana I was at a crossroads. I needed to decide which fork in the road to take - the one marked "Joy" or the one marked "Pain."

Sound familiar? We humans are almost continuously faced with that choice. And it is a choice we freely make. Though many do not believe it is a free choice.

The personal details of my life that midnight in Montana are not important. What is important is, for perhaps the first time in this lifetime, I fully acknowledged I was totally free to choose between living my life in joy or living it in pain.

And, again for perhaps the first time, I acknowledged my choice did not depend on what was happening in the world around me. Or, more significantly, it did not depend on what was happening in the worlds of those I loved most deeply.

Regardless of what was happening in those other worlds, I was completely free to choose the path of pain or the path of joy.

And that midnight in Montana I chose joy. My life has never been the same since.

## Spirit

If we were to present you with this question - "Do you prefer to live your life in joy or in pain?" - most of you would shout it out - "Joy, of course! Why would I choose pain?"

And yet the Universe asks you that question every day of your lives. While you may not deliberately choose pain over joy, many of you do choose it by default.

"What do you mean by that, Spirit?" you might ask.

You live in a world filled to overflowing with abundance - an abundance of all things you consider positive and an abundance of all things you consider negative. That is simply the nature of this world, of this lifetime you have chosen to participate in this time around.

The life you are living is a totally free - and joyful - choice you made from your soul level just before you entered into your current physical form.

You chose this world of contrast - the negative and the positive, the desirable and the undesirable, the “good” and the “evil” - precisely because you wanted this sea of contrast and the excitement of immersing yourself in it.

For, once immersed in this sea of contrast, you could then exercise the great divine powers of the creator all of you are. You chose to come into this sea of contrast to “flex your muscles,” as it were. Your creative spiritual muscles.

And you chose to come into the sea of contrast because you knew - you absolutely knew - it would be great fun. It would be so incredibly joyous for you to plunge into the sea and to feel all the energies surrounding you and surging through your physical being, knowing you could choose to experience only those energies that brought you joy.

That was your intent, as you entered into this incarnation.

But many of you have lost your way. You have forgotten who you are and why you came here.

And there are many reasons for that forgetfulness. For one, your world, in these 20<sup>th</sup> and 21<sup>st</sup> centuries, is largely focused on negativity - on judgement, on criticism, on separation. And you were taught from infancy, most of you, that to do what feels good is sinful.

And yet, it is only when you are “self-ish” enough to put yourself first - to do what feels good - to make it your top priority that nothing is more important than that you be joyful - that you feel good - only when you do all that will you be in a position to bring joy into the lives of others.

Your purpose in this lifetime is to be joyful. That’s it - your only - your ONLY - purpose in this lifetime is to be joyful.

It’s that simple - and that profound.

Nothing - absolutely NOTHING - is more important in this lifetime than that you find your joy.

And you must do whatever it takes to find your joy. It is NOT difficult, as so many of you believe. It is the easiest thing you’ll ever do in this lifetime.

Simply refuse to allow into your life anything - relationships, jobs, places, homes, whatever - that drags you down and brings you no joy. Choose to focus only on what you want - on what makes you feel good. Spend every conscious waking moment paying attention to what you’re paying attention to. If you’re habitually thinking thoughts that drag you down, think again - and choose joyful thoughts - focus only on what feels good.

Choose to focus only on what you want - on what makes you feel good.

It really is as simple as that. You live in a world of vibration - everything in your world is vibrating - and the vibration is high or low - or somewhere in between.

Whatever thoughts you are thinking is where you are vibrating. And you must, by the laws of the Universe, attract unto yourself similar vibrations. You think positive thoughts, thoughts about the good you wish to create in your life - and you receive only the manifestations of those good things. Do the opposite - and you'll manifest the opposite.

Until and unless you can do that, you will serve neither yourself nor others. But when you can do that, you will soar with the angels!

# Mind, Heart And The Illusion Of Time

## John

Some years ago, when I was starting a new business, I was struggling to manage my time well. I felt frustrated, wondering how I'd get everything done. My frustration resulted in a personal session with Spirit. The following excerpt from that session starts out talking about time, then makes an interesting shift in focus.

## Spirit

Even though time is an illusion, it is a valid part of your human experience. And you need to deal with it to learn your human lessons.

Time is not a fixed commodity, even in this earth dimension. It is flexible - it is expandable - it is contractible. Despite the appearance of time - after all, clocks and watches and calendars and schedules are obvious and significant parts of many people's lives - despite the appearance of time as a fixed, inflexible phenomenon, it is not.

You can manipulate it any way you choose. And you are learning to do that very well. I know you don't completely understand that on a mental or intellectual level, with your mind. But you do understand it on a gut, intuitive level, at the level of your heart. And that's all that really counts anyway.

The mind is simply the servant - or at least it was intended to be - of the heart. Both have their particular and special place in your life, in human life in general. But many choose to believe the myth that the mind is supreme. And that is so far from the truth, it's not even something you should consider any longer.

The truth is - the reality is - the heart, your intuitive senses, your inner senses, your gut feelings - whatever you wish to call the heart and the knowing which comes from the heart, the wisdom which comes from the heart - whatever you wish to call this - it should rule supreme in your life.

The mind is an integral and important part of your life. It simply carries out, in physical reality, the wisdom of the heart. The heart knows. The mind performs the necessary functions to bring into physical manifestation, what the heart knows - what the heart desires.

Always trust your heart - your inner knowing - it is infinitely wise and will never lead you astray.

# Miracles

## John

Spirit once described miracles as the most ordinary of events. Do you believe that? For most of my life, I didn't.

And just what are miracles anyway? I've often wondered that.

In my recent personal life, I've experienced what, at an earlier time, I would have called a miracle. But perhaps it is only the most ordinary of events. No less wondrous or life-changing. But still nothing out of the ordinary if you believe in miracles.

## Spirit

What you call miracles are often events you simply do not understand from your human perspective. But once you shift your perspective closer to that of your soul, then you will see miracles truly are the most ordinary of events.

Miracles, or what you would define as miracles, are occurring constantly in your lives. You're not aware of them because you've limited your vision to your human self. While your human vision is valuable, and absolutely necessary, for you to function in your physical world, it does not have the clarity and breadth of perspective your soul does.

Miracles are a matter of focus. A matter of remembering to focus from your soul perspective. You can have anything you want if you have a laser-like focus and refuse to look for anything except what you want to manifest.

You form your intention, you hold it close to you, refusing to waver. You keep looking for signs of the manifestation. All the while, the Universe, by its own Law of Attraction, is creating the perfect circumstances, bringing together just the right people, aligning all the energies - all this so you can have exactly what you want. And when you stubbornly cling to your vision, refusing to waver or weaken, you WILL manifest it.

In fact, you don't have to DO anything except hold to your wanting. The Universe will do all the rest. It's really that simple.

Any desire, strong or not, is always answered by the Universe. The trick, for you the human, is to keep your focus on the desire. Often, though, what happens is you start looking for all the reasons you cannot have what you want. And you thereby sabotage your desire in its infancy.

And so, by the Law of Attraction, you get what you focus on.

It is no more difficult, on a vibrational level, to manifest one million dollars than it is to manifest one dollar. It is no more difficult to create a perfectly healthy body than it is a

dying, dis-eased one. Even a body in what your medical professionals would call a terminal state can be restored to absolutely perfect health.

