



Special Reports

Channeled Messages from Spirit by John Cali

Volume 3

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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 third of the three Special Reports ebooks.

Enjoy!

Teach Only Selfishness

John

I awakened from a deep sleep last night and had this sudden rush of energy from Spirit. The result of that “rush” follows.

Once again, the message is most timely for me personally - as I hope it will be for you.

Here’s Spirit.

Spirit

How often have you heard it said, “Think only of others.” - “Love others unconditionally.” - “Put others before yourself.” - “Be of service to others.” - etc. etc.?

Those are noble-sounding sentiments. But they will guarantee you a life of misery and joylessness.

Many times, you’ve heard me (and others, I’m sure) say you cannot serve another unless you first serve yourself, you cannot love another if you do not first love yourself.

If you do much commercial flying, you probably know by rote one version of this routine: Your airline companies always tell you if cabin pressure fails and you need an oxygen mask, always attend to your need first before helping your children or others who may depend on you.

So, what is “unconditional love,” this term that is so much bandied about these days?

I would define unconditional love as the choice to see the divinity in all beings. Or, put another way, the choice to look only for the positive in others - to look for, and focus on only the beauty, the strength, the good in those beings around you. And to look for the beauty, the strength, the good in all of life.

There are negatives and positives in everything and everyone. No exceptions.

While I would not define negative or positive as “good or bad,” most of your society today chooses to use such labels.

And, as with all labels, those labels are limiting, and ultimately useless, to any who accept them unthinkingly. Once you label yourself or another, you have limited and diminished (at least in your own mind) your or their greater being, power, and divinity.

The only possible way you can ignore the divinity, the positive, in another is to ignore it in yourself. You serve absolutely no one - not any of your fellow beings, human or non-human - not the Universe - not All That Is - no one, no thing - if you do not serve yourself first.

So, yes, I say teach your loved ones, those under your care - and most of all, yourself - only selfishness.

For it is only when you appreciate and adore yourself first that you are empowered to fully appreciate and adore - and unconditionally love - others.

Then you, and those whose lives you touch, will know pleasure and passion in every present moment.

Teachers And Students

Spirit

What do you consider yourselves - students or teachers? Or perhaps, at different times, both? One time, the teacher - another time, the student.

What if we said you are neither?

It's true. You are not a student, nor are you a teacher. What you are is a creator - a creator, as you might say, in the image and likeness of God, the Great Spirit.

Creators are neither students nor teachers. Though, while they are in human form, they may assume the role of one or both at times. Certainly, you can play the role - and play it well - whether it be that of teacher or student.

Let's examine, for a moment, what a teacher is - what a student is.

Can any so-called "teacher" really tell you anything not already known to you, at least at some level of your awareness? No. Can any so-called "student" learn from his/her "teacher" anything she/he does not already know at some level? No.

So, what is this teacher/student relationship you hear so much of really all about?

It's about remembering - remembering who you really are. You who are teachers have nothing to teach your students. You who are students have nothing to learn from your teachers.

Whether you're a teacher or a student, you already know it all! There is absolutely no level of knowledge you do not already have access to. You may not have a full conscious awareness of what you really know. But what you know, at your soul level, is infinite.

The knowledge is there. And it is always available to you, even in your human form, if you will but remember you are the creator of all your experience.

And so, your purpose in coming together as teachers and students - and it doesn't matter whether you consider yourselves one or the other or both - your only purpose is to remind one another of one solitary fact.

And that is there is nothing to seek, nothing to find. It's all already there within you. You literally know it all!

You come together, whether in a student-teacher relationship - or any other relationship, only to remind each other of the Goddesses and Gods you truly are.

Go in peace.

The Balance Of Power

Spirit

Much of your modern world has been dominated by males and their energy of control, of suppression even. This is simply a part of the growth process, if you will, of your planet and your race.

Although you are beginning to hear outcries against so much male domination, know all is as it should be. You needed this phase of your growth - of your remembering.

But now the time has come for the balance of power, if you will, to shift. And shift it must, back toward the center, closer to the nurturing, receptive feminine energy.

Feminine energy has great potential to create much of the healing needed on your planet today. And I don't need to remind you of all the areas of your lives, collectively and individually, where healing is long overdue.

Your planet herself is in dire need of healing. She has been raped and ravaged by centuries of plunder and pillage - she has been the target of a nearly-out-of-control male energy.

I am not in any way belittling or minimizing the importance of male energy in your lives, collectively or individually. I am saying, however, there has been a gross imbalance on the side of male energy. It would be equally undesirable if the imbalance were at the other end of the spectrum, on the feminine side.

Balance is the key here - a move back toward the center. The next few years should see an even greater resurgence of feminine energy on your planet. This will bring Mother Earth and all her children, human and non-human, closer to their center, closer to the Goddess energy within. It is this Goddess energy that can heal the wounds and ravages of earlier years.

The best way to begin - or continue - the healing process is for each of you to focus on your own individual lives first. Do a little self-examination. Are there any imbalances between the male and female aspects of your being?

Males often have a hard time even acknowledging they have a soft, nurturing, feminine side. Women sometimes find it difficult to be more aggressive, even when it's entirely appropriate and necessary.

There needs to be a balance, a blending of the masculine and feminine in each of you. This is a necessary step on your journey back into the light, back Home. Male, female - they are simply different aspects of the same reality - the reality of you - of your soul, the Goddesses and Gods you all are.

The healing will begin and be carried out when you simply acknowledge the oneness within you, rather than immersing yourselves (as you have for so long) in the illusion of fragmentation.

The time for healing is now. The time for oneness is now. The time for the final part of your journey back Home is now.

Go in peace.

The Coming Times: Part 1

Spirit

Yes, indeed, as one of your popular songs used to say, "The times, they are a'changin." And quickly changing, I might add.

All on the earth plane today who are the least bit observant know something momentous is afoot, if you will. But most do not know exactly what it is. Nor do they know what they need to do to prepare for the transition now rapidly approaching on your planet. Even those who are awake and aware spiritually are often confused as to how they should prepare.

And so today I would like to discuss how you can best prepare yourselves for the dramatic changes happening even as we speak.

First, I wish to allay the fears the mass consciousness on your planet holds. These changes are not the holocaust, the "end times." They are not the end of the world. Having said that, however, let me add there will be those who perceive and experience the changes as the end of the world. And, for them, that is simply a part of their growth process. They will eventually move beyond the darkness and into the light.

As you know, you create - literally create - your own reality. With each breath you take, you actually create what you shall experience in the next moment - and the next - and the next.

Therefore, there will be many, often drastically different, perspectives of the new cycle your planet is moving into. This movement, this transition is called by different names. One of the more current and popular names is "ascension." So, for simplification's sake, let us call it that in our discussion today.

And ascension is simply the process of returning home - returning to your source - to All That Is. Reconnecting, if you will, with your souls. Some will take longer to "ascend" than others. (Longer, that is, in terms of your linear earth time.)

There is much excellent information available on your planet today about the ascension process. I can add nothing to that wealth of information. Nor is that my purpose today. My purpose is to simply give you my perspective on how you, individually, can best prepare to "ascend," if you will.

Of course, I realize those of you reading this are aware and awakened beings of light. As such, you have a mission to fulfill.

That mission is, first, to prepare yourself as best you can. And then - and only then - help your sisters and brothers prepare themselves.

That, in perhaps an overly simplified explanation, is what your mission is. And, of course, free will, as always, reigns supreme. You can choose to accept or reject your mission.

The Coming Times: Part 2

Spirit

And now let us move on to how you can best prepare yourself. In preparing yourself, you will be serving a dual purpose. You will, obviously, be readying yourself for ascension. And you will also be learning what you can best do to help others prepare - after, I again stress, you have prepared yourself.

The channel (John) and others have occasionally been uncomfortable with my refusal to, shall we say, be more specific in answering certain questions. My purpose is not to take your power away from you - nor will I let you give it to me. If someone asks me a question - and I know they know the answer, I'd be depriving them of their divine power if I did their work for them.

I do not hesitate to be more specific with someone who is genuinely confused and struggling. Although they, too, can find their own answers, they may need a loving "helping hand" to point them to what they already know, but, in their pain, may have forgotten.

My point in telling you this is to remind you that you are your own highest authority, bar none. Many on your planet today subscribe to belief systems where someone or something outside themselves is made the ultimate authority. These people, shall we say, are going to need a longer preparation time for ascension. There is nothing "wrong" or "evil" about the path they are on. It is simply a stage in their spiritual growth.

Now, having said all this, I am going to offer some specific guidelines to help you prepare yourself for ascension. I will tell you right here - not all of my suggestions and guidelines will work for all people under all circumstances.

Remember - you are your own highest authority. Trust your inner guidance. If you carefully listen to it, it will never lead you astray. It may - indeed, it *will* - often put you on a path much different from the paths of those around you. And it's just that - a different path, neither better nor worse than anyone else's.

You are the lightworkers who will help lead your brothers and sisters on the planet - and in other worlds - home to All That Is.

The Coming Times: Part 3

Spirit

Now, there are many specific steps you can take to prepare yourself for ascension.

First of all, remember this entire ascension process (and perhaps I'm oversimplifying it here) is nothing more than increasing your vibration. Increasing it physically, emotionally, mentally, spiritually. As you increase your vibration, you literally become "lighter."

And, today, in this era of quickening energies on your planet, it is entirely possible for you to ascend with your physical body intact - changed, but intact. Just as your ascended masters have done in the past. Your Christ was certainly one of these masters - although one greatly misunderstood by your western culture.

The best preparation you, the lightworkers, can make is to simply do your work. You all know what you have come to do. You may not be doing it yet, but you *do* know what it is. It is that which you most love to do. It is the work in which you are best able to help yourself and others through the changes happening on your planet today. It is the work you have been irresistibly drawn to. It is literally a "labor of love."

And that is the key to how you can best prepare for ascension - simply remembering the work you have come to do as a service of love for your sisters and brothers. The key is remembering love.

There have been times in your work, even in your most passionately committed moments, when perhaps you've felt twinges of doubt - slight rumblings of uneasiness rolling through your mind.

Perhaps you've asked yourself "I know this is what I love to do, but is it what I'm *supposed* to do?" Or: "How much good is this work really doing for the planet?" Or: "What about those (maybe family or friends) who think I'm crazy for doing what I'm doing?"

Well, those questions - and others like them - are coming from that fearful little child within you. These questions are the quaking voice of that child's many fears. Your ego is that child. And it is merely, in the best way it can, doing all it knows to protect you. It simply doesn't realize you no longer need protection.

