



Special Reports

**Channeled Messages from Spirit
by John Cali**

Volume 1

Content

Introduction.....	3
A Blink Of Eternity	4
A Sense Of Place, Power And Peace.....	6
Abundance	8
All Is Well.....	10
Balance.....	12
Call Of The Moment	14
Call To Final Judgement.....	15
Changes:	16
The Circle Remains Unbroken.....	16
Choices.....	18
Claiming Your Power.....	19
Compassion And Connectedness	20
Declaration Of Independence	21
Detachment: The Road To Inner Peace	22
Doing What You Love:.....	24
The Road To Abundance.....	24
Duality Or Diversity?	26
Every Moment Of Eternity.....	27
Fear And Pain.....	28
Fear, Death And Immortality.....	30
Fear – Foe Or Friend?	31
Focus, Vibration And Manifestation	33
Full Remembrance	35
Guilt	36
Have You Been Saved?	38
Healing	39
Home	40
Honor Thyself, Part 1.....	41
Honor Thyself, Part 2.....	42
Human Relationships, Part 1:The Pain And The Joy.....	44
Human Relationships, Part 2: Are You Trapped?.....	47
Human Relationships, Part 3:The Loving Law Of Allowance.....	49

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 first of the three Special Reports ebooks.

Enjoy!

Copyright © 2023 by John Cali and Berna Copray

All rights reserved worldwide.

www.greatwesternpublishing.org

john@greatwesternpublishing.org

A Blink Of Eternity

John

I go jogging every morning, usually at first light. Mornings are a high-energy time of the day for me. I love pushing my body to its highest and best performance - I get a real emotional “high” from that physical effort.

And when I’m on a jogging high, inspiration often hits me - sometimes in the form of Spirit’s “whisperings” in my ear. Today was such a day.

I’ve never been happier, healthier, had more fun or been more in love with my life and myself, than I am right now. And I’ve finally learned (or, more accurately, remembered) how to manifest exactly what I want in my life - and how to manifest all of it.

Are there still “bumps in the road” for me? Yes. But they’re getting fewer and farther between. And they serve as “course correction” reminders. They tell me when I’m getting off my path, when I’m disconnecting from my soul, from my source energy.

When I’m feeling bad (angry, frustrated, sad, lonely, fearful, etc.), that’s just my soul’s way of getting my attention so I can get back “on course.” And when I’m feeling good, ranging anywhere along the spectrum from peace/contentment to passion/ecstasy, then my soul is telling me I’m “on course.”

As Spirit often reminds me, we don’t need to delve into our pasts - the past of this life or of other lives. We don’t need to understand how we got to where we are now - or even why. We don’t need to “undo” any past deed or misdeed, any omission or perceived failure, in this life or any other life.

There are no karmic debts to pay. All we need to do is live fully in this present moment, and decide where we, as the glorious and magnificent creators we all are, want to go from here.

And it helps enormously to be happy where we are, to be happy where we’re going, and to be happy on the journey between where we are and where we’re going.

Spirit

So many of you are tortured and shackled by your pasts - your past in this lifetime and your past in other lifetimes. You cause yourselves so much needless pain and anguish by focusing on the “bad” parts of your pasts.

Of course, there is no such thing as a “bad” past - or a “bad” experience, for that matter. All experience is valuable. Or, at least, it can be if you will “mine the gold nuggets” every experience holds for you.

If you’ve had an experience, in this lifetime or another, which you perceive as bad or negative, it need not be a negative in your now. Your now is all you have. Sure, you

can choose to use your “now moments” focusing on whatever you wish - positive or negative, in your past, in your present, in your dreams for the future.

Whatever you’re doing, whatever you’re thinking, you’re doing it now - NOW is all you have.

You are, every one of you, Goddesses and Gods in human form. You are spiritual energy, eternal and powerful beyond belief - beyond your wildest imaginings. You are far more than you perceive yourselves to be in this current physical body you occupy for what, in reality, is but a blink of eternity.

I would ask you to do little exercise. Sit down with paper and pen. Write on the paper all your wildest fantasies and passions. What would you create in your present lifetime if you had at your fingertips all the power in the Universe?

Write it all down - your perfect lover, your perfect work, your perfect home, your perfect body - whatever your heart desires. Write it all down - there are no limits here.

This is a most powerful exercise. When you put your dreams, your visions, your fantasies down on paper, you have brought them into physical manifestation. Albeit an “infant” manifestation, but a physical manifestation, nonetheless.

Now hear this - it is critical: Once you have done that exercise, spend some time every day envisioning your perfect life. It need not be a long time - several minutes is enough. In doing this, you are carrying yourself to a higher vibration - a vibration to which the Universe MUST respond.

Your bible says, “Ask and it is given.” It is truth. Ask for whatever you want in your wildest dreams - and it will be yours if you stay out of the Universe’s way. By that, I mean focus only on what feels good - ignore all the rest. Whether that “rest” be in your past or in your present.

As you focus only on what feels good to you, your vibration rises to the frequency your soul exists in eternally. That is your natural state as a human extension of soul energy.

And when you luxuriate in the high vibration of your soul, nothing - literally nothing - is impossible. What you call miracles will become an everyday experience in your lives. You will know a deep joy, an ecstasy you’ve never known in this lifetime. You will have fulfilled the dream you had at your soul level before you incarnated into physical form once again.

You are creators, each and every one of you. That is why you came to this lifetime. You came to experience the fun of creating in this sea of incredible diversity you call Planet Earth.

If your life is not fun - every part of it - you’re not fulfilling your soul intention. Life IS fun! Life IS beautiful! Life IS eternal! You’ll never get it all done. Creation is an eternal process. There are no deadlines, no rules. Just do what feels good - and HAVE FUN!

A Sense Of Place, Power And Peace

John

I've always loved mountains, particularly the northern Rockies in the general area of Chief Joseph's ancestral homeland - Oregon, Idaho, Montana, and Wyoming. What I most especially love is the way I feel when I'm in the mountains, particularly the highest, most rugged places.

Several days ago, Spirit told me the energies - the frequencies - the vibrations of those high and sacred places closely match my own. Therefore, I feel a deep sense of power and peace when I'm there. Though it's not so much because of the place, but because the place helps me get more closely in touch with that place of power and peace within myself.

It's important, especially in these deeply challenging and rapidly changing times, for all of us to be in places where we feel nurtured and empowered. And "places" can mean your geographic location, your home, your relationships, your work and so on - or any combination of those.

Spirit

Can you recall a time when you felt totally powerful and completely at peace? A time, perhaps, when your life was "on track" in every way - when everything seemed to be going your way? I'm sure most of you can recall such times. Or perhaps you're experiencing them now.

Whether or not you're consciously aware of it, during those times when you're feeling powerful and peaceful, it's because you are in the perfect place. And that "place" can be any area or element of your life, or any combination of them.

For example, you may have found a comfortable and cozy house where you feel totally at home. The energies, the feelings within and around the house nurture and support you.

Or you may have found pretty much the same energies within a relationship, be it a romantic relationship or any other.

Or perhaps you've even found a peaceful place within an otherwise stormy relationship or living environment. Even in the midst of chaos and seeming disaster - even there - you can always find a place - a position, if you will - where you feel powerful and peaceful.

And you can find that place no matter what your circumstances are. It's important for you to seek out those physical places, those spiritual places, those geographic locations, those relationships, those careers, all those "things" - whatever they may be - that feel good to you, that nurture and support you on your path. It's time to abandon that "no-pain-no-gain" mentality so prevalent in your society today.

It is important, especially for you the lightworkers - but for all others too - to be in those places where you feel powerful and peaceful. For it is from that position of power and peace that you can best facilitate the transformation back into light of your Mother Earth, yourselves, and your sisters and brothers.

For in those places where you feel nurtured and supported, you are best able to be fully in touch with that one and only place from which all power and peace flow - the Goddess self within.

Abundance

Spirit

A particularly difficult challenge for many of you lightworkers is money - finances - material abundance. So perhaps it might be useful for us to examine some of the reasons behind the apparent lack of abundance (specifically, money). I stress the word "apparent."

Lack is an illusion - lack of anything at all, including money, of course. If we think of everything that is manifested in your life - even everything manifested on the earth plane - we know it is nothing more than energy brought into form. The supply of energy is limitless. It is only the manifestation of that energy in physical form that is lacking. The basic ingredients, if you will, are there.

If you have at your disposal flour, yeast, water - whatever it takes to make a loaf of bread - would you not feel foolish complaining you have no bread to eat? All you have to do is mix the ingredients and make the bread! It's that simple.

And it is literally that simple if you want to make money. You simply take the basic ingredients you have at your disposal, mix them and the result is precisely what you want - money.

Now, I realize this analogy cannot be carried too far. But the process is precisely as I have described it. Only your fears keep you from making all the money you want. You have an endless supply of the basic ingredients to make money.

These fears can be manifested in many different ways. I'm not "picking on" lightworkers today, but they do provide some wonderful "raw material," if you will, for illustrating what I'm talking about. Many lightworkers appear to still be tied to vows of poverty they may have made in a past life. They actually fear money because it represents "evil" to them.

I suggest you allow your higher self to "take you by the hand," as it were, and lead you down a path of discovery - discovery of the fears you have around money.

It is helpful to become fully aware of those fears - not to wallow in them, but to simply become aware of them. Once you do that, you will then be in a position to accept them. And acceptance leads you to allowance - allowing your fears to be okay. In that three-step process - awareness, acceptance, allowance - you place yourself in the best position possible to rid yourself forever of those fears.