Most of you would have no problem manifesting one dollar, even instantly. And you would think it quite ordinary. But if you suddenly acquired a million dollars, you would consider it a miracle.

If you were able to cure a small cold with a little meditation, you'd probably consider it no big deal. But if you could cure yourself of a so-called terminal illness in the same way, that would be a miracle.

Do you see where we're going with this? The process is EXACTLY the same whether you cure your cold or you cure your cancer, whether you manifest one dollar or a million.

The Universe always brings you whatever you're focusing on, whatever you're vibrating with, whether it be something big or small, something you want or don't want.

It's all a matter of focus. You manifest ordinary events or extraordinary events (miracles) by your focus. Miracles are truly the most ordinary of events. Miracles are a matter of focus.

You can have whatever you want. You can have ALL of what you want. If you're willing to do what it takes. If you are willing, the Universe is on your side.

# Miracles: A Matter Of Focus

## Spirit

How many times have you wished for a miracle or two in your lives? And just what is a miracle anyway?

Let's start with the second question. A miracle, to most of you, is an event beyond your understanding - "supernatural" is often the term you use for what you don't understand. But there's nothing supernatural about any of the so-called miracles you read about in anything ever recorded by mankind. Miracles are the most ordinary and natural of happenings.

Jesus did wondrous deeds - he walked on water - he healed the terminally ill - he raised the dead. And he did the most ordinary deeds - he listened to people - he soothed troubled hearts and minds - he walked among his sisters and brothers with only love in his heart. How could he do these "miracles" on the one hand - and, on the other, do the most ordinary human deeds in the most extraordinary ways? Was he different from you? Are the other masters who have walked through the pages of your history - and who walk among you today - different from you?

In most ways, no - they are exactly the same as you. Except in one way - they are *fully* aware of who they are - Gods and Goddesses in human form.

And it is this *full* awareness that allows them to do the deeds you call miracles. Miracles are nothing extraordinary - they are, indeed, the *most* ordinary events in the lives of you, Gods and Goddesses in human form.

It's just that you are not aware of most of these miracles. Many of you, for example, contract what you call fatal illnesses, and without even being consciously aware of it. And then - again without conscious awareness - you are "miraculously" healed. These sorts of events happen so often in all your lives, you would be shocked if I were to tell you all the details.

The "trick" - if you will - is to become conscious creators of miracles. And you can - you can! It would behoove you, especially in these changing and challenging times you live in, to become fully conscious miracle workers.

Can you walk on water? Yes. Can you heal the sick, including yourselves? Yes. Can you move mountains? Yes. Can you fly unaided in your physical form? Yes. Yes - and yes, yes, yes to all the other questions like these!

You can do all these things I do, as your Christ and other masters have said - and even greater things.

At this time of your Christmas celebrations, the greatest gift you can give yourselves is the gift of remembering. Remembering the Goddesses and Gods you are. And then, nurture this remembering in any and every way it feels right and good for you to do.



Daily meditation is one powerful way - in whatever form appeals to you. Conscious breathing is another way. With each inhalation you are reborn as the Gods and Goddesses you have always been. With each exhalation, all that you have ever been dies - then you are in the perfect place to be reborn anew, with your next inhalation.

And, of course, there are other means of reconnecting and remembering - you know what they are. Pick those that resonate with you. Then do them. Commit to doing them - commit yourselves to grow beyond the limitations and fears your human egos have imposed upon you.

It's true your human forms must act and react within certain boundaries. But those boundaries are far broader and grander than you have ever imagined. Today make the commitment to yourselves to gain *full and conscious* awareness of your divinity - to be fully focused on your God selves - and to do it in *this* incarnation. *Do it now!*

You can do it - *you can do it!* And then miracles will become the most ordinary of events in your daily lives. Miracles are merely a matter of focus.

# On The Wings Of Spirit

## Spirit

These are indeed fascinating times you live in. Often you are sorely tried and tested by the events and energies swirling all about you. You don't need me to remind you of what is happening - at least at the surface - on your planet today. So-called ethnic cleansings, mass murders, senseless acts of violence - and so on.

These are trying times. And you are occasionally lured into despair and darkness. Is this the end of the world? Are you, as a human race, finally gone totally mad? Are you completely out of balance, careening out of control?

Well, I would say you are certainly often feeling as if your world is caving in all around you - not only in your personal lives, but also in your global lives, if you will. The fabric of the human family - and of your individual lives - is, it seems, being torn to shreds - often quite literally.

What are you to do? Where are you to turn? Is nothing sacred any longer? Is this really the end of the world?

Well, yes, it is the end of the world as you have known it. You are not only about to enter the new millennium, but you are also about to enter a new world order. Your new world will be of a vastly different vibration from what most of you have known in your current lifetimes.

I know during this time of transition you often feel confused and afraid. Perhaps you are doubting your path - your beliefs - maybe even almost everything you have ever held sacred.

We in these realms are with you through all of this. We are but a breath away. The veil between our dimensions - our realities - is growing thin. Soon that veil shall be pierced and vanished forever.

You are on the threshold of an entirely new age. All the old ways of the old age are falling away - as they must. And, in that falling away, many of you are feeling deeply pained and sorely tried in your human being-ness.

Even in the midst of your pain, your trials, know this - you are loved, you are supported, you are never alone. We are with you always.

All you need do is ask and we shall be instantly at your side - loving you, supporting you in your human pain. And reminding you that your hurting humanness is a but a tiny part of your glorious divinity. Allow us to comfort and cradle you in these changing and challenging times.

You are never alone. You are never unloved. You are always carried gently and lovingly on the wings of Spirit.

# Oneness And The Illusion Of Separation

## John

Some people were offended by an earlier message of ours, Peace on Earth, sent out just a few days after September 11, 2001.

I guess I can understand why some were offended, given what the world had witnessed on September 11. Apparently, this is the part of Spirit's Peace on Earth message some had difficulty with:

"You came to this planet at this time to experience diversity - not oneness. And in that diversity, you will ALL find joy, once you allow the diversity to be okay. Once you allow yourself, and all others, to be okay just exactly where you all are right now.

"In that allowing, and only in that allowing, will you ever find peace on earth.

"Peace will never come to earth unless you see - and understand - all will never be one and the same - you are all diverse and different.

"You will find peace - total peace - only in accepting and allowing the diversity, and in letting go of your need for sameness."

As one lady so eloquently put it in her comments about that message, "Your teaching is an understanding of what is not, not what is. I truly believe that we are not diverse (perceptions are incorrect). We REALLY are one and the same!!!! All humans bleed, as do animals. The earth's blood is oil. We are the SAME and ONE. That's the beauty and that's REALITY!!!! I pray that in our lifetime all sentient beings realize this."

Spirit was not saying we, as a human race, are not one - we are, in fact, one with all of life, with all that is. But within that oneness, there is diversity. And that is as it should be. Sameness is not the same thing as oneness.

Even within the oneness of nature, there is always diversity. No two snowflakes are identical. Each is unique and special, one of a kind. And yet all are snowflakes.

That's the wonder and the beauty of nature - and humans are as much a part of nature as the snow, the rain, the wind, the trees, the animals, the birds, the fish. I see no conflict between oneness and diversity.