But these changing times demand you, the lightworkers, move quickly now. It is time to put aside the fears of the child. What will still those fears? The God/Goddess within will. The voice of the God/Goddess is the voice of your heart. It will never lead you astray.

If your heart has led you to your work, that is exactly where you need to be. (Simple test: Do you passionately love what you're doing? If yes, that's where you belong. This is exactly where you can best serve the planet in the days ahead.)

And if you are not yet following your heart in your work, then this is the time to make some changes. Right there with you - right there within you, you have all the power - all the wisdom - all you need to guide you.

It's time to own your power. It's time to declare your divinity - loudly and clearly - to yourself and to the planet.

The days are rapidly approaching when your planet will move fully into the light. There will be those who see this as Armageddon - the great final conflict, the end of the world.

It surely will be the end of the world as you know it - but not Armageddon. It will merely be the completion of one cycle and your rebirth into your source, into your divine balance.

The Coming Times: Part 4

Spirit

Now I wish to discuss more specifics of what you, the lightworkers, can do to best prepare yourselves for the coming transition - the transition which, even now as we speak, is at your threshold.

First of all, it's important for you to remain focused on your work, as we discussed earlier. It's also important you remain centered in the divine power within you.

One of the best ways to remain in your power is to meditate regularly - at least once daily. But not as a rigid discipline you force yourself to do every day - only as a joyful and loving nurturing of yourself.

And this meditation can be whatever you are drawn to - whatever makes you feel good, whatever gets you centered within your divine being. You all know how to meditate - and you know what works best for you.

Meditation can be as simple as taking a walk out in nature and feeling your oneness with all that is. Or it can be listening to soothing music, taking a warm bath, making love with someone special. You know what works best for you.

Secondly, if you are not already in the work you know you have come to the planet to do, then it's critical you at least start moving into it. I know many of you have

concerns about physical and financial survival if you give up whatever is bringing you money at the moment.

But if that work is not your work, then it's time to move on. You shall be provided for - and abundantly provided for. You will have all you need when you move into your real work. And I repeat, you know what that work is.

The time for doubts, fears, hesitation is over. You must move quickly ahead as your heart leads you - as the God/Goddess within directs you. The welfare of the planet depends on you.

Thirdly, many of you are feeling the need for more sleep than you normally get. Follow that feeling. Your guides, your teachers, your angels are working with you more intensely than they ever have before. And in the sleep/dream state, they can often accomplish more productive work more quickly than in your waking, or even meditative, states.

Your guides, teachers and angels have much work to do with you to prepare you for the coming times. So, follow your inner guidance as to the amount of sleep you get.

Next, be open to receive wisdom, love, compassion - gifts of all kinds - from all directions, all sources - especially unexpected ones.

For example, you may "just happen" to read about a book in your daily newspaper, and the title intrigues you. Get the book and read it - it holds a gift for you. Or you may "just happen" to run into an old friend you haven't seen in a while. Pay attention to this "coincidence." It holds a gift for you.

Lastly, I remind you again to always trust your heart, your inner guidance, the God/Goddess within. Trust your own inner wisdom, your own powers of discernment to verify what is meaningful and right for you. Do this and you shall always be on your path.

Trusting yourself in all matters is critical in these changing times. You are your own highest authority, no exceptions. Rely on your inner wisdom, your own powers of discernment. You will know what is right for you by how it feels. If it feels uplifting, empowering, unifying, that's what's right for you.

Listen to the wisdom of others but trust your own above all others.

The Light Of God

John

As we approach the threshold of the new millennium, I hear more people talking about how confused and fearful they're feeling. The ways we were taught - the old ways of doing, of believing, of being - seem to be crumbling into ruins. The world is being ripped apart at the seams, it would often appear.

So, I recently asked Spirit his perspective on our planet's present condition.

Spirit

For many of you, the fear is certainly there - within your hearts - and seemingly, in the world all about you. You would be foolish to deny you're feeling it - you *are* feeling it. And so you do not deny it - you acknowledge it. It's an illusion, granted. But it's an illusion you are currently experiencing, and at times very vividly.

The thing to do, if you will, is to simply acknowledge fear's existence - and then to listen to the voice of God within you.

And, of course, you know this voice can speak to you in many forms - through your guides, through your loved ones, through your inner senses - your instincts - your gut feelings - in many ways.

Even in the most dreadful of times, you can hold fear in one hand and love in the other. Then choose fear - or choose love. It's a simple choice - a choice of where you want to put your focus and your energy.

You know in your heart when the voice of God speaking to you. The voice of God is simply your own voice coming to you, in an inspired way - in the form of a revelation, if you will. You and God are one - you know that.

I know that's blasphemy to some people in your world today. But it's a fact, blasphemous as it may appear. It's a fact. You and God are one. You are God. God is you. You and God are all that is.

So, by listening to the voice of God, you are simply listening to your Self. And vice versa. When you do that, the illusory things of this world such as fear, doubt, lack of all sorts, darkness of all sorts simply don't exist - at least for that moment of peace when you're listening to the voice of God.

Whenever you're feeling fearful and lost in the darkness, remember this - darkness is not the absence of light. It is the denial of light. The light is always there. You are light. You are love. You can be nothing but light and love. Why? Because you are God.

So, when you perceive darkness, which is an illusion, it is not because there is no light, but because you are denying the existence of the light that is within you - the existence of the light that *is* you.

The Sacred Trinity: The Basic Building Block Of All That Is

Spirit

(NOTE: In this transcript, Spirit uses the terms "All That Is" and "all that is." These have different meanings, depending on whether the three words are capitalized or not. "All That Is" is a synonym for God/Goddess or the Great Spirit. The term "all that is" means simply all creation - all that exists in the universe.)

Welcome. The Sacred Trinity is the basic building block of All That Is — and of all that is. This is LITERALLY true. And, for those who may not recall what the Sacred Trinity is, it is simply Love, Wisdom and Power. Let us take each of these one by one. We've spoken of them in other discussions, but never in the context of the Sacred Trinity.

We'll start with Love. I've defined Love as simply a choice - a choice to recognize the divinity in all beings (all that is). But first, let us talk about All That Is.

You've heard this from other voices and you've heard it from me at other times. But it is good for us to review it once more.

All That Is is another term for the Great Spirit - God - Goddess - and whatever other names by which you want to address the "supreme being."

Frankly, I like "All That Is" best. Even better than the "Great Spirit," which is often what Native Americans use to refer to God.

All That Is is all that is. And that says it ALL. All that exists in the universe is part of God. And it's not only part of God. It IS God. (We shall use the term "God" here for simplicity of conversation - many of you know how dearly I love simplicity!)

THIS IS A CRITICAL DISTINCTION: ALL CREATION IS NOT ONLY A PART OF GOD - IT IS GOD

God is NOT some supreme kingly or queenly presence sitting on some heavenly throne - quite distant from and definitely not a PART of all "lower" creation. God is not even a SEPARATE being - as many throughout the ages have seen Him/Her. I realize many of your planet's mainstream religions view God that way. However, that is simply a part of their growth process. And we must not judge or criticize them or

their followers. Remember, the Law of Loving Allowance. All beings will ultimately move from darkness into light. And when they do, they will realize this great truth:

GOD IS US. WE ARE GOD. GOD IS ALL THAT IS.

It's that simple - and that profound.

God is your family - your friends, your enemies - your neighbors - your coworkers - yourself. But God is more than that. God is ALL THAT IS. And all that is encompasses far more than these wondrous creatures you call human beings.

So what is all that is? And what is All That Is? It's simply that: All That Is is all that is! Other living beings - those you'd consider living but non-sentient - trees, flowers, grass, etc. These are God. Animals - creatures of the wild, your pets - dogs and cats, the birds of the air, the reptiles of the dark places, the denizens of the deep seas. These are God. The ground upon which you walk, the mountains you climb, the seas you sail upon, the sun that gives you light and warmth, the moon that gives you beauty, the stars that light up your skies. These are God.

Do you see where I'm going with this? God is all that is - All That Is. Simple, is it not?

If you truly understand and believe God is all that is, then you have achieved a higher level of wisdom and power than most of the major faith systems on your planet today.

So, this is the foundation for understanding the Sacred Trinity - the basic building block of All That Is.

Love, the first component - or "member," if you will - of the Sacred Trinity is an intriguing topic, is it not? One which has enchanted - and bedeviled - the human race for eons. Today, many of you, the great lightworkers, are facing some issues in your earth-plane life - issues challenging you to love unconditionally. And that is the key to making your transition - individually, as a race, as a planet - easily and effortlessly. LOVE - it literally makes your world go 'round.

Many of you lightworkers are being faced with issues - many of them relationship issues - which are sometimes severely challenging and testing you. This is the FINAL test, the FINAL challenge for many of you. And the challenge, the test is, simply, "Can you love unconditionally?" And so, what is unconditional Love? Can you do it? How do you do it? Is it difficult? And so on and on. I'm sure you can add many of your own questions to my short list.

First of all, what is Love? You've heard it said many times. GOD IS LOVE. The Great Spirit is Love. All That Is is Love. You are part of All That Is, are you not? Therefore, YOU ARE Love. And that is ALL you are - the pure energy of Love is ALL you are. That is your essence. That is your ENTIRE BEING. And I do not mean only this HUMAN being you presently know yourself as. Your essence, your being, your beingness is Love. That is all you are, ever have been, ever shall be. Simple, isn't it? And many of you know by now how much I love simplicity!

Simple to say, that is - but not always easy to live out on the earth plane in your daily lives.

So if God - the Great Spirit - All That Is - is Love, then so are you. Because you are part of All That Is - you are God. Lest you think I'm belaboring this point a bit much, let me tell you what this is leading up to. Let me propose, for your consideration, my definition of Love.

LOVE IS A CHOICE - A CHOICE YOU MAKE TO RECOGNIZE THE DIVINITY IN ALL BEINGS

Again, this is simple, but not always easy to carry out in your third-dimensional world. But easier than you may think.

Let me also tell you what I believe Love is NOT.

LOVE IS NOT A FEELING

Certainly, you can feel loving toward a person, a pet, a tree, a place and so on. But that is not Love. And you do not always feel loving, even when you are IN LOVE. (I'm not speaking only of romantic Love here, but all Love.) In fact, you may sometimes find yourself feeling what you perceive to be the opposite of love - or, at least, something quite different from Love. And that's okay.

It's okay because even at that moment of feeling the opposite of Love, you can still be IN LOVE. And you can be IN LOVE by simply making the choice to see the divinity in all beings. Or, to bring it down to a more practical every-day level, you can choose to see the God, the Goddess in the person you are feeling unloving toward at any given moment. Even in that moment of feeling unloving - feeling even hatred, resentment or whatever - you can still choose Love. You can still be IN LOVE. How? By consciously choosing to see the divinity in the person before you - whether it be a spouse, a lover, a friend, a child, a sibling, a parent - it matters not.