Once the fears are gone, the abundance not only will flow - but it must flow.

The reason is you are, in your essence, a divine being - a God, a Goddess. A Goddess knows no lack, no limitation - she knows only free-flowing abundance. And the reason is the Goddess lives in a state of constant bliss - a state of being in love all the time. Fear cannot enter into such an environment - it is impossible. Where love lives, fear does not - and cannot.

What I would urge you to do is consciously work at establishing an even closer bond with your higher self. It is only in those times when you feel fear that you lose touch with your higher self. And then, if you remain in that state, the fear can easily escalate and spiral into something you really don't want - like panic, desperation and so on.

And so, my point is this: getting into deeper touch with your higher self is the key to your money issues - and any other issues you may have.

In my view, one of the best ways to get into deeper touch with your higher self is to use what I call conscious breathing.

As the Goddesses and Gods you all are, you quite literally create with your breath. With each breath you take in, you are literally reborn - you re-create yourself - your physical body and your world. With each breath you let out, you release your past - history no longer binds you to a way of life you no longer wish to live.

I am not speaking metaphorically here - what I just said is literally true. With every inhalation, you are reborn, you create anew all you are, all you know, all you experience. And with every exhalation, everything that was ever fearful or limiting to you dies.

If you consciously breathe, even if only for a minute or two, several times a day, I can guarantee you will quickly find an even deeper bond with your higher self developing. And in that deepening bond, you will find a bliss, an ecstasy you've never known before. Your life will become magical once again.

And the magic will bring an increasing and never-ending flow of abundance in all forms, including money.

All Is Well

John

The following is a summary of a brief private reading Spirit and I did recently with, of course, the person's identity omitted. After I transcribed it, I realized (as often happens with Spirit's private sessions) there's a wider audience for this particular message.

Many of you have written and called me these past few months with physical challenges similar to the one faced by the person receiving this message. It seems lots of folks are going through lots of changes these days. For many, change often equals challenge.

This message was given to the mate of the person with the challenge, as the context of will make clear. And the message was made available to others. However, the two people involved remained anonymous, as I edited the transcript to exclude any identifying information. However, the essence of the message remained.

On a personal note, regarding this session, I'd like to share something with you. When we started the session, I noticed a "blending" (that's the best way I can describe it) between Spirit and me - as if we were doing this session as one entity or one person.

I said to them, "That's the first time that's happened." And they replied, "No, it's the first time you've been consciously aware of it happening - it's always been that way."

A rather interesting insight for yours truly! I hope the message also brings you some interesting insights.

Spirit

It does not surprise us that your conventional medical measuring methods detect nothing wrong with your beloved mate. Your conventional tools - and your current, conventional medical awareness - do not "tune into," if you will, the subtle, higher vibrations of your being, physical and non-physical.

What we're saying is there is absolutely nothing "wrong" - for lack of a better word - with your mate - nothing physically wrong.

However, she is going through a vibrational "tune-up," if you will. Her soul is making some subtle adjustments in her vibrational body. With, of course, her consent - there is truly no separation between any of you and your souls.

Though perhaps she has not given explicit consent, she has agreed to the "tune-up." In her desire to move to a higher vibration, in terms of her physical and emotional well-being, she has allowed spirit to make these fine-tuning adjustments.

She may not feel the adjustments are subtle or just fine-tuning - they probably feel a little more major than that. But they truly are not.

The physical result of this adjustment process is just what you describe - (here Spirit reviews the symptoms). Her body is simply adjusting to the higher vibration spirit is bringing in.

The best thing she can do, in our perspective, is to simply relax - let the process work itself out. Trust in spirit. All of this will pass rather quickly, if she simply relaxes and lets go. We want her to know she is in control - spirit is doing nothing she has not consented to for her own highest good.

All is well. Tell her simply to relax into the knowing that she is immersed in a sea of well-being. In that knowing, she will find peace replacing the struggle. And she will find her body coming into a greater and heightened state of balance.

Trust the wisdom of the process. All is as it should be - ALL IS WELL!

P.S. from John:

After we did this session, some people wanted to know what the physical symptoms were. You probably noticed we did not discuss them specifically.

The significance of this message is not the precise physical symptoms. If people are focusing on the symptoms, they are focusing on what's "wrong." They're missing the point and they're missing the true and deeper meaning of this message.

Instead of thinking about the symptoms, it would benefit everyone infinitely more to focus on what's right - on the rightness and inherent goodness of the healing process - and on learning to trust it completely.

We live in a universe of well-being. There is not sickness and wellness - there is only wellness or the lack of it. Which do we want? Where do we want to put our focus?

Balance

John

I've mentioned before Spirit often uses my own personal experiences and lessons as "fodder" for his messages. And so, it is again with this week's message.

This past week has been a wonderfully productive one for me. I accomplished a lot of work in what I considered incredibly short time periods. It was as if time had "folded in" on itself and enabled me to do far more than I normally could have. But then, today, I couldn't get any work done - I just "floundered around" all day, accomplishing nothing except getting myself frustrated over my lack of productivity.

So late this afternoon, I went for a walk. I'm blessed to live in a beautiful area with lots of trees and a lovely little lake. I walked around on the lakeshore for a while. About halfway around, I spied a golden hawk soaring high above me. Hawks have always been good omens for me - when I see one, I know something wonderful is about to happen.

Then it came to me - I was not supposed to work today! These past several years, my life has been almost totally focused on my work. The closest I come to having a social life is when I go to the grocery store! Pretty bad, huh?

Well, as often happens in these circumstances, Spirit "popped in" after my "revelation." As many of you know, he has a great talent for condensing much wisdom into few words. He told me, while he certainly applauded and totally supported my dedication to our work, my life was not just about our work. I needed more "balance" in my life.

Perhaps some of you do too. Here's Spirit.

Spirit

In your 3D world, balance - as you might say - is of the essence. To live peacefully and harmoniously on the earth plane, you must seek balance and moderation in every aspect of your lives. Whenever you are feeling an upset, a dis-ease of any kind, it is because you have become unbalanced in one or more areas of your lives.

One of the reasons balance is so important on the earth plane is polarity. For every action, there is a reaction - for every extreme, there is an opposite extreme. You live in a world of polarity - and, in that world, you must seek balance between the poles, as it were, if you are to know peace and harmony while you remain on the earth plane.

Once you've "ascended" - whatever that means to you - you will no longer need to concern yourselves with balance. For then you will have fully integrated and balanced in all aspects of your greater being - your soul. However, while you remain in your physical bodies, you do indeed need to pay attention to balance in all areas of your lives.

I can give you many examples of those areas - starting with the most prominent - work/career, relationships, abundance. And, of course, there are many others.

If you are experiencing pain in any of these or other areas, it is because something is out of balance. Though I am not "picking on" him, John has provided some wonderful "fodder" (to use his word) for this message.

For a long time now, he has focused nearly all his resources, most especially his time and energy, on our work. And he has paid scant attention to his other needs and desires. When you get out of balance like that, something has to give.

And, for him, something did give - he found himself with an entire day in which he could accomplish nothing. He was out of balance. He needed to put work aside and just relax and get out into the great outdoors he loves so much - among the trees, the water, the creatures of the earth and sky. He needed to just *be* - without feeling he had to *do* anything.

And, in his wise decision to get out, he found himself, afterwards, recharged and able to be far more productive.

Your work - your *real* work is remembering who you are. When you, the human being, get out of balance in any area of your life, you will find yourself straying off the path you, at the soul level, have chosen. When you are in balance in every way, your path once again becomes a joyful journey Home.

Call Of The Moment

John

I hear many plaintive, even poignant, pleas all around me today:

“Please tell me what's happening! My world is changing so drastically, I don't recognize my life or myself anymore.”

“Why are my emotions on a roller coaster?”

“Why am I struggling with this relationship?”

“Why is my body doing all these weird things?”

“Why can't I find joy in my work?”

“Why can't I find peace in my life?”

And so on.

I know many of you have been experiencing at least some of these things. I have too, especially the emotional peaks and valleys. It was one of my "valleys" that prompted several others and me to talk to Spirit about it all. Here's what they said.

Spirit

How many times have you caught yourself living in the past or the future? Whenever you feel guilty, for example, you're living in the past. Whenever you feel worried, you're living in the future. But when you're feeling loving, wise, powerful, peaceful, joyful - then you are living in the moment. You are living *now*.

Even when you choose guilt or worry - or any other emotion that drags you back into the past or flings you forward into the future - you are doing it now. Whatever you're doing, you're doing it in this *now* moment. Now is all you have - all else is illusion.

Can you feel, really feel, in your gut and in your heart, the truth of that statement - Now is all you have - all else is illusion? That is the key to remembering all the love, all the wisdom, all the power you have within you.

If you can be fully present in the moment with love for all that is, you will touch the hand of God. You will know that old familiar feeling - the feeling of coming home. For you have left Home many times - and yet, you have always returned. You cannot get lost. You may wander a bit here and there. But you always find your way back to the path that leads you Home.

It is only when you live in the illusion that you feel lost. When you heed the call of the moment, you have come Home again.

Call To Final Judgement

John

When Spirit mentions Seth in the following message, they're referring to the entity the late Jane Roberts channeled for years and with whom she and her husband, Rob Butts, wrote many books.