## Spirit

(Note from John) When I sat down to do this newsletter with Spirit, I had an "agenda." I wanted to know why we hear so much these days about the "global community" - about oneness and unity - and how important all this stuff is. And yet we are witnessing the fabric of humanity seemingly being torn to shreds. Many of us - as individuals and as members of groups (families, couples, companies, political parties,

countries, churches, etc. etc.) - are feeling alienated from one another, and even from ourselves. Here's Spirit.

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How can you become one again if you do not first become fully aware of the many illusions of separation you have imposed upon yourselves?

Yes, you certainly are undergoing some serious and heavy challenges on your planet today. Challenges on every level - physical, emotional, economic, spiritual. And you should rejoice you are undergoing such challenges and changes!

I am in no way "explaining away" the pain and trauma you feel in your human forms. There is no explanation I could give you that would soothe your troubled minds, pacify your deepest fears, or heal your wounded hearts. You are, indeed, experiencing the greatest and most difficult trials you have ever faced in this lifetime - or in any other of your lifetimes.

Yes, there is a higher agenda you, at the soul level, have all accepted. But knowing that does not, I realize, take away the pain and heartaches you're feeling. My only response to your pain and heartache is to tell you - with the deepest love and respect - you, the Gods and Goddesses you truly are, have chosen this human experience. You have chosen it to bring love and light to where there appears to be only cold and empty darkness.

Is the pain for a higher purpose? Yes. And remember this - you, in your infinite divine wisdom have chosen this path. The only purpose your soul ever had for choosing a path of pain - if that's what you've chosen in this lifetime - is to remind you that you do not need to suffer to get back Home. You only need to remember who you are - Goddesses and Gods all.

And then, in that remembering, you will feel no pain. I'm not saying there will be no more challenges for you - no further opportunities for moving deeper into the full remembrance of your true identity. But you will be in a state of ease, shall we say - as opposed to a state of dis- ease. Pain - if you experience any - will be seen and felt from a higher perspective. You will see it simply as an energy flow that has become blocked. Once you remove the block, the energy flows freely once again.

Although the physical manifestation of that new energy flow may still, for a time, appear to you as pain, your experience of it will be much lighter - and even joyful. And then, when you are able to move into that lighter, more joyful place, you will be in the best possible position to move beyond the experience you call pain.

I am speaking here today not only of each of you individually, but also of all of you as fellow travelers on Planet Earth. The pain you feel in your lives - in your lives individually, as members of a biological family (or a spiritual family), as members of the entire human race - comes from the illusion of separation. Separation is an illusion you have imposed upon yourselves. And it's an illusion you can easily dispel.

And how do you dispel it? By doing everything in your power to bring yourselves back into ONENESS - oneness on every level.

The starting point, of course, for returning to the oneness is that still and quiet place within - that sanctuary of peace and power within your hearts. It doesn't matter how you get to that place. You can do it with formal meditation, with conscious breathing, with mantras, with religious ceremonies - or whatever you are drawn to.

What does matter is that you practice daily - every moment of every day, in fact - becoming more fully aware of the fact - the FACT - you are far more than you have ever dreamed you could be - even in your wildest, most ridiculous and outrageous dreams.

You are Gods and Goddesses in human form. Once you are fully aware of that - and fully accept it - allowing that awareness and acceptance to flow through every fibre of your being, then you will have moved back into oneness - oneness with yourselves and with the glory and grandeur of who you really are.

And THEN, your world - your planet and all its children, human and "non-human" beings alike - all the Great Spirit's children - can easily move back into oneness. This will be the oneness from which you all came. And the oneness to which you shall all return.

ONENESS: THE AFTERMATH  
September 27, 2001

(Note from John) One of our friends and subscribers wrote me this past week asking my opinion of a couple of emails she'd gotten regarding September 11. She was in a bit of a quandary about what to think.

After I read the messages she forwarded to me, I had to think long and hard about my own feelings around the events of September 11. The following is a slightly altered version of my response to her. I want to share it with all of you.

I share it, not with the expectation of changing your minds about anything or of influencing you in any way - but only to share with you from my heart, as so many of you have shared with me from your hearts over the years.

We're all in this together, diverse and one at the same time.

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Dear Anne (not her real name),

Thanks for sending me those two emails. I've read them over and will just give you my gut-level reaction.

I must tell you I rarely follow the mainstream news media - because most of it is filled with negativity, and I don't want to get caught up in that vibration. I read mostly only what I need to research for my writing.

I have, since September 11, followed the aftermath of that day in the news media, but just for a few brief moments at a time. I don't glue myself to the radio, television, or newspapers. In fact, I don't even own a television.

Many seem to be always watching the unfoldment and intense rhetoric of this drama and getting caught up in the emotions of it all. The result is many are feeling depressed and in deep despair, even many who were not personally touched by what happened. That's perfectly understandable - for, from a human perspective, this was a horrendous tragedy.

My son lived in New York until recently, and he intends to go back there again to live. New York, for him, is home. He loves New York and he loves the dear friends he'd left behind there. So, he was devastated by the ghastly, ghostly images he saw on television.

His heart was breaking because this place and these people he loves so deeply had been devastated, physically and emotionally, beyond human comprehension.

So, I'm now able to see this through his eyes, though I've not been touched as personally as he and many others have been. It's been an emotional experience for me, if only because this beautiful young man I love so deeply has been hurt so deeply.

My heart goes out to those who were personally affected, or whose loved ones and friends were. They are all in my thoughts and prayers every day.

We need to acknowledge our feelings and let them be okay. But, even when we are in horribly unbearable pain, we also need to acknowledge we can move beyond those negative feelings, and back into the light.

It is only in the light of the love and compassion within our hearts that we can ever make a difference, that we can ever touch those whose hearts seem so hardened. We're all in this together, and love is the only answer.

So, I agree with those who say more violence is not the answer. Where does violence end and peace begin? The answer, for me, is within the hearts of each one of us individually.

And that's where I'm focused these days - on creating and sustaining peace in my own personal life. Then that peace - that powerful energy of my own personal peace - will radiate out from me to the whole world.

Like the ripples from a stone thrown into a pond, that centered feeling of peace within me will ripple out to the very ends of the earth. And it will touch the lives of all who are open to it.

If we all did that, there would be true peace on earth. Not sameness, not everyone thinking alike, not everyone blindly acting like robots - but an acceptance of the diversity within the oneness. An acceptance of all human beings as sisters and

brothers - an acceptance of them, as Spirit often says, as Goddesses and Gods in physical form.

I hope that helps. Take good care.

John

## Past, Present Or Future?

### John

When I was young, I spent many a present moment longing for the past - or planning for the future. But rarely living fully in the present. And today I know many people still living in the past or the future. But I never realized groups of people - those with a strong common bond and consciousness - do the same thing.

Recently I've come to know such a group. It's clear their group consciousness ties them to the past. They cannot live fully in present - nor can they dream of a better time to come. Their obsession with the past is all-consuming. A sad situation. And I suspect there are other groups like them.

Here's Spirit.

### Spirit

There are many on the earth plane today who have lost their vision, their dream - and are blaming others for their loss, for their present plight. It is quite satisfying, in a perverse way, for them to play the victim - to feel sorry for themselves.

Let's take a look at what anyone who does this is *really* doing - whether it be an individual or a group. First, they are giving their power away to a past which holds their lost dreams and visions. Second, they are giving their power away to a future which holds their doubts and fears. Third - and most importantly - they are failing to acknowledge the present moment which holds all their power.

