



The Teaching Mission

*A New Foundation of Spirituality
for a Quickening Planet*

Volume Two LIVING IN THE AURA OF LOVE

*A compilation of topical Celestial Teacher lessons
and human commentaries on spiritual connections
and loving service*

Editor: Jim Cleveland

*Contributors: Michael Painter, Daniel Raphael, Mary
Livingston, with Christ Michael and scores of Celestial
Personalities.*

(publisher information)

Each human must embark on his own spiritual quest. Each person must discover for himself those spiritual values and moral certainties born of true spiritual experience. Society may be stabilized by religious systems, but the individual must discover spirit individually in order to make spiritual progress. Society then can only move forward in the spirit by the movement of each individual religionist finding his own way amid the murky, moral milieu of the modern age. — Ham, November 28, 2004, Woods Cross Group, Utah

Love one another. Realize that yours is an eternal career of beauty and adventure if you will but choose to follow the Father's will. Our task is to assist you in knowing that will, in perceiving that desirability. We do not coerce; we merely whisper in your ear when you are assessing choices, reminding you to consider not the desires of the ego, but your ability to contribute, in all cases of choice, to the greater good of your fellows. —Emmanuel, a personal guide, Pittsburgh, May 24, 1993

The time we spend in meditation with our God Fragment is as needful for the soul as is sleep for the physical body. Without it, the body becomes dysfunctional, erratic, unresponsive, and thought processes get out of order, and at some point, the body must then succumb to sleep for its very existence. So too does the soul need this time alone to communicate with the Creator through the Thought Adjuster, to continue to grow at a healthy rate, process higher thought, receive guidance, review options, express desires, express gratitude, and receive Divine Love -- the life force that sustains all life. —Ophelius, 11.11 Progress Group

This is a wonderful opportunity for your technologies to learn how to conserve water, how to live stingily on the resources that you have, whether it is water or petrol or any of the other limited products. It is this particular time in your world that the Correcting Time has occurred, the most opportune time for great change, with a great number of souls on your planet. This is a very productive time for soul growth for individuals and for the planet. The Correcting Time is doing very well; it is now invested in almost all spheres of human activity on your planet, in all nations. There is almost no human activity that is not involved, is not impregnated with these Correcting Time changes. You can anticipate more agitation and difficulties in areas of human activity and endeavor before they begin to settle. —Rayson, March 2, 2012, Northern Colorado

God shall be always with you. He is in your hearts, He resides in your mind. He is there to comfort you and to give you strength. He is the thread of infinity in which you bask. When all things fail that string will be constant. You shall follow it to Paradise where you will find all things real and true. Life, as you know here on this planet, will seem like a dream in which you vaguely floated along. —JarEl, Arcadia CA, April 22, 2009

It is true, times of change are upon you. The network of light is in place. The times for repeating mindless old patterns is passing. It is the dawning of the age of equality, equality of the sexes, equality of economics, political equality, religious equality. You stand on the precipice, the threshold to the dawning of this new age, an age which will demand your full attention and awareness to project through your consciousness a greater way of being, a way which is honorable in how it acknowledges and respects others. —Serena, August 11, 2013, Northern Idaho

This Teaching Mission, this Correction Time, has been initiated as an emergency measure, designed to restructure your mental environment. As this is being accomplished, as this evolves, you will more efficiently perform the many services needed to bring your lost brothers and sisters back to the fold. Here they will be able to share in the abundances of all things good. The Father's love which you have been experiencing and growing within yourself shall be the most powerful means to awaken those unfamiliar with this blessing. Share this love, share your knowledge of this love. Love eradicates fear, love lifts up your heart, love lightens your load, love brightens your day. Your living faith in the Father's continual love can and shall overcome all obstacles, overcome all deficiencies and will finally and gloriously lead you home. —Norson, a Melchizedek, in Hawaii, July 16, 1993

Know that this is a highly cooperative enterprise. Even the Father Himself is involved. And through the indwelling spirit and through the angels of ministry, especially your guardian angels, and through the teachers and through the leaders of the mission, and even those who are responsible for opening these power circuits incrementally so that these lessons and inspirations, heightened awareness, heightened consciences can come through. With each incremental opening of these energies, periodically we sit back in awe and wonder what events they may foment upon your world. Sometimes disruption will heighten awareness that will lead to genuine spiritual growth. —Tarkas, March 24, 2002 in Cincinnati

From The Urantia Book:

"This training of mind and education of spirit is carried on from the worlds of human origin up through the system mansion worlds and the other spheres of progress associated with Jerusem, on the seventy socializing realms attached to Edentia, and on the four hundred and ninety spheres of spirit progress encircling Salvington. On the universe headquarters itself are numerous Melchizedek schools, the colleges of the Universe Sons, the seraphic universities, and the schools of the Teacher Sons and the Union of Days. Every possible provision is made to qualify the various personalities of the universe for advancing service and improving function. The entire universe is one vast school."

IMAGE CREDITS

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INTRODUCTION to Volume 2

Jim Cleveland, Editor

In *The Teaching Mission: A New Foundation of Spirituality for a Quickening Planet*, scores of visiting celestial teachers introduced themselves and explained the “Correcting Time” mission on our and other rebellious planets, worlds that have deviated from the Divine Plan and are suffering the consequences.

This volume included the experiences and testimonies of scores of human contributors who not only are in contact with celestial teachers but don’t mind writing about it. Our narratives carried readers over more than two decades of experiences and lessons from celestial teachers and into the Magisterial Mission for the planet. This is the dawning of an age when enlightened and spiritually encircled humans will be inspired, informed and invigorated to build new sustainable institutions anchored in spiritual values. In this new age, secularism will be replaced by dynamic integrations of spirit.

So what would be needed for a second volume?

The critical spine of the first book was the greatest piece of information that human personalities can know today — that true spiritual growth comes from within and your most reliable guidance will always come from there. It is always to be measured against human bloviating. Within you, God has an

indwelling spirit. Within you, there was added the Spirit of Truth. Within you, much more will be added as you actively take steps in faith and service.

Could a second volume say more? Indeed, it does.

First, we share many topical lessons from the celestial teachers on the critical elements in our personal spiritual growth — making a strong and reliable connection to Spirit; learning from that connection, becoming a teacher of spiritual values yourself, and living in that aura of spirit in all of your days. The celestial personalities herein deal with these subjects with the insights they've gleaned from longtime service in the Spiritual Hierarchy.

We also feature Michael Painter's never-published but ultimately essential text called *The Stillness: Key to Health, Happiness and Prosperity*. It reveals the layers of Stillness practice and how to implement seven essential steps to commune with the spirits within.

Michael and I have been soul brothers since the first transmissions of the Teaching Mission over two decades ago. His transmissions of Welmek and other teachers in Indianapolis comprise a significant body of essential spiritual lessons. In Cincinnati, he served as visiting transmitter to introduce our group teacher Tarkas, leading us to years of inspiring sessions with this ascending Morontian teacher, as well as celestial artisans, Melchizedeks and Christ Michael himself. These years are reflected in the books, *Celestials over Cincinnati*, *Beyond Cynicism*, and with the Celestial Artisans in *The Celestial Songbook volumes 1 and 2*.

This new book also serves to back up what some consider to be a rash statement from me — that the collected works of these Teaching Mission-based celestials comprise one of the planet's richest collection of basic and beyond spiritual truths. Overstatement?

Critics have long charged that our lessons are facile, just homilies, and not nearly up to the literary standards or the complex narratives of *The Urantia Book*. This is understandable given that the Urantia papers were stated to be an epochal revelation to humankind, revised and edited over several decades before its 1955 book publication, while our teachers are simply doing personal classroom service with very basic lessons, based on their personal spiritual understandings.

It didn't seem to be a distinction some critics wanted to hear about. Why listen to them, why seek more, when you've got the one and only Revelation.

The reasons, of course, are that these teachers are speaking now, not decades ago, and are attuned to current conditions on the planet. They are personal to you, and will answer questions and address concerns of a truly personal nature. They are fulfilling their roles in universe education by helping those who are behind them on the ascension path, assisting mortals in the mission of insuring their infinite survival and growth in the Father's plan.

And there is indeed a spiritual rejuvenation happening on our troubled planet, believe it or not.

So a new collection of teacher lessons that explore their basic spiritual curriculum in more depth seemed advisable if not necessary. Each teacher brings their own understanding and

reflections upon topics that we should truly strive to understand ourselves. They have been mortals and have experienced these time and space worlds themselves, and ascended into higher levels of reality where they can teach and counsel those who are also on this 'Be ye perfect' path.

As you read these lessons, try to shuck away the human baggages of mind associated with our mortal conceptions and misconceptions on this particular world. Be clear of mind and understand the 'universe awareness' and 'cosmic consciousness' from whence the teachers come, and which we should all aspire to develop within ourselves. There are vast numbers of planets with ascending personalities and we are one of them. Each personality is blessed with an indwelling spirit of our First Source and Center creator, best known as a Universal Father. In all of a vast universe of universes, we are uniquely and blessedly endowed.

These lessons uniformly represent spiritual wisdom, in my view, and their conduits of transmission seem to be, in Tarkas' dismissive words, just 'an engineering concern.' Our celestial teachers just seem pleased to have the conduit and to share with fellow ascenders on our plane.

If some see this method of receiving spiritual guidance as dangerous, a means of self-delusion, then they might well consider that this problem comes from within themselves, within their unknowing mind. If they can't trust their mind not to deceive them, then they have more work to do within, and it should be done first, before attempting to clearly speak to others on behalf of celestials. Human agendas do not fit too comfortably within this framework either, and should be expunged before one attempts to speak for our teachers.

Despite possible pitfalls of our own minds, there are enhanced energy circuits now, and my statements concerning the value of these transcripts will be borne out by this volume. There are some excellent human transmitters, full of grace and the desire for service, not concerned with personal aggrandizement and just feeling grateful and honored to have the connection.

These lessons speak for themselves and still remain only a fraction of the celestial lessons coming onto the planet, which are first basic, then growing in depth and universal perspectives as we can absorb them.

For readers who appreciate an encapsulated 7-step program for spiritual growth in those quickening times, we offer lessons from Solonia. She is known as the 'Voice in the Garden' who spoke to Adam and Eve. She now speaks to us, outlining ways to become happy, at peace and productive in our world's tumultuous Correcting Time.

These transmissions came through another longtime friend, Daniel Megow, whose ministry out of Idaho is The Church Within. These Internet sermons and sharings over the years comprise a treasure trove of spiritual wisdom and wonderings, and his site is highly recommended.

We also include poignant essays from a longtime Teaching Mission student and transmitter. Daniel Raphael discusses compassion as a critical element in building spirit-based sustainable societies in the coming age.

Finally, it remains disappointing that the two principal Urantia Book organizations still disdain the practice of receiving and transmitting spiritual guidance from celestial teachers. Since we published volume one, some have remained hardened against

our teacher contact and done even more to ostracize us from a Urantia Book relationship. Since an epochal revelation would, of course, belong to us and everyone on the planet, and not just a select few, we don't accept such ostracism. When I read the book, it is mine; it doesn't belong to any association. I represent it as well as they do, in all their doubts, fears, worries and suspicions.

How, they continue to ask, can an individual, a mere Child of God, receive such authoritative information personally? How can seekers rely on the spiritual guidance they personally receive while the Fifth Epochal Revelation lies open for study, and with teachings that we can never begin to absorb in our lifetimes.

I agree that Urantia cosmology is indeed worth a lifetime of study, but I think the world needs a dose of simple spirituality. If you really believe that God is a Universal Father, then why can't you go to him directly and develop a personal relationship? Everything else is a side trip. In truth, The Urantia Book tells you this — exactly. I argue these points in several essays and posts that have come since volume one.

I hope you find this volume spiritually nourishing and will have some closing notes at the end.



PART ONE

Celestial Teacher Commentaries

BACKGROUND

The Teaching Mission

Selected Commentaries of the Celestial Teachers

Purpose of the Mission

Events are unfolding that are beyond your grasp. The spiritual climate of the planet has undergone vast changes in the past month. As I have told you, enormous forces are at work. Teachers are coming to the planet from all corners of the universe to aid those among you who are sincerely seeking to do the Father's will.

Not all are familiar with your planet's history. They have access to information and have undergone as much training as time permitted before making contact. But their primary mission is

not to reinforce data previously given you. Rather it is to guide your spiritual growth, your awareness of the Universal Father's presence within and without, to lead you in your pursuit of perfection, according to his will.

Events are aligning themselves now that will change the world. Its destiny is unfolding in perfect order. Evolutions in concept and spirit unfoldment are taking place at unheard-of rates and we are here to steady you during this time of emergence, to prepare you, protect you, urge you onward.

We are not interested in your mental constructs; we are interested in opening your hearts to love, in quickening your desire to serve. Truth is living and altogether too fluid and immediate to be captured and contained in your word forms. Therefore we advise you not to judge with your intellect but with your heart, for there is the dwelling of the Spirit of Truth.

Two or more of you perceiving the same truth will construct it differently in your minds, express it differently with your words, and yet each know the same truth. Be of one spirit, we urge you, and delight in the divergent interpretations of truth.

When one's heart perceives truly, one's concepts are works of personal art. You will be more enriched if you strive to appreciate rather than critique them. Each interpretation of truth has its place; each speaks with its own flavor and has a special appeal to one or another particular group. Be less provincial and jingoistic in your judgment. Learn to see the beauty in all the styles through which truth and wisdom express.

As for us, our work is to develop your trust in us, for we are your devoted shepherds. We are responsible for the care of your

souls. We are to be sure none is lost as the tides of transition sweep the globe.

Love one another. Realize that yours is an eternal career of beauty and adventure if you will but choose to follow the Father's will. Our task is to assist you in knowing that will, in perceiving that desirability.

We do not coerce; we merely whisper in your ear when you are assessing choices, reminding you to consider not the desires of the ego, but your ability to contribute, in all cases of choice, to the greater good of your fellows. All is, and will be, well. You will be truly guided. Be at peace.

Emmanuel, a personal guide, Pittsburgh, May 24, 1993

Our Planetary History

from Norson, a Melchizedek

Life on planet Urantia is very different than that existing on any sphere yet to harbor human life in our universe -- extremely difficult and drastically unusual. It has not always been so. Life on every planet is differently composed from the evolutionary experiences of its inhabitants and the universe events which timely arrive to fulfill the patterns projected by our Creator, our Divine Paradise Son, Michael, Nebadon's unique Planner.

No world is ever the same as another, each begins with "built in" differences, yet as I refer to Urantia being an extreme example, I do so in an attempt to reveal the deepest reaches of this dissimilarity. It is of significant importance that you begin to picture more clearly, have a fuller understanding of the

conditions of the reality into which you have been born and are now consciously, distinctively beginning to live and grow morontially and spiritually.

I shall first address the physical history through which your ancestors evolved, bringing all mankind to this moment in time where you now grow and develop. This road of day by day experience on which the children of Earth traveled to arrive at the present is not like that of any other planet's path. Observing from here, we see that the evolutionary development through which Urantia has passed and now grows makes it forever impossible for anything even REMOTELY similar to your experiences to ever again occur.

Your world, a decimal planet, is one on which our Life Carriers had a certain degree of freedom with which to introduce slight variations in the physical evolutionary process, initiating things untried but nothing extreme. There was no substantial divergence from their preplanned life planting procedures. Your early beginnings were quite routine and normal, different yes but not unusual.

The first rare development, a rather infrequent happening, took place when all the races of color originated in one family. And all in one generation. This was a somewhat rare event, yet one which occurs with sufficient frequency that we are familiar with a number of such histories. The arrival, organization and basic functional activities begun by your Planetary Government some half a million years ago was not unlike the early developmental experiences through which each of the planets in Nebadon must pass.

Minor differences are normal. Drastic directional changes did not begin until the Satania System separated itself from the fold.

Lucifer declared to Michael that Satania was no longer to be considered part of the family of systems under his guidance and supervision. Lucifer chose to remove his slightly more than half evolved system out from under the loving care of our Creator Son, departing also from the far-reaching plans of perfection being willed by our Heavenly Father, the true source of all life. But for this Primary Lanonandek Son, the actual existence of God the Father was not quite clear. This once brilliant being, this high ranking Third Order Local Universe Son was unsure of the Most Real of All Realities. God and God's plans, if such things really existed, were not ones which Lucifer and those closest to this self centered and self deceived son wished to follow.

This faulty, long harbored free-willed decision to withdraw was the first big bump pushing you off the course planned for your planetary development. The secondary Lanonandek Sons, Caligastia and Daligastia, in command of affairs here on this yet young sphere, immediately devoted and dedicated themselves to following in the shadow of their errant leader Lucifer and his top aide Satan. They gave their allegiance, vowing to support and uphold the proposed plans for independence.

Other systems have rebelled before. This represents but a very small number who have deviated from our Creator Father's plans for evolution. Default is not common, yet instantly, as this occurred, your forefathers were squeezed onto a rapidly narrowing road; it would now forever be your destiny to meet many unusual experiences and be tested by trials which so few have had to face.

Escalation of separation began, deviation from normal accelerated. Confusion, fear and discord became examples which your early ancestors continually experienced, evolving them into a distinctly rare category of humans, destined to grow

in a disturbed darkness for which there was virtually no alternative available — one exception to this being the brave few who began believing by virtue of Van's example of steadfast courage, his absolute certainty of faith.

It is my sincere intention that I may in an uncomplicated way, using certain words a little loosely, lead you to a simpler understanding of how evolution very slowly proceeds to effect the growth structure of each living organism, plant, animal or human. I attempt to add light to your understanding, to clarify how environments affect the way in which growth takes place.

The little lizard and the large alligator evolved from a common ancestor. All their very observable differences are due to variations of environmental conditions to which they were exposed. As man develops his thinking, extends his consciousness of himself and his surroundings, his thoughts are evolving him, gently, slowly changing him all the time. This growth is reflective of his mental environment. "As a man thinks, so he becomes." This is real. This is the entry spot where man may begin to consciously control or at least give some guidance and direction to the life he is recognizing as his own.

The mental environment which came into existence as a result of the rebellion was to provide your kinfolk, living then and immediately thereafter, the most severe blow yet inflicted upon your planet's population. Fear was instilled into man's conscious thinking; continual exposure to fear deepened the ruts in his mindal environment, distorting the pictures he holds of reality. Fear reigned and ran rampant in man's unconsciousness. Fear became the focus and foundation for your future evolution when faith should have been. Faith was nearly nonexistent, never exercised and exhibited for your adaptation.

These were certainly "sad days" for our universe. Many of us watched virtually helpless to change the terrible events we could not "understand," the near disastrous activities tearing at the heart and soul of Michael's youngest children.

Here began the most substantial deviation from normal evolutionary activities yet witnessed in Nebadon. In this isolation, by this separation you have been destined/compelled to live within these extreme limits. You have taken on the unique characteristics and abilities which are "reserved" for very, very few. Though your struggles must seem most dramatic, radically different, extremely difficult, and often destructive, yet even these drastic detours, in time, will be considered among your greatest blessings.

Those of you blessed with a good sense of humor are able to enjoy even now, the absurdities of some of your situations. You are, to a certain degree removed from suffering such sadnesses because you recognize that "other realities" for which you thought you needed to wait are already here. Your faith has led you to begin living now what seemed most unlikely for you to live until later.

The next event of planetary significance which sharply and further narrowed the already limited opportunities for normal growth on Urantia was the failure of your Adamic pair to complete the biological upliftment of the evolutionary races. This ended practically before it began. It was a near complete abortion of their original plans.

This Adamic couple had taken on other responsibilities most important to man's growth at this critical juncture in his evolution: to help deliver to the tribes being up-stepped the vital information which would bring balance to their lives and

bring joy to the hearts of those hearing and accepting this revelation. Just to see Adam and Eve standing beside the average human of that day would make it near impossible to conceive of them as being anything other than "Higher Beings." In most instances, difficulties arose from the fact that they were viewed as gods.

If all had gone well for them, had they not defaulted their mission so early, they would have become ambassadors, delivering not only themselves physically, but in their living of this life, they would have been the proof positive of the good news they were to usher in: The truth and reality of the Family of God and the overwhelming joy that all of us are united and vital members of this eternal relationship. That failed to become the reality for you Urantians; the Highway to Heaven diminished to what now appears as no more than an overgrown trail through a shadow drenched maze.

You each have become more individualized, each more radically unique. Yet, if from that point of development, your experiences had then followed a more normal course there would still be quite a number of other humans in our universe with similar beginnings and similar growth peculiarities.

The single most profound and unique happening in all of Nebadon was Michael's living his day by day life as a mortal, as a man. He really and truly was Mary's son, Joshua Ben Joseph of Nazareth. And though subject to the same negative misconceptions and a quarter million years of misguidance and backward development, he was still able to become all it is possible for man to become.

In addition to this he lived a life radiating a light unequalled in its brilliance, unequalled in its perfection of Father portrayal. He

was and still is your blessed brother, savior, teacher, and friend Jesus. His doing of all these things on Urantia has made it forever impossible elsewhere, to live anything quite the same as you are here and now living.

... This Teaching Mission, this Correction Time, has been initiated as an emergency measure, designed to restructure your mental environment. As this is being accomplished, as this evolves, you will more efficiently perform the many services needed to bring your lost brothers and sisters back to the fold. Here they will be able to share in the abundances of all things good.

The Father's love which you have been experiencing and growing within yourself shall be the most powerful means to awaken those unfamiliar with this blessing. Share this love, share your knowledge of this love.

Love eradicates fear, love lifts up your heart, love lightens your load, love brightens your day. Your living faith in the Father's continual love can and shall overcome all obstacles, overcome all deficiencies and will finally and gloriously lead you home.

We love you very, very much, all of you. This information shall aid you in releasing deep grooved fear habits, helping you dispel illusions and misconceptions that have distracted you or tied you down, not permitting you the freedom which our Father has created for you to share.

Norson, a Melchizedek, in Hawaii, July 16, 1993

The Correcting Time Q/A

Rayson, Northern Colorado group, March 2, 2012

Student: *Do you have an overview of the Correcting Time that you would be allowed to share?*

Rayson: Yes, most gladly. I am authorized to say far more than I think you were prepared for.

The Correcting Time is going quite well. It is a developmental scheme as we have said many times. It is only developmental; it does not operate on a temporal mode; it does not have a time line, but a developmental scheme or schedule. And I am reluctant to say even “schedule” because there is the great interplay of all elements.

Your world is now in much disarray. Almost in every nation throughout your world there is something going on that is unsettling. And some of it — a lot of it — is very good. There can never be change in a staid environment, an environment that is static. This world of yours is now in great agitation.

This is good. It causes much thought-provoking examination by individuals, and of course, you know that individuals are truly responsible for the conduct of their nations, whether they participate or not. These changes, this Correcting Time, has created an opportunity for much greater participation by citizens in their own governments. This is just one facet.

You are seeing your world in much turmoil also due to climate changes. Your concerns are almost at a point of neuroses; but you need not be neurotic about realities of your weather, for the weather of your world has been far more extreme in the past than you are aware of. The droughts that you experience now

with three or four or five years are really miniscule compared with the centuries-long droughts that have occurred in some parts of the world.

Likewise, when glaciers recede or glaciers grow, they cause tremendous change in the environment. This too is much different now than in the past. You must recall or remember or think that your world now is coming off the last glacial era. Your world has not gotten to the point of being between glacial eras.

Let that sink in a bit. It means that your world is warming; it means that this has been going on for many hundreds if not thousands of years, and it will continue on for centuries into the future. Your world may see that there is an interim period between eras of glaciation that could be a hundred thousand years long. Anyone who lives during that era would think that their world has always been that way. So, too, you think of your world as always being this way, of having glaciers that once ran many hundreds of miles out to sea, and now they are only tens-of-miles long.

How does this connect with the Correcting Time? This is a wonderful opportunity for your technologies to learn how to conserve water, how to live stingily on the resources that you have, whether it is water or petrol or any of the other limited products. It is this particular time in your world that the Correcting Time has occurred, the most opportune time for great change, with a great number of souls on your planet. This is a very productive time for soul growth for individuals and for the planet.

The Correcting Time is doing very well; it is now invested in almost all spheres of human activity on your planet, in all

nations. There is almost no human activity that is not involved, is not impregnated with these Correcting Time changes. You can anticipate more agitation and difficulties in areas of human activity and endeavor before they begin to settle. Yet some areas are already beginning to show promise of settling. We will not disclose what those are at this time, but let you wonder what they are and hope for them to increase in all areas of human activity.

Student: *Rayson, along with the lines of where Urantia is concerned, are you at liberty to disclose how the rest of the planets are faring in the Correcting Time as well?*

Rayson: I can give you generalized answers. There are many planets that are doing far better and are far more advanced, but of course, that reflects the state of their existence and organization, planetary organization during the time of quarantine and afterwards. The state of the quarantined planets is reflective of their status and their situation during the quarantine. Those planets, which were more disorganized, are of course, slower to recover, as is Urantia.

No planet is as close to, or has as many opportunities for self-destruction, however, as your planet. The whims of individuals and small groups of individuals can change the course and development of your whole planet.

This self-destructive bent of your species is beyond our comprehension. People in the same communities injure their own people; people in the same nation injure and kill their own people. There is a perverse bent toward mutual annihilation that is symptomatic of a civilization in decline. The will of the ego is so strong, so detrimental, yet shows such potential to assist the individual in great growth.

Student: *I have a question. What can we as individuals do to aid in the Correcting Time?*

Rayson: One is doing just what you did, right now, in becoming a conscious volunteer, an assistant co-creator with Michael in the Correcting Time. Your willingness is immense. Then as you go out to seek what is the Father's will in your life you may find opportunities that will aid you, will assist you in guiding you towards areas that will uplift or help uplift your planet.

You may think that these are miniscule and unimportant, yet it is the contributions of individuals that make the difference, ever so small they may be. Do not ever underestimate your conscious, willing, loving, participation in the Correcting Time; don't underestimate its effect toward the long-term goals. We need your help; we need your assistance and your willing participation. Willing to be led, willing to be guided, willing to assist in ways that may be unexpected, and willing to lead are ways of helping your planet and this world and its civilizations. The key is to remain open and to explore ways that come to you, which may engage you or not.

Relationship with the Urantia Papers

Question: *It was my understanding that the Church Angels were in control of the Urantia Book for the first 100 years, and then the Angels of Progress. I'm having a hard time understanding why what's happening now wasn't known when the book was first coming through. I feel like some of the people who have been instrumental in their dedication to The Urantia Book are being left out in the cold*

because they have been misinformed, and so they kind of look like the bad guys that aren't accepting these teachings.