Spirit

A challenge many on the earth plane are facing today is judgement. In fact, I would say *most* of you have this grand "opportunity for learning" - or, more appropriately, for remembering.

My counsel to John (the channel) and to others has been to examine closely the areas of their lives where they are judgmental. If you sit down and think about this, your areas of judgement will quickly become apparent.

One area where you perhaps see judgement exercised in a most harsh way every day is on your highways. "Road rage" - to use your current jargon - runs rampant on your streets today. How quick are *you* to judge your sisters and brothers when they hesitate too long after the light turns green? Or if they are traveling too slow, or even at the speed limit? Or if they recklessly pass you while clearly exceeding the speed limit?

Your highways are a wonderful mirror for you. And, if you examine the judgements you direct at your fellow travelers on the road, you will gain great insight into the other areas of your lives where you are harshly judgmental.

I am not asking you to examine this aspect of your lives with a sense of guilt or fear - or judgement. Approach this task with a deep and reverent feeling of love for yourselves. Perhaps you are not "perfect" in this area of your lives. But you *are* doing the best you can - as are all your sisters and brothers. All people are of good intent, as your brother Seth reminded you.

One of the final challenges for each of you individually - and for all of you as a race - is to abandon judgement - *all* judgement. Even the Hitlers, the Saddam Husseins, and the Slobodan Milosevics of your world are loved by the Great Spirit Chief - they are part of Great Spirit, as are all of you.

Can you move beyond the final judgement and into unconditional love? I believe you can. I believe you must. And I believe you *will*.

Changes: The Circle Remains Unbroken

Spirit

Changes are such a challenge to so many on the earth plane, even among you, the great lightworkers.

Today, I would like to examine the nature of change - the energy of change, if you will. You've heard this said so many times, it's become almost trite: the only constant in life is change.

Stability - whatever that means to each of you - from your human perspective seems a desirable goal in life. Stability in your work, in your romantic relationships, in your place of residence, in your finances and so on and on. Let's imagine for a moment you are able to achieve this illusive "stability" in, say, your romantic relationship. You and your lover have come together in the first full blush of romance, and you've decided you want to spend the rest of your days with one another. So, you join forces and launch your dream ship of love upon the seas of life.

If you are in a marriage or other romantic relationship now - or ever have been - travel back with me to the very beginning of that relationship. What do you remember about it? You probably recall many of the happy times - and perhaps some of the sad ones too. Would you, if you had the power right now, REALLY want to return to those days? Be honest with yourself.

If you've already lived beyond young adulthood, I think you will have to admit you've grown tremendously from the place where you were in your early years. And you've grown on every level - physical, mental, emotional, spiritual. Can you truly and honestly say, at this moment, you would return to those early years - to those "good old days?"

I think your answer must surely be "No, Spirit, I would not choose that." And yet you resist change - the very thing which has brought you to this point in your life today. And which has - yes, certainly, brought you sadness and pain at times. But it has also brought you a sense of "aliveness," if you will. You've grown much. You've come far. And yet you resist the vehicle that has carried you so far - change.

Let's talk a bit about the resistance. It is based on an illusion. Remember, an illusion, as I define it, is not something that doesn't exist. It's simply something other than what it appears to be.

Why do you resist change? Think about that for a moment. Then give yourself an honest answer. The answer would probably go something like this: "Well, when things change, my life becomes uncertain - I can't plan ahead." You get the idea. So, what's the fear? All resistance is based on fear. And, in this case, it's FEAR OF THE UNKNOWN!

It's very simple - your human self has bought into the illusion of stability, believing that in stability you shall find safety. Well, in stability you shall find stagnation! And that's the irony. You seek safety in the very place you shall never find it.

Safety, if that's what you're seeking, is - as with all else - within you. Safety comes from totally trusting in and surrendering to your Higher Self, your Soul. You - as the grand divine being of light you are at the Soul level - know all there is to know. There are no unknowns. It is only your human self that has deluded you into thinking you are limited. You are not - you are limitless. Your Higher Self and your Soul know that.

And yet, many of you have told me, "Yes, Spirit, that's all fine and good - sounds great. But how do I do it? How do I learn to trust in and surrender to my Higher Self, my Soul?"

Well, you learn to do it by doing it! It's simple. And there is no other way. Do it in whatever way is comfortable for you - meditation, taking a class on channeling your Higher Self, past life regressions, future life progressions - there are many paths to the goal. Trust yourself to know the best way for you.

And once you have reconnected with your Higher Self, your Soul, you will have come to a place of absolute safety, of total security, of sacred oneness with All That Is. And in that place of peace - peace, as your Christian bible says, that surpasses all understanding - from that place you shall never again know fear, pain or struggle. You shall know only Love, Wisdom and Power. You shall never again fear change in your human experience. Because now you are fully conscious of the fact you are a grand spiritual being of light who has simply chosen to have this human experience for a while. And now you realize all change carries you into a higher vibration.

You will have come full circle. And the circle remains unbroken.

Choices

Spirit

So many have come to us over the years asking for guidance in the difficult decisions of their lives.

Usually, the choice many face - or think they face - goes something like this:

What should I do, Spirit - should I choose to do what I love or should I do what can earn me a living? Or should I choose a mate who is beautiful or one who is compatible with me? Or should I choose to live in the place I love or in the place where I can make a living? And so on and on.

Always, the choice - as it appears to many humans - is between what they're wanting in their lives and what they're thinking they must accept as reality. And "reality" usually means that which they do not want.

We are here to tell you this - you can have it all! You do not need to choose between the rock and the hard place, as it were. You really can have it all!

You did not come into this lifetime to experience pain, poverty, powerlessness. You, at the soul level, decided to come into this delicious, sensuous physical experience for one reason, and one reason only - you are all creators, Goddesses and Gods. You chose to come to this life experience to feel once again the energy of the universe surging through your physical being as you directed and molded that energy into whatever manifestation brought you pleasure and passion.

The problem, in the case of many humans, is they've forgotten all that. As infants and as young children, they had a dim recollection of it. But the ways of the world, if you will - all the critical, judgmental negativity your modern-day world is contaminated with - finally took its toll.

And so, the challenge, for many of you, is to simply remember why you really came into this incarnation. It was NOT to experience pain, poverty, powerlessness. It was simply to enjoy the power of your divine being as expressed through your physical body - to seek only joy in all aspects of your lives, whether physical or nonphysical.

The way of the world, or at least, most of your world, is a path of pain. But that is a choice. If you are deeply connected to your soul - as you once were and can easily be again - pain simply cannot exist - and it will never again be a part of your experience.

You came here to this planet, in your current physical bodies, in your current circumstances, as a totally free and conscious choice. You've simply forgotten that.

It's time now to remember. It's time to once again choose the path you chose at the soul level before you incarnated - the path of joy. It's time to remember you came

here to have fun - to immerse yourselves in the glory and grandeur of the magnificent creators each and every one of you are.

Claiming Your Power

John

For this message, I'd just like to share with you some personal thoughts and insights Spirit has recently given me.

After getting a reading from us, people occasionally say they had already known what Spirit told them during the reading. Although some are unhappy with that realization, most are not. The reason is it's reminded them of the wisdom and power they have within themselves. I know I sometimes need frequent reminding.

Spirit often tells me (and others) he cannot tell us anything we don't already know. His only purpose is to pierce the veil of forgetfulness between our human selves and the Gods/Goddesses we truly are. Or, as he humorously put it once, his goal is to put us out of business. Once everyone remembers who they are, he and I will be out of work! (Hopefully, not too soon!)

About two months ago, I sat down with Spirit to discuss some of my personal issues. I don't often take time for myself like that - but now I was feeling a deep need to chat with him. I even set a date and time for our "appointment." In preparation for the reading, I wrote a list of about eight or ten questions.

I reviewed my list just before Spirit "arrived." Then he proceeded to talk for quite a while. After the reading, I transcribed it. Then I read it. I was flabbergasted - Spirit had not answered even one of my questions! Nor had he directly dealt with any of the issues around the questions. I was disappointed, to say the least.

I'm a very early riser - so the first thing I did the next morning was to re-read my question list before my busy day began, and while it was quiet and peaceful. Once again, I was amazed. I'm not sure what I did in the dream state that night - but, as I read my list again, the answers to all my questions just started coming to me. In less than two minutes, I had all my answers!

I had to think about all this for a few days. Then it came to me. What Spirit had done in our reading was to provide his higher perspective of my situation. But he also created a framework of energy within which I could find my own answers.

As I reflected more on all this, I realized something else - Spirit does this, at least to some extent, in almost every reading he gives. It's just that I had never been on the "receiving end" of such a reading from him.

If Spirit had directly answered my questions, he would have been doing for me what I was perfectly capable of doing for myself. He would have been taking away my power. Instead, what he did was to help me claim my power - and remember who I really am.

Compassion And Connectedness

Spirit

Nothing you can ever do or say - or even think - can be done in a vacuum, if you will. Everything - and every thing - you do, say, or think affects the entire planet, quite literally - and even goes beyond the boundaries of your planet.

Each of you is connected to all that is. That is not simply a hypothetical concept or theory. It's a fact - even when you are feeling lost, alone, isolated you are still intimately connected to all that is.

Your energy - whether it be expressed in words, thoughts, or deeds - is always moving out into your environment - first out to your immediate environment, then out to the nearby environment, and ultimately out to the entire planet. And even out into what you call outer space. Every being in all of creation is affected by your every thought, word, and deed.