By being fully present in the moment - in the *now* - they can reclaim their power. They can destroy all doubts and fears forever. And they can reclaim their lost dreams and visions.

The *present moment* is all there is - it is your *only* hope - your *only* place of power and peace. It is the doorway through which you must all pass to finally find your way Home again. All will ultimately pass through that doorway - one way or another. It does not have to be a long or painful journey. Though there are many who choose to make it so.

Your place of power is *always* in the present moment. You will not find your power - you will not reclaim it - unless you look for it in the only place it can ever live - the present moment. For ultimately, you have no past, no future. You have only yourself - your Self. And that Self exists only now - in the present moment.

With every breath you take, you are created anew - you are literally born again. How you experience your new life - your rebirth - is entirely up to you. You cannot live it fully, however, if you shackle it with the chains of the past or the future.

So, what do you prefer - past, present, or future?



# Peace

## John

This is the season of peace on earth and good will to all people. One of the reasons the feeling of the Christmas season is so powerful - no matter what your spiritual beliefs - is it creates a sense of oneness among people. And it creates a sense of oneness with all that is - all the Great Spirit's creatures. From that sense of oneness and being in the moment comes peace.

And yet peace eludes so many at Christmas. Several members of my family absolutely hate Christmas. It's too much work, too much stress, too much rushing around, they say. They feel little or none of that peace and good will Christmas is all about.

The common element, at least with these folks, is an attachment to the past. Either they remember joyful past Christmases they believe can never be duplicated - you know, the "good old days" mentality. Or they remember past Christmases as times of pain and turmoil - and they carry those old feelings into the present Christmas.

If we live only in the now, as Spirit and others often remind us to do, we shall know peace. Spirit once put this quite eloquently. Some of you have heard these words of his before, but they bear repeating. I shall close with those words - and my heartfelt wish that you all find the peace of Christmas in your hearts in every present moment of your lives. Here's Spirit.

## Spirit

Your Soul, your Higher Self is always in a state of perfect bliss - perfect joy - perfect peace. It is a state somewhat like a deep meditative state, but with total awareness of your total reality and existence *in the moment*. If you are fully present in the moment with Love, there can be no pain, no sorrow. There can be nothing but total peace - the peace, as your bible says, that surpasses all understanding (human understanding, that is).

# Peace On Earth

## John

We first published this message October 11, 2000, 11 months, to the day, before the unforgettable September 11, 2001. Those of you who are into numerology may find some significance in that.

Events like those of Tuesday, September 11, while certainly heart-wrenching and terribly tragic from a human standpoint, always have great potential for good. I'm sure the world will see much good coming from these circumstances in the days and years ahead.

That good will include the healing of the gaping, bleeding wounds individuals, groups, and nations have inflicted upon one another and themselves.

I've already seen positive changes in people's behavior - I'm sure many of you have too.

One example - I was driving home several hours after the attacks. I live in the Virginia suburbs of Washington, DC. Those of you who also live in, or have visited, this area know what traffic is normally like around here. The kindest way to describe it is "intense."

However, on Tuesday, virtually every driver I encountered on the highway was driving sensibly - and, remarkably, most were observing the speed limits. It felt like nearly everyone had a renewed reverence for life.

After I got home, I went out jogging, as I do most afternoons. Many people in the neighborhood had come home early from work. Schools had closed early.

Folks were gathered in the streets talking in hushed tones, some with their children. Many, I'm sure, were talking to neighbors who'd been strangers until Tuesday. Around here, people can live next door to each other for years, and never be friends, or even speak to one another.

But now people seemed hungry to connect with their sisters and brothers in a deeper, more loving way. Life, in one unbelievably harsh moment, had suddenly become precious again.

On Tuesday, at least, there were no strangers next door.

## Spirit

On your earth plane, you often have "peace meditations." And yet every individual's definition of peace is different. There are as many definitions and kinds of peace on your planet as there are people walking upon it.

Generally, we are not in favor of peace meditations. Why? Because everyone comes to the meditation - or whatever the gathering is - with different, often conflicting, ideas of what peace is. And that defeats the very purpose of your coming together.

However, let us say this: Those who enter into these peace endeavors are coming from a pure heart, from a pure intention. There is certainly no malice in them.

But the **ONLY** way you can create "peace on earth" is to **FIRST** create it within yourself. This is a premise many on the earth plane have missed.

You must be at peace within yourself - you must have found peace for yourself - before you will have any peace to give others - before you will ever be able to show others the true path to peace.

And when you do create this "peace on earth," know this: you will all **STILL** have different ideas of what peace is. There will **NEVER** be, in your experience in this lifetime, a time when **ALL** will agree on just exactly what peace on earth is.

You did not come into this particular incarnation - at this particular time in your human history - at this particular time in your own individual history - to create total peace on earth.

You came to this planet at this time to experience diversity - not oneness. And in that diversity you will **ALL** find joy, once you allow the diversity to be okay. Once you allow yourself, and all others, to be okay just exactly where you all are right now.

In that allowing, and only in that allowing, will you ever find peace on earth.

Peace will never come to earth unless you see - and understand - all will never be one and the same - you are all diverse and different.

You will find peace - total peace - only in accepting and allowing the diversity, and in letting go of your need for sameness.

Peace be with you.

# Perfect Partners & Soulmates

## Questioner

It seems like forever I've been searching for my soulmate. Sometimes I get so discouraged! Can you help me?

## Spirit

It seems so many of you on the earth plane are forever in search of your perfect partner, your soulmate.

And yet how many have taken the time to consider exactly what a perfect partner, a soulmate, is? Few, we daresay.

So let us begin there.

First of all, many walking your earth today, when they hear the term, "soulmate," instantly put a romantic twist, if you will, on it. There's nothing wrong with that. But many romantic relationships are not between soulmates. And many soulmate relationships are not romantic.

So let us broaden your concept of soulmate.

Let's take the term literally - soulmate. That means someone who shares the same soul, the same part of the stream of consciousness you find yourself in. And that "someone" is not limited to a potential romantic partner of the opposite (or same) sex. It can include - it DOES include - far, far more than that.

A soulmate can be, and often is, a beloved friend or family member with whom a romantic relationship is not even a remote possibility or desire in this lifetime. A soulmate can be a beloved pet.

You can even have a soulmate relationship with a place where you feel passionately connected to the Universe. For example, the ocean, the mountains, the desert, and so on. Basically, it's wherever you find a resonant vibration, a deeply-felt soul connection.

A soulmate can be anyone, anything with whom, which you feel a deep spiritual bond and passionate love. Generally, any relationship where you feel deeply connected can be, in a real sense, a soulmate relationship.

However, let's get back to our earlier definition of soulmate: someone who shares the same soul. You always recognize those who are your soulmates by how you feel about them.

Think about those people (let's confine this discussion to people for now) you feel deeply connected to. Many of them, though not all, are your soulmates. And you will never have a romantic relationship with most of them - not in this lifetime anyway.

But then, there are those soulmates in, or on the periphery of, your experience who are potentially perfect romantic partners.

You do not have one perfect romantic partner waiting for you somewhere out there. You have many. There is no “one and only.” Rid yourself of that notion.