Why, you might ask, am I going into such detail on this topic of Love? Well, it's because so many of you, even the lightworkers, have such a struggle with Love. And it does not have to be - it does NOT have to be!

My point is simple because Love is simple - it's simply a choice. A CHOICE YOU CAN EASILY MAKE, REGARDLESS OF HOW YOU ARE FEELING. A choice to see the divinity in all beings.

And remember always "all beings" includes YOU. Many of you, again even among the most aware and awakened lightworkers, have heeded your Christ's advice to love others as he loves you, but you fail to see yourselves among those "others." And yet you must. You are as equally deserving of Love as all others. And you are deserving of your own love for yourself.

I would advocate you "falling head-over-heels in love with yourselves." See the divinity within yourself - see the Goddesses and Gods you truly are. Then you shall

have truly loved. Then you shall have empowered yourself to love all beings - All That Is. And then you shall remain - in every waking and non-waking moment - IN LOVE.

And now we come to another aspect of Love - one I'm sure you've heard bandied about many times - UNCONDITIONAL Love. Now exactly what is unconditional Love?

Well, the obvious definition might be Love with "no strings attached." But let me start by again telling you what I think it is NOT.

Unconditional Love is not saying to someone "I'll love you if you do this or you do that." Obviously, that is not unconditional Love. It's not even Love at all. It is simply blatant manipulation.

But manipulation can take subtler forms. Forms disguised as Love. For example, how many times have you done this - or had it done to you? You want a favor from a loved one. So, you get "lovey dovey" to get your way. That also is clearly manipulative. But I don't want to get into a long discussion of manipulation - perhaps another day.

Many people are good at using Love - or what pretends to be Love - as a weapon of manipulation and deception. A weapon they wield with a "win at all costs" attitude. Is this unconditional love? Of course not.

So, we know what unconditional Love is NOT. Now let's talk about what it is.

When you love unconditionally, you can never deceive, manipulate, abuse or misuse another creature. And I'm speaking of ALL the Great Spirit's creatures - even those you would consider inanimate objects.

The point I wish to make is this: true Love is ALWAYS unconditional. The term "unconditional Love" is redundant. You either love or you do not. And when you do, because of the very nature of Love, it is always unconditional. **CONDITIONAL LOVE IS NOT LOVE AT ALL** - I think we've clearly established that.

And, remember our definition of Love - Love is a choice - a choice you make to recognize the divinity in all beings. You either make the choice or you don't. If you do, you're IN LOVE. If you don't, you're not.

And now let me tell you why I have gone on so long about Love. This is a point I made at the beginning of this discussion. And that point is: Love is the key to easily and effortlessly making your transition - as individuals, as a race, as a planet. And what is this "transition" I speak of? Well, it's a process underway now, even as we speak. You - all of you - your planet itself - are moving into the light. Your vibrations - your frequencies - are increasing rapidly, and at rapidly increasing rates.

So, Love is not only a member of the Sacred Trinity - **IT IS ALSO THE KEY TO YOUR PERSONAL TRANSFORMATION!**

And now let us discuss the second "member," if you will, of the Sacred Trinity - Wisdom.

What is this thing you call Wisdom? Well, on your earth plane, it probably has nearly as many definitions as there are people walking on the planet.

For some of you, Wisdom is the voice of your past - philosophers, mystics, saints, teachers and so on - those revered and respected sages who have left their words and ideas in some kind of recorded form. For others of you, Wisdom may be the pronouncements of your current "authority figures" - teachers, parents, government officials, church leaders, etc. For still others, Wisdom may simply be the advice and guidance you receive from trusted and respected family and friends. And I could go on.

Do you see the "common thread" here? What do all these examples of "wisdom" have in common? It is this: Wisdom, as many of you define it, comes from a source OUTSIDE yourselves! Few of you, if any, consider your own thoughts - ideas - inner guidance - as true Wisdom. I wish to change that misconception here today.

It is true, in a broad spiritual perspective, Wisdom is the "universal accumulation," if you will, of all knowledge in all forms. But "all knowledge in all forms" must have a source. It doesn't simply come from nowhere. And the source, of course, is God. God is All That Is and all that is. You are a part of God - you are God. And so, you are also a source of Wisdom. Simple, isn't it?

The highest Wisdom in the universe for each of you, the lightworkers, is the inner guidance of your own Soul - your own Higher Self. There is no higher authority - there is no greater Wisdom - there is no grander Vision - than that coming from your Soul - from your Higher Self - from YOU.

You are the greatest source of Wisdom you have ever known - or ever shall know. None other is greater - none other can be greater. This is absolute truth. And you need to claim it - you need to own it. And you need to claim, own and move into your personal power. NOW is the time to do this.

The planet needs you to do this - you, the lightworkers - and it needs you to do it NOW! Your brothers and sisters on the path behind you need you to do it NOW.

These are rapidly changing times you live in - I have spoken of this often with you. You, the lightworkers, are the vanguard, if you will, of this rapidly advancing "new age." Your leadership - your WISDOM - are needed, and they're needed NOW! Not tomorrow, not next week, not next month, not next year, not when you feel like it - but NOW - NOW - NOW!!!

Claim your power. Acknowledge your Wisdom - that deep font of Wisdom residing in the depths and heights of your Soul - of your Grander Self.

Yes, you - the lightworkers - have such great WISDOM! And that Wisdom is the second member of the Sacred Trinity - YOU are a member of the Sacred Trinity. Acknowledge that - move into that - honor that! It is time.

And now we come to the third "member" of the Sacred Trinity - Power.

First, let us discuss briefly what Power is NOT. It is NOT third-dimensional power - the power to control, manipulate, misuse, abuse others, your environment, your planet and so on. It is not political power. It is not legal power. It is not the power of the purse. It is none of those things.

Power, as we define it, is:

THE RIGHT USE OF WILL THROUGH WISDOM AND LOVE

And so it is Power which, in a sense, forms the fabric binding together, as it were, the "members" of the Sacred Trinity.

Let us now explore Power as it relates to you, the lightworkers. We are speaking of your PERSONAL Power here. This is the Power of the Goddess - the God - within each of you. I make this next statement without hesitation or exaggeration:

THIS FORCE WITHIN YOU IS THE GREATEST, MOST ABSOLUTE POWER IN THE UNIVERSE!

It cannot be otherwise. When you exercise your free will, your God-given birthright to total freedom of choice - when you exercise this Power - with the divine Wisdom within your Soul - with the divine Love within your heart - then you are exercising what is literally the greatest Power in the universe.

And in this exercising, you cannot - it simply is not possible for you to - ever control, manipulate, misuse, abuse your sisters and brothers, your animal brethren, your planet. When you exercise your Power in this way, you will treat all that is - and All That Is - with the divine dignity and respect all creations of the Great Spirit deserve.

And that brings us to what is - for many of you, the lightworkers - a serious challenge. The challenge is for you to claim your divine birthright - your divine Power - and move into that Power NOW.

Why are so many of you so terrified to claim your Power?

Well, it's because of experiences in other lifetimes. Some of you have abused your power - and we're speaking of third-dimensional power here. You have controlled, manipulated, misused, abused. As a result, many of your sisters and brothers - and perhaps even you yourself - have been badly wounded.

That's one reason some of you are afraid to claim your Power. You are confusing third-dimensional power (small "p") with divine or fifth-dimensional Power (capital "P"). They are totally different. In fact, they're almost total opposites. And it's essential you CLEARLY understand the difference.

Another reason many of you, the lightworkers, fear claiming your Power is envy. That might seem like an odd statement - but it's true for many of you. In other lifetimes,

you did claim your divine Power. And, in doing so, you invoked the envy of those who felt insecure and threatened by you and your Power. And, of course, these struggling souls who envied you had strayed far off the spiritual path.

And so, they often tormented you - tortured you - even killed you! They did all they could to literally "put out your light." So, is it any wonder you should fear to claim your Power? In your cellular memory, your body is saying, "NO! I'm not going to let that happen again! I'll just pretend I'm powerless. It's safer that way."

And so now is the time for you, the lightworkers, to move beyond the fear, the doubt, the hesitation - and claim your Power. You cannot move fully into your spiritual work until you have done this.

The best way to do this is a most simple one. We have spoken of this to many of you. Just ask your Higher Self to come in and clear any fears or other blockages keeping you from claiming your divine Power. You don't even need to consciously know what the fears or other blocks are. Your Higher Self knows. And It will quickly clear them and release you from your self-imposed bondage.

Once you've done this, you can quickly move into your divine Power. Then you can exercise that Power in your work. And remember, Power is the right use of Will through Wisdom and Love.

Then you will have completed the Sacred Trinity, as it were, within your own Soul - you will have become a "full-fledged member," if you will, of the Sacred Trinity - again. Welcome Home!

The Shackles Of Blame

Spirit

This whole issue of blame is a diversion. A diversion many on the earth plane immerse themselves in regularly - and, in some cases, almost constantly.

Why do we say it's a diversion? Well, because it keeps you from focusing on what's most important in your lives - and, more critically, it keeps you from taking responsibility for your lives. And it keeps you from reclaiming your power.

Let's examine blame for a few moments. The very word "blame" is used almost constantly in your news media, in your governments, even in your churches. And certainly, among many of you individually.

The whole thrust of the concept of blame is to shift responsibility to where it does not belong. Examples:

"I'm such an unhappy person because my mother abused me."

"I drink too much because I have such a lousy marriage."

"I'm not making as much money as I should because my boss doesn't appreciate me."

"I don't speak to my neighbors because people around here are so unfriendly."

And so on and on. We're sure you can think of plenty of other examples, perhaps from your own lives, or from the lives of those close to you.

When you lay it all out like this, it becomes clear how useless - and destructive even - an attitude of blame is. In blaming anyone or anything for whatever has gone wrong in your lives, you are abdicating your responsibility and your power. You are acknowledging you have no control over your own lives. Basically, you're casting yourselves in the role of the victim.

When you set up the vibration of victimhood, you attract more "victim experiences" into your lives. An attitude of blame can become a habit. That habit can take you into a negative, downward spiral that may seem difficult to pull out of.

The key, of course, to halting the downward spiral is to simply stop and become conscious of how you create your own experiences from moment to moment.

You create your own experiences by what you focus on. And if you're focusing on blame, you're saying, in effect, "I have no power over my own life." And so your experience will be one of seeming powerlessness. You will feel as if you're nothing but a powerless pawn in the game of life.