Are you feeling angry, sad, happy, joyful, frustrated, lonely, blissful - whatever - as you read this? Whatever your energy is, it cannot get "stuck" at its source (you, in this case). Energy, by its very nature, is always flowing. Even though you may feel stuck, your energy is not.

Every kind thought you have will touch someone and uplift them. Every angry word you utter will touch someone. Every good deed you do will touch someone. All you do affects all that is.

I am not asking you to "stuff" or deny your so-called negative energy - whether it be expressed as anger, resentment, hatred, or whatever. I am simply asking you to be aware of your energy at all times. It is a habit you can cultivate.

With this growing awareness will come an expanding sense of compassion. Compassion for yourself, your loved ones, your friends - even your enemies - and, ultimately, for all beings.

With this compassionate awareness, in turn, will come a growing and deepening sense of connectedness with all beings. None of you can exist alone, even if you wanted to. Each and every one of you are one with all that is. It cannot be otherwise.

Declaration Of Independence

John

I've had some interesting opportunities to play with the energies of relationships recently. So, I wanted to briefly share my thoughts with you because they're related to this message from Spirit.

Lately I've been paying attention to how I interact with other people. Often I'll catch myself almost unconsciously mirroring their words or feelings.

For example, I may have allowed their vibration of anger to set up a similar vibration in me - even when, a moment before, I may have been feeling peaceful and calm.

In effect, I've been letting others determine my thoughts, actions, and feelings. I've allowed them to set my standards for me.

Since I've been paying such close attention to this, I'm now becoming more skilled in simply remaining centered in my own peacefulness - while at the same time being fully and lovingly present for the other person as he or she works through whatever the issue is.

Spirit

It's about time for your personal declaration of independence. How often have you let "them" determine the standards for your life? "Them" could be almost anyone or anything outside yourself - your parents, your spouse, other family members, friends, church, government, etc. etc.

When you were little children, many of you were so spontaneous and free. You immersed yourselves in the joy of life. But after hearing your elders say "NO!" to your joyous outbursts, you became little robots - little adults. You stuffed your free and joyous spontaneity, and instead submitted yourselves to cold, rigid and joyless standards of conduct.

Many of you are still allowing others to set your standards - to dictate what thou shalt and what thou shalt not do - think - believe - feel.

Well, the dawn of the day of reckoning is at hand. It is time for you to reclaim your birthright - the birthright of joy you knew as a child.

It's time for your declaration of independence.

Detachment: The Road To Inner Peace

Spirit

There are many on the planet today searching for inner peace. You live in a world and in cultures which seem, at times, to be almost diabolically intent on robbing you of any sense of inner peace. And yet, you know, at your Soul level, you chose this life experience. If you can bring that into your conscious mind - if you can become AWARE of your choice - you have taken the first significant step on the road to inner peace.

However, while awareness is the first step - and a critical one - it does little to equip you to find inner peace in a world of pain and turmoil. Or, I should say in a world you PERCEIVE as being one of pain and turmoil. You know it's an illusion - but one you have freely chosen to create for yourselves.

And why have you created this illusion? (The "you" here is your Soul - the all-encompassing You.) Well, You created this opportunity to see how far you can go from the Light and still remember the Goddesses and Gods you truly are.

It's really just a game your Soul is playing. And what are games supposed to be? They're supposed to be FUN! How many of you are having fun in every area of your lives? Look within your hearts - you take yourselves and your earthly experiences far, far too seriously!

So how about if you change your perspective slightly? Let's say life on Planet Earth is just a game. (And a game, by the way, you always win!) Most of you believe - or are at least willing to consider the possibility - you create your own realities. However, your fearful little ego child-self sometimes forgets that fact. And it is your job, as a wise "parent," to remind it.

And so, if you create your own reality - and if life is simply a game (it's fun - remember?) - let's see what we can do to make it even more fun. In doing so, you will find the deep inner peace you yearn for.

Many of you are familiar with various teachings on creating your own realities. Your Soul communicates most directly with you (your lower or ego self) through your feelings. What FEELS good is for your highest good. What FEELS bad, isn't. It's that simple. And, if you listen to your feelings - and follow their guidance - you will always learn your lessons quickly and joyfully - instead of slowly and painfully.

And so that is one of the first and most critical steps in creating a joyful reality for yourselves. I don't wish to make this a discussion on manifesting. We and others have done that elsewhere. That's not my purpose here. Many of you have already been exposed to our ideas on manifesting. And, hopefully, you've begun putting them into practice to create the life - the reality - you really want.

Once you have the clear vision (what I call the laser-like intent) of what you wish to manifest - and once you have brought in the resonances - then you must DETACH.

(Resonances, for those unfamiliar with this term, are simply the feelings you would have if you already had what you wish to manifest.) You must detach from how and when your desire will come into form. You can use this manifesting technique (which we have explained more fully elsewhere) in EVERY area of your life. And I would urge you to do so.

The idea I wish to focus on today, however, is detachment. I am certainly not advocating detachment from your desires, from your dreams. How would you manifest anything if you had no desires - no dreams? What I am advocating is **DETACHMENT FROM RESULTS**.

If you have rigid requirements and expectations as to how or when your desires should manifest, you are setting yourselves up for pain and disappointment. You've done your part - you've formed the clear vision, the intent, and you've brought in the resonances. That's ALL you need to do. Now you must leave it up to Spirit (your Soul, your Higher Self) to bring your desire into form. It knows how to do that in the best possible way, in the way to best promote your highest good. Trust It - It really does know what It's doing!

So many of you are so good, so expert, at manifesting. And now you need to become equally expert at detaching from results. When you do not detach, you often "derail" the process. You'll manifest something alright - but perhaps not in the form your Soul would have chosen for your highest good.

Detach, detach. Have no expectations, no deadlines. Detach from results. Detach from judgement. Detach from the expectations of others - and from your own expectations of others. Detachment - that's the surest road to deep inner peace.

Doing What You Love:

The Road To Abundance

Spirit

In my meetings with many of you, on the inner and the outer planes, I so often hear all the reasons you can invent for not doing what you love. And many of you are quite creative in your inventions!

The standard reason is - and I'm sure you'll all recognize this one - "Well, if I do what I love, I'll starve to death!" Or "How am I going to pay the rent?" And so on - you know the litany as well as I do.

So right here, we have the first obstacle your ego-self has created for you. You have, in your mind, divorced doing what you love from having abundance. And you've not only divorced them, but you won't even let them speak to each other!

Still, your heart, your Soul, your wiser grander self, knows better. And what is It whispering to you? In the beginning, It speaks only in whispers. It whispers to you in many ways - a quiet stirring in your heart, a fleeting desire, a dim and distant yearning, a "chance" meeting with an old friend and so on. And, if you're alert and paying attention, you'll hear the whispers. Your Soul is whispering to you, "Come talk to me. I have a better plan for you. I can show you a more joyful path."

Many, of course, (and you may recognize yourself among them) ignore the whispers. So, the whispers become a bit louder. And you may still ignore them. Then, perhaps, your Soul begins to speak in hushed tones to you. And so on. If you continue ignoring the messages, your Soul will likely begin "shouting" at you. Now you'll probably start paying attention.

The "shouting" could take many different forms, some of them quite painful. Perhaps you get fired from your job. Perhaps your company goes bankrupt. Perhaps someone younger or older, more experienced or less experienced, replaces you and you're demoted.

Your Soul, hopefully, now has your undivided attention. If It doesn't, it's entirely possible the pain will get a lot worse!

Not everyone will experience their Souls pushing them into their life's true work in the way I've described here. But many of you, the great lightworkers, will - perhaps already have. Or you'll experience something similar.

Okay, so now let's say your Soul has your undivided attention. The next step is to go within and talk to your Soul. Go into your heart, your heart center, in your meditative state - whatever that state is for you, whatever works best for you.

In that quiet meditative state, ask yourself "What would I do if money or time were not a consideration? What would I most love to do with my life?"

Be careful here to totally disregard the expectations, the promptings of your peers, friends, family (especially family!), co-workers, churches, schools, etc. Forget all those "authorities." There is ONLY ONE final authority for you - the grander You, your Soul.

Okay, so now you've asked the questions. The next step is to simply LISTEN. And that, for many, is the most difficult part. Just listening. Be watchful for spontaneous images, visions, desires, longings, etc. These will come if you quietly listen and wait. Disregard your mind's chatter. Listen to your heart, your Soul. Just let whatever comes, come.

And now apply this final test. Of all that's coming to you (and much will come, if you let it), what FEELS good? What doesn't? That is the sole test. If it feels good, that's one path you could follow. If it doesn't feel good, that's not your path.

Now, there could be, often are, more than one path you could follow - and all would be right for you. Many of you, the lightworkers, are multi-talented. You could serve well in any of several, or more, kinds of work.

So, this process, if followed carefully, will lead you to what you love to do. And it need not take a long time to complete the process. You could easily do it in one meditative session. But if it takes several - or even more - that's okay too.

Once you've discovered what you love to do, what feels really good - really right for you, you are on your path. You've found your true work. This is where you belong. And, if you follow this path wisely (i.e., by letting your Soul guide you always), you shall find abundance in all areas of your life.

Yes, doing what you love is the only true road to abundance.

Duality Or Diversity?

Questioner

I understand that for the sake of polarity, all energy needs to be in a state of balance. So, why our focus on "spreading the light?" Will that not just increase the opposite?