That’s not to say, however, when you do find one of those perfect ones, you will not stay together for the rest of this lifetime. You may well stay “till death do us part.” Those relationships often bring the deepest joy and most soul-satisfying pleasure you can experience in one physical lifetime.

It seems to us the best place from which to launch your soulmate search is right there at home, if you will. We mean the first place to look is within yourself.

How do you see yourself? In your own eyes, are you loving and kind? Are you sensual and sexual? Are you bright and beautiful? Would you want YOU as your best friend? As your perfect lover?

Take a few moments to ponder that question before you answer it. Would you really want yourself as your best friend?

If you can truthfully answer “Yes,” you’re 90 percent of the way home to your soulmate.

If you must answer “No,” that is not a bad thing. It’s actually a good thing. For it means you are realizing you have some work to do on yourself. And NOW is the perfect time to do it.

Our point is this: You are in absolutely the best and most perfect position to quickly draw to yourself one of those perfect partners out there when you are literally head-over-heels in love with yourself.

If you are head-over-heels in love with YOU, you don’t need another, do you? That brings us to our next point.

Many relationships on the earth plane today, and probably most romantic relationships, start from a place of need. A place of feeling you, by yourself, are not enough.

You know the litany:

- \* If I could only find my soulmate, I’d live happily ever after.
- \* If I could find someone to love me, I’d feel better about myself.
- \* I might even learn to love myself!
- \* Etc., etc.

From that place of feeling needy and definitely not loving yourself, you will not attract your soulmate. Though you’ll probably attract someone, or several someones, as needy as you. And that just doesn’t work.

To sum it all up, you must first become your own perfect partner, your own beloved soulmate. Work on yourself first. That is your first priority, especially if you haven't yet fallen in love with yourself.

If you can feel really good, really joyful, really uplifted, really passionate, really sensual, really sexual when you are all alone with yourself, you have arrived!

For then you will attract your perfect partner. You **MUST** attract your perfect partner, if that is your intention, when you are head-over-heels in love with yourself.

It cannot be otherwise.

# Power

## John

Many people have come to us over the years wondering why they were feeling so powerless and depleted - and why others seemingly had the power to hurt them. Spirit's answer has always been the same - if we are feeling powerless, it's because we've agreed to give our power away. This brief message addresses that problem very directly. Also, it is a most timely message for all of us.

## Spirit

Each person must accept *full* responsibility for his/her own feelings. To say another caused you hurt or pain is simply not true. I realize this is the way your culture thinks and teaches you to think. But it is, in reality, an abdication of your responsibility for your own life. And, more importantly, it's an abdication of your power. No one has the power to hurt you unless you give it to them.

This is the time for all lightworkers to claim their power - not to abdicate all power and responsibility! I realize these words will sound hard - and perhaps even harsh - to some. But that is not my intent. My purpose - my *only* purpose - in working with John is to remind all who are drawn to us who they are. Once that is done, there will be no more for me to do.

Until then, however, I shall be of a single mind, if you will, in accomplishing this purpose. For only when all of you on the earth plane have accepted total responsibility for your lives and have fully re-claimed your divine power - only then will you, or your beloved Mother, the Earth, be ready to return Home.

# Remembering Joy

## Questioner

Please give us some simple steps on how to even begin to remember what brings us joy, for those of us who've forgotten in this lifetime what joy is! No kidding!

## Spirit

Well, your world has certainly been immensely helpful in assisting you to forget everything you once knew. Knew at the soul level, that is. And when you first incarnated, you still knew it all.

But then you "grew up." You became a physically mature human being. And in the growing up, you forgot virtually all you knew. And your forgetting was aided and abetted, if you will, by those wanting you to live your life THEIR way, not yours.

You will never find, or remember, joy in your life if you are constantly seeking the approval of others. The only one whose approval you need is YOU!

And so, most of you lost your conscious connection with your soul. You're still connected, even in the dark depths of your forgetfulness. But if you're not aware of the connection, you don't have access to the divine creative powers that are your birthright as a spirit being in human form.

Your soul is always in a state of bliss, ecstasy. It lives in a state of eternal joy. Your soul IS joy. And you, the human extension of your soul, ARE joy. You've just forgotten.

The way to remembering is simple. So simple, in fact, the world will tell you it's insane. But perhaps sanity is the curse of mankind.

So let us offer you my little piece of "insanity." The way to remembering joy: Seek only joy in every aspect of your lives.

By that we mean look for only the good. The good in others, in yourself, in your home, in your lover. Everywhere and anywhere look for the good. Only the good. Refuse to see anything negative. There's plenty of it out there. But you can choose to focus only on the good, on what brings you joy.

And, by the Universe's own Law of Attraction, what you focus on will expand. It MUST expand. It cannot not expand.

And so, the way to remembering joy is to seek it, and only it. The more you seek it, the more of it you will have. And the more you will remember.



# Resurrection

## Spirit

Some of your spiritual traditions on Planet Earth celebrate Easter as a time of resurrection, rebirth. But every day is a day of rebirth, not just Easter Sunday. You can be reborn with every breath you take. Nothing - absolutely nothing - is the same from one moment to the next. Although this is not always evident to you, it will become more so as you move into the new millennium.

This is a time of change, of rebirth, of resurrection. It is best to "go with the flow," as you say. There will be those who choose not to. They will find their rebirth on other planes of existence. But for those who choose to "stick around" on Planet Earth, this will be an exciting time indeed. The party is about to begin!

Despite the seemingly traumatic and tragic events happening around the planet, these times you are living in are but a prelude to the party to come. You and the planet itself are simply going through a period of readjustment and cleansing. Everyone will make it. No one will be left behind.

This is truly a new era you are entering as your second millennium draws to a close. It is truly an exciting and energizing time to be physically alive on Planet Earth.

So I would urge all of you, regardless of your spiritual beliefs (of lack of them) to seize upon this grand opportunity. Easter can be - and indeed is - a symbol of the grandest opportunity you, as a human race, have known in all of your history on Planet Earth.

The energies are increasing and intensifying. Time, as you have known it, is shifting, contracting and expanding in seemingly mysterious ways. Many of you are experiencing unusual symptoms and feelings in your physical bodies - sometimes in the apparent form of illness. You are experiencing dramatic, often difficult shifts in other areas of your lives - your relationships, your work, everything you hold near and dear. You are all doing intense work in the dream state, whether you are aware of it or not. Often, you will feel the need to get more sleep than what is normal for you.

Many changes are afoot! Allow yourselves to flow with the changes without protest or resistance. This is the dawn of a new age. Your world, your planet, your bodies will never be the same again.

This is a time to rejoice, a time to be filled with joy. You are on the threshold of a rebirth like you have never known before. The old way is dead. The new way is about to be born. Your resurrection is at hand.

# Romance, Focus And Co-creating

## John

Several weeks ago, I was considering several large projects to work on. All appealed to me. And I wanted to start them all now. But I knew I probably couldn't do a good job if I undertook everything at once. So, I asked Spirit's advice.

None of my projects had anything to do with romance (despite the title of this message). However, Spirit managed to not only answer my question, but to craft his response into a much broader message. He often does that to me! ;-)

## Spirit

When you can focus on one thing with laser-like intensity instead of several or many things at once, you can create a passion and ecstasy like you have never known.

You will summon more of that energy that creates what you call miracles, more of that energy that creates the Universe.