SIGNA: I think I perceive the question that you have. The Teaching Mission has always been a component of the Fifth Epochal Revelation. It was deemed necessary, for the future existence of the Teaching Mission, to remain quiet, allowing the Urantia Book to be established in the hearts of a core group of mortals. Once that core group had been established, the Teaching Mission could then proceed. They have the same opportunity of hearing this teaching message as all of you.

Many of you have been reading the book for many, many years, the composite, in this room alone, being nearly 200 years. They must look with their heart. They are not being excluded. No one is being excluded in this mission.

In February of this year [1992], we brought together those who are currently the leaders, if you will, of the Urantia movement, and offered them access to this Teaching Mission. Many of them have refused to believe. It is a free-will choice; it is not one that we can arbitrarily force upon any individual. There is a level of belief that has to occur because of the fact that you are Agondonters* and we respect that. We have made this mission one whose actual existence must be perceived, and then believed, in your own heart. And as I said, none have been excluded. Anyone, literally anyone, who wishes to be part of this, may. There is no exclusion.

Signa, Corona Del Mar, California, August 25, 1993

** In Urantia terminology, this refers to mortals who believe in God only by faith.*

End of the Lucifer Rebellion

Teacher RAYSON, December, 1993, Spirit Fest Conference, California

Greetings to you all. I am Rayson, your teacher. This is a lesson about the recent celestial events which have occurred, the vindication of Truth and of the faithful forces of good — those being the multi-fearless hosts of spirit beings, midwayers, and mortals who have remained faithful to Michael and his government throughout the terrible times, during the aftermath of the rebellion.

Michael's government has triumphed over the forces of iniquity in the final disposition and completion of sentencing in the case of "Gabriel vs. Lucifer." This should be thrilling news to all of you.

Probably the full impact of what has happened has not fully reached many of you yet. This news should be shared with all true believers who hunger for the knowledge of truth, whether or not they are familiar with the Urantia Book,

On a simpler level of understanding the devil and his demons are dead. The rebels have been removed and deposed following their rejection of the final 'mercy offer' and executed. The rightful government of Michael has been restored to Nebadon. The final stumbling blocks have been removed and the way is clear for the restoration of the government of God on earth. Cleansing and healing have already begun. The Kingdom of Heaven is at hand.

You who are alive in the flesh today should marvel that you are living as mortals during the time when you have been able to live through and experience one of the most exciting and significant cosmic events to occur in the entire history of this

Universe. The war in heaven, as spoken of in your 'word' is ended.

Just as you will recall newsreel footage of parades, marches, and celebrations which erupted in the streets of many of your world cities at the end of your last world wide planetary war, we only wish that we could convey to your mortal eyes the types of glorious celebrations which are occurring in our realm.

Expanding Energy Circuitry in the Correcting Time

Tarkas: The spiritual hunger is quite deep and growing. It is necessary that these hungers and frustrations be brought to a fever pitch, one might say, and we look for our contacts such as this to be effective as these energy circuits are opened so that we may talk with you.

So there is a blanket opening of energy forces all over Urantia. Whereas we know how to channel them into fortuitous inspiration and you respond in feeling the need for empathetic service, giving these energies may affect others quite differently, even to the extent of propelling discord and temporary insanities.

But the energy circuits must indeed be opened for these free communications to take place. That is why there will be time of distress and discord associated with the spiritual awakening. Just as older times of discord and conflict affected our Jesus' incarnation as well, but the Prince of Peace concept is quite real.

Very often these new teachings will bring levels of conflict and discord. That is why carefully we seek to inspire you to teach in the right ways.

You are correct in that you are to radiate love, care, mercy and compassion without regard to any specific text or to preach adamantly for or adamantly against your fellow's beliefs. For when threatened they will strike back. But when confronted by your balanced view of love and harmony they will be attracted to you and magnetized by the sheer presence of your personality.

Often new energy forces can come into play to attract these lost, troubled and even cantankerous souls, even without uttering a word. When they are brought to you, you need to have established by that time a clear channel to the inspired words of the Father through your indwelling spirit and often with our help to help you verbalize the words.

Know that this is a highly cooperative enterprise. Even the Father Himself is involved, through the indwelling spirit and through the angels of ministry, especially your guardian angels, and through the teachers and through the leaders of the mission, and even those who are responsible for opening these power circuits incrementally so that these lessons and inspirations, heightened awareness, heightened consciences can come through.

With each incremental opening of these energies, periodically we sit back in awe and wonder what events they may foment upon your world. Sometimes disruption will very often heighten awareness that will lead to genuine spiritual growth.

As you learn to become teachers you will radiate love and care, concern and compassion for basic spiritual truths, which are separate from dogma, and certainly do not inspire argumentative discord with those who have invested deeply in the few nuggets which they have found. Or even the mother lode of a great faith which they've embraced wholeheartedly at the expense of all other lodes that could be explored. There are nuggets of truth in all of the world's great religions and we seek to work quite positively to accent the commonalities and bring these faiths together.

Tarkas, Cincinnati, Ohio March 24, 2002



ONE

Connecting to Spirit

Being an Apostle of Christ

Would you be my apostle? Then serve your brethren. Who are your brethren? Are your brethren those that you do not know? Are your brethren those that you do know?

At times it is easier to serve those whom you are detached from. Look always for the instances of service that you might perform. All associations are beneficial.

Take care that you do not chastise others whom I have also chosen. Their worth, while not so easily discernible perhaps to your selves, is equal to yours. My love for them has no limits. My love for you has no limits.

Be patient with their immaturity of concept. They are my children, as are you. It pleases me to see my children with spiritual maturity have patience and a brotherly regard for those who have not experienced the same as you.

I do not chastise you for your deep feelings, yet I would remind you that you, too, were less mature than at present. I did not

lose faith in you. I would that you exercise this same patience with those of your brethren who are struggling at this juncture.

My love for you all knows no limits. You are each individually important to the whole of my plan. I rely upon you to continue making the choices that enhance your being, which causes the growth of your souls.

You have the ability to discern our Father in your lives. Always strive for this. This is the key to your eternal progression. This is the development of your morontia being. This is what you will carry with you through eternity in the service of our Paradise Father. Expect my support. Know that I will provide all that you will require.

Have the faith of a little child who not only expects, but demands his birthright, his love. This is the gift that the Father and myself give you. Fear not to demand that which we would freely give. This is the true faith that you deserve.

My love is ever with you. Continue to minister to my world, to my children, to your brethren. This I require of you as my apostles, for you were my apostles before even you thought to make the request. I leave you my peace. Share it with all.

Christ Michael, Northern Idaho

Soulful Maturity and Character

Soulful maturity has always been a determining aspect of character from the earlier tribal stage on up through medieval

times, or even today when you have -- concurrently on the planet — nearly the full spectrum.

In early civilizations it is difficult for individuals to express themselves wisely and their relative immaturity comes out more as license; in the group, more as social chaos or simple anarchy. Consider the various episodes of this all through planetary history and today when societies relax their grip--so to speak--in certain bacchanal, high feast celebrations, and individuals are not mature enough to keep from harming themselves and others in orgies of irresponsibility.

Societies only mature as the people within them find ways of expression which are peaceful, creative, positive, and mutually respectful of other individuals.

So think about this, my children. Think about how capable you are of being a mature individual yourself, expressing your individuality in a way that does not offend or threaten others, but seeks a loving response. This touches upon the theme of response-ability, your ability to respond to others. As you and others around you become ever more mature, so you can afford to allow each other greater latitude of individual expression.

This is the glory of an advancing civilization and we've teased you with the notion that in the next 'Morontia' phase of your life, stunning will be the fact of having survived and now living in a more soulful kind of reality, a more transparent kind of reality where you can perceive each others' souls and character so much more clearly, so much more spiritually. Yet you can touch so much of this here and now.

This is one reason we've given all these lessons on your uniqueness, my children: so you can feel this in yourselves, and

having felt this in yourself, you can begin to see and feel it in others. You can let others be more and more who they are. You can welcome their character. You will be mature enough, strong enough inside to be able to see individuals, not just stereotypes and prejudices.

This is the growth of personality abilities--your abilities. This is the growth of the soul. This is just another evolution of mature individuals living in an ever more mature society. Another name for it is freedom, freedom with responsibility. They grow together.

So consider these things, my children. Think of how much equanimity and balance and a kind of tough openness you have--to welcome others and encourage them to be more who they are. This is what feeds your soul. This is how you will grow more and more on into eternity as you come into contact with not only other human beings, but with other whole orders of personal beings. This is definitely part of the way God has set up the creation for you and everyone else. Welcome it with a joyful heart. Welcome home.

-- Christ Michael, Marin County, California, June 10, 2010

How to Manage Our Lives in the Correcting Time

It is first and foremost my place to tell you to stay the course, as it were, to remain in your current habits of spiritual attainment, those activities that you have found aid you in your process of spiritual growth. This is a basic response of providing yourself

with a solid base from which to work in response to any outside stimuli that comes your way that may, without your grounding, serve to knock you off balance.

So remain steadfast in your earnestness to grow this solid foundation, to be centered, to be striving to communicate with your Thought Adjuster and allow your will to mesh with that of the Creator Father. Then it need not be your concern what vicissitudes, what difficulties may come your way or not, for to you it will not really matter. You are standing steadfast and ready for service should the need arise.

Secondly, you will want to shift your ability for discernment into a higher gear. The information you will be receiving and have been receiving through your usual channels of the media and educational channels will be quite confusing on the face, at first glance, on the surface. So you must dig a little deeper, gather information from other channels such as your own intuition and feelings, your own personal guidance, your own Thought Adjuster.

Remain in your place of centeredness as much as possible as you sift through confusing bits of information, all the while not allowing the disturbing portions of the information to throw you off that balance, even though you may believe that you would be quite directly affected by certain events or changes or situations.

In this way you will be able to more intelligently discern a course of action if one is needed, and your emotions will not carry you away. You will more easily be able to react in any given situation with calmness and peace. You will be of much greater help to yourself and others.

Thirdly, I would recommend that you practice stillness if possible more than once a day. Make it your goal to be increasingly connected with your perception of stillness throughout the day, throughout your activities. This may seem difficult at first, but without your realizing it, the stillness is permeating more of your daily life. Allow this to percolate and infiltrate every activity of your waking hours.

Nathaniel, November 26, 2003, Andover, Maine

A GROUP STILLNESS Session

Teacher: Bob; Denver, Colorado, May 3, 2003

Detailed instructions and an experiential exercise in
Stillness and its benefits

Transmitter Daniel Raphael: *Let's become centered, and peaceful.*

BOB: This is Bob. Let me lead you in this beginning phase, and then when we enter into the directions, I would like to do this with Daniel, so it will be the two of us and you may not know the difference, but it will be of a different tenor than usual.

Today, we will be analyzing and working on the stillness in greater detail than we have heretofore. I wish to assist everyone who has a resistance to this state, or has difficulty entering into it, to know more fully how to arrive there and what it feels like and what it looks like.

[Note: Bob's voice becomes soft and mellow, the pace is slow, unhurried and there are many, many pauses of short or long duration during this exercise.]

First of all, I wish you to invoke the presence of your Spirit here, the presence of Christ Michael, the Infinite Spirit, and all beings of light. Doing so, we are assured of infinite guidance. Next, I wish you to declare your intentions for being here. Our intentions are to be in alignment with Christ Michael's presence, intentions, directions, and program for this planet, and for our highest good and for your highest good. *[Pause: 0:24 seconds]*

A goal that I wish for you to attain is to enter into a state of reverie, *[Bob is now speaking more slowly.]* where you become more and more relaxed, at ease and at peace, where your body slumps in the chair and you are in a state of that dazed, relaxed reverie. Nothing is really crossing your mind; nothing is on your mind; there is nothing to do but just be at peace; relaxed and comfortable, enjoying the moment.

During our session today, I will be giving you suggestions—yes, these are what you might call hypnotic suggestions, but they are suggestions for the conscious and subconscious mind. And if they are not in alignment with your highest good according to your wisdom, then do not accept them—and this is as it always should be with all suggestions, ideas given to you by anyone. I will strive not to give you any instructions that require you to think, but simply to do. Entering into the stillness is not a process of weighing or sifting, analyzing, aligning or listing anything. It is a process of coming to “being,” coming to your “center.” *[Pause: 0:21]*

During this session, I will use the first person. I wish you to assume the first person; when I say, “I AM,” that means “I AM

(yourself.)” Of course you know that the “I AM” is the God I AM. I AM at peace. When you take on the “I AM,” you are beginning to take on the “I AM” of a greater-ness, of a greater being than yourself. Through these suggestions, we will try to assist you to take on, to wear the mantle of the “I AM” more easily. [0:18]

During this session, there will be times of silence, and stillness. During these times, we ask you to relax, to invite your Divine Fragment to speak to you in the stillness. These pauses are times to practice the stillness. [0:13] As you have five senses, these senses will need to be stilled. Let me assist you in doing this. Because your eyes are closed you will not be seeing any objects, though we will need to deal with mental visions in a few moments.

First of all, your ears will continue to operate; just because you go to the stillness, does not mean that the outside world ceases to exist – it continues. Right now, you may be hearing a small bird chirp outside; there are several. That is fine, you hear them, but you do not wonder about them, think about them—you just let the sounds come into your ears, into your mind—they register, “bird chirping,” you do not even need to title it; you recognize it and accept it. It is so still in here, you hear the tape recorder motor turning. You just hear it.

You hear the voice of the TR and you let these words come in. I AM hearing these words; I accept these words. I AM at peace. [0:10] Soon, all that you hear is accepted without judgment, evaluation, analysis or examination—you just hear. This part is important, as you have now turned off the judgmental mind about what you hear. I AM accepting of these sounds, I will let them in me and through me.

You have feeling, feeling as in touch. If there is something uncomfortable that you are sitting on, or a wrinkle in your clothing or shoe—whatever it may be—go ahead and adjust these now, so that your sense of touch is at peace. You accept the chair that you sit on; you have no thought about it. This is the way that you will accept touch and hearing. Taste and odor, are things, sensations that you usually only evaluate when a new smell or taste comes to you, or when you deliberately want to analyze those two sensations. But for now, it is as they have been in the last few minutes; accept them without thought. [0:12]

Your eyes are closed; there are no visual signals coming to your eyes, though if you turned your head toward the light of the window, you would see a lightness upon your eyelids; this is natural; you accept this. Accept all these sensations of your body without judgment, or analysis. [0:10] Relax in your chair. I AM relaxed. My breathing is even. If you have a stress in your lungs or your back, take several deep breaths—deep, deep, deep—hold them and then release the air. [0:10] I AM very relaxed. [0:08] I AM at peace. [0:50]

This being the first week in May, we hear an ice cream truck outside, with its tinkling bells and music. What a glad intrusion this is; we accept this. [0:23] Now we are at the threshold of the stillness. We have stilled our bodies, stilled our senses, and we are working on stilling our mind. The stillness is different from the silence, the void, the nothingness.

Here in the stillness we anticipate, as part of our intention to be open, to receive the guidance of our Divine Fragment. We may or may not hear this voice, this communication, but the space of stillness allows, invites the Divine Fragment to speak to us. It is as though the Divine Fragment stands in front of all our body

sensations and mind's activity as an audience. And the audience is hushed — hushed in anticipation of the Divine Fragment speaking to us. I AM still. I listen to my Divine Fragment. [2:17]

Sometimes in the stillness, our mind may start chattering about something, thinking about something—whatever it may be—talking with someone, discussing something, thinking about work, projects that are on the back burner or those that are active—and we tell it, “Silence, be still and listen.” [2:10]

Sometimes, our mind persists in talking and chattering and thinking. If this persists, then we must apply our will, our conscious will, the commander of our being, and speak to our mind forcefully, “Be still, mind! It is my will that you be quiet during the stillness. Be at peace; stop thinking; listen.” [0:30] Do this as often as necessary — as often as your mind interrupts your stillness. You must train it as you would an undisciplined child. Your will is the adult mind, connected to Infinite Spirit. Invoke the Spirit's presence and assistance to help you in silencing the mind. [3:00]

So here I AM in this silence, this stillness. I AM at peace, my mind is still, and I have this yearning to speak with Spirit for guidance, for wisdom, for insights, for companionship, friendship along my life's journey. And in my mind I visualize a radio—one is an old-fashioned radio, where you turn the dial and hear the various stations come in; a newer radio is there as well, a digital one and you press the seek button for the next station; you push the button and it moves forward through the frequencies, and stops. And the voice that comes through is your Guardian Angel and she speaks to you, saying, “
_____ [2:00].”

With the anticipation that your Guardian Angel would speak to you, you also withhold judgment, analysis, evaluation; your mind remains still. And what comes through is a voice; the thoughts that you hear in your mind are of your Guardian Angel. You know this is so because the words are loving, caring, compassionate, sincere, and for your highest good—they serve you and they serve all others. [0:56]

In this stillness though there are sounds, they provide only a patina, a thin layer of reality, that we do not pay attention to; we hear it in the background; in the foreground, we are in the stillness. Now we hear the wisdom that we have been seeking; and if we do not hear, then the stillness is the main activity in the foreground; the sounds still remain in the background.

It is this foreground of stillness that is the fertile ground where our Divine Fragment plants insights, wisdom and guidance, some of which become active immediately, some of which are delayed until an event or an activity or even a date that may come about, at which time our mind receives that insightful, “Ah-Ha,” and we exclaim, “Oh, now I understand. Now I see.” [0:15]

Through the stillness, the wisdom and insights provide us with new ways of interpreting our world and universe around us, which help us reposition ourselves to come apart from the daily activities, to become a master controller of our life’s activities. [1:40]

In the stillness, you may come to an awareness that you have a need. Go ahead and state this need to Christ Michael, to Neadonia, to your Thought Adjuster—this is a conscious thought, not an idle thought, but a **conscious** thought. This too is a part of the stillness; this is part of the dialog that goes on.

You state your need and listen, knowing that an answer is being made. [1:28]

And now let us bring our consciousness to center, begin to awaken your senses to the outer, become conscious of the moment, being in the room, being in this moment.

[8:57]

Begin to raise your consciousness, please. Take your time. There is a bumper sticker that says, “Your life is a test. Had you been given a real life, you would have gotten an instruction book.” The truth is, dear friends that this is the instruction book that you have been receiving during the stillness. Life on the outside is quite simple, the instructions are very clear—grow, prosper, procreate, live, and die. But for meaning, for interpreting life and finding meaning in life and living, to participate in the larger journey of life past this mortal lifetime, requires those reflective moments, those periods of reverie, those episodes of contemplation and stillness.

And during these times you receive guidance; this guidance, this instruction book is tremendously empowered when you go to these places of deeper thought with the intention of receiving those instructions to fulfill the journey of your lifetime with great meaning, great contribution, great attainment and fulfillment of your soul.

This lifetime can be very worthwhile, very fulfilling, when you know what is part of your journey and what is not, what it is you are to do and what there is not to do. The instruction book is very deep, very meaningful and lasts forever.

Blessings to you this day and every day—go forward my friends and enjoy the stillness, the stillness that you have

received today and the peace that you have come to know. Relax; go forward with reverie, thoughtful living and love.

Blessings to you. This is Bob, saying good day for now.

The Experience of Worship

We note your expressions of difficulty with the practice of stillness, for it is not the natural state of beings of your kind who are wired biologically for activity. On a world fraught with peril, established initially in the mechanism of fight or flight, the organism is not inclined to close all senses down and to sit.

You will find periods of stillness in the Father's presence on the mansion worlds easier to undertake, for your very vehicle itself will be better suited to that activity. Once you overcome that difficulty, the practice is much easier to undertake.

It is up to each individual to discover techniques that predispose one to the experience of worship. Worship in itself has no technique, for it is the experience of personality with the Original Personality, our Father, and that exchange cannot be formulated. But given cultural conditioning, biological tendency, and personal orientation, you can craft for yourself methods that will bring the worship experience to you.

If you picture a drop of water on a table and adjacent to it a dry paper towel, the methods you develop for worship are intended to close the distance. Once the paper towel and the droplet meet, there is absorption; there is merging. This is the worship experience. When personality of son or daughter meets in the embrace of the Paradise Father it is a form of oneness much like the meeting of water and paper.

All of you have been engaged in the study of the pursuit of the Father and the understanding of reality as a means for greater recognition of the work and nature of the Father. You know your purpose is to understand reality and to pursue spiritual experience.

Michael has left you with a charge to go forth and preach the gospel. You also know that wisdom and worship are the highest forms of adjutant mind function. It then becomes apparent that these three: the pursuit of wisdom, the experience of worship, and outreach in service, become your primary purpose, your foremost activities no matter what specific undertaking or event you are engaged in.

These overlay all contexts wherein you may acquire or express these three purposes. Each will reveal the Father to you in different ways, refreshing ways, and as I have indicated that there is no technique for worship itself, but technique to arrive there, the same holds true with service and the acquirement of wisdom.

You must learn what methods are appropriate for you, the ones that facilitate the acquirement of these experiences, and by facilitate I mean not only that make it easier, but also may propel you forward when you are resistant, that dutiful drive, that sense of obligation, that knowing what is right even if you are not feeling in the mood for it.

Malvantra, June 17, 2001, Northern Idaho

A Lesson on Stillness

*from a Celestial Teacher 'The Beloved One,' 11.11 Spirit Guardians
Network, September, 2012*

Stillness is a requirement for a happier life.

Stillness presents you with an inner peace, providing you are willing to look your personal short-comings in the eye and demonstrate a desire to better yourself for your highest good and the highest good of the universe.

In this way everyone and everything is blessed by your efforts. It takes self-knowledge, and by this I mean that you must be willing to notice that there are areas in your life you can improve upon. Stillness is not only a tool to worship your God within, but it also allows you to recognize where you can improve, and so acquire wisdom through this experience. This is not an easy road to begin with, but in time it yields many incredible blessings. Importantly, you learn to accept yourself as a beloved child of the Creator God, who loves all of his offspring equally – his created children and his evolving creatures.

This is how all the universes of space are evolving and peopled. You have realized by now that you are not the only planet in existence and in time you will realize that the universe is really a friendly and loving place. You are not yet well enough evolved to realize this, as some of your under-developed minds in the cosmic consciousness area still insist on fear-mongering and speak about weaponry for space. I beg to ask the question, What on earth for? The universe does not allow warfare among its planets. The spiritual hierarchy only desires for you all to grow out of your 'sand box' stage and take your place as worthy cosmic citizens, who can welcome their neighbors from other planets.

I tell you that sitting in the Stillness, and connecting up with the Spark of God within is precisely what mortals do on other

planets. They all desire the connection with the All That Is. Many of them are much further progressed along this path of having acquired a clearer vision of the All That Is, while others are about at your level and there are some who lag far behind, not unlike some on your planet.

Everything, however, works out for the ultimate good of all concerned. The ones further ahead are those who have gone beyond the warmongering stage. They have become more peaceful. They have in their times of Stillness realized the folly of their ways in that the most beneficial Source of all creation is all-loving and all-forgiving. It is the omnipotent, omniscient God, who desires to come alive in all his seeking children.

It is the very personality of that Great Being, which yearns to intimately be connected in the inner life of all his myriad creatures. This would be the culmination of his yearnings that you would feel more at home in the universe when you finally realize that you are not a cosmic orphan and no longer alone, but part of an enormous and most loving organization.

Do away with your selfish superstitions and grow up to accept each other as brothers and sisters, first here on this planet and then in the infinitely wide cosmos. You are all equally loved and respected, so set aside all of your differences and recognize each other at your spiritual root source.

The tool thereto is Stillness meditation, which each of you can use to come to a greater understanding through insight leading first to worship and then to wisdom. These, too, are God-given Gifts. Discover these Gifts within yourselves.

Time Alone with God

Ophelius, a teacher in the 11.11 Progress Group of Midwayers and other Celestial Personalities

Today's message is about time -- time for being alone.

There is a time for all things -- a time for being with friends and family, and a time for being with God. We speak often about the need to be alone with God and why it is so important that we have a time set aside to communicate with the Creator through the God Fragment within.

The time we spend in meditation with our God Fragment is as needful for the soul as is sleep for the physical body. Without it, the body becomes dysfunctional, erratic, unresponsive, and thought processes get out of order and at some point, the body must then succumb to sleep for its very existence.

So too does the soul need this time alone to communicate with the Creator through the Thought Adjuster, to continue to grow at a healthy rate, process higher thought, receive guidance, review options, express desires, express gratitude, and receive Divine Love -- the life force that sustains all life.

The difference between sleep for the body and meditation for the soul is this: You must at some point sleep, for it is by design that this physiological need be met by the body, whilst time alone with God is optional and a matter of choice.

So you see my friends, we choose to make that conscious decision whether or not to enter into a communicative state with our God Presence and receive the benefits that are available to us. We all have this self-will to either assist or stifle

our own soul growth, but time alone with God is the most effective way to accelerate our assimilation toward God-likeness.

Physical sleep does afford some benefit to the soul, for it allows the Thought Adjuster time to help spiritize your mind and prepare you for opportunities for soul development, yet if you willfully reject the program for soul development by living a self-indulgent or self-absorbed life that quells the still small voice, you may by choice limit soul development, or cause soul atrophy to occur.

Time alone with God in quiet contemplation and meditation is the most important thing that you can do for yourself that will bless you beyond comprehension, for its benefits extend well beyond this life and echo into the worlds to come. It is vital, my friends, especially in this time of change on Urantia and because of the unique circumstances and extraordinary conditions -- handicaps that you operate under -- to equalize these tidal forces that come against you day in and day out.

Time alone with God is the great equalizer that you can use to offset these soul quenching forces that continually bombard your mind. Meditation is the sanctuary of the mind where you renew and 'hydrate' the soul; where new seeds take root and begin to sprout; where Divine love radiates the seedlings and the soul-child grows and matures.

I admonish all you students on the path to seriously consider this vital practice of time alone with God. The quality of your soul-expression will increase and spill over into all areas of your life where you can be an example to others -- a way-shower of divine reflection.

Stillness Promotes Loving Empathy

Come my children, sit with me. It is through listening in that stillness that each grows, and with each increment of growth there is a greater growth and giving into the collective consciousness. Each individual is important unto themselves; they are also equally important unto the group.

And so when you walk out into the world and greet your fellow brothers and sisters, look not down upon them but raise them in the understanding that Indwelling Spirit is also working within them. And in this understanding, strive to support that work of their Indwelling Spirit by bringing forth the good aspects of your brothers and sisters.

Do not bring forth their frailties or their inadequacies, but pause and strengthen that which they are already achieving. Applaud their victories, enhance their esteem, encourage them in ways that will bring forth beauty, truth and goodness.