Does not All That Is need to experience all?

Spirit

Balancing energy, "for the sake of polarity" (or duality), is not the issue for most of you in this lifetime. The issue is diversity.

You all came into this lifetime to experience the diversity. Balance, except perhaps in your own personal lives, is not a desirable goal for your planet, for humanity as a whole. Or for your Universe as a whole either.

For it is from the diversity that you see the many choices available to you in this lifetime. There are no "right" or "wrong" choices. There are simply choices. Whatever you choose, at the moment you choose it, is absolutely right for you.

There is not, nor has there ever been, a single eternally unchanging set of rules, despite what your churches, governments, teachers, parents, etc. have told you.

You came to Planet Earth to experience the diversity so you could exercise your divine creative powers. And you, at the soul level, chose to exercise those powers on Planet Earth for one reason only. Because it's fun! Because it's joyful!

Forget about balance. You didn't come here balance anything. You came here to be joyful. To BE JOY! If you measure your success only by how much joy you have in your life, then you've got the idea.

Joy be with you.

Every Moment Of Eternity

Spirit

Your higher self never, ever feels fear - not ever, not in any circumstance. Your higher self is always in a state of pure bliss, pure ecstasy, pure love. Nothing can disturb or upset your higher self - certainly nothing on your Planet Earth.

No matter how traumatic or disastrous any event on your beloved planet may seem from your human perspective, it CANNOT ever disturb the equilibrium, the pure bliss your higher self exists in at every moment of eternity.

Your higher self, you might say, is an “untouchable.” For nothing earthly can touch it in any negative way.

We want you all to think on this - because it is a FACT, an unchanging eternal reality: Your higher self exists, lives, breathes, has its being in a state of pure bliss.

And nothing you, the human aspect of this higher self, can do will ever disturb that blissful and pure state your higher self knows at every moment of eternity.

You are totally powerless to disturb the equanimity, the peace, the passion of your higher self.

And so, does it not make sense for you, the human aspect of this glorious God/Goddess called your higher self, to do whatever it takes to maintain your connection to it?

WHATEVER it takes! If that means meditating, going to church, praying, doing yoga, exercising - whatever - then do it. And DO IT NOW!

So how do you know when you get connected? By how you feel.

When you feel good - ranging anywhere along the spectrum from quiet peace to flaming passion, you're connected.

And when you're feeling fearful, terrorized, sad, grief-stricken, frustrated, angry, vengeful, and so on - then you're disconnected from your higher self.

Absolutely THE BEST thing you can do to help your planet today, in the challenges it faces, is to always stay connected to your higher self.

One connected person is a million times more powerful than a million disconnected ones.

Peace.

Fear And Pain

John

When I first started channeling Spirit publicly, I rarely asked him for help with my own personal concerns. Today, however, that's changed. Now, I even schedule appointments with him for myself! Some of the messages Spirit has given me are around issues many of us are dealing with today. So, I think it's appropriate to share some of these messages with you. Today's message is from a recent personal session I had with Spirit. It was deeply personal, and I wasn't sure I wanted to share it with anyone. It was a tough decision. But, after I thought about it, I realized I needed to share it, and without any editing. So here it is.

Spirit

May the peace of the Great Spirit be with you always, my son (Spirit often addresses me as "my son.")

My son, my son - how hard you are on yourself at times! Within you there is so much love. Let it out more, so others can see it more clearly - and so you can see it more clearly than you do. There is nothing to fear - nothing to hide - nothing to be in the least concerned about - when it comes to your life and the path you have consciously, deliberately set out upon these past eight months.

When 1998 began, so did a whole new era in your life. You struck out, if you will, on a new trail. You are not the same as you were on January 1, 1998. You are not the same as you were yesterday. You are not the same as you were two seconds ago. You are constantly changing, evolving. That is the nature of Gods and Goddesses - of All That Is. You get yourselves, as you say, "into deep shit" when you do not recognize your ever-changing reality. There is more pain caused by your unwillingness to recognize your ever-changing nature than by anything else in your lives.

Nothing - *not one thing* - in your life needs to cause you pain. It is only your inability or unwillingness to see who you really are that causes you pain and turmoil on a human level.

Do you fully accept your divinity, my son? If you do, then you know - in your heart of hearts, as you say - nothing need remain fixed. What and who you were yesterday makes no difference to you *now*. You are not a victim of your past - history has no power over you. Other than what you give it, that is. To believe things cannot change, to believe your life cannot change, to believe your financial fortunes or misfortunes cannot change, to believe your relationships cannot change - to believe none of these can change is to abdicate your divine power. And, in that abdication, you shall surely find great pain and dis-ease.

Now, having said all that - and I say it not only for your benefit, but for that of others also - for I know you shall share this with some of your loved ones - let me say none

of you who shall read or hear these words are unawakened or unaware. But there are times in your lives, as with John this past week, when - despite all your progress and growth and wisdom - you "regress," if you will. You allow the voice of fear to haunt you - to cause you to doubt your divinity. Fear's voice is most insistent and can literally haunt you day and night, in your waking and in your dreaming.

And the most disturbing part of this is fear's voice is often the voice of a friend, a loved one, a teacher. They may be well-intended. But good intentions often do little to mute the voice of fear, to pierce the veil of the illusion you have created on Planet Earth.

My only advice to you today, my son, is to turn a deaf ear to fear's voice. And by now, you know, in your heart, when fear is speaking to you - no matter who its spokesman is. You know because you feel the heaviness in your heart, in your gut. When the heaviness descends upon you, you can immediately dispel it by consciously choosing love. In doing that, you banish fear - it cannot abide the light of love. You cannot feel fear and love at the same time.

You know - *you know* - what your path is, what your journey must be. Whatever or whoever would distract or derail you from that path - that journey - you no longer need. Leave them behind. You will be the happier and the lighter for having released that burden. Release it with love but *do release* it!

At this point in your personal evolution and in the evolution of your beloved Mother Earth, there is no need whatsoever for you to hang onto to anything that no longer serves you well - whether it be a job, a relationship, a place - it matters not. *Now* is the time to release all that no longer serves you on your chosen path. And let no one - no matter how much you love or respect him or her - convince you otherwise.

Do it *now*, my son - *do it now!* Get on with your work - do whatever it takes to get you where you want to go with your work. Remember who you are - and you will continue to know, and grow in, the bliss and ecstasy you've been experiencing lately, in even the most ordinary moments of your daily life.

Go in peace, my son.

Fear, Death And Immortality

Spirit

We spoke last week of the "chaos" engulfing all of you and your beloved planet. The chaos we spoke of is not only planetary, but individual.

Your beloved Mother Earth and each of you individually are being challenged to move bravely forward to the next phase of your collective and individual growth - or your remembering, if you will.

You have no "savior" who is coming for the second time to pluck you out of the fire, as it were. There will be no mass landings - no extra-terrestrial rescue missions. This life you have chosen is strictly a do-it-yourself project.

And "doing it yourself" does not have to be painful or joyless. Of course, it can be - if that's what you choose. But it is time to fully acknowledge you *do* have a choice - and you *do* have total freedom to exercise that choice any way imaginable.

You did *not* come to this incarnation to suffer through a joyless life and then die a useless death. You came here to play the game - and to prevail. You came here to remember the Home from which you came - the Home in which, even now, you remain safely and securely anchored. *Nothing* can ever touch you, let alone harm you.

Your only challenge - when you reduce this life to its basic elements - is fear and resistance.

And, if you remember who you are - the Goddesses and Gods you all truly are - then fear and resistance cannot prevail. They cannot even continue to exist - they must die.

If any death on your planet is certain, it is the death of fear. *You* are immortal!

Fear – Foe Or Friend?

Spirit

Fear is not a force external to you. It is something you create within yourself. It has no reality outside you - it's an illusion!

Love, on the other hand, is a reality outside you - and, of course, within you. Love is the basic building block of all that is - Love is all that is. Even fear is part of All That Is, the Great Spirit, because it is a part of you. Though you are seeing it, from your human perspective, through a distorted lens.

Fear is real - within you only, though. It is a part of yourself you are viewing, as I just said, through a distorted lens. Fear is your lower self's response to whatever it perceives as threatening to your safety, your physical integrity.

There certainly was a time when fear served a most noble purpose upon your planet. During the times you describe as “pre-historic” - and even in more “recent” times, fear (or a so-called “healthy” sense of it, at least) was beneficial to you. It helped you to survive physically.

But those days are no more. You - individually and as a race - and your beloved Mother Earth - are, at this very moment, dissolving into light. Do you understand that? All that is familiar and comfortable to you is changing - drastically and quickly changing, and at an accelerating rate. Nothing - absolutely nothing - remains the same from one moment to the next! Your reality is changing that quickly.

This earth experience of yours is no longer about physical survival - it is about dissolving into light. Ascension, some of you call it. That - and that alone - is all of what all of you are experiencing right now in your earthly lives. Understand, accept and allow that to be your reality - and you shall no longer have a problem with fear.

Everything - everyone - in your life is there for a very good reason. You, as your Higher Selves, have put them there. And you have done that because, at the level of your God and Goddess Selves' awareness, you know whatever experience you are currently having is there precisely because that experience is exactly what you need to accelerate your own individual dissolution, if you will, into light.

“And so, what does all that mean, Spirit?” you might ask. Well, for one thing, it means many of you are experiencing deep, disturbing and dark fears - fears which literally haunt you day and night, waking and dreaming.