On the other hand, if you stop and become aware - even if only for one brief moment - of that power within you, you can transform your lives. That transformation may not happen in an instant, although it can. But it WILL happen if you remind yourselves, in every waking moment, that you ALWAYS have a choice.

You can choose to feel bad, to blame outside forces for the negativity in your lives.

Or you can choose to feel good. You can acknowledge your power as the creators you were born to be. You can choose to focus only on that which makes you feel good - that which uplifts and inspires you.

Form the habit of choosing to feel good in every present moment. Every morning, when you awaken, say to yourselves, "Today, in every present moment, I choose to feel good. In every present moment, I choose to be joyful. In every present moment, I choose to find pleasure and passion."

Do that for a few weeks and you'll find your lives becoming lighter and happier, more peaceful and fulfilling. You will have forever released yourselves from the shackles of blame.

The Stranger Next Door

John

I've spoken before of how Spirit uses my human challenges - or "opportunities for remembering" - as he would describe them - as "fodder" for his messages. As I sit here writing this today, February 20, 2000, it dawns on me it's exactly three months ago one of these opportunities for remembering occurred.

It happened right here where I live, in Reston, Virginia (a suburb of Washington, DC). Right after it happened, I was so incensed (mostly at myself), I even wrote a letter to the editor of the local newspaper. She published it soon afterwards.

Here's that letter, followed by Spirit's response and message.

On Saturday, November 20, I locked myself out of my house. So, I pried open a window and got in that way. One of the neighbors saw me and called the cops.

Several minutes later two police cars pulled up and I went out to meet them. I had to prove to them I lived in the house. In fact, I had lived there almost a full year. And that's the incredibly sad part of this story.

I don't blame the guy who called the cops. After all, the Reston rapist is still on the loose. I'd have called the cops too if I saw some strange-looking character prying open a window in one of my neighbor's houses.

I live in a relatively small townhouse development in Reston where I know most of the immediate neighbors by sight, even if I don't know them well. What's really sad and deeply disturbing about this incident to me is I've lived in this house one year. Yet my neighbor did not recognize me. He'd probably seen me many times. I go out jogging most mornings. And I come and go several times a day most days.

How well do we know our neighbors, the folks who live next door? I'm just as guilty of this sin of omission as the guy who called the cops. And it's been a real wake-up call for me.

Do we care about the communities we live in? Do we care enough to get to know, at least casually, the strangers who live next door? If not, why not? We're all on this planet together and it's time we woke up to that reality. If we don't care about our neighbors, how much do we really care about ourselves?

Spirit

You have a saying on your planet: "Love makes the world go round."

It's true - love does make the world go round and round. But in far more profound and powerful ways than many imagine.

Love must always start within your own heart. That is where it has its roots and its power. And it must be directed within, at least at first. You must love yourselves unconditionally, without hesitation, without guilt. As I've said elsewhere, it's important for you to fall "head over heels" in love with yourselves.

That is the first and most basic step in learning (or, more accurately, remembering) how to love others. As with charity, love begins at home.

If you find yourselves feeling disconnected or estranged from your fellow beings on the planet, it's most likely because you are not connected to yourself. You are not connected to your Higher Self, to the divine flame within your heart. With many of you, that flame is now little more than a barely warm, dying ember - a pale shadow of what was once a brightly burning light.

It's time to rekindle those dying embers within your hearts. It's time to fan them into the bright golden flames they were once. It's time to see the divinity within your own hearts, within your own beings.

When you are able to fully recognize and remember the divinity within yourself, you will never again feel estranged from your fellow beings.

There will be no strangers next door.

The Sun, Source Of Life

Spirit

Your Soul is your source of life - your Soul is your sun.

Just as the sun in your solar system is the source of life on planet earth, so too is your Soul the source of life for your being. Your Soul is your sun - your very own "private" sun, if you will.

This is not simply a metaphor - it is literally true. Your Soul provides the life force, if you will, for every aspect of your being - physical, mental, emotional and spiritual. It has always been so - even though many of you, even among the great lightworkers, are only now waking up to this. It's simply a fact of life, if you will. Without your solar system's sun - its warmth, its light, its energy - your planet would literally die. So too it is with your Soul and you - you, without the life force of your Soul, would simply cease to exist. And you know we're not talking about physical death here.

Your Soul is far, far more than many of you imagine. If you only knew what incredible Love, Wisdom and Power live within your Soul! What wondrous light and energy! The light and energy of your Soul - each and every one of your Souls - would make your sun seem little more than a twinkling little speck of a star somewhere far off in space.

And I am not exaggerating. Every single one of your Souls - each individual Soul - carries within It a truly awesome amount of energy. That energy - from a single Soul - would dwarf any known power - nuclear power or whatever - known on your planet today. Or any combination of known powers on your planet today. To put it in concrete terms, your Soul's energy could literally light up a thousand cities like New York - and more.

Why am I telling you all this? Well, my intent is to give you some glimpse of the glory and grandeur you all have - literally at your fingertips. Literally within you.

I realize many of you, even among the great lightworkers, labor long and hard with the heaviness and the illusion of your third-dimensional experience. But know, in the infinite wisdom and power you have at your Soul level, you did not come here to planet earth unprepared to handle the illusion and the heaviness. You came supremely prepared.

And you came with the sole purpose (no pun intended!) of returning Home to the light of your Soul - to your Soul which will ultimately, once again, return to Its Source and become one with It. You shall all, with all your individual glory and grandeur, return Home to All That Is - the Great Spirit.

So, your task on this planet is to simply remember who you are. I am here with you - and this is my sole purpose, my entire mission - to remind you of who you really are. And to help you return Home to your Soul - to turn your face, once more, to the sun - YOUR sun - and let it warm and nurture you all the days of your lives.

The Vibration Of Abundance

John

As I was out running early one recent morning, I noticed a shiny penny on the ground along my path. I mentally marked the spot so I could pick up the penny on my way back home. I always pick up pennies whenever I see them - I believe this demonstrates to the Universe that I'm open to receive, no matter how small or large the "gift."

On the return trip, I couldn't find the penny. I figured someone else had found it. As I continued walking back home, an insight came to me. I didn't need to seek out that which I wish to manifest in my life - if my intention and energy are high and clear, what I wish to manifest will find me.

The next morning I'd forgotten all about the incident - and I found the penny just where I'd seen it earlier - though it certainly had not been visible to me when I was actively looking for it the day before. Must be a message here, I thought to myself. Here's Spirit.

Spirit

What does abundance mean to you? Clearly, it means different things to different people. Have you been able to manifest all - or most - of the abundance you want for yourselves, for your loved ones?

Abundance, particularly as it relates to money, is a wonderful place to learn your lessons or, more accurately, to remember who you are.

You were born wealthy - did you know that? You lacked nothing when you incarnated in this lifetime. Oh, I realize you may not have been born with the proverbial silver spoon in your mouth, as it were. But you were born wealthy - you had within you the power to manifest all you would ever need - and, if you chose, more than you would need.

As little children most of you had no conscious awareness that you were anything but rich in all the Great Spirit's gifts to the human race. You had no consciousness of lack or limitation. You played joyfully, knowing, in the way little children always know, you had at your fingertips all the riches your planet has ever known. You knew abundance was your birthright as a child of God, as a citizen of the Universe. Whether you lived in materially comfortable circumstances or not, you knew in your heart you could have whatever that heart desired.

The secret to abundance you knew, as only little children can know, lies not in what others give you - in what is "out there" - but in what is within you, within your heart. As a child you knew instinctively how to manifest abundance. Because you lived close to your source and in the high vibration of divine love, there was never any doubt or question you could have it all.

And then "reality" settled in. You learned, or you were taught, your world was a place of pain and struggle. Only a chosen few could know abundant joyful lives. Your life, you were taught, would be hard. You had to struggle to achieve the "good life."

And so many of you - even some of you, the lightworkers - carried that attitude into and through much of your adult lives.

The key to abundance - whatever that means to you - is returning to those days of yesteryear when you were innocent children, still connected to your soul and not yet immersed in the illusion of your planet.

Life does not have to be hard. It does not have to be a drag. You do not have to suffer lack and limitation. You can have it all - you knew that before you came into this incarnation. And you knew it for a short while after you came.

Once you have re-established a conscious connection with your soul, your life will be transformed. You will remember the joy of life you knew once. Your energy will be high - you will once again be vibrating, if you will, at the same high frequency of your soul.

And when you (the human you) and you (the divine you) are vibrating at the same high frequency, then abundance will be yours. Abundance is your natural state.

You cannot avoid being abundant when you are consciously living in the higher frequencies - in the vibration of abundance.

The Vibration Of Peace

Spirit

Peace is the highest vibration many of you, the lightworkers, can experience in this lifetime. And so, you might well ask just what this vibration of peace is anyway.

Well, it's all about your focus. What do you focus on in your daily lives? Take a moment and think about that. Where is most of your focus? What do you spend most of your time doing?

Be honest and deliberate about this little self-examination. How much time, for example, do you spend watching television? Reading newspapers? Going to movies? Reading novels? Etc., etc.

Quite often the focus or theme of these various media is on violence, disasters, murders, rapes, robberies, wars, greed, and so on. Now I realize all these things are part of your world today. I'm not asking you to pretend they don't exist. I'm not asking you to do nothing to help alleviate suffering.

I'm merely asking where, during most of your waking moments, is your focus? If you're focusing on all we just described most of the time, chances are you're not feeling particularly peaceful.

It is when you are feeling deeply peaceful that you are the most powerful. It is from that center of peace within you that you can most effectively act in your third-dimensional world.

If you can focus, even for just a few moments - 20 or 30 seconds even - on peace, you bring the vibration of peace into your center - into that place where you are directly connected to your soul and to the Great Spirit.

Often this can be achieved through meditation. There are many tools available to you - crystals, books, nature walks, quiet moments with loved ones, prayer, music and so on. All these things can create the vibration of peace. And when your focus is on peace, you become centered and peaceful within.

The things themselves - the crystals, music, etc. do not create your peace for you. They simply set up a vibration or resonance you can use to tap into, if you will, that deep well of peace within your center, within your Godself.

It's not that you do not have that deep well of peace within you always available - you do, it's always there. It's just that you often, in the hustle and bustle of your daily lives, forget to focus on your inner resources. Anything that helps you tap into those resources, be it a crystal, music or whatever, is a useful tool.

The more you can remain peaceful, no matter what's happening in the world around you, the more you will deepen your bond with your soul. And when you spend more

of your time feeling peaceful than you do immersed in the third-dimensional illusion of life on Planet Earth, the closer you are to your soul, to your God.