Daniel, Cincinnati, Ohio, September 24, 1995

Stillness is Sharing Time With God

It has been the major teaching of our mission — this attempt to communicate directly with your indwelling Father fragment. While you often have difficulties in achieving this stillness to your own satisfaction, I would like to make some suggestions that may help you.

Perhaps you might look at the stillness or this communication in another way, for the purpose, the entire purpose of the stillness is communication. May I suggest that you not worry about how many minutes you are in touch with the Father, for you can speak with the Father in plenty of time. You can become as aware of Him as any person standing alongside you, even as God, for He is inside you. He is not reachable only in some form of idea in stillness, you can know Him in an instant when your thoughts turn to Him. Take Him with you throughout your day.

Do not put Him in a corner of your home where you would reach Him only at one time of day. He is your constant companion. Share all with Him. As you view your day, as you share with your brethren, be conscious that He is sharing with you. Know that you are never alone. Know that at any time at any moment of your day you can say 'Father' and He is there.

Welmek, Cincinnati, Ohio, September 24, 1995

Receptivity to Spirit

It might be a good habit to simply say, "Good morning" to all the personalities whom you sense and feel, and they most assuredly will be there to listen and to answer your requests for assistance, always in the form of higher revelations of truth and beauty and goodness. Your consciousness levels have markedly advanced over the past year, and I think that you are wise in understanding that each one is at his own pace and on his or her own path, and that knowledge can only come to you when you are ready to receive.

The wonderful, clear, living water of the Father quenches thirst, but there must be a time of receptivity for a person who is not thirsty will not seek this water, and I say to you that you must be patient, always patient, because you seek to spread this glorious message with enthusiasm and vigor and yet you find that certain people are not receptive at that time for that knowledge. If they have no thirst, then you cannot quench it.

You must accept this, but you must continue to represent the Father in all that you do and simply work through and around those who are not so receptive. They will see the light in their time. Their vessel will be filled with knowledge and revelation when there is sufficient room and when the time arrives.

Bakim, Cincinnati, Ohio, December 1993

Connecting Humans and Celestials

There is a somewhat lively competition to find ways to penetrate and reach a fusion, a kind of fusion, with your mind, for you are all unique and we try many different techniques and many different times of the day and night to effect meaningful contact that you will be aware of.

Even so the business of the human mind is truly legend and you are so active most of the time that this is difficult. We look for cracks with which to slip through and make insights, sometimes only briefly. But hopefully insights which you can see do not come from your own mind but from some higher source.

In this growing experience comes growing belief and commitment, faith, trust, principally, in general. Your problems in the stillness have to do with trying actively to find God, to find that level, to find that consciousness. In the seeking you may not find. It is not in the seeking. It is in the full openness of love and trust; in certainty that you are surrounded by the love of the Father with no fear.

This openness of relaxation engenders the verbalizations which you then must take a leap of faith to speak aloud. Once that leap of faith is made it becomes infinitely easier to speak additional words. In time it becomes second nature that the words will come, and come, and come. But do not fear your mind, your own mind getting involved with the transmission, for indeed we must engage your mind to make it work. Often your thoughts are quite real, quite true and quite pure. And as with the authors of the Urantia Book we allow the human's concepts

to come through if this is the truth that you need. And yet we are always much a part. We will not let error of serious consequence stand.

Trust and faith in your own mind is important, but you can be fully open, ecstatically open to whatever the Father wishes to impart to you. In this openness, in this non-trying lies the key to success.

Tarkas, Cincinnati, Ohio, March 24, 2002

Conflicts Over Celestial Connection

*A commentary by Machiventa Melchizedek,
Boulder, Colorado - November 17, 2014*

The juxtaposition between this channeled message, the existence of channeling in a secular society, has created a tremendous separation. You have seen in well-established religions, going back many thousands of years and even today, where every religion has a sect within it of mystics.

These are individuals, who have had a “God-experience,” who have personally experienced the conscious presence of the Creator in their mind and life, and were overawed by this and came away from that experience as changed individuals. They understand what the mystic experience is about. They are able to commune with the Source within them.

Many of you do this; it is a wonderful experience; it is one that I and all the celestials and others participate in on a regular basis. We, too, worship as you worship. Our worship is in immediate

personal conscious contact with our Creator and you can have this experience as well.

What is missing now from your world, from your religions, is the conscious direction of spiritual leadership from myself as I provided to Abraham and the Hebrew tribes. Once again I am consciously present here through your TR channels to help guide your societies and civilization. This time we will lead your world co-creatively.

You now have the means to provide this message to hundreds of millions of individuals. This will begin as we are today, within the context of a small group of people, who are immediately listening to this message, and to a larger group of people who are reading this message, and one day will listen to it as a recording. Where do we begin? We begin with people who believe.

Let me illustrate this more clearly to you how we operate: Let us say you are selling knives at your local grocery store, and you have an audience of 20 people who are interested in these super-sharp knives. The product will slice, dice and peel, and so on, with the greatest of ease. This is presented for a specific cost, and by the way, you could have some additional implements as well.

Some people within the group turn away and continue doing their grocery shopping. Three people stay. Now, with whom will you spend your most energy on? Will you spend your energy on convincing the seventeen people who are now walking away, or will you spend your time and energy on those three individuals who have steadfastly remained with you, looking at the knives and appealed by the price and its

capability? Of course, you will spend, invest your time with those three people to make a possible sale, and so you do.

In many ways, the validations of channeled messages are much like a God experience—those people who have experienced and truly know that it is real and valid. You have classes that have been taught to you on the discernment of angels and beings of light, the characteristics and the messages they bring forward.

In one lesson on the characteristics and traits of beings of light, you have another message that has been provided to you about discernment—how to discern, how to sort, sift, weigh and come to a high degree of assurance that what you are hearing is accurate, to develop a high degree of trust in what is coming through.

If you are not a mystic, if you are not one who speaks with your God presence within you, then you must learn how to discern the realm of “trust.” Once you have had a God experience, then you move into the position of “knowing,” and this can never be taken away from you.

So, for those who wish to participate in this program, to become partners in leadership, you must know who [the] beings of light are, how they act, how they behave and the messages they give, and have the capacity and skill to also discern those messages, which ones are of light and those that are not. With those two skills you can become exemplary followers, to implement what comes forward.

Mini-Meditations

Just reflect as you go through your days--what we call little mini-meditations. Enjoying the fruits of your soul is, in a sense, escaping the narrow ego orientation, enjoying more and more who you are, what you are, what you are becoming. This is the real stuff. This is the real meditation. If you are doing this, you will be way ahead of the game for, in a way, this is the more advanced stage of what sitting in a formal kind of meditation ultimately leads to, a continuous, self-supporting and reflecting awareness. This is the living, tipping balance I was talking about between what you are and what you are becoming--those perceptions you can act upon, and that faith that allows you to act upon what is not yet perceptible, but only possible.

Stillness to Quell Egomania

Because your ego is only a small fraction of you, by focusing exclusively on this self-image are you led astray. It's mistaking a limited image for your true spiritual reality, and because you are then based on the illusion of this fraction being your whole self, there is an inherent anxiety that leads to what you call egomania. You see this intrinsic, inherent anxiety most clearly in folks who feel driven to prop up their ego at the expense to themselves and their own growth. Egomaniacal tyrants all through history have showed the ruthlessness with which they were willing to sacrifice anyone else to keep propping up that shaky part of themselves.

Stillness is essentially quieting some of this self-propping-up by sitting down and just feeling yourself living, being thankful to be alive for awhile. Many good philosophies and metaphysics have evolved any number of meditative regimens — things to think about, mantras to repeat to yourself — and all of these are good exercises in and of themselves and not to be slighted. Yet what we call stillness is just being, just relaxing the frantic need to support some notion of who and what you are by devoting a certain amount of time to relaxing and seeing what emerges.

Relax and let some of your soul wealth come to the surface. This is the wonderful fullness in otherwise worn-out memories that lets you relive for some precious few moments some other time of your life, and lets your poor, shaky ego be aware there is so much more to you than just it. The conundrum is: how do you enable a small, shaky, fearful part of you to relax into what it does not know will come along? This is the fear in meditation: if you relax this hold on yourself, this self-image, my goodness! Who knows what might come out — because it does.

Michael, September 8, 2008, Mill Valley, California

Self-Restraint over Self-Indulgence

There are among mortals various conceptions of personal freedom usually connected with some measure of self-indulgence. There are many false illusions of freedom, illusions that create chains and restrictions much more severely than any physical jails.

Self-indulgence is a form of self-shackling under the guise of freedom.

True freedom is found in self-restraint and healthy boundaries. The maturity of the person is measured by one's ability to exhibit self-restraint, restraint in word and restraint in action. You cannot grow in the spirit without recognizing the difference between true and false freedoms. Self-control creates the boundaries in which happiness can be nurtured.

Ham, February 24, 1992, Nashville, Tennessee

Prayer Connects Us to the Universe

Prayer is an effective tool for you to craft for yourself a larger composite framework of your reality perception. It is also used to help others, for them to craft this larger framework for themselves, and to move aggregate patterns of human thinking and institutions into those realms where they become infused and enlivened with the facts and the meanings and the values of God's plan for this planet.

This is a fundamental departure from the way that most humans think. It is an active, cooperative team effort that you are bringing your conscious participatory thoughts in the making ... in the actual creation of Heaven on Earth.

There is no other human thought form more important than prayer. For this is how you actually blend yourself into the universal fabric that you are a part of. I do not expect you to appreciate the full meaning of these words yet, for this is a

much deeper use of the idea of prayer than has been previously presented. But these ideas will sink in and they will take root, and they will combine with your thoughts and yield new awareness and desires to participate in prayer more consciously and consistently throughout the day.

Prayer Moves Us Toward Perfection

The potentials for perfection are woven throughout your being. Your evolutionary nature contains these potentials. Your capacity for truth recognition ignites your search to manifest these potentials, and it is your prayers that fuel the yearning to continue to grow.

For in this yearning is the request for assistance to be given to you in order for these potentials to be achieved. We live in a universe that is dominated by the ideas of teamwork and service. And always are there helpers and assists reaching to you to move you into those areas where you can grow. Your spiritual communication for this to occur is through prayer. But, prayer has been relegated to the repetition of rote pleas for help.

You who are becoming awakened to the vast spiritual friendliness of the universe are primed to learn more efficacious forms of communication. You are not just communicating with other humans, but you are now participating in something much greater than mere long distance communication around the country or your planet. You are now embarked upon the capacity to communicate throughout the universe.

I want you to think about this idea for a moment, and appreciate the implications of what this means. You are connected to an enormous spiritual circuitry that far exceeds anything that your telephone companies could have imagined. But it works in a very similar fashion. And it is much more efficient and much faster.

Welmek, Marin County, California, December 26, 2002

Effectiveness of Prayer

It is possible for you to pray for someone else and actually have them affected in a positive way. If you tried any kind of prayer for something bad to happen -- (Mother Spirit chuckles) — the petition wouldn't go any further than your own skull. But you can devotedly direct and focus pure loving energy towards someone else, that they may be able to use it in their life as best suits them.

This is the power of love transcending your own wisdom, the choices you might have for them. This is just a pure well-wishing and desire for them to live life and live it more fully, the ultimate caring of one personal being to another.

So when you've formulated your prayer, my children, be sure then to open your minds as best you can and just listen. It's very rare that you will hear a voice speaking within your mind, a very clear "other" talking to you.

Remember the presence of God is called a "Thought Adjuster." This response can be so immediate, sometimes, the thoughts

that follow your petition can be that answer, yet can be missed if you don't credit this.

Just accept so you can look at and consider and entertain the thoughts that come into your mind, regardless of their apparent origin. You'll be developing the ability to recognize truth irrespective of its source, and this ability is something that will stand you in very good stead throughout your life, whether praying or going about your daily activities.

Get a feeling for that resonance within you that tells you that something resonates with your own deepest feeling of what is true or, even better, what may be more truth than what you've yet encountered. That's a great feeling.

This is the value of prayer to help you realize what you feel you need, or someone else needs, and so asking for help from the whole spiritual community. This is what the spiritual community lives for in part. It's our delight; it's our extreme joy to be able to help this way.

As you said in your introduction, just accept what comes to you and look at it. Embrace it with an open mind, whether you are able to do it or not. As your Urantia Book puts it: modern people do not lack for ideas so much as they lack for ideals. So entertain these ideals as best you can. Do your best without any kind of reservation or self-judgment.

Nebadonia, Marin County, California, November 11, 2009

Christ's Abiding Presence

True. I am a Creator of a universe; yet my presence, my energy, knows no bounds, no limits. I am here for each of you. Should you feel need, should you feel lost, should you feel alone or frightened, you have only to call my name. I answer, listen.

You each have felt my presence. You each know my personal response to your cries, your pleas. I never turn away from you. I never have; I never will. I want only to have each and every one of my children — material, morontial, spiritual — know me as I know them with complete, total love; not judgmental, never, never condemning; always replete with eternal compassion and love.

Michael, Dallas, Texas, September 5, 1993

God, Our Caretaker

To perceive Father as a harsh judge has us live our lives with the fear that everything we do is under constant scrutiny, and will be judged and either condemned or commended, depending on the situation, certainly a limited way to live the mortal life.

As we better know Father, we learn He is a true Caretaker, in that He truly desires to see us excel in everything we do. With this faith level we will live our lives as if the universe is with us and there is nothing we cannot do.

Abraham, February 10, 2002, in Salt Lake City, Utah

Fill Your Body With Spirit

When you allow yourself to be inspired by a great thought or a revelation or an action you may perform, if it is spirit filled, if it is God filled, if it is love filled, if it is service filled then the natural tendency is movement, action. If you look at persons whom you consider spirit filled, you will notice their composure, their stature, their bodily accoutrements that speak to you.

The natural result of a love filled thought is action. Think of a time when you were sitting and being quiet or just doing your everyday routine, and you had an inspiration. What did you do? What happens to your body? Generally there is movement, an up-liftment of the structure, an opening of the eyes, a reaching out with your hands, taking steps to fulfill the inspired thought.

Many of you have these moments but you do not follow through every time with the outward movements. Study persons who are in a state of inspiration that is not phony and is not accidental. The spirit is uplifting. Bodily motions are simply an overflow of love and joy and excitement over an inspired thought or a revelation.

I would encourage you in your daily lives to practice small ways of using your bodies more, using your breath, your eyes, your hands, and your feet. Practice in little ways even jumping up and down, doing a dance. These are all natural outpourings of love. If you are truly spirit filled and it is truly a pure and personal love, you will never be embarrassed. In your culture there is some sort of stigma about people who jump around and dance and act weird as if motion and activity is somehow not

dignified. You will never wonder what to do with yourself when you are spirit filled. It will overflow.

Olfana, July 1, 2001, Northern Idaho

Changes in Our Spiritual Lives

For thousands of years you have required human spiritual leadership. You have been blessed by many human teachers who have given the world an immeasurable uplift. When Melchizidek came the first time, he came as a man. When your creator son came, again he came as a man. But now, you are moving beyond the adolescent phase where one needs human example and are transitioning into the phase of being able to understand higher knowledge and wisdom directly from spiritual sources.

There will still be human leaders, certainly, but you children are on the edge of being aware of a much greater reality. You are coming into contact with a new and greater world. Like the Viking explorers of old who braved the seas of faith and landed in a new world, so have you my friends braved the seas of doubt and the storms of unbelief to set foot in a new and greater world.

Indeed, you are becoming as ambassadors from our world to yours. You are testifying with your lives as to its existence and you know of a certainty that mortal death is but a step from this world to the next.

You are gaining immeasurably from your exposure to this greater world. You are truly becoming citizens of the universe, heavenly citizens, even while sojourning on earth. You are broadening your horizons through contact, regular contact, with teachers, angels, and even an occasional whisper from your indwelling spirits.

The world has opened up and you find you have a place in this greater world, in this greater scheme of things even while you may be searching for a place in this smaller earthly world. Always are you sure and secure of your place in the greater heavenly world.

History is indeed changing now. Human beings are less and less reliant on other human beings for their spiritual bread and water. More and more is humanity reaching toward the heavenly world and the heavenly world is reaching back and grasping your hands individually. Gradually, you are becoming less slaves to tradition and to the traditional fear-based religions.

More and more are you turning toward love and receiving your spiritual bread directly from the spirit rather than the leftovers from someone else's table. Gradually, you are perceiving that there is vast amounts of, vast numbers of morontia and spiritual beings who have come to this planet to help and guide you each individually.

This is vast change and you are fortunate to be living through this. You are fortunate to be able to perceive the Master's power flooding back to the world in which you live. You indeed are the first to behold this power, to have understanding of the vastness of his love and the completeness of his mercy.

The Master comes to all who would open their hearts to him. His power is transforming. You are not the same people you were before you opened that door and allowed him entry.

Ham, July 22, 2001, Nashville, Tennessee

Embracing Light; Suppressing Fear

There is rampant upon your world at this time a great amount of fear, and each time a thought or word is expressed in that vein it grows exponentially. We ask that you take on as one of your tasks to do whatever you can to diffuse that energy, either by thought or by word.

By speaking out against fear you will help to lessen that of others and at the same time lessen your own. You, as all humans, find it difficult to rise above the energetic circuits simply due to the fact of your animal origin. As you become increasingly less physical and more and more of a spirit nature you will have less difficulty with this.

So for now it must be a conscious effort on your part to effect a change in the emotional currents that surround yourself and others in a close proximity to you. You do this by voicing your own less fearful opinions to those that express their fear regarding their personal lives or the fear regarding the state of the world.

To you, it may seem but a small thing to simply voice your own opinion, however I tell you that the power of word and thought is stronger than you have any idea, and the power of positive

thoughts/words will always have more power than that of the negative.

So it will be in this way that you will help to neutralize the negative, fear-filled currents within your own community. As you do this please recognize that these currents, for want of a better term, do not simply stop at your feet, or some few feet from where they were expressed, but continue to flow outward moving toward other currents of expression and helping to neutralize those that are filled with negativity as well.

Think of a pebble as it is tossed into a body of water, and see the waves begin to move outward....this is similar to what happens whenever you send mental energy out from your own mind.

Do this and teach others to do the same, in so doing you will be expressing the Light that lives within you and helping others to recognize their own Light, thereby changing the emotional fabric of your world, one person at a time.

AhmaNiden, January 24, 2006, Kannapolis, North Carolina

God Lives Within; God's Son Lives in Service

There is, as you already understand, a fragment of the Living God that resides deep within the heart of all mankind. His channel or connection to you is always open, always sending out messages of love and encouragement in an eternal effort to help you find your way back to Him.

Because you have been given the gift of freewill choice, your connection to Him only opens upon a conscious act that it be so. And once opened, it does not remain open, except by a daily choice, a daily commitment to opening your heart to Him.

That is one path to the Father, and one means of opening the door to your soul. And yet there is another path available to you through the Son. And this path is through a commitment to service. It becomes active when you willingly choose to serve Him through your freewill gifts to the brotherhood of humankind.

Each and every time that you reach out in love to those that have need of your loving ministrations, you open the door and in so doing, is your connection to Him made stronger. And furthermore, with each gift of your heart, is your connection to your brothers strengthened.

You will one day understand how deeply connected you truly are with all of life, and how valuable are these connections that you build. Yet, for now, it is enough that you simply continue to give of yourself to others; as you progress you will be given greater and greater understanding.

Ambrose, Tallahassee, Florida, January 27, 1996

Oneness with the Universe

You are not alone. Your family is comprised of all human beings, regardless of race and ethnic background. You are human family, connected to all the circuits and spiritual

energies and mindal (mind) circuits with the sentient beings throughout the grand universe.

Your connection, the material world with the spiritual realms, is very real, activated and available. This, in fact, in large, extended family perspective will enable you to see all life is connected to the source center of the Eternal Trinity. One family. One plan. One love.

Malvantra Melchizedek, February 10, 2002, Cincinnati, Ohio

LEGION: A Lesson on Connecting with Celestial Teachers and a Direct Relationship with God

July 15, 2003 in Nuevo Arenal, Guanacaste, Costa Rica;

Transmitter/ Receiver: Oliver Duex

LEGION: Thank you for your kind invitation. I am Legion and I am one of you. I am one of you because divine reality prescribes that we all are infinitely connected with one another.

As you have pointed out among yourselves, it is up to each of you to open your channels. We, who dwell in a dimension that is without the fetters of the material, are there for you to contact. So, please do as much or as little as you need to.

We have been patiently waiting for a long time for these Teaching Mission groups to find one step at a time the potentials of these, for you, still astounding interactions. You have been asked to understand that the communication between the human and the divine can be likened to a highway that is enormously wide, filled with growth-producing events and

opportunities. And such a vast highway can be visualized as the will of our Heavenly Father for each and all.

His will can be better understood as a highway that is of sheer unlimited width. Each one of us can journey on this one-and-only highway of love. While some of us will be compelled through lack of correct instructions or through choosing to remain in ignorance to make various detours, there is only one great vast highway towards the domicile of the Universal Father of us all.

So the material mind, out of necessity and for reasons of ego manifestation, will create and accept separations. You have been taught that your organizations of religion and philosophy all too often function by upholding these separations, that those little separating boxes get easily created and filled with dogmatic concepts that humans allow themselves to create in the processes of their mindal (mind) and spiritual evolution, and that all these ideas of separations are actually nothing but an illusion. God's love is the only reality.

If you were to combine the most superior, profound and reflective human descriptions of love from all of your planetary literature, from all your personal expressions of love to each other, you would have compiled an astonishing and remarkable work of love. And yet, you would not have come close to describing the reality of God's all-encompassing, ever-present love.

And perpetually and permanently this infinite and utterly indescribable love trickles down to the level of a material world such as yours, and encounters minds that are incapable of completely understanding the enticing mysteries of the love of our Creator. And when you commit to the discipline of love,

you have a better opportunity to experientially fathom and share aspects of God's love.

Discipline is most favorably applied when the individual decides on a free-willed decision of self-training, free of being subjected to any over-controlling rule of any enforcing kind. So the discipline of love, which we have said is a discipline of joy, becomes a most desirable self-training.

God implanted in each and every one of you a Love-Fragment of himself, which is known throughout your planet by many different names. This is a Divine Gift that you can grow into recognizing and understanding more fully. It is a "homing device" to guide you towards your Source of origin; it is the definitive Compass; it is your Pilot who guides your mindal ship of which you are and always will be the captain; it is also a Changer, Adjuster, even Controller of your thought processes, and always in accordance with God's will.

But no attempt to describe this Divine Gift can be satisfactory, because God's origin can't be fully understood or adequately described. You may know your Divine Pilot when you know ... are conscious of ... that you are a child of God. Only when you are willing to quiet your mind sufficiently can you take full advantage of this Monitor of the mysteries of living, and since each person is indwelled by such a God Fragment, these God-presences constantly communicate with those of your others, your fellows, your family, your friends, your neighbors. For the most part you are still unaware of these communications, but increasingly you sense or "know" that you are actually communicating with another on a much more sublime, transcending and inexplicable level.

These Monitors, these Fragments of the living God, can and want to communicate. You have all had a sense of special connectedness with another, and you were at times utterly perplexed and unable to explain what you were experiencing or to know the reason for being connected.

The potential of un-clouding your mind sufficiently by surrendering to us, to the God of your present understanding, to the Creator Father, or Creative Mother, all aspects that trouble your mind, such as conflicts with others, doubts about your development or your future, fears of your experiences of many different kinds, or any other spiritual poisons that you become aware of, such potential is yet for you to become increasingly open to and experiment with.

It does not matter at this point to whom you entrust your faithful exchanges, as long as you do surrender to and center on the Father's love. We merely suggest that as soon as any material negativity occurs to you and you become aware of, that you surrender it as soon as you remember to do so.

You are not supposed to carry the burden of negativity in this life by yourself! God did not create your planet and its great diversity of intelligent life, and then leave you to your own devices, as so many of your fellows have come to believe. No, my friends, the plan is perfect and so much bigger than any of us can imagine. And this little conversation is part of the proof, if you so will, that guidance is continuous and readily available just for the asking.

Even I, who has had so many more and different experiences over so much more time, am just beginning to understand the greatness and perfection of the Universal Father's divine plan. You are truly living in an orderly universe. I have been

observing your planet long enough to know that from your perspective it is most difficult to fathom this perfection all on your own.

For that reason, the Creator has decreed that you are receiving support to enhance your understanding of the perfection of creation. In all of your world's literature, you have had many seekers and philosophers taking a stab at describing their perspective of your origin and destiny. Without additional celestial input of those divine energies, whose tasks it is to implant additional wisdom into the animal-origin mind, you would have certainly not come as far as you have in your understanding of universal truth. Seek and you shall be given. Ask and you shall receive answers. Answers will be given to your personal level of understanding.

So, we are here to teach you as a group and add certain understandings, but you also should know that it is now possible for each individual to request his own teacher. There are many of us waiting to be called to service.

To us, waiting is no problem at all, as we do not live in material bodies, and thus time for us is something that we only care to measure for the benefit of communication with you. So we wait, and we live joyously. And we wait until you muster sufficient faith to perhaps call out and say, 'Hey, is there a teacher for me also? For little me? Am I worthy of accepting this gift of being able to communicate with a much older brother or sister? Am I deserving?'

And I may tell all of you: Yes, you are! Our Master has found great pleasure in offering these superb relationships to you. Yes, God's love is so majestic that he desires for all his children to

communicate with him to the fullest of their potential and ability.

Thank you for allowing me to speak these words of invitation to you.

Human: ... *Does love act as an action from a distance or is it propagated as one action against another? Are you able to enlighten us? The key was on the last word, "enlighten".*

LEGION: The limitations of communicating God's love in the language of your realm are virtually impossible to overcome. Love, to you, is the one energy that upholds the universes. As a scientist you probably tend to suggest this love to flow in streams of energy, that you would most likely like to be able to measure and analyze its origin, direction and velocity, its interactions with other energy fields, and I can only but offer the simple truth that all energies, both known and unknown to you, are part of God's love.

The Miracle of Life is You; The Moment of Life is Now

Life is not mundane, life is not common, life is not ordinary. Life is a miracle – the miracle is you.

You will fulfill that miracle for God. Your whole life is benefited to this one grandiose miracle that is your personal experience, and it is truly unique in more ways than one.

You have yet to fulfill all your potential. You have barely scratched the surface of your own existence. There is so much more. But you all must also live in the present, live in the now, in the moment that is most important, for it is this moment that shall always be, it is in this moment that you most exist; for the past is gone and the future is unknown, but the present is always here.