This is the most powerful energy known in any dimension. Hold a clear, laser-like focus, and you can have it all! You can create it all!

And it doesn't matter what we're talking about. It applies to everything: relationships, romances, work, money, etc. etc.

You may wonder how this focus "stuff" can possibly work in a relationship, particularly a romantic one. All relationships, after all, are co-creations. You're not in this one alone, as you are when you're focused on many other personal goals.

As you well know, two people, when they come together in the first blush of romance and passion, feel so very good. They see only the positives in their beloved.

But generally, as time goes on, the blush fades and the snow is on the roses. The two begin to see the negatives in the other. Their focus has shifted. And to complicate matters, both continue to grow and change, each on his or her own path.

Though growth is an entirely natural and desirable process, it can create more difficulties if the partners do not understand the process.

And so, given all that, how can you continue to be the powerful creators you both are?

When you reach this stage of your romance, you are generally looking for ways to get your beloved to want what you are wanting. Instead of just allowing them to have their own wanting, and being okay with their wanting, even though it may be radically different from yours. This is called manipulation.

So, you've progressed from passion and pleasure to fear and manipulation. Most relationships, when they reach that stage, either end or settle into a deadening mediocrity.

But it doesn't have to be that way. The key is remembering.

Remember what you felt at the outset: the passion, the pleasure, the sheer joy of being in each other's physical presence. Seeing only the positives in one another.

You can easily re-capture those feelings. Spend a little time focusing on the remembering, and the feelings will come flooding back to you.

The next step is to focus only on what you want from the relationship from this point forward. Not on what's happened in the past, but where you want to go from here.

And let your partner focus on what she or he wants. That's often the most challenging part of relationships, particularly romantic ones.

However, if each of you focus solely on what you want, and not on controlling your partner's wanting, you can work wonders for your relationship, and for each other. But that cannot happen if you are focusing on changing your partner's wanting.

When you focus only on what you want with a laser-like intensity, the Universe arrays all its power to support you and propel you forward. And it will, in seemingly magical ways, align all the energies so both of you get what you want.

It's a process where you are allowing your partner his or her own way and getting your own way to boot.

That kind of loving allowance will strengthen your relationship immeasurably. And it will rekindle the fires of passion beyond anything you have ever known.

# Security: The Road To Total Freedom

## Spirit

Security - what does that mean to you? I'm sure there are almost as many answers to that as there are people walking the planet.

Let's take a look at some of the possibilities. Money is one - it certainly provides many of you with a feeling of security. Happy peaceful relationships with your loved ones - there's another. How about a nice comfortable home - a place of peace and serenity for you and your loved ones? Having the approval of others - that provides many people with a sense of safety - it provides the validation they are "okay."

We could go on and on. I'm sure you could add to my short list. Do you see any "common thread" here among the possibilities I've mentioned? It is this: every one of them - all these providers of security, if you will - are OUTSIDE yourself. They do not come from WITHIN you - they are not born of your own sense of safety and security about WHO YOU ARE.

Now, I realize many of you, the great lightworkers, are already aware of all this. I cannot, after all, tell you anything you do not already know at some level. And yet, even in that knowingness, if you will, many still seek safety, security, validation OUTSIDE themselves. When you do that, you are giving your power away to someone or something external to yourself. You truly are giving your power away - your divine power - the power that is your birthright as the Gods and Goddesses you are.

Now, there is absolutely nothing inherently "wrong" with any of the things I've talked about - money, happy relationships, a comfortable home, people who support and love you, and so on. And there is nothing wrong in WANTING these things. However, what does not serve you well is NEEDING these things to feel good about yourselves - to feel secure.

In one of our individual sessions recently, a lady expressed her concerns about money. She said once she had enough money (whatever "enough" was to her), she would feel secure. Well, that is the reverse of the way it really works. First you must have a good sense of self, a clear "knowingness" of your true divine nature. THEN you will be able to create, to manifest whatever you want - money, a happy relationship, a beautiful home, a career you love, and so on. And, if you ever lost any of those things, you would STILL feel totally secure. For true security comes from WITHIN - from the Goddess - the God - within you - the God, the Goddess you truly are.

Once you fully remember - and can maintain a full conscious awareness, in every moment, of the Goddesses and Gods you are - THEN you shall be totally secure. THEN you shall know total freedom.

I realize, for many, this full conscious awareness is not going to come instantaneously. For many, it comes gradually - and that is okay. However, with the

dramatic shifts occurring on your planet today, it is now possible - and even easy - to manifest what you want in your life - and to do it quickly. It was not that way many years ago, as you measure time, when the manifestation process, if you will, took longer. The energies, the planet's vibrations, your own personal vibrations and energies were much denser - or "heavier" then. Now, everything - including time as you know it - is literally speeding up. And so it is entirely possible - and, as I said, even easy - to manifest all your dreams virtually in the "twinkling of an eye."

Now, you can indeed move quickly toward the full remembering of who you are. That, in general terms, is why all of you have come to your present incarnations. Once you have begun to remember - to get a deeper sense of your divine nature, then you shall find TOTAL SECURITY - within yourselves. Then you shall be truly and totally FREE - and secure.

# Service Or Selfishness?

## Questioner

Despite my decision to not worry about my "service," the idea that I'm supposed to be contributing in some way is like a stone in my shoe. You know, not all-consuming, sometime moving a bit so I don't notice it, but it never really goes away.

So, what about it? Am I missing it? Will it make itself known to me? Do I need to be actively pursuing it? Will I know it when I see it? Maybe I'm already doing "it." But it doesn't really feel like it.

## Spirit

Many of you have grand and glorious ideas of what it will mean when you are finally able to be "of service" to others. Have you noticed this is something you nearly always project out into the future? Something you will do some day. A distant dream you hope to achieve somewhere "out there."

We would ask you to bring your focus a bit closer to home, to your present moment. Is there anything you are doing in your life, in this present moment, that feels good? That brings you pleasure? That brings you passion? That brings you joy? Even little things.

Do you feel happy when you play with your little child? Do you feel pleasure when you spend time with your lover? Do you feel joy when you take a moment or two to listen to a troubled friend?

The ways you are already of service are countless. They are such "small" acts of kindness and love, you see them as insignificant.

Nothing - absolutely nothing - you do in the spirit of love is ever lost. It is never insignificant. When you create that vibration of love, uplifting one or many others with your words, your touch, your caring, you are at that moment "of service."

You are clearly of service to those whom you directly touch. But you have sent that vibration not only to those in your immediate vicinity. You have also sent it forth into the world around you. It radiates out, like a stone thrown into a pond, into the farthest reaches of the Universe.

You are of service to all that is whenever you think loving thoughts. Thoughts of caring, compassion, concern. And you are not of service when you allow yourselves to spiral down into negativity, resentment, hatred. Then you are contributing to the alienation of the planet.

You can do great deeds of service. Like those of Mahatma Ghandi, Mother Teresa, the one you call Christ. But most of you are not in those places where you can contribute in those same ways.

However, you are always able to contribute, to be of true service, when you are in a state of joy. When you are “self-ish” and seek only joy in your own life. A single being in a state of deep joy sets up a vibration many millions of times more powerful than the combined vibrations of millions in a state of despair and hopelessness.

The only true measure of service, and of success, is the amount of joy you feel. The more joy you feel - the more self-ish you are - the more you will be of service. And the more successful and abundant you will be.