I've said before fear's voice is quite insistent. And it can come to you from many directions and many sources - or so it seems. The reality, though, is fear comes from only one source, from only one direction - from within.

Yes, certainly, you can think you receive “fear messages” from many external sources. Your newspapers are a great “source of fear” for most of you. And fear

messages can seem to come from even more benign sources - friends, family, other loved ones. Even from sources you consider "spiritual."

So, what is this all about? What it's about is you - and your remembering who you really are. This is not the time to sit idly by, hoping someone or something outside yourselves will come to rescue you so you can ascend. This is strictly a "do-it-yourself" project. And this is the time to do it yourselves - and do it now!

So fear comes as a friend. A friend, You (as your Higher Self), in your infinite divine wisdom, have called in to stir you (as your lower self) out of your human complacency - to inspire you to the realization you, even at your human level, can rise above the illusion, can find your own way back Home.

Fear is simply one tool You, as your Higher Self, use to stir you, as your lower self, into action - into remembering who you are - into reuniting with the "lost" Gods and Goddesses you truly are - into fully remembering who you are.

And so once again, let me say fear comes as a friend. A friend who is simply saying to you, "Choose Love - that is who you are - that is what you are. Love is all that matters. Love is all there is. Love is all that is. And you are Love!"

Go in peace.

Focus, Vibration And Manifestation

Spirit

You've heard it said - probably many times - you get what you focus on. Sounds pretty simple, doesn't it? And it is pretty simple if you pay attention to what you're focusing on. But often you don't, even when you think you are.

If you will train yourselves to pay attention to everything, and I mean EVERYTHING, you're focusing on in your daily lives, I can promise you it will transform your life in ways that will amaze you.

Many of you meditate regularly, in whatever way suits you. And that is certainly a major aid in helping you to focus. What do you do when you meditate? Well, you probably focus on something quite specific - your higher self, the Great Spirit, someone needing healing energy, etc. The list is limitless. My point is you have a DELIBERATE focus.

And that deliberate focus makes all the difference. Your focus for much of your daily lives, as you go about your normal routines, is often much different from your focus when you are meditating. And the difference is the deliberateness of your focus in meditation. So, let's use the term "deliberate focus" to differentiate from the focus you have during most of your waking hours.

What I am asking you to do here today is to make your focus, during every waking moment of your lives, a deliberate focus.

"Okay, Spirit," you might say, "What on earth does that mean, and how do we do it?"

Well, it means you simply pay attention to what you're paying attention to. That also probably sounds simple, but it may require some diligent effort on your part. The reason is you don't always pay attention to what you're paying attention to. You're not keeping track of where your focus is. You do not have a deliberate focus for much of your daily lives.

Now let me give you an example of what I'm talking about. Many of you watch television news programs, or you read your newspapers. What is the general focus of those media? It's mostly on the news, obviously. But the news is mostly BAD news - wars, rapes, murders, the mayhem of all sorts humans inflict on one another. Occasionally you'll see some "good" news. But that's not the normal focus of your news media.

Now I am in no way suggesting you not stay abreast of what's happening in your world. I am not suggesting you have no compassion or concern for your sisters and brothers who are enduring hard challenges in their lives. And I am not suggesting you do nothing to help others when they are in need.

What I am suggesting, however, is you not immerse yourselves - as you often do - in the misery of others. Others who, after all, have - at the soul level - chosen their

particular paths. Their path is not your path. Their misery is not your misery. Yet you often carry their misery throughout your days and nights, and ultimately weave it into the fabric of your own lives.

And, simply by immersing yourselves in the problems of the rest of the world, you lower your own vibrations. And you don't do the rest of the world any favors either by focusing on the problems and not on the solutions. When that happens, you open yourselves up, on an energy level, to experiences you'd probably rather not have.

"So, what's the solution, Spirit?" you might ask. Well, the solution, as I mentioned earlier, is deliberate focus. Yes, pay attention to what's happening in your world. You are, after all, in this all together. But be careful not to carry that focus into every part of your life.

Some may say this is burying your head in the sand, as it were. But I would say it's simply focusing on your desires - putting your attention on what you want to manifest in your lives, on your spiritual paths. Of course, at the same time, you need to allow others, even those you love dearly, to choose their own paths.

By focusing on what brings you joy, on what feels good to you, you will create your dreams. Not overnight necessarily, though that is entirely possible. However, if you maintain a consistent focus on joy, the Universe must, by its own laws, bring to you all your dreams.

And, not coincidentally, when you are in a state of joy, you will be of the greatest help to those who are not.

Full Remembrance

John

These past couple of weeks have presented me several interesting "opportunities for growth." So, I started "tuning in" to my higher self more often. And I started sensing a deeper connection with that part of my being than ever before.

That should feel good - right? Well, it didn't!

I began feeling intensely powerful surges of energy. Each day they grew more intense. Finally, today it felt as if my body was going to explode. I could hardly stand it. And I knew others among my friends and family were having the same experiences. So, I asked Spirit what was going on. Here's the answer.

Spirit

Many of you lightworkers are today feeling such intensity, such turmoil even, in your lives. The intensity, the seeming turmoil, is manifested in all areas of your lives, but particularly in your bodies. Your bodies are exquisitely designed to be such marvelous mirrors for you. Yet you often ignore their messages.

As long as you are on this planet, you can be totally certain your bodies are always communicating with you with crystal clarity. But you don't always pay attention. Yet when you do pay attention, you place yourselves in the perfect position to receive divine guidance with little or no "interference," if you will.

All of you are undergoing intense and often difficult changes in almost every aspect of your lives. And many of you, enlightened beings that you are, often turn to your higher selves for guidance in these trying times.

If you do nothing more than sit quietly in the presence of your higher self - your soul - you will often gain a greater understanding of what is happening.

Not that you must understand with your mind. But you do need to understand with your heart. You may not be able to logically or clearly articulate that understanding. But you will *feel* it in your gut, in your body.

And when your heart, your gut, your body feel the deepening connection with this grander part of you - this You that lives in the higher dimensions - you will often feel great discomfort, especially in your bodies. At least until you get used to the greater intensity that a deeper bond with your higher self inevitably creates.

So, when you are feeling this intensity - particularly in your bodies - and when it feels so overwhelming you cannot stand it another moment - at that moment, you should rejoice!

The overwhelming intensity, the overpowering energy, are simply signs you have taken yet another giant step toward reunion with your higher self - toward full remembrance of who you truly are, Goddesses and Gods in human form.

Guilt

Spirit

Of all the challenges humans set for themselves, one of the most difficult is guilt.

You're programmed, almost from infancy, to feel guilt. The programming is done by your parents, your teachers, your governments, your churches, your cultures. I am not saying there is any malicious intent here, though the result is the same as if there were. And that result is you conform.

"Conform to what?" you might ask. Well, you conform to the rules, if you will. The rules set by your parents, teachers, governments, churches, cultures. Now, conforming to rules is not necessarily a bad thing. Though it can be harmful to you if the rules you're conforming to are not for your highest good.

As I said, there is no ill intent, generally speaking, in the "authorities" who impose the rules upon you. A certain amount of order and conformity is considered desirable and useful in your societies. But it becomes undesirable and useless when it interferes with your spiritual growth or reawakening - the remembering of who you truly are, Gods and Goddesses all.

Of course, if you show too many signs of remembering, especially at an early age, you're likely to be "squashed," if you will, by one or more of the so-called authorities. They'll often view you as a rebel. So how can they effectively squash or silence you? By loading you up with guilt.

Guilt is about the most unnecessary, unnatural and useless experience you can have as a human being. And, while it is not harmful to your ultimate spiritual growth and remembering, it can certainly significantly slow your progress. It's a tool of manipulation and control. And it generally works quite well.

The result is you give up your power to the so-called authorities. You give up your autonomy, your independence, your divine birthright. You often forget you are your own highest authority because you are God/Goddess.

God/Goddess does not feel guilt for following his/her divine impulses. That is the nature of divinity - to be spontaneous, impulsively following its energy wherever it may lead. You are all divine beings in human costumes. You're not human beings having an occasional spiritual experience. You're divine beings having an occasional human experience.

Anything that obstructs the flow of divine energy through your human forms and your human lives is unnecessary, unnatural and useless. Guilt is one such obstruction - and, in many ways, the worst of the obstructions you can experience. It can bind you tightly for a lifetime, though it need not do so.

It is important that you examine whatever guilt feelings you may have in your life at the present moment. I can almost guarantee you will discover the source of the guilt is someone else's expectations - expectations you have accepted for yourself (though perhaps not in a fully conscious way).

Examine those expectations. If you conclude they are not serving you, as a human and spirit being, then this very awareness can empower you to dispel them - and to banish them forever from your life. And to banish guilt forever from your life.

Have You Been Saved?

Spirit

So many on the earth plane today are facing such great challenges - challenges which are sorely testing their willingness and ability to go on with this life they have chosen in your 20th century.

Many will choose *not* to go on. They do not believe they can measure up to the test, if you will. You have already witnessed the departures of many souls from physical life recently - sometimes in large groups, such as airplane crashes. Or in "ethnic cleansings" - to use one of your contemporary phrases.

The challenges - and changes - you are all facing take many forms. But there are some common ones - relationships, work/career, abundance (money, finances, etc.) - even physical survival itself. Whatever *your* issues are, you can be sure those particular issues are there for you at this time because you have not totally released your *fear and resistance* around them.