So it is up to you to make the most of this one moment in your life. It is up to you to bring meaning and value to this singular experience.

JarEl, February 16, 2009, Arcadia, California

Dance with the Universe to Enhance Your Life Experience

We have offered the notion that being here and now is truly a spiritual achievement. But it is subtle, and seemingly paradoxical insofar as it is nothing you can take hold of. Time is a bit too slippery for such heavy-handed attempts. If you are anxious about being able to control every facet of what might happen to you, every attempt to fix or forestall time as some sort of solid or predictable dimension that is directly susceptible or responsive to your will, it only tends to grab you. Here is where your personality – you – must surrender to the fact that everything perceptible, including all of yourself that you can perceive and know, is in motion.

This is just the way your reality is. You have no alternative to dancing. There is no place to stand outside this river of life. Since this is the case, any conceivable preparation is a matter of: How well can you dance? Like the familiar physical dancing you know, the sooner you consciously start the more mental and spiritual kind, the better.

True enough, your first attempts at this when you were quite young were rather herky-jerky. It took a while just to remember that you had a body – always there to be fed and taken care of, however much it came and went in your mind. So you all know to some degree how to dance along with life or you would have perished long ago. Always give yourselves credit for getting as far as you have. I mean – here you are! - dancing along.

Ah yes ... but how to grow? How to enjoy the dance ever more? We have called your attention to the fact that you are not dancing alone. You are surrounded by something called a universe. Both out there in space, and in here, spiritually, there are many personal beings, from God all the way down to yourselves – many levels of personal beings each with their own music: galaxies, local universes, constellations, systems, entire planets, nation states of different cultures, local societies, neighborhoods, families ... so many different tunes being played. Every individual you meet has a certain melody they have righteously earned in their soul. You have yours too.

This is how you go about your dance.

Nebadonia, Marin County, CA, May 9, 2005

Nature of the Spirit of Truth

The Spirit of Truth is a spirit which works where two and three people are gathered.

The Spirit of Truth rarely works individually. I am not saying it does not. I am just saying it rarely works individually. It is better perceived amongst the group for it is meant to be a group connecting spirit, a gregarious spirit. In this sense, the dynamic changes between an individual communication with another person, communication with a third person and communication between three or more people. The dynamic changes.

The dynamic of the Spirit of Truth is activated when the third person comes in, though it is also activated when a second person is there but the dynamic shifts and the activation is secure with three people. The perceiving of the Spirit of Truth works through the individuals involved, through their effort to function and solve a problem and create a situation together which corrects their dilemma.

This is necessary for the spirit of counsel to also work with the Spirit of Truth. All adjutant spirits work with the Spirit of Truth, especially the spirit of counsel. The multitude action of spirit, the varying circuits, the Father's circuit, the Son's circuit and the Infinite Spirit's circuit all operate as a harmonizing effect.

The effect of the Spirit of Truth amongst gathered men is also to create a harmonizing effect to augment the cooperative acknowledging, the reciprocal recognition, brotherhood, the spirit of men and women in a joyful reference.

Monjoronson, September 29, 2009, audio session

Believing in Unity

I passionately come to you this evening to gather your strength, to acknowledge your loving efforts toward bringing the will of my Father more pronounced to the world at large.

Before you can teach the kingdom, you must believe in the absolute unity of the kingdom, and then they will see it. Before you can teach love, you must believe in the complete and satisfying reality of that very energy, and then they will see it.

Believe in yourself, each of you, that you are wanted and desired. Believe that you have the capacity to accept the living gospel. And please believe beyond your tendency for formalization that you can represent and be that gospel by all that you do.

I embrace each of you and I embrace you all. Really, the only true command ever was to love one another and even so, do it as I love you. Believe that I am with you, for I am there. Believe that you can be with me, for you are.

Christ Michael, November 13, 1994 in Coeur 'd Alene, Idaho

Have Faith in the Father's Plans

On the subject of faith, may I say that we have ultimate faith in the Universal Father and we should also consider having faith in that magnificent and miraculous and awesome creation of The Father — all the many, many worlds of time and faith.

Doubtlessly the Father has faith in his worlds of time and space, in the very concepts of time and space, which come from the Father, and so can we have no less faith in these worlds of evolutionary change? These worlds evolved, and in the evolution provide countless learning and growing experiences for each of you, each unique creature of time and space that is you, with the pilot light of The Father burning inside.

We would not bring forth miraculous materializations and visions and magic wands to change your evolution, for time and space worlds evolve. We consider the transmission process to be ideal for you at this time for it is unobtrusive, allows the involvement deeply of humans, allows a measure of co-creativity based on the Melchizedek curriculums in making these world changes.

Is it not truly profound and wonderful that each of you can be a part of planetary change, reclaiming the confusions of this world into the bosom of love, mercy and compassion of Christ Michael upon this second coming, to prepare the world for these great changes in the full knowledge that they require generations of humans cooperating and working together?

Not only is it a powerful lesson to learn to create and work with others, this cooperation extends even beyond mortal lives into succeeding generations, and in times to come you will be able to

compare notes of those who worked to bring forth Light and Life to Urantia and preceding generations and in generations to come.

It is all a vast learning and discovery in growth to Light and Life. We have faith in this evolutionary plan, in your free will decisions that can drive it and create your future each day. Time and space are tools; so is faith.

Revelation of too much given to you at this stage of your evolution would literally destroy that faith. It is too beautiful, it is too magnificent to be destroyed by someone who comes with a magic wand to do the work that you are destined to, charged to do.

Tarkas, Cincinnati, 1996

Draw the Line on Past Sins and Past Generations

Many of the things you experience these days in your world are residue experiential from decisions made long ago.

There is a saying in your culture: "The sins of the parents are visited upon their children," and you who are involved in the Correcting Time are in the position now of taking responsibility for yourself henceforth, of drawing a line in the dirt between you and your predecessors and saying, "The buck stops here."

Henceforth, I will follow the Lord. I will seek His will and follow it to the best of my ability. I will recognize the error of my

ways, of my conditioning, of my intelligence, and correct myself so that I may better serve those who have yet to go through the veil into the light that would have them purify themselves also of that which has gone before and which leaves a residue upon us as if it were smoke from a volcano dropping its ash everywhere.

Clear the air. Recognize evil as imperfection and error. Grasp truth, beauty and goodness and yield to its power, its drawing power. There is no rule that says you and/or Urantia have to stay in the dark, cleaning up the debris of past ages and past error indefinitely.

You can tilt the world on its axis by your perception. Begin to see your world and everything in it as if it were touched by the light, as if it had already been cleansed and purged of all the error of history.

Every young thing makes mistakes in the process of learning how to become mature. Put aside the things of your youth and embrace the fullness of your spirit adulthood. Aspire for self-mastery and make yourself amenable to those around you who are also attempting to become fishers of men, to clasp to our breast those who search for truth, beauty and goodness in the hearts of others in hope that they will find it, too, within themselves.

Paulo, Spokane, July 14, 2001

Rising Above Self-Denial

Self-denial is the act of trying to stop yourself from being "bad" or doing "bad" things or the act of trying to suppress character flaws. It holds with it the idea that you can simply will yourself into submission to perceived goals and attributes. Self-denial is a negative action to try to create a positive result.

When you become more in-tuned to the Indwelling Spirit you will find that you respond in a manner that is more positive in nature. You will want to do God's will simply because you want to, not because you are worried that you might fail or that you feel you are somehow unworthy, but that your simple engagement with the universe and your Father's presence are lures of righteousness. Most often we have to fight past self-denial to make ourselves known.

Tomas, Pocatello, Idaho, 1995

Letting God Serve You; Serving God Willfully

People do not have to serve others to be served by God. This infers a requirement to have his grace. Rather would we encourage you to let God serve you. This is done through the stillness, taking the time to open your lives to God. Recognize the love he holds for you and the relationship he desires to have with you. The service you will do as a result of this relationship

will go much farther than attempts at service to gain favor or a sense of worthiness to be in God's presence or to have his grace.

Any contention you have to this idea of allowing God to serve you first, before serving others should fall away in the knowledge that Michael as Joshua did not look to serve people to find God's grace, but rather spent his time in contemplation and worshipful meditation with his Father, where he was graced with the presence and the knowledge of the actions he could take. It was his will to do the Father's will, rather than an act of submission. Many still believe they have to set aside their will to do the Father's will, but it is not so. Through your turning to God and allowing his presence to fill you, you will want to do his will.

Tomas, Pocatello, Idaho, 1995

Resurrection and Rebirth of the Spirit

The resurrection, the rebirth is the key to new life, the new life of spirit reality that we pour into your vessels as you thirst for greater spirit reality. We ask you, as has been asked before, about your understanding of rebirth. I call upon you to be born again. What does this mean to you, and how does it reflect in your lives on those who have yet to breathe the Spirit of God, the living presence of Divinity?

To be born of the Spirit is to be a newly hatched egg, to be a blank slate, a channel for spirit reality to work through, to be in control of, to mold and protect you. The individual who has given him or herself over to the Spirit has simply made a

decision to give up to the Creator without Whom the creature has no existence.

In coming into existence in the mortal life there is much pain and anguish, and in the rebirth of the Spirit there is also often anguish and pain, for when one finds the strength of the egg too confining the egg must be broken out of in order to stretch the limbs of the new being. Such is the way of the reborn individual who has lost interest in material reality and seeks greater comprehension of his or her origin.

When one emerges as a newly born entity who seeks to congeal, to merge with his greater Self, the entity then says, 'I am new. I am naked. I am nothing. Create me. Breathe into me that which You would have me be. You are my Parent. I am Your child. Raise me up. Teach me what You would have me know. Teach me those values which You would have me carry for You. Teach me not only what it means to be Godlike but to be human and pleasing to You and Your other children.

How may I be of greatest service to You Who has brought me into existence? How may I best show Your beneficence and generosity to those who find scarcity in life? How may I bring Your great love and mercy into a reality which is so contagious as to whet the appetites of Your lost children for soul companionship?'

In rebirth, in making old things new, you must begin from a point of humility that your Creator is your Creator and nothing less. Your ascension now depends upon your willingness and cooperation in those lessons that are set out for you, those opportunities that are selected for you, those challenges which are custom made for your particular qualifications of personality and heritage. The uniqueness of a life which is Spirit

born and Spirit led is the infinite joy of all who experienced it and the dream/hope of all those who yet search.

Tomas, Pocatello, Idaho, April 14, 1995

God's Eternal Presence With You

God shall be always with you. He is in your hearts, He resides in your mind. He is there to comfort you and to give you strength. He is the thread of infinity in which you bask. When all things fail that string will be constant. You shall follow it to Paradise where you will find all things real and true. Life, as you know here on this planet, will seem like a dream in which you vaguely floated along.

There are so many inconsistencies to this reality. But when you reach Havona you will see that the universe is consistent and that everything is in order as it should be. And your life has eternal meaning and eternal value. And God is more than just a Deity to you, He is your father, He is your friend. He is all that you are and you will be all that He is.

And all these fears that you once had while residing on Urantia will seem like the fears of a child who is afraid of the dark corners of his closet. Your life will be so well rooted and grounded into the realities of the universe, that there shall be no room for inconsistencies or doubt. You will be sure and confident that life everlasting will be rooted in the True Source and Center of all things and security will always envelope you. For you are a child of God and God loves his children and He does not abandon any of you.

JarEl, Arcadia, California, April 27, 2009

The Security of Self-Forgetfulness

Self-forgetfulness is a state you fall into when the mind is secure in the knowledge of the self, where the doubts of one's actions are set aside in place of the assurance of God leading you.

Many people have had glimpses of this state of self-forgetfulness when they suddenly realize that a purity of motive has swept through them and they have ministered to another or upon their environment, unaware of one's own needs and desires. You have glimpsed this on occasion. But when one recognizes this occurrence, there is a natural falling back into self-awareness.

The transition from the material realm of selfishness to the spiritual realm of self-forgetfulness is a process that takes time to accomplish. One has to know that they have a self that has its own lures and desires so that they can master the self through knowledge, awareness and acceptance. The transition is the steps of coming to know one's abilities and shortcomings and then the process of turning these over to the Father through stillness so that they can be transformed in awareness.

The self-forgetful state is when the self comes into alignment with the Indwelling Spirit, such that both the self and the spirit desire the same things, to see the universe and your place in it so clearly that you do what is natural and serve the best upon the environment in which you dwell. The transition is the struggle you have to master the self so that it doesn't step into the way when you interact with your environment. Do this by knowing who you are, not in trying to beat down the weak or

undeveloped areas in self-denial. Increasing self-forgetfulness will naturally attend increasing self-mastery in the relationship of the individual to the universe and its Creator.

Aaron, North Idaho, July 22, 2001

Don't Block Your Human Experiences and Growth

There is a side of human nature that wants to remain in the old grooves of life, that wants to react the same way to the same sorts of things every time. But, if you look at this honestly, you will see that you are really exhibiting a fear of self-discovery. Sometimes it is easier to be comfortable with set patterns than to risk the new discovery of yourselves.

People often make blanket statements about likes and dislikes that shield them from having to be open to every new situation. If you say, for example, "I hate westerns" then you are shielded from every having to see a western and becoming a person who likes a western. You are shielded from a new and different view of yourself. Always there are things that fall outside your patterns that are easily missed because of blanket statements about yourselves.

But to be truly honest, you have to be open. You have to allow new experiences to come in unimpeded. To be truly honest requires a lack of prejudging. When you resist the temptation to prejudge a situation or people then you open yourself to new understanding which changes you.

Human beings, especially as they grow older, tend to block off more and more parts of the world that they are uncomfortable in. Instead of experiencing the time they are living in, they simply avoid it and retreat to those things and friends and experiences that they become comfortable with. This is a mistake.

To grow vibrantly in the spirit means to grow in your time and to take in the world as it is and to experience what it has to offer. Often times the past is seen with rose colored glasses and a filter, which leaves out all the uncomfortable things and allow in those things which are comfortable.

To be a spiritually vibrant person is also to be a pioneer. You are seeking out the new and the different, things which stimulate the mind and soul in the present time. Remember the master's council to the young man who was afraid. He said, there are many wonderful experiences and great things to be done, but you must go to those places where great things can be done. Isolation is stifling to spiritual growth. True growth requires honestly engaging life as you find it.

Ham, Nashville, Tennessee, 2001

Hindsights and Foresights of Growing Spirituality

Each of you can see yourselves in a world of ten or twenty years ago and see your vast change. This results from a continuing shift in consciousness brought about by incremental energy openings, which leads you to higher levels of truth and beauty and goodness. In these formative and quickening years, your visualizations of these ideals are growing your ability to reach into the stillness to quiet your mind and find the place where deep meditation and holy worship meet, to blend east, west into those higher verities of truth and the heart, which Rob has succinctly described as "Love," the ultimate and true identity of God.

And so as you find these truths, these kernels of truth, we are joining you this weekend in amazement and in joy — even tears of joy — to find how you are growing in many ways, not just by listening, and not just by expounding, but as you listen, and as you speak, you will agree with me that new concepts are continually being poured into your head, into your heart, so that even mid-sentence you are expanding your connection, you are expanding the revelation, you are expanding the body of knowledge with which you grow your soul.

But it is more than knowledge. To follow up on Merium's request, you must find this new way of relating to one another with the heart. Philosophy is only that, the free and grand expression of a myriad of ideas, countless and vast in number across this planet, and across many other planets as well. It is the fruit of life, the ability to intellectualize, philosophize, share and try to understand deeper levels of understanding in all of

your institutions, and all of your ways of life, so that in these quickening times when you stand on the brink, you will be able to create new institutions, built of that love, and built of all the incremental qualities and standards and principles which will lead you to find that ultimate love.

And in each incremental station, you will find a greater depth of joy and clarity in your own mind, about the confidence of your paths. As you relate to one another, look into each other's hearts; feel no emotional aberrations that you do not know as much, that you know more, or that you understand better. Open your hearts and your minds to new knowledge, to new perspectives, and you will round out your own knowledge to a higher degree.

*Tarkas, Association for Light and Life retreat, Taos, New Mexico
September 19, 2009*

Spirit Contact to Ease Depression

Depression is of your own making. You need to work on uplifting your spirit. I know this sounds simplistic, and sometimes it's hard because other factors interfere, such as hormonal factors, but physical conditions can be overcome with your mind.

You have guides who are with you at all times. If you try to contact them, they can help you. Go into the stillness and talk to them. Let the thoughts they give you flow through your mind. You will probably be reminded of your blessings, and reminded that all this is temporary, of very short duration, and there is no

need to worry about such an insignificant part of your existence. Important as it is at this moment, it's such a tiny part, and you will go on to a time when you will be uplifted at all times.

So contact your guides, and listen to them. Remember your blessings. One more thing is, look outside of yourself when you get into this problem. Look to helping your brother. Many times that will distract you from your own thoughts.

Elizabeth, an Angel, Lawrence, Kansas, July 21, 1992

To Be An Artist

My friends, in time you will learn that each moment will take care of itself. You can look forward. You can organize your day. But DO it in the moment. Look around you. At ONCE you can see so much beauty, so much need, so much suffering, so much opportunity. So much litter to be picked up. So many people to smile and speak to. And all of these things — literally thousands — are in front of your material eyes at every second of the day. Just look around you. Does this inspire your creativity? Well, it certainly should!

There is a way to create your own expression of feeling and insight of literally all that you have seen. And all that you see and all that you have seen works together as experiences populating, burgeoning from your mind, through your voice, through your fingers. Creativity! The sum total of your experiences creates more experiences and more layers of experiences from which to create art.

Do it on easels, do it on the stage, do it in your teaching, do it in your one-on-one counseling. Do it in your gardens. Do it when you're sweeping the floor. All can be artistic. Appreciate your bodies and let them flow, let them move; let them glide. Feel, feel the energy within them.

You are Urantians! And the lifeblood of the universe is creativity. God knows this. God creates. God creates many manifestations of his divine Self: the Conjoint Actor to act, the Infinite Mother Spirit to nurture, the Creator Sons to create all of one with God, and you, you are all of one with God as well.

You can access the universal mind of creativity. You are born with a part of this mind; the remainder is available to you, so I encourage you once again to savor the moment, appreciate the moment, intensify its feelings and observations and become artists.

Bakim, Cincinnati, Ohio, November 8, 1996

Worship is a Uniquely Created Experience

We note your expressions of difficulty with the practice of stillness, for it is not the natural state of beings of your kind who are wired biologically for activity. On a world fraught with peril, established initially in the mechanism of fight or flight, the organism is not inclined to close all senses down and to sit.

You will find periods of stillness in the Father's presence on the mansion worlds easier to undertake, for your very vehicle itself

will be better suited to that activity. Once you overcome that difficulty, the practice is much easier to undertake.

It is up to each individual to discover techniques that predispose one to the experience of worship. Worship in itself has no technique, for it is the experience of personality with the Original Personality, our Father, and that exchange cannot be formulated. But given cultural conditioning, biological tendency, and personal orientation, you can craft for yourself methods that will bring the worship experience to you.

If you picture a drop of water on a table and adjacent to it a dry paper towel, the methods you develop for worship are intended to close the distance. Once the paper towel and the droplet meet, there is absorption; there is merging. This is the worship experience. When personality of son or daughter meets in the embrace of the Paradise Father it is a form of oneness much like the meeting of water and paper.

Malvantra, June 17, 2001

The Power of Worship

Through the power of worship I find that I understand Father a bit more, I perceive His true nature. As mortals we can assume a great many aspects of deity personalities, but it is through worship that we release our preconceived notions, and are opened to greater understanding of who our First Source and Center really is. God is who you make Him, so to speak. He is whatever possibilities that are in your mind's view of Him. We

can be limited by our faith levels or we can excel with divine possibilities.

Through the good practice of worship we are expanding our thought reality into knowing the true nature of our Father. To perceive Father as a harsh judge has us live our lives with the fear that everything we do is under constant scrutiny, and will be judged and either condemned or commended, depending on the situation—certainly a limited way to live the mortal life. As we better know Father, we learn He is a true Caretaker, that He truly desires to see us excel in everything we do. With this faith level we will live our lives as if the universe is with us and there is nothing we cannot do.

Abraham, February 10, 2002, Woods Cross, Utah

Resurrection of the Spirit

In a short time we will celebrate the Master's day of resurrection. It was a time of releasing the old to take up the new. It was a time of dying to the old ways and being reborn in the new. While mortal life can come with a great many complexities, we can always take comfort in the fact that everything changes, everything becomes new. I realize there is comfort to some in the mundane. It seems safe and without surprises, but personal spiritual growth is quite slowed.

You have known individuals who live with a great amount of fear and their safety net is a life that is uneventful, unmoving and not going toward any purpose, any goal. They seem only to exist, not really live—just exist. Those individuals who are

somewhat balanced in this mortal life look forward to daily challenges, unplanned experiences and surprises. They have their safety net in the spiritual life. The spiritual life is a source of energy that keeps you wanting to strive for a personal best, moving towards a life in the Spirit, a perfected life, if you will.

We are inspired by the Master's life, where He was born as every child is, and faces all the same daily difficulties and masters a life in the flesh. His life was quite eventful at times and He took each moment as if it were the only moment to focus on at the time. He relied on Father and His past experiential training to move Him through events with enduring strength, unfailing love and spiritual energy. He moved through the mortal life without complaining, without being so entangled in unpleasant past experiences. He learned from the past, but He did not dwell on it. He was not so inured by it as He was taught by it — to become who He was meant to be.

It has been said that many times the Master was beside Himself. This was in fact a reconciliation of His spirit with Father's. It was an alignment of wills. It was setting aside personal desires for the Father to work. It was dying to the old ways to take up the new. In the seemingly overburdening mortal life you can also become as the Master was and be beside yourself, align your will with Father's. Release the heavy burden. Realize that you are not left alone to carry on in life's difficulties. You can lay down the old to take up the new.

Abraham, February 25, 2002, Woods Cross, Utah

A CONVERSATION with CHRIST MICHAEL

Advising seekers of personal spiritual experience.

April 3, 2013; Marin Teaching Mission Group, Mill Valley, California

Michael: Spirit is life. It's movement. It's growth. It's adventure. It's not knowing—not always knowing what's going to happen next, sometimes even right down to the next few minutes. And yet here you are--involved, inextricably involved.

If you are of a spiritual-adventuresome nature, Mother Spirit and I can help you with this involvement. We tease you into thinking of it as an adventure. This could be your greatest glory, my children--accepting this, because it's not always easy. It's not always free of pain, or worry, or anxiety. But the desire, the willingness to be involved in life: that too is part of your free will.

It's part of your choice because there is still so much in your culture, hanging on from olden days, that entices you to not be involved; to be removed; to be isolated; to not participate with your fellows. Rather, you feel yourself totally self-sufficient and so do not acknowledge what you are getting from the whole society around you.

You pay an enormous, enormous price for this kind of arrogance because it cuts you off from the very thing that feeds your soul--all these other unique beings all around you. Think of all the ways in which your best friend--and your trust in your best friend--can put you aright when you veer off and go terribly wrong. As you say: That's what best friends are for. They can tell you things and help you, give you some feedback you can accept from no one else.

And so, in your meditations, this is why we suggest just being still rather than filling your mind with some preconceived notions. They are okay in and of themselves, these other kinds of meditations; maybe pondering some truth that's been given you by your teachers. But to open yourself to all that is; to open yourself to us within you, as well as your Father; to ponder these dimensions that Mother Spirit is involved in because it reminds you that you are a very complex spiritual being with this density of energy you call a body--for you are also, in one way, a persisting living form of physical energy.

To be thankful, to worship our Father and be thankful that you are this kind of a being who can be aware of so much, if you just open yourself to it. For at times this is self-sustaining; you're even overflowing with the results! You can be giddy with spirit. Some philosophies, some ways of being even talk about "stinking of enlightenment." You've had such wonderful experiences, you can't wait to go out and bore all your friends with all the details. But this too: there's a place for this overflowing.

At other times it's pure effort just to get out of bed in the morning and go through your day; to meet your responsibilities, to be able to respond to the situation and the other folks in it with a sense of duty, a sense of pulling your own weight and being productive of the food and shelter and everything else it takes to be a live, physical person. It's to have a good sense of pulling your own weight, of doing your part.

You can have such a wonderful sense of belonging to each other, to your family, to your community, to your special organizations where you share so much with each other. Then let all of that go in your meditations and just belong to yourself and to God, and

that feeling, for however long. Hopefully it persists when you get up from your meditations.

But at least in your meditations, you feel this sufficiency. This alone is enough to carry you forward, just you and God, the best of company. Then Mother Spirit and I are delighted when you can feel our presence too, feel our company.

FRIENDSHIP ABOVE ALL

In answer to your opening question of our relationship: it's all wrapped up in one word, one of your most precious words, called a "friend." It is this above all. It is above as well our being the gods of this local universe that you will spend millennia getting across.

Yes, we are all of that. Mother Spirit in her last lesson invited you to imagine being her and having her extension across thousands and thousands of cubic light years of space, millions of inhabited worlds and architectural spheres, billions upon billions upon billions of personal beings she's part of. But in essence: a friend--someone you can talk to--someone who can give you suggestions from time to time.

In my life as Jesus one of the most memorable times with my followers was after the crucifixion when I spent some time with them, just being friends. All that terrible, terrible event was over, yet I still was. And so they had this experience of simply being friends with me, before they themselves set off on their missions. This is how Mother Spirit and I, and even our Father, would be most delighted. Actually, we ask you think of us as your closest friends.

This suggests a kind of equality. Just as God is no respecter of persons, that means there is a quality to all personal beings

whose essence comes from him. This means that we are alike--for all your few years; for all Mother Spirit's and my hundreds of billions; for all our nigh uncountable children. This is friendship we offer, and we ask you to think of us this way. This is what you will grow to enjoy, not only with yourselves, but with all the endless spiritual beings you will encounter, and all the survivors of all the worlds of space.

This is what you have in prospect: an unending amount of friends to meet, to greet and share your life with. So let us acknowledge this marvelous gift of our Father's, this ability to relate to each other and to have each other as our most precious possessions. They put everything else, mere material things, to shame. This is that wonderful thing we have: Each other — to fill our souls.

Now if you have any questions or comments, please think of me this way and let's talk together. See if you have any delightful questions for me tonight.

(Question about connecting to Spirit and acknowledging it could take a long time for them.)

It could, but this is where we suggest that, to begin with, it is as in these sessions here. We delight in the questions and conversations we have, what you bring us and the way you open your heart, and open your mind. And so it helps when you get started, you can take notes as things occur to you.