The vibration of peace is the highest vibration you can experience in this lifetime.

The War Within

John

This morning I was looking at two beautiful oak trees just outside my office window. One has lost many of its leaves, and those left have turned brown. The other tree, just a few feet away, still has all its summer greenery and grandeur.

If you focus only on the first tree, you would conclude it's nearly winter. And if you focus only on the second tree, you could be fooled into thinking it's still summer. But if you include both trees in your awareness, you have the whole picture. The two trees represent different aspects of how Mother Nature operates and affects her "children," if you will.

Now, I realize I can't carry this analogy too far. But my point is we need to see the "whole picture" - whether we're talking about nature - or ourselves. Here's Spirit.

Spirit

Many of you on the earth plane today are experiencing what have been called, among other things, "ascension symptoms." These symptoms can range from severe physical disorders and diseases to wildly raging emotions to mild physical or emotional discomfort you barely notice. Everyone on the planet, spiritually awake or not, is experiencing these at some level of awareness.

The only difference among earth dwellers today is their degree of awareness - ranging from nearly non-existent to keenly (or even painfully) aware. Those of you reading this are most aware and awake.

The so-called ascension symptoms - whether severe or minor - are simply adjustments your soul is making at all levels of your being. These adjustments are necessary, and cannot be avoided, if you are to move into what has been called your light bodies. But your experience of these symptoms does not have to be painful - although it often is, even among lightworkers.

The pain is most intense when you view yourselves as separate parts of an already-badly- fragmented being. Sure, you may see yourselves - quite correctly - as beings of light and love. Yet the illusion of fragmentation remains in your awareness - and so, therefore, does the pain. You do not have the whole picture.

You might well ask, "So, Spirit, what is this fragmentation you speak of?"

Well, for one thing, it's the conflict you perceive between what you often define as your "higher" and "lower" selves. I realize, for clarity's sake, it is convenient to talk about higher and lower aspects of yourselves. But my point is there is, in reality, no separation into higher and lower.

However, in all fairness to you, let me say this - the perception (or illusion) of higher and lower aspects has, until recently, served you well in your earthly journeys. But it serves you no longer.

Now is the time to remember you, individually, are one - and you, collectively, are One. I speak not only of the re-integration of your higher and lower selves, but also of the re-union of all beings on Planet Earth with each other, and with All That Is.

The conflicts, the disharmonies, the dis-eases you are feeling within yourselves and among yourselves can now be put to rest. The war is over.

Yes, your world is undergoing incredible changes today - there is no precedent in your human history for these changes. There are wars of all kinds on all fronts. But the real war has been the war within - within each of you, within your hearts and minds.

That war is over. In fact, it is the war that never was - except in your perception. When you remember who you are - Gods and Goddesses all - the war will truly be over, even in your perception. The war within - the war that never was - you've already won it. You just forgot.

The Way Of The Wind: A Parable And A Paradox

Spirit

One of the most powerful natural forces on your planet is the wind. It is also one of the most potentially destructive forces. Think about that for a moment.

You cannot see the wind - you cannot hold it - you cannot taste it. You can hear it certainly. You can see its effects. But you can never own it - you can never capture it. If you contain it - capture it - it becomes something else, something other than the wind. It becomes still and stagnant air. It is transformed into nothingness.

The wind, true to its nature, must always be free. If you deprive it of its freedom, it deprives you of its full presence. For when it is not free - totally free - it is no longer the wind.

And so here we have the beginning of a parable and a paradox.

So many of you on the earth plane, even among the lightworkers, are really - deeply - into "owning" things. And I'm talking about every "thing." Land - you always talk about "owning" land - real estate, you call it. Domestic animals - of course, you are their "masters" - and you "own" them. How could it be otherwise? They could not survive on their own without your benevolent oversight. (But that's only because you've "owned" them too long. In "owning" them, you've deprived them of their freedom and their ability to survive.) And the mountains and forests - you "own" these, do you not? Or, at least, your governments (which are only the collective "you") "own" them.

It doesn't matter that the animals, the mountains and forests, the deserts and seas, and so on, existed for many thousands of years before man appeared on the planet. And, for those thousands of years, they survived - and they THRIVED! And now you think you must "take care of" them - or they couldn't possibly make it.

Yes, your "natural resources," shall we say, ARE threatened today - seriously threatened. The very air you breathe is threatened. But not because they cannot exist - or continue to exist - without human "ownership." It's precisely because of human "ownership" their very survival is threatened.

In seeking to "own" anything on this earth plane - or anyone, for that matter - you have seriously threatened its - their - survival. Your entire modern-day world mentality is tied so intimately to "ownership."

And so you must abandon your ideas of ownership, of sovereignty over the Great Spirit's creatures, of limitation. And you must adopt new ideas - ideas of freedom, of community, of oneness, of limitlessness. And those new ideas and their energy shall flow through every area and aspect of your lives and your beings.

We shall continue this discussion at a later time. For now, I've given you sufficient "food for thought."

Time: The Ultimate Illusion

Spirit

NOTE: Spirit uses the terms "Higher Self" and "Soul" in this article. For his purposes, he considers them synonymous.

Time weighs heavily upon many of you on the earth plane. And your language carries many cliches, if you will, regarding time. "How time flies." Or "How time drags on." Those two right there should give you some glimmer of the true "reality," if you will, of time.

First, let me say this: time is a most useful illusion as long as you remain incarnated in a physical body on the earth plane. Time helps you to "navigate," as it were, while you remain on the planet. It is useful, for example, in helping you to care for your physical bodies. Many of you fear what you call the aging process - the wearing down, if you will, of your physical apparatus. Your perception of time "passing you by," shall we say, enables you to take proper care of your bodies - proper nutrition, exercise, relaxation, etc. And we could go on. But the point is time, as illusory as it may be, is a most useful tool while you choose to remain on the earth plane.

Today, I simply want to explore with you the true nature, or essence, of time. And, in doing so, perhaps we shall bring you to the point where time shall no longer weigh so heavily upon you.

You have heard, I am sure, stories of how your astronauts experience time differently in so-called "outer space." Under certain conditions, time actually slows down so they return to earth "younger" than they would have been had they remained on the ground the same amount of "conventional time" (i.e., as counted by your clocks and calendars) as they had spent in space. In other words, they aged less "out there" than they normally would "down here."

But you don't have to go out into space to experience the same thing the astronauts did. You see examples of this almost constantly, right here on earth. How many people do you know who look either older or younger than what you consider "normal" for their linear ages? I suspect you all know at least several - perhaps including yourself. These people are experiencing time differently from the "norm" (whatever that is).

When you are engrossed in doing something you love - or are with someone special in your life - you've often noticed how "time flies," as you say. Hours seem as minutes. And the opposite is also true - when you are doing something you'd rather not, time seems to really slow down.

IT'S ALL IN YOUR PERCEPTION!

That's right, it's all in your perception. And that's why I say time is the ultimate illusion. Not because it's not real - but because it's something other than what your mass consciousness considers it. And because it's an illusion that affects literally every area and aspect of your lives on Planet Earth.

Time is not a "fixed commodity," if you will. It is, rather, about as flexible - as elastic, if you will - as anything you've ever experienced on the earth plane.

AND YOU CONTROL TIME - YOU CAN EXPAND IT AND YOU CAN CONTRACT IT - AT WILL!

After all, you do this all the time (pun intended!) without being consciously aware of it. In the two examples I gave you earlier - where you are doing something you love and something you don't - time either flies or drags. The flying - or the dragging - are not simply your imagination. You have LITERALLY expanded time - or you have contracted it. Now, your clocks and calendars will not record these events. The clocks and calendars are simply tools you use to "navigate," as I mentioned earlier. They have no intrinsic relationship to time as we are discussing it here today.

And so, I say again - and this is true of literally everything in your life on Planet Earth - time is only what you perceive it to be - and your perception of it creates your experience of it.

The practical value of knowing all this is to simply give you a greater degree of conscious control over your lives. So many of you, even among the lightworkers, at least occasionally feel out of control. But know you are ALWAYS IN CONTROL. At your Higher Self or Soul level, you are in TOTAL control.

Now, having said that, I realize you, from your human perspective, sometimes have difficulty really believing you are total control. The reason for that is you are not yet fully "reconnected," if you will, to your Higher Self or Soul. And that is what your life purpose is - no matter what particular path you choose, your life's purpose is to simply return Home - to your Source, your Soul, the Goddess, the God within.

And so, when you are feeling oppressed or heavily burdened by the illusion you call time, remember this: You can always alter your perception of it - your experience of it. Simply enlist the help of your Higher Self. Most of your Higher Selves are grossly underemployed. But that's another topic for another day.

My point is ASK your Higher Selves for help with this - or anything else for that matter. Ask and you SHALL receive. And the practical, earth-plane applications of this are many. Think about it - if you truly believe what I've told you here today - and if you ask your Higher Self for help - you can literally manipulate time any way you wish.

And the practical results of all this? Well, you can slow down - or even halt - your physical body's aging process. You can accomplish what would "normally" take you,

for example, eight hours, in four hours. You can accomplish more (of any task) in "less time" - as you measure it on your clocks and calendars. The possibilities are endless.

The point is you can use what I've described here today to enrich your lives, your experiences, your connection to your Higher Self. I think we shall explore this further another day.

Trust: The Gateway To Yourself

John

Spirit often reminds me - and others - I am my own highest authority. There is no greater authority than my own inner voice.

Lately I've been reminded of the many faces of fear all about us today. One of the better-known ones is the Y2K problem, which I know you are all familiar with. Is January 1, 2000 to be the end of the world as we know it?

For some, I guess it will be. And yet others will sail with the greatest joy and ease through whatever stormy seas rise up.

How do you want to face this challenge, or any other of the challenges we shall all be confronted with in the days ahead? You can do it any way you want - with joy and ease or with pain and struggle. We all create our own realities.

And so will you heed the cold icy voice of fear - or the warm loving voice of your own inner knowing?

When I was growing up, my generation was taught to revere its elders. That's not a bad thing by any means. But reverence was often equated with giving our power away to the "authorities" and being unwilling to make our own decisions. After all, "they" knew better than we what was good for us.

I carried that willingness to give my power away well into my adult life. But in recent years I've been willing to listen to my own inner guidance and to take "foolish" risks - sometimes to the great dismay of those who have known me all or most of my life.

Lately, I've been severely challenged and tempted to doubt the wisdom of some major decisions I've made. Some of the challenges have come from the closest members of my own inner spiritual circle.

What I've been reminded of by all this is we are all entitled to our own perspectives - we do, after all, create our own realities. And your reality may be radically different from mine. Even though we may be observing the same "event" or circumstance, your experience of it is uniquely your own - and mine is uniquely my own.