You never - *never* - have a significant challenge or issue in your life unless you have unreleased fear and resistance about it. Your higher self is presenting you with the challenge for precisely that reason - you still have fear and resistance around it. And *now* is the time to release that fear - *do it now!*

You are quickly coming to the end of your 20th century. Granted, time is an illusion - and your perception and experience of it are rapidly changing. But nonetheless, this transition to your 21st century will, I suspect, become - is already - a significant milestone, if you will - in the spiritual evolution of Planet Earth and all her children.

Can you be saved from the coming chaos - from the chaos which, even now as we speak, is engulfing you and your planet? Yes, you can be saved - if you turn your eyes and your hearts to God - to the Goddess - within.

This time of seeming chaos can be a time of deep joy and ever-deepening bliss once you fully acknowledge yourselves - and all the Love, Wisdom and Power you - each and every one of you - have within yourselves.

Healing

Spirit

Do you know what the secret to healing is? Just be - *be!* If you can still your mind and emotions - by not getting attached to your thoughts and feelings, just letting them flow, you are well on your way to total healing.

What is illness? It is simply a lower vibration that has settled into some part of your being, whether it be your body, mind or emotions. And your society teaches you to accommodate this lower vibration by considering it "normal."

Aren't you taught it is normal, and to be expected, that, as you get older, your body must inevitably deteriorate? Well, I say to you that is neither normal nor natural. You can leave your physical body (that is, die) in perfect health - and in the manner and at the time of your own choosing.

Impossible? Not at all.

All you need to do, when you want to heal yourself, is shift into a higher vibration. You've heard it said - "Let go and let God." That is what healing is all about.

In the moment you simply allow yourself to be still - not criticizing or judging whatever thoughts or emotions come up for you, but simply allowing them to be and to flow - in those moments, you are opening yourself up to the energy of God. And, in that moment, you are healed, completely healed.

Further, in every succeeding moment you remain in that high vibration, you will continue to remain healed.

Now, it may take some "time" for your body to adjust - your symptoms may not vanish instantly. Although that is entirely possible. But you are, nevertheless, healed in those moments you are in the high vibration of the God energy.

And you do not have to *do* anything. You simply have to *be* - be in the energy of who you truly are. Many of you experience moments like this in your meditations, or in other quiet reflective moments.

If you are fully present in those moments, allowing yourself to simply *be* in the God energy, you must be healed. You cannot be ill, for illness is of a lower vibration. It cannot exist in the presence of God.

Be fully present in the moment with love and compassion for yourself. The more moments like that you have, the more you will find your body, mind, and heart becoming whole once again.

Home

Spirit

All paths lead home. You've probably heard that said before. But do you believe it?

So many of you on the earth plane today are struggling with the differences among you - as opposed to focusing on what you have in common. And you see this on every front, if you will - in every arena of your lives. You see it in your governments, in your schools, in your workplaces. Even in your churches - and perhaps most clearly in your churches and in the spiritual values they teach.

Can you hear or see or feel any common ground here among all these disparate voices on this field of battle you call Planet Earth? There truly is nothing new under the sun. There are many voices today giving you what appear to be conflicting views - and yet, in their essence, they are all saying the same thing.

The messages from each source, each speaker, each teacher may sound different. And granted, their energies are different. The different energies - the different vibrations - are necessary so as many as possible on the earth plane today can hear whatever they need to hear - whatever resonates for them - to get them firmly fixed, if you will, on their own particular and special paths of spiritual remembering.

Much of the seeming turmoil and chaos you are currently experiencing in your lives on Planet Earth is rooted in one obvious fact - as individual human beings, you are on many different paths. And most of you have followed more than one path, even within your current lifetime. Each of you is drawn to your particular experience in this lifetime. And that is as it should be.

For example, some of you have chosen, at your soul level, a life of ease and abundance. Others have chosen a life of challenge and even tragic and traumatic circumstances. Some of you are drawn to search for answers in books, in churches - even in cults. Others find solace and peace in the loving embrace of family and friends.

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

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

Honor Thyself, Part 1

Spirit

How many times have you heard it said - honor thy father, thy mother? Or thy government, thy spouse, _____, _____, _____? You fill in the blanks.

And how often have you heard it said honor thyself? The latter, probably not much. The rest, probably too much.

Can you count the ways you have honored others? They are probably as countless as the stars. Far too many to count. You've certainly done your best to honor your parents, your teachers, your churches, your spouses, your siblings - and so on.

How often have you been tempted to put another's guidance above all else - even when it felt so completely wrong for you? And how often have you succumbed to that temptation? How often have you had a sudden impulse to do or say something - only to stop yourself in mid-stride, thinking "But what would he/she/they think?" How often have you made the supreme sacrifice and honored others by dishonoring yourself?

There does not need to be such a wide gulf between honoring others and honoring yourself. For it is only in honoring yourself first that you can ever truly honor others. Not the other way around.

Only by first following your highest authority - the Goddess, the God within - will you ever be in a position to fully honor all others. Then you will have come full circle.

Honor Thyself, Part 2

John

This is not a new message, but it's one I needed to hear again. Those of you who've been with us a while will recognize Spirit is repeating here, albeit in an altered format, words he's given us before.

I can only speak for myself on this, but almost every time I revisit something I've read or heard before, I get new insights I'd missed the first time around.

Spirit

It is critically important for you to honor yourself.

You've been taught, from infancy, to honor your parents - your God (whoever or whatever that may be) - your teachers - your leaders (whoever they may be), and so on and on.

But you have never, or rarely, been told to honor yourself. And in your willingness to honor all those others, you have neglected, sadly neglected, to honor the highest and best authority of all - *yourself!*

When you decided to take physical form again in this lifetime, you were making that decision from the perspective of your soul. And you, at the soul level, knew - you *absolutely* knew - this would be a lifetime of joy, passion, freedom, growth - and, most of all, *fun!*

Life is supposed to be fun - and fun was what you intended your life to be when you came into physical form again.

And yet so many have forgotten that. Instead, you've allowed yourselves to be heavily weighed down by the world's forgetfulness. If there was one word I could pick to represent *every* problem your present-day world faces, it would be *forgetfulness*.

Forgetfulness - failing to remember the Goddesses and Gods you all are - that is *the* source of every difficulty, every illness, every painful relationship, every form of poverty, every lack of abundance - every lack of *every thing* you have ever wanted to manifest in your life experience.

It matters not what that is - the perfect lover, more money, more harmonious relationships, more fun, more joy, more passion.

Everything you want to have in your life, and do not yet have, is lacking because you have forgotten. You have forgotten who you are and why you have chosen to come into physical form once again.

And so how do you turn this deplorable situation around?

You do not need to figure out, in exquisite detail, the hows and whys of where you are now. You do not need to analyze, in painful detail, your past - your past in this lifetime or other lifetimes.

You do not need to go back to past relationships. I choose relationships as the example here because that is often where most of you find your greatest challenges.

You do not need to go back to those relationships and heal the past pain and anguish. To re-live it - or to re-member it - is to re-create it. And that's not what you want to do.

All you need to do is to decide where you want to go from here. And then give your full attention to that - and to *nothing* else.

Because you are all magnificent creators, either deliberately or by default, you all create exactly what you give most of your attention to. So, it behooves you to pay attention to what you're paying attention to.

Pay attention to what feels good, to what creates pleasure and passion for you. Ignore all the rest.

When you can focus more on what you feel good and passionate about, and less on what drags you down, then you will manifest all your dreams.

In thus honoring yourself, you will fly with the eagles, you will soar with the angels.

Welcome home!

Human Relationships, Part 1:

The Pain And The Joy

Spirit

Today, we shall discuss a subject of great interest to many of you. And one which creates great challenges for most of you.

There is little question human relationships are, at once, a source of deep fulfillment and joy for you - and yet also a source of many potential "opportunities for learning." And I needn't remind you, those opportunities are often as painful as they can be joyful.

So, in this first (of several) discussion(s) on this subject, I would like to talk about the sources of the joy - and of the pain. And, in the process, you shall perhaps become more keenly aware of the patterns you have created in your relationships.

And awareness is certainly the first step to a clearer understanding of your relationships - and your lives - on Planet Earth. The second and third steps are acceptance and allowance. But those are topics for another day. This day, we shall speak of awareness.

When we speak of relationships, most of you think of romantic relationships. And, as those relationships are of paramount importance to so many of you, we shall focus on them in this discussion. However, please remember the basic concepts and principles apply to all types of relationships.

When a man and a woman come together in a romantic, sexual union, they often bring much "baggage" with them. By "baggage," I mean all the ideas and values many of you have been fed since infancy. For example, a man and a woman are incomplete until they have one another. Or, it's sometimes put in subtler or different words than that. And you've heard many different versions:

"It is not good for a man (or a woman) to be alone."

"Woman and man complement each other."

"A man and a woman can only be fulfilled by one another."

And so on and on and on.

Well, there's a grain of truth in all these cliches. And that's what makes them so seductive. But it is only a grain and not the whole truth. The whole truth is, simply, you do not need each other to be whole - to be fulfilled in your lives.

And therein lies a significant source of much pain in your romantic relationships. You've heard it said, I'm sure many times, "Well, I can't live with him (her), but neither can I live without her (him)."

When you come to any relationship, romantic or not, out of need, you are setting yourselves up for pain. Many come into a romance expecting their mates to make them complete - a whole person.