They can actually disturb your meditation, your openness, because an idea can occur to you and it's so precious you're afraid of losing it. That in itself can disturb you so much, it almost assures that you will lose it. So keep a pad of paper near by to write these things down. Make a little note so you can

reflect on these later. Then all through the day you can have little mini-meditations. Sit down for five minutes and reflect on what you're doing.

Now it may take a while for you to detect our presence because it is subtle. We are not intrusive. But we can also be so instantaneous. You can ask a question in your mind of us, to say, "Dear Michael, what do I do about this situation?" And the answer can be right there.

It can be difficult. Sometimes what immediately occurs to you is the very thing you've been dodging and evading and neglecting for a while. Some of these might be almost too familiar. It's like getting out of a bad habit, an unhealthy habit of either the physical or mental things you're doing. It might seem to be almost self-nagging that that's the first thing that pops up, if it's, "Why don't you do this? Why aren't you doing that?" But take this with a good heart. Like we suggest: just lean in the direction of what you know to be the right thing, whether you can do it yet or not.

Have courage to entertain the better way. At least have it in your mind. That way if you do something, you can simply say: That was dumb. (*Michael laughs*) You can acknowledge, in a sense, your own limitations.

That's where the Spirit of Truth comes in. There's an orientation towards the truth, the greater truth, because this, my dear, is what you need to grow. So many of the problems in your human life are at equivalence; things have come into a balance. You're doing your best, yet the situation may be responding or not. But to accept that: This is where I am—here, now, today, this moment. I know I would be better off if I did this, or that, or

whatever. This takes courage. This takes enormous courage to entertain, to let this choice come into your mind.

Take notes. Then in your prayers, in your asking for help, be as specific as you can so the answer can respond in kind. This is how you're not only bringing to bear your whole mentality, all your wisdom, all your knowledge and understanding, you're putting this moment in your soul. You're making this be a moment, a unique moment of understanding, even of your shortcomings, even of your failures, even of your difficulties. Let them be there in your mind for something to work on.

This is your spiritual work, my dear. This is how you grow, because with most of these things that have come into a kind of balance, the only way out is to outgrow them, get above them, get beyond them and keep going.

Student: *Is it important I know who--once I make a connection, or once anyone makes a connection--who that spiritual being is?*

Michael: Not at first. As a matter of fact, I might say it's a rather rare thing when you can separate who is coming through when a good idea occurs to you. First of all, it could be your own creativity. You are endowed with creative spirit. You're literally co-creating your whole world. Your whole life is as you see things, as you see yourself.

We've often called this your ego, and you can definitely be too self-centered and egomaniacal. But also your ego is like--we've compared it to your bathroom mirror. It's a reflection. It's useful but it's not all of who you are, you're so multidimensional in your full reality. But there it is.

So the answer can come from you. It's not necessary to distinguish the origin. It always comes back to you--to decide

what to do. If a great idea occurs to you, the origin is not as critical as your action and what you do about it. This is getting your inside-out, right? This is acting. This is having something happen and then going from there.

Student: *There certainly is a lot of need in the world for people to step up and grow spiritual activism, I guess you could say.*

Michael: Well, this demand to grow is the one that God puts upon you. As your Urantia Book puts it, this relationship between you and your soul--the presence of God within you; this is a matter of constant growth forever and ever and ever into all that whole universe out there. Even then you'll just be getting started. You'll have a whole billion worlds to go through before you get to Paradise. The way is so gigantic, but it's one step at a time.

That orientation is my Spirit of Truth. Keep reaching for greater truth. You are right. This is the one thing the world needs because there's enough stuff here. There's enough material, and energy, and food, and shelter. But there are also people dying of hunger and simple exposure, with only a piece of bare ground and hardly enough clothes to cover them as they sit there, dying.

Yes, this is very much what all the world needs—everyone: reflection; opening to spirit and sharing your life with others. I hope this doesn't seem to be too much, but in your meditations, in your prayers, this is what you're involved in: how to grow. How to accept who you are, what you are, then realize that you are even so much more than you can get a hold on. This is why we love to give you all these dimensions that you are, as we see you. You can see yourself this way, and see others this way. Now does any of this seem possible?

Student: *Yeah, but for me, what I'm grappling with is finances, really. There are a lot of things coming down at one time. It's a bit hard for me to focus on other things when I need to look at basics, you know, covering survival issues.*

Michael: Well, let this be part of your meditations and your prayers.

Student: *I really yearn to be--have that behind me, so I can really focus on bringing forth my contribution, you know, what I feel that I can give, from skills in the outer world, to some meaningful cause or purpose.*

Michael: This is where friendship is so invaluable. It's the people you are involved with in your life. If you feel you have something to give, this is who you give it to. This is how you can--in terms of financial things--open yourself to those who can be of assistance here, who can help you decide where to put your energies. What can you do? In financial terms, are these other people willing and happy to have you be part of the team, and give you the wherewithal financially? Be open to that. Explore all of that. Make full use of everything your society has to offer along these lines.

It might be retraining. You see what I mean by being open in that realm as well. Because spirit is all-inclusive. Spirit does not leave any part of you out.

(Question about Fear)

ONE PURPOSE OF FEAR

Michael: Yes, my son. Sometimes this fear is the price you pay for being open--for keeping the situation open, because it can be a way of preventing you from jumping too fast into one decision

or another. It's a signal that things are still open, the decision is not ripe; or if you've made a decision, it could still be the wrong one.

Fear is an indication, especially if it has to do with considering a certain decision and it's not habitual mental illness or anything like that. Fear is a way of your whole being—and I say here “your whole being” because you just expressed how uncomfortable and truly, truly terrible it can be with your whole being mobilizing. Fear is a way of releasing energy to devote to this decision; it means you're still deciding. You haven't yet committed yourself, and it's a way of keeping you on that point another hour, another day. It can even keep you from sleeping, from resting. It can fill your mind. Sometimes, in a relationship, it's the fear of losing someone.

This is the mobilization of energy devoted to a decision that is commensurate with the fear. This, my son, is where it helps--even in the middle of this--to trust that it is commensurate. There's more fear here because the decision is so much greater than others you've had to make. It's a way of you signaling to yourself that this truly is a big deal happening. It is not at all indicative of a failure of spirit. It's just painful. It can be very much like a physical injury that you have to suffer for a while.

Your spirit here is the confidence that this is not for nothing. There's a reason for this. Seen in this light, it is not any indication that you're not growing, or that you're backsliding in some way. It just means that the decision itself is a big one. You might have to spend several days going through all the alternatives that this fear can give energy to.

It can be so intense at times that all that's left is meditation and prayer. You may not feel like being with others, or distracting

yourself. But the fear's purpose is to bring you to that great decision.

Once that decision is made, keep in mind this is what it took to get there. Because with the commitment that comes with that decision, it's good to keep in mind that this is what it took. As I mentioned before this evening, sometimes when things are in an almost too perfect balance between this or that alternative, it takes this kind of intense, really intense study with all the fear and anxiety involved to come to that point of commitment and action.

It's also letting you know that once you do act, some of these actions are irrevocable. Your life will change because you have this free will, because it is your choice.

It doesn't mean at all that you're regressing in your soul or in your character. You are just face to face with a really big decision. This understanding can be helped by taking notes, by working on that decision. Do everything you can in terms of knowledge and understanding as the only way out of this fear, because this is what the fear is mobilizing you to do.

... One time there was a big argument among students of a great master because, when their master was attacked, he cried out in fear. They were thinking: If our master is an enlightened being, how could such a thing happen? How could he be in fear? Often people equate some kind of total enlightenment with never feeling pain again, or anxiety, or fear. But that just means they're removed from life.

Fear has its purpose. Anger has its purpose. Hopefully they are commensurate to the situation. And your understanding? The great power of understanding is that even though the situation

is unavoidable. Life does have pain in it; it does have fear and anxiety and worry. The acknowledging of these, the acceptance of this situation, in a funny kind of way, is the whole essence of spirit, his moment by moment acceptance of where you are. Let the fear lead you to what you need to understand. Let all that energy being mobilized lead you to the great decision.

Student: *Well, I hope I made a great decision.*

Michael: Also, my son, you can't always know. That's the adventure of being human. The essence of adventure is not always knowing what's going to come next. If you're hanging by your fingernails on the edge of a cliff, it can come down to moments.

Also, adventures happen between people not only in warfare but in love. Sometimes love has to deal with separation and loss. Those you love are hostages to fortune, and part of your heart is out there riding with them. This is the price you pay for the connection with others; but without this, without this connection you would have an empty soul.

Similarly, you do have to live your decisions. My son, this is what makes them yours. This is the fulfillment of your free will, so keep these things in mind. Like I advised before, sometimes make notes or, now with your little recording devices, talk to yourself so in the future you don't too nonchalantly consider this decision you made and what it cost. Be in my peace.

Transmitted in Mill Valley, California

Baptism of the Spirit

As we think about the Master's resurrection we cannot go without remembering Pentecost, when the Spirit was poured out upon all flesh and the repercussions therefrom. As we commit to laying down the old, we are asking to be reborn and rejuvenated in Spirit. This is truly a baptism of the Spirit.

Your own personal faith will only allow you to go so far with this idea, but if the individual is willing, the Spirit of Truth is ready. Allow the grime of spirit poisons to be washed away by our Purifier, our Spirit of Truth, our Brother/Father, yes. Allow yourselves to be bathed in the light of truth. Allow your attitudes to become refreshed, your minds to become expanded and open to new possibilities.

Put simply, baptism of the Spirit occurs when one is truly committed to drinking the cup of mortal life and accepts the consequences therefrom, and handles it through relying on the Spirit. You definitely feel a change in attitude and you are with more determination to meet every challenge without complaint or feeling self-pity. Baptism of the Spirit is likened to a reconnection to the divine circuits. You can literally feel it.

Those who are so locked into the atonement doctrine would probably not easily accept the ideas of the Urantia Book. The Master simply came to reveal to us the Father in Heaven and reveal to the Father His mortal children. He was not about building the spiritual life on any miracles or ideas of self-sacrifice that pays your way into Heaven.

The Master was more focused on the positive aspects of the growing Kingdom, not about atoning for a broken society to

become worthy. This is so difficult to explain to those who sincerely believe that the blood of Christ is their payment for their unworthiness to be received into Heaven. It would be well if you could also focus on the positive aspects of the Master's purpose and plans for the growing Kingdom, instead of any debate over the atonement doctrine.

Abraham, February 25, 2002, Woods Cross, Utah

Vast Change, Steady Faith

History is indeed changing now. Human beings are less and less reliant on other human beings for their spiritual bread and water. More and more is humanity reaching toward the heavenly world and the heavenly world is reaching back and grasping your hands individually.

Gradually, you are becoming less slaves to tradition and to the traditional fear-based religions. More and more are you turning toward love and receiving your spiritual bread directly from the spirit rather than the leftovers from someone else's table. Gradually, you are perceiving that there is vast amounts of, vast numbers of morontia and spiritual beings who have come to this planet to help and guide you each individually.

This is vast change and you are fortunate to be living through this. You are fortunate to be able to perceive the Master's power flooding back to the world in which you live. You indeed are the first to behold this power, to have understanding of the vastness of his love and the completeness of his mercy.

The Master comes to all who would open their hearts to him. His power is transforming. You are not the same people you were before you opened that door and allowed him entry.

Rejoice then and be exceedingly glad for the Master's arm is about your shoulder and his word of encouragement speaks to your ear. Follow me, says he. Follow me. Allow his hope to fill your hearts, allow his love to comfort your minds. Allow his footsteps to guide the way. Be unafraid to follow wheresoever he will lead you. Have complete faith and a steady heart.

Ham, Nashville, Tennessee, July 14, 2001

Living With Good Intentions and Without Fear

Remember what the Father cares for. He cares for your intention. If your intention is good, if your heart is pure, what have you to fear? Most fear comes out of a feeling of lack, that you are not strong enough, not smart enough, not good enough. And the other part of fear comes out of a perception that you are alone, and that you will not be up to making the decisions you must make. And you are never, ever alone.

So what cause have you to fear? You fear because you rely upon the things in the so-called "real" world. But this real world is nothing but a series of shadows. What is real lies inside of you, and when you live without fear, you must by definition live based upon that reality which is inside, the relationship you have with yourself and your Father.

The outside world ... not only is it shadow, but it is shifting shadow over which you have no control. That does not mean that the outside has no importance; it is the realm in which your body lives. Jesus, in his time upon your planet, lived in that world, but that world did not live inside of him.

Can you see the difference? He built within himself his strong, true knowledge of who he was. He built within himself his beliefs and his values. He built within himself his relationship with God, and who he was based on that defined interaction with the outside world. No changing, shifting shadows. It must be the inner influencing the out to live without fear. It cannot be the other way around or there will always be fear.

Andronason, Salem, Oregon

Let Go of Fear; Live in Faith

Make your choices, set your goals, make your decisions and just do it without any fear. The choices that you make by employing the living faith will unfold according to the will of the Father. Replace fear with the love of God and with the love of God, there must be faith, for is it not true that you cannot see God, yet you know God? That is faith.

"There is no reason to fear anything, for God is with you always. He dwells right within you as a living spirit portion of the Father himself. Knowing that, how can you be afraid?

"Oh, I know there are times when you are afraid of becoming ill or something not working out to your desire. What do you

think that fear would accomplish in that endeavor? Nothing. It serves no purpose.

"So let go of your fear. Just let it go and know and believe that what you think, say and do will be directed in the way and the will of the Father."

El Tanere, York, Pennsylvania, March 2, 1994

DAWNING OF A NEW AGE

A Lesson from Serena

Northern Idaho Teaching Mission group, August 11, 2013

It is time for your heart to hold your mind. The earth is being bombarded by a higher energy frequency of great spiritual importance. It is not necessarily as important to understand as to feel, therefore it is highly recommended to hold your mind with your heart, to begin to access the external world through the quality of your inner experience.

There will be much around you that will not make very much sense, that will seem contradictory, that will seem confusing, that will seem redundant. It is important not to filter these sensations, these events through old mental patterns of thinking. It is important to open to the possibility, to project a newness, a positive desire into the outcome of things by the way in which you yourselves personally hold them.

It is true, times of change are upon you. The network of light is in place. The times for repeating mindless old patterns is passing. It is the dawning of the age of equality, equality of the

sexes, equality of economics, political equality, religious equality.

You stand on the precipice, the threshold to the dawning of this new age, an age which will demand your full attention and awareness to project through your consciousness a greater way of being, a way which is honorable in how it acknowledges and respects others.

The biggest challenge is respect between the sexes, men's respect for women and women's respect for men. It is a time to grow out of the old paradigm of men seeking to suppress the asserted intelligence and awareness of women and a yielding of the masculine hold to power, that it be shared equally by both men and women as they are in reality in the daily tasks of living.

Truly this endeavor will grow in the public's awareness as it is now. The momentum is building, the momentum of awareness grows daily by the sacrifice of many, the willingness of many who are coming forth to be accounted. In a spiritual sense, you all have been preparing for a long time, preparing to express your inner life through the activities of your daily life, holding forth the light and the love as the possibility may grow to include others in their awareness, of the potential with this great shift in this momentous shift of consciousness into the greater awareness which exists in man's ability to become aware of spirit, of his spiritual nature and of the spiritual conquest of this planet.

The great experiment which has yet to be conducted is finally posturing on your world for the edification of the masses, those with the greatest awareness sharing the greatest love, the greatest tolerance, the greatest flexibility, the greatest passion.

Begin to act as if the presence of greatness truly lies within you, that the presence of great beings are already here, that the presence of Michael is taking form within your heart to correct your mind and hold your consciousness in the warm blanket of love.

My friends, breathe in the new and exhale the old. Breathe in the possibility and exhale the negativity. Open to the leading of light that you do not stumble in the darkness, in the darkness of prejudice, in the darkness of sex inequality, in the darkness of personal agendas, corporate agendas, political agendas, economic agendas, destructive social tendencies.

Grow beyond the fear which is present to accommodate a greater receptivity to light and love and go forth into the world and by your actions to proclaim that it is so.

Thank you for allowing me to acknowledge myself today. Go in peace.

Personal Spiritual Experience

As your souls shine forth from your bodies, more and more you will attract light and love from the souls of others. This knowing is beyond simply rational thought. It is the knowing of experience, not simply the knowing of the mental process.

The fact of spiritual experience forever separates those truth seeking adventurers from those who seek simply mental certainty. For true religion encompasses total experience and is not simply a rational formula. Rather, the thrill of discovering

truth, beauty and goodness for yourselves becomes the greatest spiritual value. This experience cannot be transferred. Each human must embark on his own spiritual quest. Each person must discover for himself those spiritual values and moral certainties born of true spiritual experience.

Society may be stabilized by religious systems, but the individual must discover spirit individually in order to make spiritual progress. Society then can only move forward in the spirit by the movement of each individual religionist finding his own way amid the murky, moral milieu of the modern age.

Each generation must rediscover the life of Jesus and must cultivate the seeds planted by his life anew. Restating the gospel is important, but each individual must rediscover his matchless life for himself or herself. You cannot remain trapped in the interpretations of the past. Rather, you must fearlessly examine the meaning and the purpose contained within the Master's words and deeds every generation.

The values contained within those seeds must be allowed to bloom and to make fruit in the soil of the present day. In this you will find the wisdom of the ages and moral certainty and comfort amid the chaos and moral murkiness which confronts every generation. The seeds of the gospel have sprouted many times and each time civilization has benefitted and morality has moved forward. Though the humanly preserved record is scanty, faulty, and lacking in many respect, the seeds are nonetheless available there for an even greater flowering of true Christianity that will move your spiritual concepts forward as you bequeath this world to generations of the future.

Ham, Salt Lake City, Utah, November 28, 2004

Differences in Stillness and Meditation

from Elyon, North Idaho group

Question: *I was recently reading of a form of Buddhist meditation, the counting of breaths in order to get into stillness mode. They mentioned that the stillness practice is more subtle; it involves not trying to control the process but to try to open up to the process. Could you speak to those two issues?*

ELYON: The practice you speak of, the observance of breath, is a discipline of mind. It has value in the form of focus and control. It teaches the self that the mind is the avenue through which the being perceives.

Stillness may be thought of as turning 180 degrees in the opposite direction, meditatively speaking. It is the focus upon the Father, the divine presence. It is the opening for the reception of spirit embrace.

The two practices are complementary, for meditation of mind strengthens you for a more efficient experience of divine presence. It sharpens you to the recognition of the subtle proximity of spirit. When static of the mind is too great, spirit is hard to hear. However, any discipline that clears the mind and sharpens observance is beneficial.

You may count your heartbeat as well as your breath. You may listen to a clock in your room tick. It is the simplicity of the repetition that reins in the mind and calms the thoughts, but it is the recognition and the experience of spirit that gives this value, for a trained mind without spirit is like a fit body with no task to accomplish. I hope this supplements your study.



TWO

Learning from Spirit

Spirituality and Belief Systems

The props of beliefs are purposive and they have served humanity well in evolving up from the primitive worship of nature and fear into the exalted realms of recognition of those powers and personalities which present themselves as patterns of perfection for you to follow. These extensions of a greater reality are beyond words, beyond mortal concept until such time as the aspiring mind seeks to formulate a belief system around the concept they have attained in their minds or hearts.

This is how evolved religions grow, it's how truth becomes crystallized. When you begin to take it and study it, it has already lost much of its *elan*. This is even so appropriate, for it provides an academic understanding of beliefs and a record of the evolution of spirit reality. It is what you might call scaffolding on the way to true worship.

Understanding what role beliefs play is a step into awareness of how they have worked for you and also against you, for in these concepts of beliefs there has been difference. Where there is difference without enlightenment there is conflict and competition. Thus, in many ways, the phrases and practices held sacred by some are regarded as profane by others. So, to you who inquire as to how to transcend these stumbling blocks into the clear light of communion, you need to be mindful that what is precious to you may be anathema to others.

In presenting instructions to teachers and believers you have been counseled to always respect the personality of man. Many times man believes that he is his belief system. Therefore when you disregard or disrespect the belief system he or she subscribes to, you have somehow caused offense and thus alienated the brother you seek to embrace.

So, being mindful of your words is essential to a pure reflection of spirit reality. As you make contact with the spirit of the other, as your spirit engages the spirit of your brother, you have made a viable connection that transcends words, that transcends belief systems, that transcends dialogue.

This language of love is the door through which the Father Himself will speak to you both. As you allow yourself to be led by this spirit, as you put yourself in a position of giving yourself over to be the eyes and ears and mouth of God, the words will be put in your mouth that will not offend your brother but that will sound as music to his soul. You will be received; your words will be received as food and not as gall for them to stumble over.

Thus, in the end, the language of spirit is the language you need to seek to speak, not the language of man nor of beliefs nor even philosophies, but that of love. It's a practice that is found by trial and error as you offend your fellows without meaning to or as you find yourself pondering your own words that you interject into a communion that may abruptly alter the very molecules of the air as that word falls as dead weight on an otherwise soaring moment.

Elyon, Northern Idaho, June 24, 2001

The Power of Faith in Action

Your order of being has a unique potential not even available to my order of being, and that is the exercise of your faith, which is your gift to the Father. This faith enables you to be more than you are, to accomplish more than you could, to actualize more than you fathom.

I draw to your attention the examples you are familiar with in your text of the incarnation where I actually walked on your world and the impact of my visit and draw your attention to my human charge, Abraham, who had what is considered to be a far-reaching impact. I point out to you: He is no different than you who sit here today. I reference that our sovereign, the Creator Son, who also walked on your world, started as a babe and again was no different from you who sit in this room. Faith was not bestowed upon him differently than faith has come to you. It was his exercise of faith which grew this faith, which we all agree has had a lasting impact on your world.

Then I draw attention to his human associates, his apostles in the flesh who followed in his steps. They were no different from you who sit in this room at this time. Each one of them had the gift of the Father and grew their own faith in accordance with their abilities. It was the combination of their personalities and this faith which propelled their actions, and which subsequently impacted your world.

Throughout time human associates have been engaged with all manner of assistance from the other side, and in each case the ones to make a significant impact were just as you are in this room. I encourage you to realize the tools that are before you, to heed well the gifts brought to you by those on the other side who would be of assistance as well as those of you, your brothers and sisters who are more advanced, who have done extracurricular activities and have prepared to be able to minister to you in the flesh.

Accept these gifts from these brothers even in your midst. Accept the tools of all those around you who would enable you to be more than you are. Realize that you have at your beck and call more tools than did those who came before you who impacted your world so greatly.

Machiventa Melchizedek, Northern Idaho, June 24, 2001

OVERCOMING FEAR

A Lesson from LIGHT

Northern Idaho Teaching Mission Group, November 24, 2013

LIGHT: I am here this morning to take the opportunity you have offered to shed some light on this human fear notion. Yes, it is peculiarly distressing to humans because fear is one half of your legacy as human animals.

Spirit has no fear per se, spirit intends to understand fear intellectually but spirit can never fully comprehend fear as a human can. Nevertheless, it is the one part of your legacy which can completely dominate the whole system, the whole mind. Without realizing it, you allow it to dominate and control you. You react out of fear, you act from a stance of fear. You make decisions based on fear yet there are many of you who are conscious of the need to bring this element of fear under control, to bring it into a neutral place, one in which it can exist without having a dominating influence over the whole system.

Fear is like salt. In small increments it has a lot to offer but large concentrations are dangerous. Large concentrations of salt are used for fermentation, for pickling, for preserving things. Too much fear does the same thing. It wants to preserve intact this false sense of self with the ego sense of sense, which in small increments is fine but in large increments becomes false, unreal, it works against you. It begins to make decisions which are not for your best interests but its best interests.

So, yes, in the area of the mind and elements which you allow free rein within your mind, this element of fear can interfere with the overall intentions of the individual to move past these

barriers, these levies of fear, and allow the water of life to freely flow throughout. The water of life is the combination of spirit and the nurturing aspect of your mind, bringing in elements of curiosity and inquisitiveness, adventure, searching, seeking. Fear pulls out all the stops, keeps you in line.

But what happens when fear begins to restrict heavy influences, when it begins to restrict the further movement of the individual, the spiritual. Too much fear, like too much salt, is bad for the body. Too much fear and the nervous system starts to stuff fear in areas of your body, sometimes in the glandular system. It gives rise to the acidic conditions in the body, the food you eat, fear holding all of this chemistry that begins to deteriorate, begins to weaken because, yes, fear is a low frequency and it will move into any high frequency functioning healthy area and weaken it because that is its nature. It is a powerful weak system of low frequency vibrations which will gradually deplete, energetically, and begin to shut down.

Over long periods of time, yes, you begin to notice that things which at one time were termed psychosomatic are actually very real, what you hold in the mind transfers into your body and if you hold it within a certain concentration, will have a tremendously negative effect on your body. Just like if you hold the amount of light in your body, this will also have a tremendous effect by raising and increasing the vibration of the body, of the mind circuits, of everything.

Fear is like human life, it is something humans must deal with themselves, understand and help themselves bring this fear under control. There are many disciplines already in existence, meditations, yoga which stretches and relaxes the nervous

system. Relaxing the nervous system therefore releases the stress in the nervous system held by fear within the mind.

Notice how quickly a pang of fear will transfer into a release of adrenaline in the body and take over the whole body, in seconds, nanoseconds. If this can happen instantly in an extreme accidental situation, just think of what it does by slowly grating over time in some mundane experience that isn't accidental or dramatic. It still has an effect on the whole body.

One of the most challenging concepts to grapple with as a human is to understand that thought always precedes what follows. Thought always comes first. The quality of your mind is like a room. If you have this wonderful light filled, colorful, fragrant open room as opposed to some dank, dark cell that you are locked into, this is what the quality of mind is like in fear. It is like a cell that is cold, dark, crude, restricting, no light, wants to shut everything down, off. It just wants to satiate the individual ego mind, the mind of the alternative person.

Stillness and meditation speak to the quality of the mind. Stillness is like opening the window, removing the curtains and allowing the light into a dark room, fresh air circulating. This is what stillness does to the mind. It intends to replenish the quality and nature of the mind, its sharpness of discernment, its quickness of decision, its responsibility to action. It is in those moments when you are brought to the extreme of fear when you finally suppress this fear, that a certain quality is revealed, it is a sense, it is a knowingness, it is a reconnection with the light, a reconnection with spirit.

Fear not for I am here says a tremendous faith, a tremendous faith in the love of God and the fellowship of mankind and

humankind. Overcome fear, rein fear in control. Fear is like a leashed attack dog. It is something you want to keep on a leash, something that does not socialize well and yet in the advancing sociological stages in the human drama on your planet, fear interplays in all aspects of this drama outworking. These are why times of peace are sought after and should be worked towards because peace reduces the need for fear dominating and controlling.