The end result of these recent challenges is I have finally - after many years of struggling - come to the place where I completely trust my own inner guidance. I've been able to completely surrender to my Higher Self.

When I do that, something amazing happens - I never make a "bad" decision. Everything works out perfectly. And even though I may get a lot of criticism, anger, etc. directed at me, I am able to stay centered in my own power and peace.

Through this process, I have come to more completely appreciate, understand, honor, and love myself. Fully trusting my own inner guidance has been, for me, the

gateway to myself - the beginning of the last leg of my journey Home. And so also is it for you.

Let me close with the farewell Spirit often gives me when he and I have a personal talk. "Walk always in your power - and now go in peace."

Truth

John

The recent Christmas season gave me pause to re-consider my idea of truth. Even within the Christian tradition of Christmas, there are varying - and even conflicting - views of what Christmas is really all about. And those with varying views are sometimes less than "Christian" in their attitudes and actions toward those who see things differently.

Today I received a particularly negative letter from someone who clearly perceives my work with Spirit differently from the way I do. She said our work was basically a scheme for furthering my ulterior motives. While I obviously disagree with her, I know her words reflect her perception of "truth." Truth has been a topic of discussion and controversy for ages and ages.

Here's Spirit.

Spirit

What is truth? Ah, that is the eternal question! It often seems truth has as many faces as those who proclaim to know *the* truth.

Can you ever find absolute truth - unchanging truth that lives forever? The answer is a simple "No" - there is no absolute truth. At least not in the sense many on the earth plane would like to believe.

Relationships have been wrecked, religions have foundered, nations have gone to war, lives have been destroyed - and all because many have sought to impose upon others their particular brand of truth. Is this any way to operate a planet - a nation - a family - an individual life? Well, judging from the results so far, as you approach your 21st century, I'd say no, clearly not.

Your lives, your welfare, your growth do not depend upon how many people you can convert to - or coerce into - your way of thinking, your truth. Even among your so-called new-age communities, supposedly the vanguard of spirituality, there is bickering and even ugliness surrounding different perspectives of truth.

And so, what is truth? Would you be shocked if I told you there is no truth? At least not one absolute truth - an all-purpose truth, if you will - good for all peoples in all circumstances for all time. No such "truth" exists.

The only truth is the truth of Love. And Love is a choice to recognize the divinity in all beings. If you recognize the divinity in all beings - *all* beings - you will always live in truth. And it won't matter to you if someone else does not.

Truth is Love. Love is Truth. It's that simple - and that profound.

Truth: The Cloth Woven From The Fabric Of Joy

Spirit

The “truth” is there is no truth. Absolute, eternal, never-changing truth does not exist. Except, that is, in your fantasies.

And yet, for centuries, humankind has ravaged and raped, plundered and pillaged, murdered and maimed - all in the name of “truth.” Or, we should say, the particular version of truth held sacred by the ravagers, plunderers, and murderers.

Where has this relentless and rapacious appetite for “truth” gotten you as a race?

Well, it’s certainly given you some wonderful “food for thought” - it’s shown you clearly what does NOT work.

If the “truth” be known, it is this: there are as many truths as there are individuals on your Planet Earth. For, after all, you all create your own realities.

Your reality, as an individual human consciousness, is different from - often radically different from - the realities of other human consciousnesses.

And therein lies the problem and the solution.

You have all incarnated into your current lifetimes on Planet Earth with the intention, at your soul level, of immersing yourselves - your human selves - in the sea of diversity your beloved Earth Mother holds for you.

And what a gift that sea of diversity is! For if you did not have such stark contrasts to observe and choose among, then how would you, on your human level, ever know what you really want?

How would you fulfill the intent your soul held before you incarnated? We’re speaking of your soul’s intent to experience the diversity so you - the human - could feel deeply, while still in physical form, what you, in partnership with your soul, felt.

Your grand and glorious intent, when you incarnated, was to immerse yourselves in the joy - the absolute joy and passion of once again donning a physical body to experience all the pleasures, all the diversities of once again being in physical form on Planet Earth.

And so, what has happened over the centuries is you’ve observed the diversity. Then you decreed, on a mass consciousness level, that your particular part of the diversity must be THE truth.

And when you have millions of beings doing that, the result is utter chaos, at least from your human perspective.

But even the chaos is a blessing and an opportunity. For that is what THE truth really is - a blessing and an opportunity. Why?

Well, from the chaos, you can choose among many diverse opportunities - opportunities to remember who you truly are - Goddesses and Gods in human form. Chaos is a good thing, for it shows you clearly what you do NOT want. And from that place of knowing what you do not want, you are in the perfect position to launch the creation of what you DO want.

And because each of you perceive and experience the diversity of Planet Earth in your own unique way, not one of you ever experiences EXACTLY what another does.

Your life experience is truly unique. Your life experience is sacred. Your life experience is like no other's.

And it's all okay. It's all part of the plan each of you intended when you came into your current physical bodies.

You intended to immerse yourselves in a sea of diversity. You intended your "truth" to be different from the "truth" of others.

But, most of all, you intended a lifetime of joy. Yes, we realize many of you have incarnated into bodies and circumstances you would regard as anything but joyful.

And yet we say to you your intent was live a life of joy. Even in the midst of challenges and circumstances you, as humans, would consider tragic.

For the only truth - THE truth - is the cloth of life, physical and nonphysical, is woven from the fabric of joy. Joy is your essence. It is your very reason for being. You've just forgotten that.

And joy is THE truth - the only truth there is.

Unlimited Friendliness

John

I can be a hard-driving, even merciless, taskmaster, especially with myself. These past several weeks, while settling into a new work schedule, I've been particularly demanding of myself. But I didn't see this until a few days ago when I stopped to reflect. Then I realized I needed to be more loving toward myself.

I'd been judging myself harshly because I'd expected to get much more work done than I had since I began my new work schedule. I'd been at it only a short time, and had barely given myself a chance to settle into this radically different lifestyle.

My frustrations with the amount of work I was accomplishing were blocking my energy. They were keeping me from breathing freely and deeply, as Spirit often recommends. They were keeping me from flowing freely with Spirit.

I needed to develop that attitude the Buddhists describe as "unlimited friendliness" - in my case, friendliness toward myself and my feelings when I'm frustrated.

The Buddhist nun, Pema Chodron, teaches her students to become open to the "energy of our irritation" rather than staying in contraction against it. She teaches us to look with "gentle curiosity" at our feelings, fully acknowledging and accepting them.

This "friendliness" (as opposed to judgement) frees the feelings to move. Then we begin to come "unstuck." Then we are able to move again with Spirit back into the free flow of our feelings.

As I thought about all this, several insights came to me.

Among them was the awareness that when we run up against obstacles or challenges, we must not judge ourselves. Rather, we can choose to simply look at the situation with gentle curiosity. We can choose to see it as a sign from Spirit there's something we need to pay attention to. Our only question should be "What can I learn from this difficulty?"

Another insight was the realization I was not going to be fully effective in this work, especially now that I was at it full time, unless I could be as loving and compassionate toward myself as Spirit is toward me and all those who come to us.

Voices Crying Out In The Wilderness

Questioner

There is much confusion today on the planet. We hear so many conflicting voices, even among the lightworkers. And so many lightworkers seem to be attracting "dark" or "evil" forces and entities. Can you help us sort this out?

Spirit

Well, we can give you our view. But ultimately, you have to sort it out for yourselves. First of all, let's remember the term we often use for God or the Great Spirit - All That Is.

Now, isn't that remarkable, when you stop to think about it?

God is All That Is. Literally, all that is. Can you exclude anything from all that is? Of course not! So, if we follow this logic, then those things, events, people - whatever - you deem "evil" or "bad" must be part of all that is, and of All That Is!

What you label evil or bad is actually - literally - a part of God!

So let's start this discussion with that premise - God is all that is. And nothing that has ever been created or ever will be created can be outside of God. It just ain't possible! All we say in this brief excursion into the matter of good and evil hinges on that premise - all is God - God is All.

Okay, now let's talk about the confusion many of you are feeling over the seemingly conflicting voices you often hear.

All of you have a specific purpose for coming to your current lifetime. Your soul, your Higher Self, determined this before you incarnated.

For some of you, those who seemingly attract "dark" or "evil" forces and beings, your purpose is often to transmute that negatively expressed energy into light.

All energy is of the light, although you view certain particular expressions of energy - for example, murder or rape - as evil or negative. And yet, if we follow our earlier logic, even these expressions of energy are also part of all that is, part of God.

Each of you knows why you have come to your current incarnation. And, if you think you don't know, let us "enlighten" you. Whatever you love to do - what feels good and right, in your heart and gut - is your life's work.

For some of you, that work may indeed be dealing with the so-called forces of darkness. Those of you, for example, who feel called upon to work in law enforcement, or the military, or other similar careers.

Or, to get more "spiritual," there are those of you called upon to exorcize "evil spirits" from your planet or from the lives of your sisters and brothers. Or to cleanse, if you will, the various levels of the environment you live in.

Others of you are called upon to be healers with your touch, your art, your writing, even (dare we say this?) with your money! And so on.

And you know what your work is. You already know your work if you've wisely used your divine power of discernment. If something feels good to you, if your experience with it brings you joy and peace, if those around you respond enthusiastically and lovingly toward you and your work, you know this is your life's purpose, your life's work. It's that simple.

Of course, your life's work may change over time. But for this present moment, that's it.

You must accept and allow, simply accept and allow, the so-called forces of darkness, in whatever forms you perceive them to be manifested. Just let them BE!

That is the real key to peace on earth: To give up wanting and needing all of you to be the same, and to accepting the diversities. Your experiences on this planet will never be free of diversity. It is the richness of the diversity that attracted you to the planet in the first place.

And ultimately, of course, you will see the darkness and the forces of darkness were never anything to be feared. They were only voices crying out in the wilderness, voices longing to be filled with light.

All is as it should be. All is God.

What Is This Thing Called Love?

Questioner

What is this thing called love? How is it that some people find their husbands early in life, or instantly, and some go through unsuccessful multiple marriages later to find theirs? How are soulmates manifested?

Spirit

What is this thing called love? Well, let us offer you our simple definition of love. Love is a choice you make. A choice to acknowledge and honor the divinity in all beings, in all that is.

That is what love is all about, whether we're talking about romantic love or any other manifestation of "this thing called love."

The problem with love in your modern-day society is it has become "tainted" by sex. Let us explain.

We are not saying sex is a bad thing. It is not! It is a gift to you from the Creator (however you define her or him or it).