Being of service and being self-ish are one and the same.

# Sexual Energy

## John

One of the most common issues people bring to Spirit in private sessions is romantic relationships - how to find one - and then how to handle it after you've got the tiger by the tail. All relationships - but particularly romantic ones - are always grand opportunities to confront our "core" issues.

Romance brings us and our partners much joy, pleasure, and fulfillment. It can also bring out the "darker" sides of both partners. Energy is energy is energy. But sexual energy is one of the most obvious and powerful manifestations of the multi-faceted divine beings of light and power we all are.

I've lived over half my adult life without a romantic partner - and it was a conscious and deliberate choice. As I look back on my life, I realize one of the reasons I've chosen to live alone was my fear of sexual energy - my own and that of others.

Recently, some dramatic changes in my life have challenged me to examine my own sexuality in a way I've never done before. This prompted me to ask Spirit if they wanted to discuss the matter (not the matter of my personal life, but of sexual energy). Their answer, as usual, was brief and to the point: "Yes indeed!"

Here's Spirit.

## Spirit

Sex is such a delightful subject of conversation, is it not? Ah, how you torture yourselves needlessly in this matter. Sex should be one of life's greatest pleasures and delights - and it is. But yet so many who delight in it, at the same time, feel incredible guilt that anything in this life should bring them so much pleasure.

You know, it's the old puritanical approach - anything that feels that good must, by definition, be evil! And so, sex is one of the places where many of you hang your doubts and fears of your worthiness. And you thereby create a most interesting dilemma for yourselves - can something that feels so good be so bad?

We haven't the time or space to go into this topic in detail today. But I do wish to give you, for your consideration, my perspective of the energy of sex - sexual energy.

You are all Goddesses and Gods in human form - spirits who have taken on human bodies for a while. Part of your divinity is the ability to manipulate energy - your life force, if you will. And to create with that energy whatever you focus upon.

The fear many of you have - and it's not always a fully conscious fear - is that you will abuse your awesome power (as you may have done in past lives). And so, what happens is any particularly potent expression of your life force, your energy, can be scary indeed. And there are few more potent expressions of energy than those you experience in your sexual relationships.



The potency of these experiences creates the fear - or, more accurately, resurrects the fear lingering in your memory. You fear you may abuse your power once again. And, therefore, you often engage in sex in a superficial way - you know, the "one-night-stand" mentality. Or you use your sexual potency to control others - for fear they may control you if you don't do it to them first.

And so, what are the lessons - or rememberings - you can take from your sexuality? First, see your sexuality as only one aspect of who you are - and a most delightful aspect, at that!

While you are still in human form, sex is a wonderful channel for your divine energies. You need not fear it - in fact, you would be wise to luxuriate in it! For, once you have released your fear and guilt around this most powerful force, you will then be in the perfect place to use it in a loving and compassionate way to create oneness with your partner - oneness with yourself - and oneness with all that is.

The experience of sex on the earth plane is simply a reminder of the state of bliss and ecstasy you, as your soul, know constantly. It is only a reminder of who you really are. And it is a grand opportunity to touch Home once again while you are still in human form.

# Soulmate Vibrations

## Spirit

Before you can manifest anything in your lives, you must be a vibrational match to it. It cannot be otherwise. And it does not matter what we're talking about - your perfect partner, your perfect job, your perfect home, and so on. Whatever your desire is, you must first work on yourself before your desire can manifest in your life.

Most of you know what you want in your lives - money, loving relationships, work you enjoy, a comfortable home, etc. You know what you want. In fact, it is impossible for you to NOT want. As long as you remain on the earth plane, you will always experience desire. The diversity of life on your planet ensures that.

And that, in fact, is why you, at the soul level, chose to incarnate again. The diversity of life on earth guaranteed you would get to exercise, and play with, your divine creative powers. It's a big game, and it's fun to play. That's how your soul sees it.

But you sometimes forget all that. And that's okay.

But now it's time to remember. And now it's time to become a conscious creator of all you wish to manifest in your lives. And you do that by becoming a vibrational match to what you want.

That works with everything you want to manifest. But let us use the example of finding your perfect mate, your lover. It is a good example because it's a near-universal concern.

If you wish to attract your perfect lover, you must first become your own perfect lover. The Law of Attraction says like attracts like. You have many ways of expressing that - the rich get richer - the better it gets, the better it gets - etc.

This is what we would suggest you do. Sit down and write a list of all the qualities you want in your lover, with as much detail as feels comfortable for you. Then take a good self-inventory. And compare the results of that self-inventory with the list of your perfect lover's qualities.

Once you've done that, you'll generally find yourself in one of two possible places. Either you're looking for someone to fill the gaps, if you will, you perceive in yourself. Or you'll be wanting to share with another the beauty you've created in your own life.

Either way, you'll get a perfect match. In the first instance, you'll get someone as needy as you. In the second, you'll get someone as powerful as you. Do you see how this works? Do you see where we're going with this?

You must first BE what you wish to manifest. And then it will, it must, come to you. On the other hand, you can also choose to be what you do not want (that is, needy). And that also will come to you.

What you ARE is what you will create in your lives. No exceptions. The Universe's own Law of Attraction guarantees you will always get more of what you are.

The law works perfectly. It's up to you to use it to create what you want instead of what you do not want.

## Spiritual Work And Money: Do They Go Together?

### **Spirit**

Many people on your planet today - those spiritually aware and those not so aware - often have an issue with money. Money, in your western society at least, is a convenient place to learn the lessons you've come to this life to learn. (Sex is another convenient place - more about that another day.)

The root or core issue, of course, is ALWAYS fear. And what is fear? It's a lack of faith, a lack of love. Fear can exist only where you have forgotten your essence - love. For love is all you are. You are part of God - you ARE God. And GOD IS LOVE. The most powerful force in the universe is LOVE - THE GOD - THE GODDESS. And you are all Gods and Goddesses. It is only in the heaviness of the illusions you have created that you forget who you are. If you lift the heaviness, the forgetfulness vanishes - as the morning dew before the rising sun. And you remember who you are - GODS AND GODDESSES. In the remembering, fear vanishes - it cannot live where there is only love.

And so, what does all this have to do with money and spiritual work? And what does it have to do with the conflict many of you feel between the two?

Well, there are several underlying elements here. The first is a misconception of what money is. Many on the earth plane believe "money is the root of all evil." Your society, your parents, your teachers, your governments all have contributed to this misconception. And yet you need money to survive physically - at least for now. That will soon change, but for now, it's a fact of life, as you say.

Do you see what a terrible conflict this can set up within you? Here, on the one hand, you believe money is evil. And yet, on the other hand, you need it to live. So, to live, you must use evil means - or so you must conclude, given the basic ingredients you've put into this perfect recipe for conflict and confusion.

Let's talk for a moment about what money REALLY is. The basic building block, if you will, for all that is on your planet, is energy - pure and simple. EVERYTHING that exists in physical form on your planet - including your bodies - is simply energy made manifest. And ultimately, all physical forms will return to pure energy - to the light of God, their Source.

And so, money is simply one form of energy - nothing more, nothing less. Energy is neither good nor evil. It just simply IS. Certainly, you can choose to use money - or anything else - for less than loving purposes. But that choice does not make the thing itself evil.