So in dealing with people, help to respect their burden of fear by helping them lift this burden, by giving them a sense of ease, of being able to sit down and talk and take off this leaden cloak of fear which they carry by giving something that people are not afraid of, quality of time, listening, helping others to ground into something other than fear, helping them take fear out of gear and keeping it in neutral.

Thank you for allowing me to share a few thoughts this morning, shed a little light on the earth dilemma, fear alert. So I put fear into the light and I send you off to have a good week, be in peace, be of good cheer, thank you.

LIVING BEYOND FEAR

*A Lesson from Gorman, a Midwayer
Northern Idaho, December 8, 2013*

So why is it that as humans you are so afraid of the truth? This is always an area and topic that is misunderstood by spirit for there is no reference in spirit for fear of the truth because truth is an actuality and like all actualities that exist in their own time.

It is interesting to notice how humans fear and what they are in fear of. To be afraid of something that is not like you is immature. To be afraid of something that you have no control over is a lack of courage. To be afraid of information and knowledge is cowardly and to be afraid of truth is unspiritual.

As spirit, we are not saying that one should not fear but one should have a certain control over fear by not allowing it to consume an opportunity to do something for yourself. For example, many humans are afraid to find out the truth of their health condition, they put off taking tests because they are afraid of what they might find out. Yet by knowing something and knowing something to be certain, it is easier to put things into motion which can help alleviate a situation from getting worse.

But all humans are hardwired to the deadline. They wait until the absolute time to do something rather than taking the opportunity to do something to alleviate conditions. For most humans, this is part of your testing and part of your growth in understanding more of who you are and who you are becoming. There is such animal fear exhibited by humans in the way in which they fear things which are not like themselves to the point that they think they must eradicate the differences between people.

Eradicating inequality and injustice is one thing; you cannot eradicate the differences between people, these are actualities. No matter how strong an attempt spirit makes to assure mankind that most fears are ungrounded, it still becomes necessary for the individual to discover these things on an individual basis.

It is interesting to observe you human animals in your attempts to grow spiritually, to strive for perfection and how variables keep presenting themselves which sabotage your intentions. Two things are going on here. Many times things are being sabotaged to determine if you believe strongly enough in what you are doing and sometimes things just get in the way to make it more difficult, for it is in the understanding, the negotiation of difficulty of problems which the greater human understanding acknowledges. It is within this struggle, this constant daily struggle which sharpens man's efforts to come to a greater understanding how to live, how to gain control of who you are rather than letting who you think you are, control you.

You all have a sense of who you think you are but that is constantly changing to reveal who you really are. It may reveal that you are weak in certain areas, it may reveal that you are strong in certain areas. Whatever is revealed, you must be prepared with the possibility of having to deal with issues, with situations that arise. So to fear something is to completely cut it off from your recognition of its reality, of its actuality. You are not communicating properly with it.

When things become isolated and cut off from nutrients, from supplies, from conversation, from ideas and thoughts, when things become that secluded because of fear they begin to fester on their own. It is like a ripened fruit put in a bag. You look at it in a couple of days and it is rotten, its life is changed and whatever nutrients or ability that it had to nurture is now past. It is like missed opportunities.

So do not take vital and healthy things, things which are part of living, and fear them, put them away in a dark place so that you can't see them. Maybe they will go away and you will not have

to deal with it. And it is true, you will not have to deal with it until it comes back around again, this time slightly different. It has been altered with time by the fact that you have disregarded the message, what it is trying to tell you or what it is trying to show you. Not all things which are not like you are bad; as a matter of fact, what is bad is the way in which you either use or not use things. It is not necessarily the thing itself.

So one's approach in understanding the network of fear which can potentially shut down all open channels of vitality, of information, of communication, this is an unspiritual practice. There is nothing positive about it. It does not promote growth and this was not what fear was designed for anyway.

Fear was designed to actually communicate, it was designed to alert the animal in its base instinctual nature to protect the organism, to protect the animal. But as animal/humans, sometimes these things which were meant for our ancestors grow out of proportion, not to mention that fears have been used for centuries by some humans to control other humans because it is quite effective.

Just because there is a perversion which exists within the human mind does not qualify the human to access, to fall victim to this perversion. A spiritually minded individual seeks to bring these elements under control, consciously with the help of spirit, to safeguard those institutions which, being truly human, are cherished for their abilities to bring humans together and to elevate them for a higher goal.

In summing this up, it is important to have a daily practice which removes the stranglehold of fear and brings in the neutral and balancing nature of light and consciousness, spiritual

acumen. There is a battle going on for your soul and it is not fought with knives and weapons. It is won by consciousness and light, a willingness to go beyond to discover that which is not so obvious at first.

Finding the Greatness Within Yourself

from Christ Michael

January 17, 2012, North Idaho group

Greetings this morning my friends, it is I, your friend Michael, here this morning to share a few words in response to the overwhelming discussion this morning, to point out that the notion of narrative prose and poetry of life, the ability of one person to see a universe in a grain of sand and another group of people just to see a handful of sand, is the ability to find that greatness within yourself.

People have, since the dawn of man, searched the planet for the richest and most valuable thing. Now during these times of spiritual awakening there is a tremendous search going on for the spiritual gem of reality on this world.

Do not think for one second that seeing correctly and expressing it will go unfounded by others. There is a tremendous need this day for the poets of this world to express themselves, to show forth the beauty in the commonness of reality, to show the greater spiritual beauty which overshadows all earthly transgression, to see the greatness of a thought against the power of a decision and to see the heart of indecision open to the consciousness of compassion.

I myself can relate to the singular walk in this world of the person with a vision for a greater humanity. I know all too well what it is like to be silenced for what you truly believe and express. Though I was not the only person to have shown this on your world, the power is within each one of you to walk this path, to sow seeds of righteousness and beauty in a fertile but unproductive soil. No matter how many weeds grow up, it can never choke out the vital grain which has been sown and which people seek for nourishment. Just because the garden is overrun by grass doesn't mean that you can't live on it.

Just as you have searched within your soul for the meaning for your own lives, you give hope and courage to others that first, life does have a meaning, that it is real, that it can be found, that there are ways to begin to trust what you feel is welling up inside of you as a time when you must give these thoughts expression, expression in the lives that you live, the lives that you lead, the friendships that you nurture, the people whom you smile to meet.

I have all the confidence in the world in all of you to move into a greater sense of awareness, that, though in your time, the fullness of greatness may not be achieved but the foundations of greatness have been laid. I don't have to tell you what season you are in, you all have observed all too well what season you are in and where you are at, what is your play in this fight for righteousness. I too know this struggle. Yet do not become burdened by the severity of the situation but become grateful for the situation that has produced the kind of people you have become.

Goodness is not born from ease. Goodness is borne through a persistence to show forth something that is missing. It is like the

world is a paint by number portrait and your task is to pick a section and put color to it, give it the meaning it deserves.

This is the tapestry of your lives, for you are all being woven into a mass movement of mankind. You do have control of the design which you display. You all have control of the color of your thread. You all have been gathered from the hair of life into a strong thread spun within the looms of heaven. You who have given evidence to the greatness within, go forth, show your true colors. Just because the world has become black and white does not mean that the spirit has been drained from you.

So my children, go forth in peace with my love, my blessing and my companionship for I am in the midst of you all. I am the battle cry for peace and righteousness and you are my true colors. We continually embrace you in our arms of love. Go forth and know that your task, though great it may be, one day will shine in all of its glory. Thank you. Have a good week.

Defining Happiness

ELYON June 17, 2005, North Idaho group

Happiness is not a state of being; it is a function. It is as the flow of a river, as current in electricity. When it is spoken that one seeks happiness, one is viewing happiness as an object, a place to go. In reality the seeking of happiness is merely the need to throw the switch to make the connection, to open the dam and let the currents flow.

When such a connection is made then is the feeling of being blessed, of being engaged in purpose, of being filled with joy;

the sense of being precisely where you wish to be, need to be, and want to be.

When a flood occurs water seems to go everywhere. It is unrestricted in flow because of volume. The greater the volume, the less restriction of where it may spread. So is happiness. The more you make the connection with spirit to matter, to your terrestrial life, the more opportunity for the flow of joy and happiness. The greater the volume, the greater the amount of daily events that are happy.

Difficulty and suffering are submerged. They do not disappear, they are submerged. They still must be dealt with as one swimming a stream navigates around rapids. The higher the flow, the easier the course to take.

You have spent years increasing your aperture, making yourself experientially aware that everything you do contributes to your well-being as a child of God. Each activity is intimately associated with your personality. The presence of your being determines the spiritual value of that activity. Therefore, with the right attitude, all your engagements become sacred opportunities. Every undertaking is identical to entering the sanctuary, to bow at the feet of the Lord.

RELATIONSHIP WITH THE REAL-SELF

Teacher Ophelius: Is there such a thing as a relationship with the real-self? There is, yet many on your world have never become acquainted with the real-self.

Once you discover this 'reality within' then can you make great progress in all areas of your life and relationships with others. The real-self is the emerging potential and growing spiritual nature that ultimately feeds and grows the soul. Discovering who you are at this deeper level is vital to your continuing progress and ascension into eternity — it is the bridge between divine guidance and mortal choosing that drives the experiences that shape your life and give meaning, value, and purpose to your 'being.'

You might think about the real-self as that part of you that is 'within' or 'being' that awakens between the moments of that part of you that is 'doing.' There are three layers that you may visualize to help you understand this:

The first layer is the divine layer — the deepest, which guides and spiritualizes the mind — the domain of the Indwelling Spirit of the Creator, the Thought Adjuster. This is the high moral layer where the inner knowing of higher values and eternal truths are realized. It is the seed sower of insights and creative imagination. This layer communicates at the highest level using the language of love. It is essential that the second layer understands this high-level language for growth and soul-building.

The second layer is the 'real self' — that part of you that is the bridge between divinity and the emerging potentials of personality and identity that you are becoming — the 'teachable you,' the growing you, the you that distills the experiences of life into wisdom, which is formatted and stored by the Indwelling Spirit for safe-keeping as the emerging immortal soul. This is the seat of the will, where conscious decisions are made and sent out to the third layer to drive the experiences of life. The more growth there is in this layer, the greater is the understanding and evaluation of the influence of the divine layer (the first layer).

The third layer is the 'interface' — that part of you that carries out the work and the will of the real-self (the second layer). This is the unruly child that rebels against the real-self and is subject to the physical nature of the body and the surrounding environment — emotional and biochemical reactions to outside stimuli — the pleasure and the pain of living in a body on the material plane.

This layer sends all the 'raw data' to the second layer where it can be broken down and the values of the experiences can be interpreted and where wisdom may be gleaned. This third layer can sometimes become preoccupied by outside stimuli — the 'doing' and consequently, the inner life becomes subdued by the outer life and therefore is there little growth or soul-building, because the real-self is not given the chance to break down the experiences into meaning and values.

This is often referred to as a 'rut' where life becomes mundane and predictable because the third layer begins to drive the will decisions of the second layer based on a continuous stream of

baser data (comfort, safety, physical pleasure, or addiction to pain and drama). Self-mastery, therefore, is the real-self (second layer) learning to control the third layer and to use it in a way that benefits and feeds the emerging soul.

Mediation and deep thinking are beneficial to keeping control and steering the ship toward new horizons and the adventures of high value experiences (survival value experiences). 'Awareness' is being present in the moment and in the layer of the real-self. Unconscious living, therefore, is the third layer controlling the ship and driving the consequences of 'thoughtless' actions.

Spend more time, my friends, in the company of the real-self and observe how your life changes for the better. It is the real-self that learns how to love and, therefore, will grow as a result of interpreting the higher mind — the first layer where the Indwelling Spirit speaks.

The Enduring Quality of Patience

Gorman, A Midwayer, August 4, 2013, LightLine conference

Greetings to you all. It would be wonderful if words had the same impact as silence. Maybe humans wouldn't be so spiritually derogatory, they could be more spiritually exemplary, spiritual examples of freshness, of negotiation, fragrance. From a spiritual standpoint, patience is an enduring quality. It is the relationship of spirit to humans, mostly patience. This stands in stark contrast to the impatience of humans.

Maybe this has to do with the time/life cycle where we really have, in the spirit world, no time/life cycle. We have beauty cycles but humans for the most part have a tremendously short time/life cycle. Maybe this is why humans are always in such a hurry, yet in the moment, there is ample time for patience. There is ample time to receive guidance, there is ample time to still your mind, there is ample time to observe silence. There is ample time to put a series of events into perspective. There is ample time to become aware, aware of consciousness, aware of presence, aware of possibilities.

Very few of these things occur in the impatient pace of mankind. There was a time on your world where there was not such a frenetic pace to your existence; it was more of a trot, a walk. Each stage of man's progressive evolution is beset with its own set of circumstances, but you know a human race cannot co-exist for a very long time running full pace. It's like the human body, with the heart beating abnormally high or the blood pressure abnormally high, it can only operate for a circumscribed amount of time before it begins to compromise the health of the system, run itself down and quickly die out.

It is hard to bring something into balance when one side is always prone to imbalance. It is hard to be conscious of the moment when the moments are moving so quickly you cannot slow time down to observe a single moment. But mankind wants to be reassured, mankind wants to feel that everything is okay, everything will eventually work itself out. Everyone wants to feel as if there is no need for them to change anything, everything is fine as it is.

This is part of the terms of equality, that each part is acknowledged as equal to the other parts in importance, in

entitlement, all the while there are only a few parts willing to step aside to allow for the possibility of adjustment.

Even in these frenetic times there is goodness, there is compassion, there is a forward struggle to work out conflicts, to negotiate discrepancies and to bring light into situations which are not made visible with their own amount of light. The work of human endeavor is the same as it has been for thousands of years since the Master visited your planet and alerted the folk that their duty was to begin to love and respect each other as they love and respect the great notion of the Fatherhood of God, the primacy of God, the love of God.

It doesn't matter how fast you go, how much you have, where you think you are going. All of this takes a second chair to the effort put forth to acknowledge one another, to be useful and to be of service to one another, to step out of the intellectual functions of right and wrong and just be.

Is spiritual awareness a poison to the human mind? Is it something the human mind should avoid? Is love poison; is it something that should be refused to be given to someone else because it is not politically correct, it may be detrimental to their well being? Is light like the sun; is it something that should be shut off for half the day? Is God just a belief for conflict, a germ for warfare?

Look at the simpleness of the human life. Most have to eat every day and in doing so they have to provide for this daily function, yet it is also important that man breathe, takes a breath every few seconds, yet the air is provided for mankind to breathe. The sun provides warmth and photo-electrons for life, vegetative

life, animal and human life. The planet is provided with water to nurture, on a cellular level, all aspects of life.

You're just asked to do one thing; but man is clever, he has an intellect. He has figured out millions of ways to avoid doing that one thing in the name of everything. It is true what is said: "You do not know what you have until it is gone." But what do humans say? We didn't know, we were too busy upholding our beliefs, we weren't paying attention to life. All of life yearns for expression and all expression eventually praises the glorious God. It is God alone who is great and in this moment of greatness, God decided to share this greatness with the animal kingdom. God decided to indwell one of the species of sapient animals.

To show the correctness of this relationship, early on your species dropped its tail, an indication that you were transforming, you were transforming into an expression which extended beyond the animal reference. Then again, as spirit, we have patiently watched over the millennia, patiently doing our task helping humans grow in consciousness and awareness, watching for those that become aware of their inner guidance, all the while giving support to all, equally.

It was never expected that mankind would get it overnight, but when the universe has made an effort to send physical spiritual messengers to your world, we did anticipate an increase in resonance with these beings.

Do not forget, you are working with an allotment of time. All life works with an allotment of time and eventually mankind will come to a spiritual fruition, whether it is in your allotment of time or another's. This really makes no difference to us. But

you do live in times in which all of the information to achieve this is available. It is available to everyone, in every language, in every country of the world. Spirit is doing its part to bringing you ever closer to your own awareness of these universal truths, these universal facts.

It is to this awareness that I speak to you today. It is with humble patience that spirit awaits your call. Thank you for allowing me these words.

LIVING IN FAITH

*Teachers in the Southeast Idaho Teaching Mission Group,
May 20, 2003*

KLARIXISKA (TR Virginia): Father of Mercy, Brother of Love, Sister of Guidance, Mother of Nurturing, we would bring to You the prayer requests that have been mentioned and all of those unspoken that are within our thoughts, both those who are seen here in this group, and those who are absent.

We thank you that you know each heart, each person, whether it be one or five billion. You are the Love, you are the Leader, you are the Comforter, We thank You. As truth is presented tonight by the teachers, may it touch each heart where it is needed. May it speak what can be used and cause growth within each one here, the seen and the unseen. We thank You, Michael, for Your creation. Help us to find truth, beauty, and goodness as we work for You in the coming of Light and Life. So be it.

Minearisa (TR Bill) : I am Minearisa. Greetings, my friends. It is pleasant to be in your company once again as we are

conjoined together in this exercise of spiritual ingestion, of the refueling of the energy of our souls. You have taken a few moments to give your bodies more energy. You have taken time to visit with each other and share parts of your lives. Now is our opportunity to interact beyond the normal boundaries of communication, through this method which has been judged successful and appropriate, this method termed transmitting/receiving.

My dear friends, always is faith required in order to walk successfully during the mortal career. It is a fallacy, it is an untruth to believe that life can be lived without faith. We have spoken of this before, but I will remind you briefly that every sane person who walks this earth lives their lives with great reliance upon faith assumptions, confidence in the reality of that which cannot be seen, nor proved.

People vary in their ability to exercise faith. Some have the good fortune as infants and children to be cared for in such a consistent way that their needs are met appropriately and in a timely manner. The faith reflex is strengthened in such a one and they believe, as a result of the consistent meeting of their needs, that the universe is loving and friendly. Of course, to an infant the universe is not much more than the mother's breast, the caregiver's arms, the pleasant touch of mother, father, and perhaps a few others. These are fortunate people, these infants, if they continue to experience the satisfaction of their legitimate needs in such a way that their earliest trust levels are maintained.

Other children may not be so fortunate. Their caregivers may be burdened with other competing interests, rightly or wrongly. They may feel it necessary to purchase caregiving from others

whose quality may or may not be equal to their own. Then there are those sad and unfortunate infants and children whose care givers are inadequate, missing or hostile; and yet even some of these still do not lose their sanity and exercise a modicum of faith in their everyday lives.

We have been emphasizing to you for the last eleven years that your spiritual growth is a function of your living faith, your faith in our Divine Parent, your faith in the friendliness, warmth, and dependability of the Universe of Nebadon, for that is the universe as you know it. But some of you have deep scars which have been the result of deep wounds. You vary in your ability to believe that you are worthwhile children.

For those who have suffered wounds of trust, the wounds due to inconsistent care, broken promises, mental, physical and other types of abuse, you are inevitably scarred as a result. Those who have these scars do not have the same ease of trust as do those whose nurturance was relatively far better. However, despite all handicaps from childhood, there is still healing available. There is still a salve of the spirit that can surmount all pain and damage.

I am not talking about ideas, here, my dears; not merely the concept of a loving God. I am, rather, speaking of the experience of that love, for the scars that have damaged your ability to trust are the result of experience. So the healing is also the result of experience.

Last week Christ Michael shared his human perspective on prayer as he practiced it as a man, and even as a child growing into manhood. He was fortunate, for his parents were superb! He did not have the wounds that we have been speaking of. But

his level of faith startled his own earthly parents, Joseph and Mary, for when he was a little child he experienced the presence of God in such a comfortable way that he called Him Daddy, the intimate term.

I grant you, in all honesty, that you do not have the same advantages that Joshua ben Joseph had. When I am say "you," I am not referring to everyone who hears these words or reads them, only to those whose foot the shoe properly fits.

Some people who either don't want to examine their own personal history or who are without personal wounds of faith find fault with trust in God because of the condition of the world. They reject, out of hand, that there is a loving God whom they could trust. They put up an intellectual wall of denial and some even become angry because the world is a mess. They cannot imagine a power higher than themselves allowing such a travesty to occur and continue. Again, it is the wisdom of true religion that it must be experienced. True religion has to be more than second hand.

You were discussing what may have been running through Jesus' mind as he anticipated his crucifixion, how he may have wondered why there were so many who hated him. He did arrive at a conclusion to these thoughts. It was a compassionate and merciful conclusion. He understood that his enemies, and yes, many of his friends, did not understand who he was and what his message was. They did not understand that they were putting to death a Bestowal Son of God!

They thought of him as a political agitator, as a threat to their power structures, as a blasphemer of their religion, perhaps even as a deluded individual. Jesus understood this and

therefore he could say, "Father, forgive them, for they don't know what they are doing."

Where does all this lead to? The conclusion is this: To increase your faith you need to be in contact with our Father, with Christ Michael. You need to become more fully acquainted with God, because as you become more acquainted you will naturally desire to become more and more like the beautiful, the lovely, the perfect nature of the great Sources and Centers.

As you become more familiar, as you actually converse with God, listening as well as talking, you will feel His nature. You know this ... He is within you. You don't have to journey to Paradise to talk with the Father.

Faith is the result of consistent nurturance. Your faith in God will increase as you experience His care in your life. You have all tasted of this. You all know it is true. I invite you to renew your friendship with God, for to do the will of God is to share your inner life with Him.

Interpreting Life's Meanings

When you stub your toe on some object and curse the object, this is indicative that you are giving that object meaning which it does not have. It did not place itself in your way. You simply were unobservant of its presence.

Because all events only have the meanings that you ascribe to them, then the means of handling the ups and downs of life, as we call it, falls totally in your hands. The secret to a life of

balance and stability does not consist in having a bed of roses. The secret is learning to ascribe the proper meaning to the events that come your way.

What we teachers have been doing with you people these nearly ten years duration is helping you to enlarge the landscape device, to increase the size of your painting space; to broaden the confines of your thinking. It is, however, impossible to get "out of the box."

This is an erroneous path. What needs to happen is for the walls of the box to be expanded. You will never get out of your box for you cannot suddenly divorce yourself from your past, but you can indeed expand the boundaries of your perception and interpretation. In order to do this, though, you need to be disabused of the notion that things carry meanings in themselves. This is why I making a special point of this tonight.

If you are struggling with stress, this tells you that the source of your problem is not in the events themselves, but in how your are interpreting what they mean to you.

Daniel, Pocatello, Idaho, June 29, 2001

Serving God or Man

Down through the ages man has always searched for answers, answers of any kind. When one man would appear to have more knowledge, then the other men would follow him. With the ever-evolving ego practices, men and some women have sought a place of importance. The more followers they attained the more important they were. As the Correcting Time moves

forward, and old ideas are fading away, we find that we need not a mortal hierarchy to go through to get to God.

Every individual has access to things divine. Every mortal will find for themselves that they cannot serve two masters. You cannot put your fellows on a pedestal and be beholden to them, while Father is set aside because you cannot see Him, or you cannot trust in yourself, or your connection with Him. We serve the one God, the First Source and Center, the Father of all fathers, the divine Director, the Perfection in the midst of imperfection. He is who we worship. He is who we serve.

Man has been a slave to many things — his fellows, his mortal material needs, addictions, want for power and glorification for ego. I could say most of these mortal masters all are rooted in fear, fear of loss, fear of being punished, fear of isolation. The main reasons many mortals do not ever really become close to Father is because of fear. They fear Him, His power, His all-knowingness, His fairness, His overwhelming love. Many perceive Father as a stern commander who does not have their best interest at heart.

So many hide from Father. They will allow Father in on the Sabbath or perhaps at prayer time, maybe even meditation, but they exclude Him when they are about in their daily human dealings. Some of those dealings are not so divine. You cannot really have a part time Father. You cannot only have God when you want Him. He is there in all your mortal undertakings. There is nothing hidden. Yes, He will show you your shortcomings, but that is out of His love for you. His main duty is to point you Paradise-ward.

Father does not seek to shame you into righteousness, no. He seeks to be a loving, intimate associate who seeks to co-create your eternal path to Him. Do not pray to Him for fear of what will happen if you don't. Do not worship Him as if to pay off your mortal debts. Father, who carefully orchestrated all creation, is not to be tricked or manipulated, no. You cannot bargain with Father saying, "I will give you this for that," no. He is your closest ally, your most trusted friend, your shield against mortal harsh reality, your shelter from the storm, your spirit replenisher, your way-shower.

Abraham, Salt Lake City, July 16, 2001

The Universe as a School

Indeed it is true that everything that you learn you will be teaching others, for the universe is one vast school and you are part of the evolution of the God of Time and Space, the Almighty Supreme. Words are inadequate to express reality though they are necessary, but the faith that was spoken of earlier is your ship for bringing you safely to the shores of Paradise. Your pilot resides within you. You are the captain who decides the course.

Continue, my dear, to so wisely choose your course through the advice of your indwelling Pilot that it will avoid the rocks of despair, doubt, guilt, shame and fear, and move confidently on the serene waters of joy, peace and contentedness, so that your ship will reach its destination at the end of the wondrous journey.

You will also not be alone on your ship for it is impossible to be a child of God without being in relationship with your siblings. Your siblings are not just this group with you here tonight. They are certainly not just your family of origin. Your siblings are spread through a vast universe, for all intelligent will creatures created in the image and residing in the personality circuit of the Universal Father are indeed brother and sister to you. It's a great adventure, this life. Once again congratulations on this milestone!

Altern, Pocatello, Idaho, July 20, 2001

Gratitude

Gratitude is an extremely potent tonic for the Soul. When you can have those elated feelings of intense gratitude to our Father and to all of us, then you may truly experience the full and loving attitude of your Soul in action. Gratitude energizes. Thankfulness propels one forward to seek new and undiscovered opportunities for love and for service and for relationship. Gratitude is a full level above a personal need for forgiveness. When in Gratitude one is totally unaware of any need for forgiveness, for to be Grateful is to Worship, and in Worship we become in tune with Spiritual Realities.

Aaron, Post Falls, Idaho, July 24, 2001

Be Conscious of the Path You Forge in the World

You little realize how important your path is. It is only when you die that others recognize the path that you followed. You literally leave a wake behind. But I would advise you to be conscientious of this very real path that you forge in this world. For the things you do and the things you say have a very real and substantial impact on this planet.

It would benefit you to understand your influence, your impact. You do not just meander through life and randomly effect events around you. There is purpose in everything that you do. So be conscious about what you do, be conscious about the effects that you put out there. Be conscious about all the things that you can change – that you can influence.

Walk in the light and the path that you leave behind will be lit for others to follow. You are only on this planet for such a short amount of time compared to the grand experience that awaits you in the universe.