Sex is a gift! And yet your perception of it, molded and manipulated over the centuries by your so-called authorities, has become grossly distorted. Have you noticed how your mainstream news media talk about sex? You hear of "sex crimes," "sexual addictions," "pedophile priests," "sexual predators," "sexual deviants." And on and on, ad nauseam.

Is it any wonder many on the earth plane feel guilty about enjoying this most natural and pleasurable of human experiences? Many of you feel guilty even when just think about sex.

And so, given all that, it should not be surprising that many of you go through "multiple marriages," to use our questioner's words, before you find a suitable mate.

Now, there is absolutely nothing wrong with going through many marriages or partners. Your entire earthly life is, after all, a journey of discovery. And it's supposed to be a JOYFUL journey!

How many people do you know who have stayed with their very first job through retirement age? Probably not a lot. How many people do you know who have lived in the same house all their lives? Probably not a lot.

Change is natural and normal and desirable in your earthly lives. And it's unavoidable. You cannot avoid change except by choosing to die.

So why do you impose these impossible rules and standards on your relationships, particularly on your romantic relationships? Well, generally it's because you've been convinced (dare we say brainwashed?) into believing that is how it must be.

There is not right or wrong here - no good or evil, no moral or immoral. There is only what is appropriate or inappropriate for you. YOU - each of you individually. Your path is unique, special, sacred. And no one can tell you how to live your life (unless you let them).

So, to get back to the original question, let us say this: Some of you do need to go through "unsuccessful multiple marriages" (again, the questioner's words) before you find your perfect mate. And some of you find her/him on the first go-round.

Whatever your process is, it's OKAY!

Do not judge others, for you cannot ever truly know another's experience. Each being's experience is unique, special, and sacred. If you acknowledge and honor the divinity in that being, you cannot ever judge him or her. You can only love. And that is all there is. Love is all that is and All That Is.

You Are The Alpha And The Omega Of Creation

John

For a long time now, I've been wanting to do an article with Spirit on our physical bodies. But the energy, the vibrations needed to come together first. And now they have.

This message is not going to be an easy "pill to swallow" for some. And yet it's a "pill" many of you are asking for, if I am to judge by the volume of mail we receive. That mail has spanned the entire spectrum of challenges the human physical bodies can experience.

I think this message will help all of us clarify our thinking about our bodies. I know it's helped me already, just in the process of preparing this.

Let me share a bit of my personal history.

As a child, I was rather sickly. Though I had only one serious illness (pneumonia), I still had lots of minor "nuisance" type disorders - severe allergies, frequent colds and flu, headaches - you name it, and I had it!

Then, when I grew into adulthood, those minor disorders continued. And I also developed some "adult" disorders - backaches, stomach upsets, joint pains, that sort of thing. About the time I reached my 40th birthday, I figured I'd had enough. I didn't want any more allergies, colds, flu, backaches, etc. I made a clear, conscious decision to be healthy.

And now, many years later, my body is healthier than it's ever been. I've learned to love my body and to care for it the way a doting parent cares for a beloved child. In return, my body has been good to me. In what is the final phase of my life this time around, I'm healthier and happier than I've ever been.

I haven't clearly understood why, in the autumn of my life, I should be in better physical and emotional shape than I ever was in my younger years. This message from Spirit helped me understand what I've been doing "right" - and what, in my younger years, I did "wrong."

I hope the message helps you to understand those same issues in your own lives.

Spirit

Your physical bodies are magnificent creations. Creations you designed, down to the last detail, before you incarnated into your wondrous creations.

Your bodies respond perfectly, perhaps more perfectly than anything else in your experience does, to your every thought and feeling. Your bodies are incredibly

powerful sensing mechanisms. They sense vibrations far beyond what you can imagine. Every thought you think, every emotion you feel is eliciting responses from your bodies.

Those responses sometimes give you results you feel good about. And often they give you results you feel bad about.

We realize this is difficult for many of you to hear, but absolutely every condition manifesting in your physical bodies is your creation. No exceptions.

You have created those bodily conditions by what you've been giving your attention to. If what you've been paying attention to causes you stress, pain, turmoil, your body will respond in a way that probably does not please you.

However, if you give your attention to whatever brings you joy, whatever brings you passion, your body responds accordingly. And it will reward you with perfect health, youthful vitality, and magnificent power and resiliency.

And so, the best thing - absolutely THE BEST thing - you can do for your physical health is to seek as much joy in your life as you possibly can.

Yet, your world generally does not seek joy. Especially when it comes to your physical bodies. How many "wars" do you have on the various adverse conditions your bodies can experience? You have wars on cancer, wars on AIDS, wars on drugs, and so on, ad infinitum.

While those "wars" are well-intended, they usually create the opposite of what is desired. And the reason is there is far more emphasis on "sickness" than on wellness. Sickness does not exist - there is only an absence of wellness. And that absence is created by your attention to it.

Your various "wars" usually focus only on the absence of wellness, not on the fact wellness is your natural state of being. In fact, few in your society today believe wellness is your natural state of being. Is it any wonder there is so much "sickness" when there is so much attention given to it?

When you incarnated this time around, you, at the soul level, decided you wanted to create a sense of well-being in the projection of energy that became your physical body. In selecting your various physical bodies, each of you, again at the soul level, created wide-ranging opportunities for yourselves.

But - and this is absolutely true in every case - you intended well-being on all levels - whatever bodily conditions you chose to create and incarnate into. And your choice was perfect - in every case, it was absolutely perfect!

You were giving yourselves a grand opportunity to create the well-being you deeply desired. And that is all - THAT IS ALL - your bodily conditions are about, whether we're speaking of wellness or the lack of it.

All these conditions are simply opportunities you have chosen as a vehicle to help you remember all is well. You are eternal. You have no beginning, no ending. You are the alpha and omega of creation.

Your bodies and the bodily conditions you have created (and continue to create) are simply opportunities for you to remember the glorious Goddesses and Gods you are - powerful creators who are so powerful you can choose to feel powerless, to feel a distressing lack of well-being on any level.

In closing, let us tell you this: You have not come to this lifetime to suffer. You have not come to live a life without meaning. You have not come to die a death without joy.

Joy is the key. If you live your life in joy, all or most of the time, it is literally impossible for you to experience what you call sickness or disease - really, an absence of well-being.

There is no physical body, no matter how deteriorated or diseased you may consider it, that cannot be brought back to perfect, vibrant health with a few strong doses of joy.

Seek only joy in your lives. That is the best medicine you will ever give yourselves.

YOU ARE THE ALPHA AND OMEGA OF CREATION: FOLLOW-UP

John

Many people responded to this message, and talked about the hefty challenges they were facing with their physical bodies, and the physical well-being of their loved ones.

But one lady's poignant plea pretty much distills the essence of all of the responses: "How on earth are we supposed to find joy in a life like this? . . . It's so easy for you writers to say this."

My first, gut-level response to that was, "Well, the hell with it all - why should I do this work any longer? I don't need to do it. And, after all, we writers are also human beings with human challenges - in that way, we're no different from anyone else."

But then I realized if I followed that thread, it would do none of us any good.

So, I responded in the best way I could - from my own personal experience. I haven't had the daunting challenges many have had in this lifetime. But I've had enough "opportunities for remembering" (to use Spirit's words).

I've felt the depths of despair. I've felt the pain when my loved ones have made their transitions. I've felt helpless as I've watched those I love dearly flounder in confusion and chaos. I've felt the heartbreak of a failed romance. I've felt aches and pains in my body. I've felt lonely on many a dark night.

So “I’ve been there and done that,” as the cliché goes. I’m not just a writer - I’m a human being who knows what it is to be fully human. And who knows what it is to be fully divine.

And that’s my point - we are all human and we are, at the same time, Goddesses and Gods. Our physical bodies, our physical experiences are projections of our soul energy into human form.

So how do you find joy when you are in the depths of despair, when life has plunged you into darkness, when nothing seems to be going right for you?

The answer - at least for me - is you do it little by little. When you’re in such terrible pain and despair that your whole world looks like it’s going to hell, there isn’t much you can do to pluck yourself instantly from the abyss.

But always - no matter how dark your night - there is something you can reach for that will give you hope, that will give you the least little bit of joy. It doesn’t matter how insignificant it may seem - reach for something that gives you joy, even a tiny bit of joy. Maybe you can pet your dog, smell a rose, admire a sunset, tell someone you love them, tell yourself you love you.

Little by little, the joy grows. Until finally it overtakes your life. You’ll find each day, little by little, will contain more joy and eventually you won’t be able to remember why you were ever sad or despairing. You will have remembered why you came to this lifetime - you will remember your only purpose in this life is to be joyful.

FOLLOW-UP TO THE FOLLOW-UP

John

The idea we create our own realities is downright painful for many, if not most, folks. Or, at least, distasteful. Many people honestly believe they have no choices, they are victims of life. And even those who do believe they can choose often beat up on themselves for past choices they’ve made - the results of which they are living now.

I really want to help those of you who are uncomfortable with all of this to be more at peace about the whole issue.

Let me share another of my personal experiences with the concept that we create our own realities. Maybe it will help some who struggle with it.

When I first heard the notion we create our own realities many years ago, I absolutely refused to believe it. How or why would anyone create all the pain and anguish I saw in the lives of so many? It didn’t make any sense!

But the idea intrigued me, so I kept studying and reading everything I could get my hands on. Finally, it made sense. I accepted we are totally responsible for whatever manifests in our lives - all of it. It’s either that or we’re victims. I never liked being a victim.

But then another issue reared its ugly head for me. What often boggles many minds, as it did mine for years, is this question: Why in the hell would I create illness, bad relationships, lack of abundance, etc., etc. - why would I do any of that to myself?

Well, nobody does that deliberately. But we've all done it at one time or another. The key for me is understanding exactly HOW we do it - what is the process of creation, of manifestation? Spirit is always admonishing us to pay attention to what we're paying attention to. THAT is the key.

You get what you focus on - it's the Universal Law of Attraction at work. If you're paying attention to what you do not want to manifest in your life, you'll still manifest it because, by focusing on it, you're bringing its vibration into your own vibration.

And the reverse is also true. When you focus on what you want, on what feels good, you'll manifest only that. It's really pretty simple.

That's why it's so important to seek joy in your life - we've all heard that from many teachers, including Spirit. But perhaps it hasn't been clear to some why seeking joy is such a powerful way to live our lives. It's the secret to getting everything you want - to manifesting all your dreams.

Our modern world does not seek joy. It focuses instead on everything that can go wrong. You rarely see "good" news in the media. It's always "bad" news. The focus is on illness, poverty, crime, corruption, war, death, etc. - everything society considers bad or evil.