And, for a time, that seems to actually happen. What is really happening, though, is you are draining each other's energies. And that cannot ever create a solid foundation for a long-term relationship. Of course, there are other reasons why romantic relationships don't last forever. But this is generally a significant root cause of "failed" romances - the draining of each other's energies.

When you first come into a romantic union, you generally feel an excitement - a warm (perhaps even hot!) glow. You feel a deep sense of oneness with your partner. And herein lies another reason romantic relationships don't always last long.

Anyone in your life to whom you are strongly attracted, and feel connected to, is - always has been - one with you. You have always been one. Separation is an illusion - albeit a necessary one if you are to operate reasonably well on the earth plane. But when you believe so strongly in the illusion, you need a way to re-create, if you will, the oneness you thought you lost. Or perhaps you thought you never had to begin with.

And so, this need to overcome the illusion of separation often leads to what you may call in your current culture "co-dependent" relationships. These are simply relationships based on need. A need, you perceive, to be with one another so your "other" can make you whole. You desperately need each other - or so you believe.

And so, let's review this marvelous creation of yours - your romantic fantasy. Here's this wonderful angelic being who has magically appeared in your life. "Ah," you say, "now I can feel whole. I have my perfect mate!"

Think about that for a moment. Even if you don't verbalize these feelings or thoughts to your "perfect mate," he/she is still keenly aware of them. As you are aware of those same feelings she/he is having. Do you know what a costly and heavy burden you're placing on each other?

"I need you," you're saying, in effect, "to make me whole - it's your responsibility to do this for me for the rest of our lives. It's your responsibility to make my life work - to make me feel good."

And so, even as you begin the relationship, you are presiding over its death.

So, what's the answer? The answer is to go within - to the God/Goddess - to All That Is - to the Great Spirit within your hearts. You are individualized expressions of the Great Spirit. If you can feel that - really feel it - feel your love, feel your wisdom, feel your power - then you will know you are already whole!

Once you know that, then - and only then - can you come to a relationship, romantic or not - and be truly and deeply fulfilled. You each come together from a sense of your own wholeness. You're not two halves coming together to make a whole. You're

two wholes coming together to create as nearly perfect a union as you can know on the earth plane.

And, in your wholeness, you each know you are also one with the other. Otherwise, you would not have come together in the first place.

And so, in this ideal - and attainable - scenario, you come together romantically not seeking wholeness and oneness. Rather, **YOU COME TOGETHER TO EXPRESS THE WHOLENESS AND THE ONENESS YOU KNOW YOU ALREADY HAVE.** And that relationship will bring you both more joy and love - more bliss and ecstasy - than you ever thought possible on the earth plane.

Human Relationships: Part 2:

Are You Trapped?

Spirit

Today we shall continue our discussion of that most intriguing subject - human relationships. Last time, we discussed the role of awareness in your relationships. Today, I would like to talk about acceptance.

Many on the earth plane consider themselves "imprisoned" or trapped, as it were, in their relationships, particularly in their romantic relationships.

I think it is safe to say most of you entered your romantic relationships with the best intentions. Or, at least, they were the best intentions you were capable of at that point in your lives. Most of you came from love - from a deep sense of caring about your partners. Give yourselves credit for that. And, that is the first step of acceptance - phase one, you might say.

No human relationship, romantic or otherwise, is without its challenges - its opportunities for learning, its opportunities for teaching. These opportunities are, at least from your Soul's perspective, the very reason you entered the relationship to begin with. This, then, is the second step of acceptance - knowing nothing happens without a good reason.

Now, I realize, when you come up against the challenges any relationship will inevitably present for you, you often get bogged down, as it were, in the pain and anguish of it all. Let that be okay. Let it be okay that you are feeling whatever you are feeling. And let it be okay your partner is feeling whatever she/he is feeling.

I cannot overemphasize this critical aspect of relationships - simply accepting all the feelings, whether you consider them positive or negative. This is perhaps one of the greatest obstacles many create in their relationships, particularly romantic ones. Your choice to reject any or all of the feelings, yours or your partner's, creates far more pain than the feelings themselves ever could.

So, this is another important aspect of acceptance in relationships - simply accepting your feelings. They are neither right nor wrong - they simple are. Let yourself FEEL the feelings. Feel the feelings, go with the energy. Exhaust the feelings - stay with them - stay with your lover and his/her feelings - until you've felt all there is to feel.

Then look for the spiritual message underlying the feelings. For there certainly is one, or perhaps more than one. These are communications from your Souls. But you will never discover those messages unless you accept your feelings and accept your lover's feelings. Unless you accept your relationship, accept yourselves and one another as grand old souls who know EXACTLY what they are doing. But who, perhaps, have lost their way in the heaviness and illusion of life on Planet Earth.

It is your unwillingness to accept yourselves, your feelings, your relationships that "dooms" you, if you will, to repeating the same patterns over and over again. You all know people who go from one grueling romantic relationship to another - and another - and so on. And, often, they choose exactly the same type of partner every time!

Are they "doomed" to repeat this forever? NO! It is simply their choice. They have chosen to not listen to their Souls. And so, as we've explained before, their Souls simply say, "Well, how painful do we have to make this before you listen up?"

Now, having said all that, let me also say you need to accept that your experiences of the heaviness, the illusion and the pain even, are simply a part of your "mission," as it were, in coming into this incarnation. Your Souls know PRECISELY what They (you) are doing. When you are feeling pain, it's your Soul's way of saying, "I want to talk to you. I can show you a better way - the way of joy."

Remember, your purpose in returning to the earth plane is simply to see how far you can go from the Light and still remember who you are - remember your way back Home. Truly, though, you have never left Home. It's only your perception of the illusion that makes it seem you are lost and homeless. But that's another topic for another day.

My point here is simply this: relationships, particularly romantic ones, are grand opportunities for you to remember who you - and your partner - are. Which is the Goddesses and Gods you've lost touch with - the Gods and Goddesses within.

Look within your hearts. There you will see who you truly are, in all your glorious divinity. Your relationships are simply marvelous opportunities to remember the great beings of light you all are.

Accept that, and you shall move quickly through the challenges. You shall remember you don't have to learn through pain. You can learn and grow through joy. It is then you will discover the incredible richness of your relationships. Then you will find more love and fulfillment - and fun - with your partner than you ever dreamt possible.

Human Relationships, Part 3:

The Loving Law Of Allowance

Spirit

And now we come to what is often the most difficult and painful part of your relationships. Let us call it the Loving Law of Allowance. And so, what does that mean?

Simply, it means this - YOU HAVE NEVER MADE A MISTAKE! Do you believe that? Probably not. Do you know anyone who does? Probably not.

This is a particularly painful issue in regard to your relationships. Let's take an example you can all relate to, at least in your western culture. There is much "wailing and gnashing of teeth," if you will, over the divorce rate in your society today. Divorce is viewed as a moral failure - even a destructive evil force. You need look no farther than within your own hearts to see the "truth" of this illusion, as it were. If you've been through a divorce, did you not consider yourselves failures, at some point at least? You may have made peace with your alleged failure by now. But, nevertheless, I think I can safely say you did, for a while, berate yourselves for your weakness - for your lack of moral fibre - for your "failure."

And yet, you did not fail - quite the opposite! You succeeded in moving through the lessons that particular relationship held for you. You are not a floundering failure - you are a stunning success!

It is no credit to either partner when they decide to "stick it out" for the duration - even long after the passion and romance have faded like the last roses of summer. Perhaps even the red rose of love has faded and fallen. That loss of love is the real failure, if you insist on talking in terms of successes and failures. I would, however, propose a different perspective for your consideration.

And it is this: There are no mistakes! So, whether you "fail" on the side of divorce, or in simply resigning yourself to an unhappy relationship, you are creating some grand opportunities for growth. All is as it should be.

And so, this takes us full circle, as it were. Can you ALLOW whatever has happened in your lives - in your relationships - to simply be okay? Can you do that for yourselves? Can you do that for those you love? Even if your earthly paths have diverged?

This is THE question: Can you forgive - from the bottom of your hearts - can you forgive yourselves - and all others? You must forgive yourselves first. Only in self-forgiveness will you find the love, the wisdom, and the power to forgive others.

Let's talk about that. What is this thing you call forgiveness? It's much touted in many of your major religions. It's often advocated in psychotherapy and even in some of your so-called new age or spiritual healing processes.

Let's think about forgiveness for a few moments. If you - or anyone else - perceives a need to forgive, there is obviously a perceived wrong that's been done by someone to someone else. It doesn't matter whether either of the someones is yourself or another person. Someone has done something "wrong." Do you agree? If no wrong had been done, there would be no need to forgive. Again, do you not agree?

Well remember we said earlier you have never made a mistake. You have NEVER made a mistake in your life! You are all "in school" here on the earth plane. Your so-called "mistakes" are simply the lessons you've chosen to help you grow spiritually - to help you remember your way Home.

And so, for you, the great lightworkers, this process of forgiveness brings you inevitably - and in seeming contradiction to what we said earlier - to this realization: **NO FORGIVENESS IS NECESSARY! EVER!** Because you've never done anything wrong! You've never made a mistake! There's **NOTHING** to forgive! **NOTHING!**

You have all done the very best you could at all times on your earthly paths. Can you believe that - accept that - deep within your hearts - for yourselves and for all your sisters and brothers?

If you can truthfully answer "Yes," to that question, then you are bright, shining, living examples of the Loving Law of Allowance in action.

Welcome Home!