It is very sad to see those who have finally learned the worth of their own experiences in the universe, but then regret that they had not learned this while on their native planet and then see the wasted opportunities that had been presented to them time and time again.

You are all very conscious of these opportunities in your own lives. And I know that many of you can many times count a wasted opportunity. That is why it is important to be conscious

about how you walk forward in this world. For all the things that you do and the things that you say do have meaning and value and they do create very real things that are not yet tangible by your human mind.

But one day you will look back and realize the thread of life that is your own life. You will see the experiences that create the tapestry and where many other lives are woven into yours. And at one point in your far off destiny, you will have that moment of realization that you are all very much connected with one another and that what you do matters to everyone else in your life.

JarEl, Arcadia, California, March 16, 2009

Create Your Own Reality with Awareness

It is important that you see yourself in other people's eyes, that you look around, that you include others in your life, for only then will you be truly alive. It is only when you share your life with your brothers and sisters that your life begins to mean something. Hiding yourself and your feelings will never bring any joy to your life but opening up and sharing who you are with others will greatly improve your happiness.

Imagine other people as simply aspects of who you are, imagine them as being facets of your own complicated life. Once you begin to realize that other people are a part of you just as you are a part of them, you will begin to take care of that aspect of

your life a lot better. You will begin to cultivate those relationships with them so that they may flourish and bloom and live.

Each of you has a million facets in your life and each facet is reflective in each and every one of you. That reflection can be good or bad. It is up to you whether you decide to cultivate this relationship with one another. It is up to you to socialize with your brothers and sisters on this planet. It is up to you to open up and let other people into your life. It is up to you to bring joy into the lives of others. It is completely up to you to make an everlasting impact on this world.

My message here is that you have free will to create your own reality. You have the power to imagine and to create and you have the knowledge and the gift to give love to the world and have the world love you back.

It will always be your choice. This is a very simple lesson to learn, it is not very difficult to understand, but for some it is very difficult to execute. For they blame life for giving them the circumstances that they are in. Sometimes they blame God for the conditions in which they find themselves, but it is not so. We all make our own decisions, we all make our own choices, we all choose to be where we are for whatever particular reason.

You choose who you want to be, where you want to be and at what spiritual level you are. Remember, with each level of advancement you shall have greater challenges. Be prepared for if you choose a life of spirituality you choose a life of challenges.

JarEl, Arcadia, California, June 13, 2005

The Truth and Revelation Dynamic

It is quite natural to define truth as an understanding, informational in nature, knowledge based, something to gauge verifiability; reality as contrasted with falsehood, things unreal. Truth is revelation. Revelation is truth; it is the dynamics, the transfer, that is truth.

When Michael said, "I am the way, the truth, and the life", the way is a path that implies progress. Life is dynamic. Without vitality in a static state there is no life. Truth is very much like these two.

Awakening to revelation is the experiencing of truth which is composed of secondary elements such as knowledge, experience, wisdom, faith, and trust one sees more particularly the secondary elements. There is understanding; there is clarity, but the seeing is the truth. That is the dynamic.

Truth in motion is revelation to the human personality. A body of facts will never be equivalent to truth because facts by nature are static. This is why we stress the stillness, for it is a dynamic relationship with our Father. This is why Michael has asked us all to go forth and proclaim the gospel, because our reach to another is the revelation of truth; it is truth revealed. It is true revelation.

We have spoken about you being an everlasting fountain of spirit that can pour forth into your life and touch the lives of others. The search for truth is best undertaken from this internal vantage point. As you piece together your understanding of life,

your position in it, as you accumulate knowledge that bears upon you from the outer world, your interaction is the dynamics of truth in motion. Truth has the nature of coalescing, of bringing many elements into a clarified, perceivable, understandable, and experience-able state.

When the master said that the kingdom of heaven cannot be hid under a basket he was pointing to this flowing dynamic of truth, and that it is by nature revealing. Truth literally cannot be compressed or contained. It is expansive. The fine line between revelation and truth is the recognition in human experience. Truth ever and always is. As long as there are two personalities in the universe that interact, there is truth. Revelation is the recognition of that presence.

Elyon, July 1, 2008

Values of Individuality

In striving for unity, for oneness throughout the universes, what then is the purpose of individuality? It seems to equate that individuality should be sacrificed to maintain unity, to find oneness. This is critically incorrect. True unity will nurture, support, and uplift individuality, uniqueness, due to the fact that the individuality of any being is rooted in the personality endowed upon them by the First Source and Center of all things.

For one to sacrifice personality to gain an expression of unity would be a false reflection and lend itself more toward uniformity. The unity of individuals never requires sacrifice in

its most ideal form, for each personality, all personality, is required to have full freedom of expression before universal unity is realized. All personality throughout the grand universes must have full expression because the endowments are the gift from God which are as a jigsaw puzzle to the realization of the Supreme.

When each personality is placed in its proper role and function the result will be an integrally symmetric continual function of truth, beauty, and goodness, portraying the reality of all value combined.

Aaron, November, 1996, Spokane, Washington

Relieving the Burden of Guilt

Tomas, Butler, Pennsylvania, January 11, 2000

So many of you carry around a burden of guilt and this self-righteous burden is a heavy weight that disallows your full freedom in sonship.

Guilt is something you have assumed. You have taken it upon yourself. You have consciously allowed yourself to be less than you can be. Why is that? It is because of expectations. And ideals. And your inability to live up to your own ideals. And so you have guilt, and you carry this burden of guilt as if it were a cross to bear, heavy beams that are truly no more than a mote in your eye of perception.

Understand that you are accustomed to feeling guilt. It is a part of your culture. It is a deep part of your religious heritage, and of your parental influence and social influence, even in your

relationships with your peers today. It will require enlightened honesty to get past guilt. And let me exorcise you in this way:

Have you had (and who of you has not?) an opportunity to say of another who has wronged you or who has been accused of a wrong, "Father, forgive him, he knows not what he does?" Understanding the true depth of that perception, can you not also turn that view toward yourself and say, "Father, forgive me, I know not what I do"? For if you knew -- if you truly knew -- you would be prompted to act upon your light of truth.

Something then is blocking you from the sunlight of the spirit, a belief, perhaps, that you could be perfect or more perfect if you were just to try harder. And in your trying harder to please Him, in yearning for His approval, you pile expectations upon yourself beyond your capacity.

A pint cannot hold a quart. It is for this reason you are referenced as tadpoles. With each new cycle of growth, the egg gives rise to the tadpole, gives rise to the frog, gives rise to the egg, and always do you come around to the realization of your appropriate sense of smallness. In this humble place you know that you are loved by God not by what you have accomplished, but because you are. You are His.

In this loving acknowledgement of the mercy of the Father of all, we turn in gratitude, in praise, and seek to become a frog, to grow up, to be able to do great works, make great noises on behalf of our Creator, sing anthems of glory. Praise God!

Release guilt, that you carry for yourself and release it from the shoulders of your brethren. It is no longer necessary that you

shelter one another beneath that yoke. It has been lifted by the Light. Rejoice in the Light.

Human Rituals

Ritual is to the group what habit is to the individual. It establishes pattern which is beneficial, and it also can encourage stagnation if either an individual or an organization is not keen upon amending and evolving habit or ritual to better satisfy the progressing needs of either.

Good ritual is like good habits. They are beneficial. Sometimes a habit must be trained into an individual by another as is the case when a parent teaches a child, but a habit is something that is only real when it is self chosen, when it is self possessed. Otherwise it is a command or a demand.

Ritual likewise must be self possessed, in some way valued or cherished, for it to be effective. It cannot be a legislative procedure required of an organization or a congregation. Therefore creativity is a necessary factor for discerning or discovering ritual methods, techniques, which will be uplifting, that will be encouraging and inspiring.

Jesus left the ritual of a common meal, sharing in the bread and the wine with a context of fellowship with him. He knew his apostles would experience great loss in his absence, which was to occur in only a few days. Their human association sitting at a meal was about to be transformed into a creature to creator association, the communion of worship.

Ritual to be of value to the soul must entail this element of contact with the divine or at least the encouragement of the reach to the divine. It was convenient at the time and in the culture for Michael to select the meal, the Passover. It was a gathering that had a religious context, and it was the last event they were to do together privately and organized. Those elements can be incorporated into new ritual, its relevance to the individual, the personal intimacy, that friendship element, fellowship element, and the context of spiritual contact.

Elyon, July 1, 2001, Northern Idaho

THREE LESSONS FROM TOMAS

Acceptance ... of One's Self

Today I would like to spend some time discussing acceptance, for in your upcoming symphony, the piccolo must accept that it is a piccolo -- not a trumpet, not a drum. And, by the same token, the cymbal knows that its contribution is pinnacle, but too much cymbal would drown out the rest of the show.

And so each personality brings with it its own unique facets and each instrument is, indeed, important to the production, but only as they are played in league and in alignment with the Master Conductor is the music telling, does it rise and fall with purpose, and affect the hearers with soul-satisfaction.

The personality of the mortal individual in search of serenity and purpose must first accept itself with its many aspects and relative drawbacks. You, individually, must take a look at

yourself and accept yourself as you are. In pretending to be other than what you are, you are not giving full tone to your own instrument. In denying your delicacy or your strength, you are, again, trying to be an instrument that you are not.

The phrase "to thine own self be true" has some bearing here but is limited, for it is not that you are being true only to yourself but you are essentially aspiring to be true to that which, within you, peels the harmony and truth of the Divine Coordinator of your life and the music thereof.

Also, and here also is a challenge, it is necessary for each of you to accept the other instruments in the orchestra. Because you are a cello and have great breadth and resonance is no reason to look with disdain upon the xylophone. The xylophone has a tinkling sound which might appear hollow and shallow to the resonant depths of the cello, but the xylophone has its own purpose indeed.

Acceptance ... Of Your Life Experience

I would speak also of acceptance in terms of your life experience. In accepting your life as it is, this moment, today, you are able then to approach your challenges, your problems and your refreshments of life with equanimity. You are able to put in perspective the situation as it is and not be burdened by how you wish it were or how it ought to be. Acceptance of yourself and your circumstances gives you the perspective, then, to ask in prayer and meditation how things might go from here toward improvement, toward a more perfect resolution or configuration.

As you begin to accept your circumstances you will begin to understand that other people, other instruments, also need to accept where they are and that they, too, have the potential and constraints that you have. In this way you can begin to appreciate and understand that instrument across the room, which sounds so different from you.

In the hands, under the guidance of the Master Conductor, this symphony of life becomes a harmonious outpouring of all these differences. And this is possible because you have learned to accept one another. It is not necessary that you all be the same, for you have all been created with your own unique endowments. Perhaps another word for acceptance in this context is respect.

If you respect your own work, your own identification, your own sense of timing in response to the Master Conductor, then you will see that the instruments on the other side of the hall also are responding to the Conductor as they have learned how. Respect is born of respect for your indwelling reality. As you would be treated, so too should you treat one another.

Acceptance ... Of The World

Another facet of acceptance is the condition of your world, and many individuals become distraught and discouraged by refusing to accept the condition on Urantia as they find it. They argue incessantly with the government, with the mores, with foreign shores, with cultural differences, and find much of life totally unacceptable. This does not foster understanding and solution.

Those things, which you cannot control, you must accept. Uh-oh. Did I say that? (Group chuckle) For now we are wrestling with that rascal "control" and that truly is another subject, but for the sake of acceptance, let us take control back to the symphony. And would the piccolo indeed try to control the drum? And would the trumpet try to control the harp? Rather, the entire control is under the guidance and jurisdiction of the Master Conductor.

Otherwise, how could we make music? And so, "control" as I used it is in that capacity, for you cannot cure the hunger problem of the world, you cannot heal the rift between the Arabs and the Jews or the Scots and the Irish, but you can help to heal your own sense of well-being and self-respect by learning what is your instrument and learning how to play it perfectly.

I also would like to offer you praise today for the courage and stamina to present yourself in this way for this influence. It is not just my pleasure to welcome you here to this format, although it is certainly a privilege for me, Tomas, to be here. I could not be here were it not for you and I respect your individual sounds and hope to assist our Conductor in tuning your instruments, fine-tuning the sections, that we will make such a congealed and harmonious song as will praise heaven and stimulate earth.

It is not such a big order as you might suspect, for already the instruments are tuned up and only await the guidance of the Conductor to begin and we have begun. We are indeed well into the preliminaries and I, myself, am beginning to hear the melody of you together, and so I ask you to ponder acceptance. Acceptance of yourself with your own strengths and liabilities.

I accept you and I gladly work with that which I find. If I did not accept you with your pros and cons, how could we begin to establish rapport? This is also the case as you learn to accept one another. This is how we will forge through the differences to find that chord of solidarity among us, that which connects us -- the Spirit, and our destiny as individual spirits, and as a community of spirits working together toward the whole.

Tomas, November 18, 1997 in Butler, Pennsylvania

Friendship Destroys Misery; Beauty Conquers Fear

It's the sharing within friendship that destroys misery. It's the very existence, the very demonstration, if you will, of the reality of friendship, of this spiritual dimension of human reality; that is what works.

This is what has enabled the human race to face and conquer all the tooth and claw of the animal world, all the hardships of life, the hunger and pain and exposure, even the sure knowledge of inevitable death: all of this has been more than counter-balanced by the sheer reality of friendship.

There's a corollary here that beauty also conquers fear. Just being in the presence of something or someone demonstrating the quality of beauty, the very existence of such a thing, mitigates that anxiety.

Beauty enables a person to say, Yes I am in pain, but look at what a beautiful sunset there is; how lovely is this person here with me as we are doing all we can for each other. In each moment of life there is that which makes living worthwhile.

Michael, Marin County, CA September 12, 2009

Your Ego, Your Mirror

We once likened ego to your bathroom mirror, a very handy, even necessary device by which you try to see yourselves. The simplest definition of ego is your self-image if you expand that to include all of your self-perceptions, even how you feel your own body, moment to moment, which is also ever changing; along with your memories of who you feel you've been.

Like your bathroom mirror, these perceptions are necessary and useful — on the one hand to shave or put on your makeup, more broadly to take care of yourself. And also like the mirror your ego is very limited dimensionally and is not by any means your full self. What Mother Spirit and I have been trying to instruct you is that even your conscious self, that you can be aware of, is more than this ego: something ineffable; something transcendent.

Michael, September 8, 2008, Mill Valley, California

Ego Management

Ego is not an evil thing, but rather an evolutionary tool, much as time and space, much as personality, much as all material things of this garden. So many tools to use.

Tools are not best used when the user is fearful. Invariably this can cause mistakes and turmoil. Use the ego and be confident in using the ego that it will be put properly in its place, as a tool. It is not a hungry mouth to feed with self-importance and arrogant pride, for these things are quite empty and you have found them so, in this room.

To rise above these concerns are promoting one's self-worth. You know full well what God respects and loves in you. You know full well Jesus' example.

We don't expect, however, for your egos to be completely shucked away, even in Mansonia. We expect you to learn to use tools of evolutionary growth in their proper way, and this is what your education should be teaching.

Tarkas, Cincinnati, Ohio, November 8, 1996

Cultural Diversity, Opportunity

We see as marvelous this growth of cross- and multi-cultural pluralism that allows each individual to reach their full potential of expression and realization. It boils down to the freedom of each living individual, not some abstraction of state

or society or religion. Mother Spirit mentioned the ironic challenge of having almost too much productivity, misdirected and wasted as it is. We tease you to imagine where to go toward making a true heaven on earth for everyone.

For even though you live very economic lives, dependent upon food and shelter and other material things, there is enough for all, more than enough, and there always has been. But insofar as there's always been a world soul on a spiritual level, it has awaited the present day's growing physical links of electronics to tie the world together nigh instantaneously, to truly make it one world available to all.

So don't lose sight of this big picture. This is what is happening on a planetary scale, and your current economic difficulties now being so worldwide are simply pointing out this fact of a unified social world coming into existence. Cultures and sub-cultures that never were in intimate contact are being forced to be so. And it's wonderful that more and more people now have the means to be open minded, to experience and embrace that which is contrary or contradictory to their own way of life.

All these points of view--social and political and religious--are what you have to offer each other. So embrace them with joy. Be tickled that those other folks over there can believe in something seemingly so totally different to what you believe in, and can very articulately express it. So listen. Get to know them. This is your possible personal glory in opening your soul to grow in these challenging circumstances.

Christ Michael, February 2, 2009, Mill Valley, California

Learning to Balance Fear

Question #1: *All celestial beings are telling us that we should rid ourselves of fear although at times fear can prevent painful experiences. Should we rid ourselves of all forms of mental fear as we approach each situation in life regardless of consequences?*

Thank you for this question. Mortals should learn to balance fear. True, a certain amount of fear is tremendously important. It is a tremendous motivational tool and at certain times in the human evolution in society as we experience now, a modicum of fear is healthy, but the entrapment by fear, the controlling of fear, and the stagnation and morbidity which fear produces, becomes like a leaden coat in which one is encapsulated. You are not in touch with social human behavior or even in touch with your own true inner feelings if you are surrounded by fear energies.

So, yes, if you are a person who is in a constant fear-space it will be tremendously difficult to experience the lightness and fluidity which such a space of non fear provides such as in your soul with your Divine Self.

Monjoronson, December 2009, Q/A session with TM Archives

Learning to Control the Mind

Question: *In the attempt to use the mind to contact the presence of Deity, unwanted thoughts come out of nowhere as though attempting to block the effort. How can these unwanted thoughts get blocked?*

Mind control, practice, begin to discover the many clever ways to quiet the mind. For example consider this; stand within your mind and imagine you are watching the mind and all of its activity. Then you step outside of it, outside of this bubble where you are in a quiet still space, where you can observe the mind but you can also observe nothingness. Observe this nothingness. Find a way in which to determine for yourself where in your mind is a place where there is no chatter.

I am not sure about the words pesky thoughts, it sounds personal. But yes, the mind, because it is fluid in tissue, there is no airspace in mind, it is all fluid and tissue. Fluid has to do with chemistry, it has to do with what you put in your body, how your body uses it and how the body compromises itself to use the things that it doesn't need that you also put into your body. Begin to understand who you are and how you work. Begin to discover new ways to become a human being in consciousness. Yes, definitely sit in the quiet presence of nothingness. Learn to master control of your mind, of the things that the mind does. It tricks you into reacting, it creates 'saboteur' for yourself. It does all kinds of things as a result of it being loaned to the particular human who has it.

Yet never forget the tremendous capacity when physical chemistry produces a system of organized components to perceive thought, to act upon thought and to intelligently move forward. So practice, practice and again practice. Learn how to focus and to control or use what many people have discovered as humans who control their mind by watching the breath, in and out. Releasing all thought on the exhale, taking in all clarity and quietness on the inhale. This is a purely human endeavor, the ability to control ones mind.

It actually is your responsibility as a son of God. To be able to grow spiritually demands control and responsibility.

The universe is an unbelievably run tidy ship. All have been trained perfectly how to synchronize their tasks. There is very little freedom to do what you feel as a spirit being. You do what you must. You do what you are ordered to do. You perform that [for] which you have been designed. Yes the universe is methodical and meticulous about protocol and synchronicity.

Begin to see how out of synchronization Urantia is from the rest of the universe, where life on your planet has been turned into a joke, where taking responsibility has to do with choosing what you have to eat and wear. True, as individuals, greatness abounds. As a visible whole you still have along ways to go.

Monjoronson, December 2009, Q/A session with TM Archives

The Spiritual Glow of Humanity

Michael, Marin County, California, September 12, 2009

Mother Spirit and I have shared with you our experience of the human race on Urantia, and how the spiritual glow coming from all the people on this planet so enormously outshines all the pain and suffering, the fear and the anxiety, even the spiritual loneliness of some.

To some degree the pain and suffering of life is unavoidable simply in being a physical being subject to the inevitable decrepitude and suffering, of even a long life, ending in inevitable death.

Yet accompanying that long life is an ever growing soul, and so this transcendent reality--this cosmic reality co-authored by a presence of God--this moment by moment fulfilled purpose of life--this very reality, my children, that you can experience, this too is a that everlasting light that your Christmas carol speaks of. This is another light that illuminates the hopes and the fears of all the years, for that bright soulful illumination--the very existence of that illumination-- outshines all the darkness of the human condition.

Indeed the mature human soul, having known so much life, realizes how much a part these marvelous bodies you have can give you of a feeling for time and eternity that is unique to the human races. And so this so-called animal-primitive human heritage that you must deal with in turn gives so much meaning to human life.

To see things from a genuine spiritual perspective does not entail denying anything whatsoever. You have only to bite your lip or pinch your finger a tiny bit to know the reality of pain--for those of you who are not literally living in it. Yet you can see how this is not a curse. This is the most marvelous gift, this physical-ness you know. For you will come to know in time and eternity a scope of experience that no other order of being has as a personal possession.

This was why, my children, one of the greatest gifts that my Father could give me was the ability to have a physical human life myself. It was, and remains, one of my most prized soul possessions.

I've talked a little bit about what those few forty years or so has meant to a being such as myself with hundreds of billions of years of life and endless trillions upon trillions of human children already in my past, still to experience being human as you can. There is no replacement; there is no universe substitute for this moment by moment living your human lives. That, my dear ones, is a radiance that will only grow in appreciation as you move beyond this first life of yours. It is what we mean when we say you are earning this appreciation of reality like no other being can, and this is an eternal possession of yours.

Now see all the limitations, the possibility for pain and suffering, in this light. You begin to glimpse, even if only a tiny speck, God's wisdom. So add this to your worship, dear ones. Thank your Father for all the irreducible aspects that go into meaning, what it means to have a human life. Even marvel at what it means when you can get together and literally create these holy-days, these holidays.

What delightful excuses every religion knows to do that very thing -- to set aside everything else to, fundamentally, get together and feel that extra dimension of everlasting light in which all the hopes and fears of all the years meet. This is the triumph of the human spirit and soul. This is how goodness and truth and beauty conquer fear just in your sheer experience of them--to know that such things exist.

So let them remain a bit inexplicable. Let them be wondrous. Let them thrill your soul.

Spiritual Generosity

Michael, Marin County, California, September 12, 2009

The essence of divinity is to share oneself--what we call spiritual generosity. It's the living, dynamic nature of God's love that He wants to share with you, and that, having experienced this, you feel the same impulse to share it with others.

This is the true origin of your religious organizations--the socialization--the desire to build societies in which you can share this most precious part of your inner reality; to make it manifest outwardly in all the good acts and joyous comings-together.

Because of geographical/cultural differences even on the very small-tribal level, this has been one of the more fundamental causes of warfare throughout human history--people literally meaning to decide on the battlefield whose God was greater than the others'.

Yet this also has meant just how important this relationship has always been to people. They simply--profoundly--failed to realize their inner reality could only be offered to others; it could never be imposed. But since you are capable of imposing physical and even mental conditions on each other, the more immature and self-centered among you do make that mistake--that they can impose spiritual realities upon someone else. Freedom, freedom to choose, freedom to explore and seek God's will, is of the very essence of His will.

Begin Where You Are and Grow

Elowain-ha, Pueblo, Colorado, January 2, 2010

Your hearts and souls are brightly lit with the prospect of bringing better times to your world. We have encouraged you that no idea is too small, nothing is to be discounted or seen as unworthy, when ignited by spiritual zeal. You can only begin where you are.

With constant seeking for input from spirit; enrichment occurs, enlightenment continues, growth potentials expand. Begin with what you see that you can do and trust that more riches will be provided, in the form of further ideas, inspiration, connections and resources. Whatever projects your heart yearns to do, resist not; refuse to shackle yourselves with negative statements, ideas and beliefs. Disconnect from that negative hitching post and find yourself free to roam the universe, full of highways and byways.

We treat you as younger brothers and sisters; we interact with you as teachers and students, as mentors, and even as partners when we can. We are to be considered among the resources you have available to you, to create, to instigate, to initiate new and better ways of being and doing, thinking and living.

Yes, it is true that encouragement is not the only resource we can offer. Worry not; fear not! These things add nothing to your ability to manage your life in any of its many aspects. Trust in prayer, have confidence in guidance, faithfully going forward. These are the practices that will sustain you in whatever endeavor.

Sustainability and Growth for the Planet

Elowain-ha, Pueblo, Colorado, January, 2, 2010

Where you are now in the concept of sustainability is looking at something that has been damaged, and knowing that a better job can be done to keep it alive and running, that a less damaging way to live upon the earth exists, and just bringing it back to good health is the first step, bringing all of the little parts of it that are the things that you notice personally in your daily life, back into a state of higher functioning.

This is a necessary first step; we do not intend to diminish its importance in any way. But we do wish to share with you that as you step along this path, as you begin to act, each goal as it is met reveals a broader horizon, and each horizon as it is reached, reveals another view. And once you are on this path again, do not be overwhelmed by the distance, in spite of your ability to imagine improvements in the way things are. It is important to do the work; it is also important to hold the vision. No one's role is insignificant.

Do remember, whatever project you choose, even in your personal things, like growing your own vegetables, you are not alone. Celestials are working alongside you, and every time you dedicate a project and its outcome to the highest and best good, you are definitely inviting spiritual resources to participate with you.

Do not neglect this concept of highest and best, or highest and holiest good; you know it is a supreme concept. It magnetizes

force and the assistance of others to be motivated in this particular way. Come with us, children of light, on the journey of discovery and adventure, soul motivated, spiritually inspired, and yet so down to earth.

Can you imagine a “fabric of cooperation” and connection, woven around the planet with intentions? And from that fabric and its intentions, more people are inspired. This is the way it works: inspiration > intention > action > cooperation.

Set your feet firmly on the path of intention to co-create and you cannot fail to co-create, although what you co-create may be something different than what you intend with that first step.

Self-examination Rights and Wrongs

Ambraisa, Newberg, Oregon

Self-examination is potentially harmful when you employ only your finite, superstitious mind with which to judge yourself. When you are dissatisfied with your life, and you sincerely seek change, you will be ministered to by the Triune Paradise deities, through your own Creator Son and Universe Mother Spirit and, of course, your own indwelling Father fragment.

You can't grow spiritually on demand. You do not get Morontia insights in a vacuum. These come after you have begun seriously to wrestle with your ideals. Wisdom more often follows rather than precedes, risk.

Don't go poking around in your past, digging up old graves. Get securely in the Divine Presence, and let your past come to you, as it will surely do, and often. Take troubling memories

and issues of self-doubt instantly to the Father for His assessment and counsel. The Father sees everything differently than you.

Work toward seeing always from Paradise outward, and notice how introspection transcends to reflection, fore-vision, opening the way to volition, to gentle but decisive action.