Is it any wonder it's difficult to pay attention to what brings you joy when most of the world is talking about everything but joy?

However, if you refuse to go along with mass thinking (or, as I like to call it, mass mis-creating), and seek joy in your own world, then you will eventually manifest all your dreams. The more you do it, the easier - and the faster - it gets. And it doesn't make a damned bit of difference what anyone else is doing - or what they think of you.

I don't usually quote myself. But I think something I said a while back bears repeating. Here it is:

"So how do you find joy when you are in the depths of despair, when life has plunged you into darkness, when nothing seems to be going right for you?"

"The answer - at least for me - is you do it little by little. When you're in such terrible pain and despair that your whole world looks like it's going to hell, there isn't much you can do to pluck yourself instantly from the abyss.

"But always - no matter how dark your night - there is something you can reach for that will give you hope, that will give you the least little bit of joy. It doesn't matter how insignificant it may seem - reach for something that gives you joy, even a tiny bit of joy. Maybe you can pet your dog, smell a rose, admire a sunset, tell someone you love them, tell yourself you love you.

“Little by little, the joy grows. Until finally it overtakes your life. You’ll find each day, little by little, will contain more joy and eventually you won’t be able to remember why you were ever sad or despairing. You will have remembered why you came to this lifetime - you will remember your only purpose in this life is to be joyful.”

Don’t beat up on yourself if your life isn’t yet all you want it to be. Be easy and gentle with yourself. Know you are doing the best you can. Know where you now stand is the perfect launching pad for the magnificent and joyous life you want to create.

Enjoy the journey. Life is supposed to be fun!

You Are The Source

Spirit

So often, you look to others for what you want or need in your lives. And yet those others can never fully satisfy your wants and needs. The term “others,” as I’m using it here, can have any of several meanings - family, friends, teachers, governments, schools, churches, etc. While these resources are often valuable to you in your third-dimensional incarnations, they truly serve you ONLY if they lead you to this awareness: YOU ARE THE SOURCE.

Yes, you are the source of everything you want in your life, of everything you have ever wanted or ever will want.

“But, Spirit,” you might protest, “what about my job? That’s the source of my money, money I need to support myself and my loved ones.” “Or what about the government? They are the source of police protection, fire protection - all the services we need to survive in this modern world.” Etc., etc. - you get the idea.

Well, yes, it’s true these resources - jobs, government agencies, etc. - are quite useful to you. What I would propose, however, is a slight shift of perspective here. It’s slight, but significant.

Let’s take your job as an example. Clearly, you receive money for your physical needs through your job. But is your job the SOURCE of that money? Think about that. You could go out and get another job. Or you could have no job and rely on other of your resources for your monetary needs.

I think it’s safe to say this: whatever you believe is the source of your money is, from my perspective, simply the channel, if you will - or the conduit. The source is always you - you merely use the channel - in this case, your job, your retirement fund, or whatever - to bring to you what you have created with your vast powers of manifestation.

Now, it’s obvious most of you need these channels because they fit your belief systems. Can you create money out of “thin air”? Yes, you can. Can you create perfect health with no outside help - medications, drugs, etc.? Yes, you can. Can you create a beautiful home - the home of your dreams - without outside help? Yes, you can.

All of these things - and much more - are fully within your power to create at will. But you have been so conditioned to believing you are limited - to believing your divine powers are a myth. And so where does that leave us?

Well, whether you are a conscious creator or not, you ARE a creator. Each and every one of you creates - literally creates out of thin air, as it were - everything and every thing in your lives. And you do this on every level, including the physical. And certainly, on the mental, emotional, and spiritual levels also.

However, because of your society's belief in lack and limitation, your creative powers are stifled a bit, if you will. So, it's much easier and more acceptable for you to believe, for example, the source of your money is your job. And so that becomes your experience.

However, I would urge you to shift your thinking a bit.

Consider this possibility - you really do create your money - or whatever form of abundance you want - out of thin air, literally, from nothing. But it is not within your belief system to be able to receive that money, say, by simply having it appear as a pile of \$100 bills on your kitchen table.

And yet that is entirely possible - and is, in fact, how the process of manifestation works - you literally bring something into physical form from nothing. Nothing but the universal energy you summon with your thoughts.

Because of your society's beliefs, however, it is far more palatable for the money you have created out of thin air to come to you through the channel of your job. And so that is the way it happens for many of you.

I am offering this somewhat altered perspective simply to get you to consider another possibility - the possibility that you create everything in your life. You are the source.

Your Center

John

This past week a dear friend gave me an old Tao proverb: "When you have a disease do not try to cure it - find your center and you will be healed." This was an interesting "coincidence" because lately I've been focusing intensely on finding my center - and, more importantly, remaining there amidst the routine of my daily life. Here's Spirit.

Spirit

If you can remain fully focused in your center for even a moment, you - at that moment - will be healed. At that moment, your body can have no dis-ease, your mind can have no dis-order, your heart can have no dis-stress. For that single moment, you are totally, completely healed. It is impossible for you not to be whole when you have moved fully into your center - into the presence of God within you.

And so, your purpose in this lifetime is to expand those moments of centeredness. Take the memory of them into your daily life - even into the most mundane, routine acts of your life. Nurture those moments. Grab hold of them as often as you can. Generally, you will achieve them through meditation. Not necessarily long - a few minutes is good - but regular meditation.

As your experience of those moments - and of the peace they bring you - increases, so too will your ability to call them up at will. And when you can expand that sense of centered peacefulness into every aspect - into every moment - of your life, then you shall have returned to Great Spirit within - to your center.

When you are fully in your center, you shall know the peace that can come only from Spirit. It is not the peace of your world. It is the peace, as your bible says, that surpasses all understanding. And from that centered place of peace, you will be fully empowered to live fully in the world - to live with a sense of joy, freedom, and even bliss, far greater than you have ever known.

Go in Peace.

Your Power Is Now!

John

One of the most frequent questions Spirit and I get goes something like this: How can I be free of my past traumas and all the negative feelings accompanying those traumas? The questions are usually more specific, but you get the general idea.

So many folks feel imprisoned, or at least restricted, by their past. And it can be the past of this lifetime or of others. Seemingly, the past affects everything in their present - physical health, relationships, work, financial abundance, etc.

That's the bad news. The good news is it doesn't have to be.

All of us on the earth plane have incredible power - the power to manifest anything and everything we want. And every bit of that power lives in this present moment. The past has no power over us. None whatsoever.

Here's Spirit's perspective.

Spirit

What are you thinking about right now? As you're starting to read this, what are your predominant thoughts?

Whatever they are, they probably have something to do with wanting to be free and joyful.

You were born free. You were born joyful and joy-filled. When you entered your present physical bodies, you were filled with an exhilarating sense of freedom and joy. You were excited - ecstatic even - to be coming once again to this wild frontier of life on Mother Earth.

You anticipated a wild ride. And most of you have had just that - a really wild ride. But you also anticipated a joyful ride. Yet many of you have not had that. Why do you suppose that is?

Well, let me offer you my perspective. When you were infants and for the first few years after infancy, you were exploring and immersing yourselves in the pleasures and passions of this wondrous planet you call Earth.

You'd been here before, many times before. But each incarnation was fresh and new. It was exciting for you, the infant - the young child of few years - to be back again in the wild diversity of physical life on Earth.

You were having fun. You were filled with joy. And, no matter how your particular circumstances of birth might be viewed by more "mature" human minds, you were having a really good time!

But then “reality” kicked in. You were told, or circumstances (as interpreted by your elders) indicated life is serious business. You have a responsibility to become a success, however that was defined by the particular “authorities” in your life.

And so, it went on and on, until all the fun and joy was drained from your young life. Then you became one of “them.”

That scenario did not happen to all of you. But it certainly did for many, many of you.

Let me ask you a question. What do you think is the difference between that carefree, joyful little child you were once and that care-full, joyless big child you are now?

The difference is how you see now. I don’t mean how well you are seeing today. I mean how you are perceiving in your present moments. Most of you do not live fully in the present moment, as you did when you were a little child.

You’re usually worrying about or fearing the future or feeling guilty or troubled about the past. Hardly a thought, however, do you give to the present moment.

And yet all your power is in this present moment. ALL your power! You cannot live in the past or future. But you can certainly let your worry or guilt keep you from living fully in this present moment.

All you have is now. As a little child, you knew that. And you were joyful for the gift of each present moment the Universe bestowed upon you. You were grateful and you immersed yourselves in the pleasure and passion of physical life.

Your power is now. Become as little children once again. Live now. Look for what feels good to you - and only for what feels good. Seek only joy, as you once did.

When, in your daily lives, you experience more joy and less of anything that is not joy, you will prosper and grow.

Joy is the only true measure of success. And you can find joy only in the present moment. You’ll never find it in the past or future. Once you know that in your heart, you are tapping into that divine creative energy that is your birthright. That creative energy you fully possessed as a child.

When you’re able to do that, you will know you can have it all, in this lifetime - right here and now. Because all your power is now!

Your Powerful Now

John

Since 9/11, many folks are finding it difficult to stay in the present moment. They yearn for a past they imagine was safe and secure. Or they fear for a future they imagine will be dark and dangerous. Or both.

In recent years, I've finally found myself living more fully in the present moment - after decades of living in the past or yearning for the future. The result? My life has never been happier.

But since 9/11, I've been sorely tested. Can I always look for - and find - the joy in every present moment? Even in the post-9/11 world?

I know I can. But it's been a challenge.

Spirit

The "good old days" were good only if you were living in the Now back then.

If you're always yearning for another time, another place, another relationship, another . . . whatever, you're not living in the Now. You're giving your power away to the past, or to the future.

There's nothing wrong with holding precious memories of the past - or glorious dreams of the future. The criterion we would advise you to use is this: How do those precious memories or glorious dreams make you feel in your Now?

Are your memories and your dreams enriching your life Now? Or are they pushing you into a place of despair and hopelessness?

It doesn't matter whether you're remembering the past or dreaming the future. What really matters is how you feel about your Now.

Are you feeling joyful, peaceful, passionate, powerful about your Now?

All your power is in your Now - in this, your present moment. All your power - every bit of it - is in your Now! Neither the past nor the future can shackle you to a life you do not choose to live.

If remembering the past or envisioning the future makes you feel good Now, then go for it - more power to you!

But what you need to be aware of, at all times, is how you are feeling Now. If you're feeling good - however you define "good" - then it doesn't matter how you get to that place of feeling good. All that matters is that you get there.

For it is there - in your Now - in that place of feeling good - that you are the powerful creators, the Goddesses and Gods, you came to this lifetime to be. And only there.

Peace.