If you can begin to see money in this light, I think you shall find the conflict you've been feeling will begin to lessen - and, ultimately, vanish.

Now let's get to another misconception regarding money and so-called "spiritual" work. First, let me say EVERYTHING you do in your life is spiritual - whether you consider it so or not. You've heard this before: You are not human beings having a spiritual experience. Rather, you are spiritual beings having a human experience. So, ALL you do is spiritual!

You have no problem accepting money for "third-dimensional work," if you will. If you're a lawyer, doctor, carpenter, chef or whatever - do you have an issue with taking money for your services? I think not. It is entirely right and good for you to receive something in exchange for your "work." And it is not only right and good - it is absolutely essential, for at least two reasons.

First, you need money to provide for yourself and your loved ones. Secondly - and this is a more "spiritual" reason - if you only give or only receive, you are creating an energy "block." That is simply the way the laws of the universe work. There must be a giving and a taking, an ebb and a flow. If you block the flow, all kinds of undesirable things can happen. All illness in your physical bodies is the end result of blocked energy. If you are totally loving, totally flowing, it is literally impossible for you to experience physical illness.

And so, why is there a conflict within you if you accept money for doing so-called "spiritual" work? I don't care what that work is - healing, channeling, writing, singing - whatever. You, as the "giver" of the work, have a responsibility to yourself - and to the "receiver" of your work - to keep the energy open and flowing - to accept SOMETHING for your work. It doesn't HAVE to be money - although that is the most common form of compensation in your culture. But when a gift (work) is given, there must be something given in return. Otherwise, you block the flow. And if there's one thing the universe doesn't tolerate well, it's a blocked energy flow.

This is simply the "law of the land," if you will. Go with the flow, as you say. It's okay - money IS spiritual - your work, ALL of it, IS spiritual. YOU are spiritual. There are no inherent conflicts here - only the forgetting of who you are. I hope, in some small way today, I have helped you remember who you are.

# Suddenly There Is Winter

## **Spirit**

These are times of momentous changes on your planet. At one moment, you are enjoying the roses of summer. Then the roses fade and their petals fall to the earth. The trees change colors and their leaves fall to the earth. Your brothers and sisters, the animals of the earth, begin to hibernate. You feel cold and alone.

Suddenly there is winter.

Is this not much like what you often feel in your lives? The changes - from the roses of summer to the snows of winter - seem to come upon you so quickly and, often, so painfully.

And yet this is the very reason you have come to this planet in this incarnation - to experience the density, the heaviness, the changes. And you've also come to learn from these experiences. And to find your way back Home once more - to the Goddess, the God within.

It cannot be otherwise. That is why you have come - and you shall certainly accomplish your mission.

Changes, painful and difficult as they may feel from your human perspective, are always for your highest good.

Most of your pain is in your resistance, not in the change itself. Give up the resistance and you give up the pain. You simply trust and surrender. Totally trust in and surrender to the flow of your life - to your Higher Self, your soul, the Great Spirit.

And, oddly enough, in that place of total trust and surrender, you shall find your greatest power. And from that point of power, your pathway Home suddenly becomes painless and joyful.

You have come full circle - the snows of winter have once more brought you the roses of summer.

# Surrender: The Road To Supreme Power

## Spirit

Welcome. Now, our title has, I'm sure, attracted some attention. For, in your third-dimensional world, it seems contradictory. How can surrender lead to power? They're opposites, are they not? Well, no, they're not. They only SEEM to be opposites.

For it is only when you totally surrender to the flow of your life that you gain supreme power over it - and over yourself. So, this discussion today will focus on the two steps of this process. First, learning how to surrender. And, secondly, once you have surrendered, how to move into your power through trust.

"So, Spirit," you may ask, "What's this surrendering all about?" First, you must get past your ego's notion that surrender is weakness, lack of purpose and so on. I am not using the term "surrender" to mean anything of the sort. I define surrender as simply allowing yourself to move with the flow of your life. Let me give you an example.

Let's say you lose your job - and it was a job you enjoyed. Well, you could wail and gnash your teeth, curse the Gods and the powers that be, etc. Or you could simply say, "Well, okay, my Soul must have something better in store for me." That is the first step of surrender - simply ACCEPTING what is. There's a lot of wisdom in that prayer many of you are familiar with. It goes something like this: God, give me the strength to change the things I can, the courage to accept the things I can't and the wisdom to know the difference. I may not have the words exactly right, but you get the idea.

So, moving into surrender, the first part, is simply accepting what is. The second part of surrender is learning to move with the flow of what is. For nothing happens in your life which, in one way or another, your Soul has not orchestrated for your highest good. The event - in this case, losing your job - is simply a trigger or stimulus to get you moving into another and higher energy flow.

You could, for example, accept the loss of your job and then do nothing. Just wither away and die, so to speak. That's not what your Soul wants. It wants you to move into the new flow created by your job loss. (And, believe me, It's going to get you into the flow one way or another!)

So how do you move into the new flow? You go within, as we've reminded you before, and check with your Higher Self. Get quiet and relaxed and listen to the whisperings within your heart. Images, ideas, words will come. Ask yourself what feels good, what doesn't. Whatever feels good is a strong indicator of a good direction for you to move in.

I don't want to get into a discussion of how to sort through what comes to you from your heart. We've covered that well in other discussions. But, simply going within and listening to what feels good and what doesn't is the way you begin moving into the new energy flow your Soul has created for you. That is the second part of surrender.

Remember, this new flow, created by the apparent disaster of losing your job, is for your highest good. Trust that. Trust your Soul. Trust it knows what It's doing. And that brings us to the second part of this process: moving into your power through trust.

Let's think about trust - the resonance of trust, as we call it. What is it? Well, by now, you know I am fond of starting our discussions with definitions - especially simple definitions. I would define trust as the choice to recognize all is as it should be.

I can hear the questions and protests starting already! "Well, Spirit, if I create my own reality and I've created this disaster (a divorce, car accident, etc., etc. - you fill in the blanks), how can you say all is as it should be?"

We've already discussed one scenario where you lost your job. In that case, we said it was simply your Soul urging you to move into something higher and better. You created this job - a job you enjoyed - and now your Soul, in Its infinite wisdom, has something better for you.

But let's consider another and different scenario. We'll use the examples I gave you above - a divorce or car accident. These are quite different, are they not, from creating a job you enjoy? If you want to evaluate these creations on a good-bad-terrible scale, the job would be a good creation, would it not? However, the divorce, the car accident, you would probably put somewhere between bad and terrible.

In one way or another, you (your ego-self) or You (your Soul-self) have created all these realities - the job loss, the divorce, the car accident.

My point is simply this: Your Soul can take anything you (or You) have manifested and create a higher good for you.

It doesn't matter whether your ego-self or Soul-self have done the manifesting. What matters is this: you are evolving - growing - expanding - as long as you are on the planet. Your Soul, in Its great love, wisdom and power, is capable of using whatever "raw material" is at hand (job loss, divorce, car accident) and creating a higher good for you.

And that, again, is my point. Your Soul can take what you, from a human perspective, would consider a blessing or a disaster, and create something better - something more joyful - something higher - to move you farther and faster along your chosen spiritual path.

Therefore, I say all is as it should be. You will never lose this game of life. You didn't come here to lose. You came here to win - to win your way back Home. Trust that! When you do, you shall move fully into your power - supreme power.