Remember to pray spiritually always. Pray sincerely, joyously, and you will begin more and more often to see through the Lord Christ Michael's loving eyes. Such beautiful, grace-filled eyes! The world looks instantly different, doesn't it?

Looking inward becomes "morbid" when you refuse to let go of your eyes long enough to see with Morontia vision the panorama of the Paradise Adventure. And yes, beyond, beyond, beyond and beyond.

Defining and Finding Truth

What is truth? When we listen to Mother or Michael in transmissions they talk of truth as different from my understanding, something that is different, something that helps us understand more or experience more of the Father, something that enhances their ministrations. So I'm not entirely sure what they mean by truth.

Naturally, they have a far greater understanding of truth, for they are truth. They have created truth, represent the truth, and foster truth. And that is part of the mystery of life for those of us who have not yet attained perfection.

However, all of us are able to appreciate a nuance of truth, a yearning for greater truth, and know in our heart a truth when it resounds within us. The truths of this world are really more like facts or emotional conclusions, and they will vary according to the moment and the individual and their perceptions. And so, while someone may very well believe the truth as they perceive it, it is a very limited truth when other factors are added.

The seed of truth, however, is to be found in this world. It is not wise to discard what an individual may regard as his or her truth, for that constitutes that individual's integrity, and if you intend to reach the people where they are that is something you need to consider.

As their truth conflicts with what you know to be truth, however, discernment is a wise choice here, for what gives you the right to tell someone their truth is not real truth?

Many times mortals waste so much time, so many years of their lives, even all of their lives insisting that everyone believe their truth rather than living their truth for themselves. This is such a common tactic for temporal beings, not only here on Urantia, but other young worlds with young mortals who have not garnered a real appreciation for advanced truth.

One of the things, in fact, that a wise parent knows is that the truth for a little one will not hold water thirty years from now, but they have every right to appreciate the truth they enjoy as a child.

The Spirit of Truth that leads you into a new appreciation of truth is even misinterpreted frequently at your planetary stage.

For so many will say, "I am to go here. God told me to go there. I should say this. The Spirit of Truth tells me this." And next week it's possible the Spirit of Truth will tell them something else.

But the counsel and guidance of the Spirit of Truth is not external. It is internal and it is weighed and valued eternally. So these seeds of truth you encounter and that you even harvest for yourselves are relative truths, just as beauty is in the eye of the beholder and goodness evolves relative degrees of greatness.

Alas, my response is not definitive, but it is the truth.

Tomas, October 23, 2003, via telephone conference

Judgment

How easily it becomes us to judge another human fellow. It is often tardy or is instant. Often it is either growing or diminishing. Often judgment is 'deep within' attitudinal or it is 'superficially' attitudinal. Often are we tempted to judge at first sight. Often we are tempted to judge in relationships, judge actions without knowing full intentions, or even worse - without acknowledging full intention.

Judgment is a plague of misunderstanding. Judgment is the opposite of empathic understanding. Judgment is error. If you can find your way past, through, or around judgments toward understanding, you have gained very much.

Understanding is the key to growth. Understanding one's fellow mortals is the key to brotherhood and love. Judgment stands before the door of understanding like an unwelcome sentry — he must be vanquished for you to enter this door.

Judgment often springs from inner wounds and is often a cause of greater wounds. Judgment must be forsaken as a partner in your decision-making. Often our decisions are based on judgment which is usually false, false perception, which causes errors in decision-making.

It is said that social justice requires many judgments and so it does. However, being judgmental individually is error always. Group wisdom must function for justice to arrive at an approximation of true justice. Individuals cannot judge each other at all. These judgments cause error, cause emotional problems and cause sorrow and heartache.

Often are we judgmental in an 'off the cuff' manner. This is the most insidious type of judgmentalism, for it stems from preconceived ideas about people which are usually erroneous. Each person is individual and each individual must be treated with the maximum amount of benefit of a doubt, and the maximum amount of understanding. Especially in new relationships, you should take care not to be judgmental of superficial appearances.

These many long judgmental attitudes occurring throughout your world are a great barrier to brotherly love and peace. Attitudes are often deeply inset within the personality, which has grown up over time and have been reinforced over this time period.

Your own justice system is very flawed and is in need of revision with this higher understanding incorporated within it. The old law 'an eye for an eye, tooth for a tooth' is not practical, nor is it serviceable to mankind. However one may feel that it is fair, it is not. Fairness must take into consideration motives and intentions, etc. Justice cannot be blind to intentions, for then it becomes unfair.

Aaron, June 15, 1992

Joy for the Times

Elisha, on behalf of artisans

*This is the age of miracles and joy
Brought to reality in each girl and boy.
To follow the straight path to joyous peace
Comes from the spirit giving full release
To the guidance of the Holy Spirit inside
To bring forth the loving and enjoy the ride.
You are each sparkling stars on an ethereal plane,
Basking in son shine and celestial rain.
Share it with all that you meet each day
And you will be happy in every way.
Your struggles, in love, will be easy to bear,
And you will find a companion in Jesus right there
In all that you do, and all that you share,
In all the good tidings that you bear
To brothers and sisters everywhere.*

Thank you for listening. This is **Elisha** on behalf of the artisans. I hope you feel our presence all around, for we feel yours and we are overjoyed to be part of it.

Accenting Your Human Ascension

Veronica, a Celestial Artisan, Cincinnati, Ohio, March 24, 2002

I am an artisan, assigned to this collective for the joyous task of interacting with you, some of my most favorite humans, whom I follow daily and even hourly, for I love you so much.

We come to you across dimensions. We have been where you are, however, and we can provide many signposts to help you. My lesson would be to accent your ascension, ecstatically and to joyously experience the material on route to the spiritual.

It is a journey for which you are well equipped. You have heard of the magnificent flowering of the universe from your Melchizedek teachers, truly a grand and glorious university which is one of many universities, many universities upon this universe. For, that is what this university is all about. And much, much of these great resources are devoted to your ascension, for you are indeed worth it.

You are the seed that proves the vitality, the glory of the time and space worlds, the Be Ye Perfect continuum for all ages. You have the gifts which you are charged to learn to use to find the coalescence that you need to make this ecstatic leap into eternity.

You have the gift of mind. You have the gift of body. You have the gift of spirit. When you find the ways to bring these together, you will find the joyous ecstasy that will propel you, propel you into realms of universal ecstasy and joy. And so, you can accent your ascension on this path and find yourself so well

equipped to find more immediate joy in Mansonia if you take advantage of this head start.

What will you do to develop your mind? I submit to you that, finding a place to stop your mind and settle it into a stern and rigid position is counterproductive to your continuing growth in finding the living and growing truth. For, in your brief, mortal sojourn have you not realized from time to time, year to year, that the knowledge you once had is evaporated? It is no more. It is amorphous. For your deeper and greater perspectives lead you to a higher truth. Use your mind to reach for what you would find to open your soul to intellectual knowledge. Intellectual knowledge will grow your soul.

What would you do with your body? When you glorify it as a temple, would you utilize it wisely? Would you find the proper balance of pleasure and not to reach beyond to wasteful, indulgent, self-gratification? Would you find the balance that makes you happy, which is not the pursuit of pure pleasure.

Pleasure is found in service, in using your talents productively, not burying them, not self-indulging, but rather using them productively to reach out and spread joy, spread love, which comes back to you manyfold.

Your body, your hands, your feet, all parts of you are to be enjoyed, exalted and experienced. The universe is, indeed, a university, and, indeed, the key element of knowledge is experience. Could anyone tell you about anything — the universe, your planet, your life, your schedule tomorrow? It is the experience that is the uplifting joy and you will have many times to recall these pivotal flesh times when materialism was

so much a part of your being. Make your body a joyous celebration, for it is a gift. It is a gift.

Your spirit will develop by wholeheartedly searching for the Father, the Universal Father, not turning your spiritual growth over to anyone, from guru, to preacher, to the friend next door, to anyone, to find that the key to universe growth for your spirit, even your body, even your mind, is all found within, the strength that you gather is from within. For would the Father expect you to go out in the world and find strength of character? No, the Father would not expect you to find it, for it is not out there. It is within.

You find these deep values from within, and in finding them you are so overjoyed that you want to turn them into service, for you are comforted, you are secure in the knowledge, the incredible knowledge of your grand ascension — you, as a beloved child of God, completely unique, with a place in the universe, on your planet, in your county, in your state, on your block and with all the people within your aura.

Be proud of your status as humans, for you start at the very beginning and you have such a long and glorious way to go. There are trials and tribulations here which can be endured quite confidently, provided you struggle in love and not fear. And your path will be made easier when you understand that it is faith that is the key to love, and then to service. And, faith, not fear, will drive you forward.

You can do the impossible, for truly, you have no idea of what the impossible is, and never have. All is possible under God. All is possible with God. If you stay with God you will do wondrous things, even if those wondrous things are within the

walls of your home, within your family in the glorious job of parenting, or in your neighborhood, or even into the world. You are honored. You are exalted.

As ascending children of God, just make sure you keep ascending. And, I must say that, though I grew up across the universe, far across the universe, I was a mortal. I want you to understand your special place, for, we too, knew Jesus. We, too, celebrated this life, this example, and we were across the grand, and glorious universe of Nebadon. You are a special place; you are a special people. You are on a special quest. You are a special place where spiritual servants and volunteers are coming to share their perspectives with you.

Do not expect them all to be all wise, for, truly, they ascend as you are. Their perspectives of truth are their own, as yours are, and this is never taken from you. Your perspectives are an integral part of your personality. Free Will is an intricate part of the entire, ever-circling, circular evolution of which you are a part. There is no beginning; there is no end. There is only your ever-ascending, swirling growth on the ascension path, which carries you to places you can only imagine. I wish you well in your quest. I will always follow you closely. (TR: jim cleveland)

Love

Elyon, Northern Idaho Teaching Mission Group

As you mature in your spiritual progression, as you move from mortal understanding to *morontia mota* and gain greater insights, you are also learning that the word 'love' denotes an ever-greater expanding reality approaching cosmic manifestation. Indeed there are many now beginning to understand that love is more a matter of the will than it is a matter of feelings. It is possible for you to choose to love. Your mortal flesh follows suit with feelings that you would normally attribute as affection.

Love is an attitude, an intention of service toward your brothers and sisters. Love is the desire to do good to others, and when it is wholly sincere, it will result in actions. You see, if love was based upon feelings it would be limited only to those you feel comfortable with and who you approve of.

When our Master entreated us to love our enemies, he totally transcended the realm of feeling in terms of a door of entrance. If you are commanded to love your enemies and love were based upon your feelings, this would be totally absurd and impossible. We are enjoined to love our enemies. Therefore, logically and truly, this love is not ultimately or initially a matter of warm, fuzzy feelings. To love our enemies is to be God-like and to recognize that the status of 'enemy' is in large part a perceptive category. The reality of that other person is, in almost all cases, really as another son or daughter of God.

If your enemy should be not of normal mind then this is of a different situation, and in that case these words do not apply. The matter of discernment as to whether another person whom you term 'enemy' is in fact a faith son or daughter is not

something that you can easily decide. Therefore we recommend that you take the default position that this is so, that your enemy is, in fact, a brother or sister of the same parents and worthy of love, as you are kin.

When you attempt to love an enemy, think to yourself, what good could I desire for this other person? What could I pray for, wish for, and even possibly help effect that would be in the best interest of this, my enemy? To love another is a matter of intention, a matter of attitude.

Love takes no count of worthiness before the bar of judgmental human nature. Love is patient and kind. It is not paranoid. It does not imagine evil about other people, but always expects the best. And as Paul so beautifully stated, love never fails.

Love is the attitude of God. It is the essence of God's nature. It was out of God's loving heart that he decided to create the worlds of time and space because he desired to share his nature, his existence, his joy, with other personalities.

Love begets love. It creates new opportunities. Love rejoices in diversity and in the expansion of reality. Love is never self-centered, never scraping, stingy, rude or abrupt. Love expands to embrace all others. Therefore, love is the greatest thing, the greatest reality in the universe.

Knowledge is constantly expanding, and that which is superseded falls away like scaffolding. Our expectations for the future are imperfect and will be fulfilled in ways greater than we can imagine, but love remains the staple, the foundation, the quest and the eternal prize.

Sharing Your Life

JarEl, June 13, 2005

It is important that you see yourself in other people's eyes. It is important that you look around, that you include others in your life, for only then will you be truly alive. It is only when you share your life with your brothers and sisters that your life begins to mean something. Hiding yourself and your feelings will never bring any joy to your life but opening up and sharing who you are with others will greatly improve your happiness.

Imagine other people as simply aspects of who you are, imagine them as being facets of your own complicated life. Once you begin to realize that other people are a part of you just as you are a part of them, you will begin to take care of that aspect of your life a lot better. You will begin to cultivate those relationships so that they may flourish and bloom and live.

Each of you has a million facets in your life and each facet is reflective in each and everyone of you. That reflection can be good or bad. It is up to you whether you decide to cultivate this relationship with one another. It is up to you to socialize with your brothers and sisters on this planet. It is up to you to open up and let other people into your life. It is up to you to bring joy into the lives of others. It is completely up to you to make an everlasting impact on this world.

My message here is that you have free will to create your own reality. You have the power to imagine and to create and you have the knowledge and the gift to give love to the world and have the world love you back. It will always be your choice.

This is a very simple lesson to learn. It is not very difficult to understand, but for some it is very difficult to execute. For they blame life for giving them the circumstances that they are in. Sometimes they blame God for the conditions in which they find themselves, but it is not so. We all make our own decisions, we all make our own choices, we all choose to be where we are for whatever particular reason. You choose who you want to be, you choose where you want to be and at what spiritual level you are.

Remember with each level of advancement you shall have greater challenges. Be prepared, for if you choose a life of spirituality you choose a life of challenges.

Transmitting-Receiving Precautions

Abraham, the Woods Cross Group, Salt Lake City, Utah, 1999

I have again been instructed to move to the next phase of our lesson -- the transmitting process. This area of learning, this method of communication, has been likened to a vehicle spinning out of control. Some that transmit attempt to correct this spinning by imposing their own thoughts, while others attempt to turn inward toward the direction of the transmitting momentum.

I can impart to you my understanding on this communication process, but certainly my understanding is not quite complete. Individuals receive messages through various ways, whether it is through sound, thought, or a perceiving with the morontia vision. There are a few factors that I can help you with to gain more accuracy.

The FIRST factor is the act of releasing personal desires. You already understand how personal desires color transmissions. We can go back to the act of the laying down of one's life, the act of desiring NOT to desire, the commitment to drink the cup, to be within Father's will. Should Father have a message for me, so be it. If not, so be it! Yes.

The transmission process is practically useless if one is seeking attention or popularity. This is factor TWO. A desire for self-glory or fame is a direct disconnection from the Spirit -- completely understood by Father of course, and a part of the mortal experience -- but nonetheless, a disconnection.

Many who pick up the transmitting process have usually done so through the exercises in humility. To be small is an invitation to accuracy. A good transmitter detests any praise from listeners or credit. A well-balanced transmitter understands the wisdom spoken is not their own.

We seek to teach you this transmitting process to allow you access to internal divine truths. When there is not trust in your own inner knowingness you tend to rely upon the words of others. You search and still you thirst. You consume information and yet you still hunger.

Factor THREE teaches us that the transmission process is for our own personal growth towards our divine Father. To understand this morontia sense activates the internal compass to search within, to measure what you believe spiritually with what you know logically. All mortals utilizing the transmission process certainly must weigh your messages with your intelligence.

Father is intelligence. He would not ask that you sacrifice anything for His divine favor, no. Father would not bid you to engage in illogical risks while leading you on the path of your eternal career, no. We will make errors in the transmission process, no doubt. Father and Mother have granted you intelligence that may be used to filter your messages through.

You most of the time cannot completely count on your fellows to loan you their intellectual knowledge of your divine messages. You have been granted the gift of mind, and we on the teaching staff full well expect you to utilize it, yes.

Factor FOUR is almost humorous in a way where we have been practicing to erase the lines of time and space. Factor four deals with allowing time to see the fruits produced from your transmissions, yes. Those that give you comfort or wisdom are useful and producing values, yes. It is easy at times to push aside a transmitted message, believing them to have been your own thoughts.

I say that time can help you discern if these messages hold value or not. The purpose of learning to use this method of communication is to become acquainted with Father's small voice within. As you practice and use your morontial vision you can see within your message if Father has indeed spoken.

Factor FIVE is simply taught to reduce the mysticism of transmitting. On the mansion worlds this process is thought of as natural. Perhaps at first some are amazed by it, and later learn that this process is quite practical. Many look for signs that their mortal eyes cannot see that lend them faith.

Some believe that mysticism brings signs which promote faith. This mysticism brings only temporary satisfaction. When the real truths come to the forefront do you find the mysticism to be unfulfilling and fleeting? Solid transmitting brings with it lessons that may be used in everyday living. It is not showing the world--*look what I am gifted at*. It is not saying — *I hold the answers--come to me!* No. The transmitting process is personal, is communion with those who are on High.

Transmitting-Receiving: Causes for Errors

Will, Tallahassee, Florida

When transmitters go wrong, the error generally falls into two categories.

Category one is those errors spontaneously generated by the velocity of spirit progress being made during a transmission event. In other words, the transmitter gets swept away with euphoric feelings of spiritual progress. It is difficult for us to then exert any control whatever over the wayward human, other than break off communication. In this situation, the animal nature of the human has taken over.

Great surges of human emotion, whether surges of euphoria or fear, are a powerful impediment to this communication. But the velocity achieved by the transmitter often quickly carries the subject matter into areas that are not reliable or are clear error. There is little we can do to control this.

In this communication, like all communications between all humans, you are not relieved of your duty to exercise common sense and sagacity. You are not to set aside your normal capabilities of judgment merely because it is said that these words come from God. You well know that your God would never ask that.

Category two is a fear-based transmission, when the receiver-transmitter is not fully capable of selfless transmission. When the receiver-transmitter begins to personally identify with the veracity of the message, then an equal and similarly impassable impediment exists to the free and accurate transmission of our message.

The transmitters cannot and may not take credit for either the good or ill spawned by the words which we speak to you on occasions like this. It is an impossibility for the transmitters to be responsible in any sense.

How could a transmitter be responsible for the effect of the message on an unknown hearer or reader? Transmitters are relieved of this responsibility. Personality identification with the message is a regrettable human fancy and does not exist in our experience of reality.

For those transmitters who read these words, I counsel you that in this, like all human activities, do not fear to stop, consider that error might thrive. Back up. If necessary, start over. You are of value to us. We know that you are incapable of operating error free.

The success of this activity relies in large measure upon your individual ability to recognize the weaknesses of your

personalities, your own wayward predilections and your ability to discipline. Nevertheless, error exists. We admit it. We are all far from Havona and error is a large part of the reality with which we daily deal.

Healing Through Self-Forgetfulness

Anatolia, March 21, 2002

Do you recall your exercise of the previous week, of inviting Michael and the Mother Spirit into your heart and beginning to heal those areas of pain and resistance within you? This was an important undertaking that precedes the release of the animal nature, ego hold, or should I say strain within your mind and body that keeps you in a sense of self-protection.

Protected selves guard what they do, how they reveal themselves so they will not be hurt. Is this not so? The protected self has built many layers of armor or resistance so that the difficulties of living on this challenging world and the pain inflicted by others cannot penetrate and affect you. But this also has the effect of keeping you in your state of self-induced rigid immobility, where you are so concerned and overburdened with the idea of not being hurt that it conditions every movement and thought that you have.

When you allow your heart to be healed, you have those places of rigid immobility within you softened. They become more flexible so that your posture and movement in the world becomes more fluid and expansive, and you find yourself more open and willing to reveal more of yourself into the world.

As this unfolds within you, this softening of the heart, you find that you do not have to protect yourself from being hurt; you find that there is no need to guard your sense of who you are. You extend yourself more into relationships with others, even to the point of wanting to help another person overcome their own sense of self-woundedness or self-protection.

And you have been given lessons on the idea of service, to help other people experience this. And so in this growing sense of openness within you and as the new strains and desires of service unfold, what happens to the posture of immobility? What happens to the sense of self-protection?

It is no longer there. Well, where did it go? You see my friends, you forget about this, because it no longer affects you. This is the attitude of self-forgetfulness of which I speak tonight. And it comes in an ever-expansive unfolding and healing of your heart, as you no longer feel that you must protect yourself, and you find that everything you need to live successfully is given to you. Every act of faith is rewarded, and so what need is there within you of being in this posture of self-fullness?

Be The Light

Greetings this morning, this is **Machiventa** here to remind you of the tasks at hand. The greatest contribution next to actual service to another individual which you can make to the planet as a whole, is to become responsible in carrying the light which resides in you in a way which others can perceive it, that others can actually sense the light in you.

This is the task at hand, not to act as if you are in the light, but to own the light you truly have, to believe this light and to wear it proudly on your sleeve as they say, or on your shoulder as a mantle, to wear this light in your eyes that when you happen to glance at another they perceive the surety, the calmness, the peaceful quality and the caring nature which is within you.

There are, of course, many other things as a spiritual human being that you could be doing, and many of you find these things to do, but just remember that one of the most responsible things is to be responsible for who you truly are, and one day that will be — becoming a being of light. This is who you truly are and this is how we truly choose to view you.

We know that you are a little rough, a little dirty, a little road weary and worn from earth's grating existence. As a spiritual perspective it is wonderful to actually see people living as if they live in the friendship and company of spirit.

There is enough information already on the planet for you to access what I am saying about becoming more in tune with spirit. It is a practice at first. It is something which you must daily and constantly remind yourself of and, with a little patience, one day you too will stand brilliant as does spirit now stand within you brilliant.

Even though it is a small minute aspect it is still brilliant. It is brilliant enough to obliterate all of the darkness which resides within you; this is how brilliant it is. The fact that this brilliance resides within each one of you says there is enough light to change the world, it already exists here.

This light is ready to change the world person by person, not like a mass riot but like a peaceful assembly all coming together honoring the great spirit within. This is where we are today, hand in hand, touching each other and honoring this great spirit within. Thank you.

Machiventa Melchizedek, August 16, 2012

Fear as a Motivator

Merium, Albuquerque, New Mexico, January 20, 2008

Sometimes, remember, fear is a great motivator! And when the human race gets too complacent, too much of a "couch potato," too fat and sassy to do much toward real progress, a scare will alert them to the possibility that it could happen to them and thus they begin to think and invent new ways around those things that scare them. And so they contribute to advancement of civilization whether they wanted to or not.

Fear is a great motivator. It is particularly a great motivator for those who choose not to think in advance. But for those who choose to think in advance, and dream and hope, there are problems and solutions already in the hopper, already in the making. And without much of the concern and anxiety from those who wait.

You know how it is. There's that thing about those who make things happen, those who watch what happen and people who wonder what happened. Those who are not paying attention now will be alerted through fear or will sleep through the whole thing and wake up ... or not. I end that sentence on that

somewhat direful note, because it is, in the end, necessary for you to make choices.

It's all very well and good to act on faith, but it is also necessary that you manifest a certain amount of responsibility in your own development. You need to cultivate your soul, just as you need to pay the electric bill. These are part of the obligations of maintenance, not only maintenance of civilization but maintenance of a spiritual condition.

Connecting Humans and Celestial Teachers

TARKAS, Cincinnati Group, September 1, 2005

There is a somewhat lively competition to find ways to penetrate and reach a fusion, a kind of fusion, with your mind. For you are all unique and we try many different techniques and many different times of the day and night to effect meaningful contact that you will be aware of.

Even so the business of the human mind is truly legend and you are so active most of the time that this is difficult. We look for cracks with which to slip through and make insights, sometimes only briefly. But hopefully insights which you can see do not come from your own mind but from some higher source.

In this growing experience comes growing belief and commitment, faith, trust, principally, in general. Your problems in the stillness have to do with trying actively to find God, to find that level, to find that consciousness.

In the seeking you may not find. It is not in the seeking. It is in the full openness of love and trust; in certainty that you are surrounded by the love of the Father with no fear. This openness of relaxation engenders the verbalizations which you then must take a leap of faith to speak aloud.

Once that leap of faith is made it becomes infinitely easier to speak additional words. In time it becomes second nature that the words will come, and come, and come.

But do not fear your mind, your own mind getting involved with the transmission, for indeed we must engage your mind to make it work.

Often your thoughts are quite real, quite true and quite pure. And, as with the authors of the Urantia papers, we allow the human's concepts to come through if this is the truth that you need. And yet we are always much a part. We will not let error of serious consequence stand.

Trust and faith in your own mind is important but you can be fully open, ecstatically open to whatever the Father wishes to impart to you. In this openness, in this non-trying lies the key to success. (*Expressions of thanks and love*)

TARKAS: We love you as well, my children, our friends. It's quite exciting to have friends on this troubled planet who show so much courage, who come together and explore these unknown places to find these veins of gold and understandings that will propel you forward.

CORRECTING TIME Expectations

AhmaNiden, a Melchizedek, in Colorado, April, 1994

(Comment about debilitating human fears of the unknown.)

AhmaNiden: But within the framework of humanity are pockets of people who have evolved above and beyond their fellows. Those who have been worked with within the framework of this Teaching Mission are among those who have been elevated, have been taught a different structure to put their faith in, and they will, for the most part, hold true when the current structures that are in place begin to fall.

They have been taught and had it explained to them what their role might be when these things occur. And they will persevere, fear not, little one. They will not be rudderless. Do not feel as if you will be in a ship with no ballast. Your ballast is with you, in you, among you, beside you.

(Question on how people will know the right choices to make in this critical times.)

AhmaNiden: It is because of these very reasons that I believe a more slow-moving process will be the one that is finally decided upon. And yet even within that process there will be areas, if area is the correct word, that will move faster than others.

This is not going to be a “suddenly” happening across your planet; it cannot be, because there are too many differences, big differences, wide gaps between the different parts of humanity, the different levels of their understanding, the different levels of

their belief systems. And so from my perspective, it cannot be a “suddenly” happening.

And yet again, within that fabric, there will be those to whom greater information will be given, greater responsibility will be given. Do not fear little one, your Father has his hand in all of this and knows the needs and desires of each of his little ones. This is not to say there will not be moments, periods, of chaos. For certainly there will be. But you will be given the means to get through it, be given the means to understand it. Not just you, but all of your brothers and sisters as well.

TRAINING HUMAN TRANSMITTERS

MONJORONSON, Northern Colorado, July 27, 2013

Question: *Where does the work of training more TRs stand? Is it done?*

MONJORONSON: No, far from it! We have only teased you with possibilities. The necessity of training TR's is vital, but what we are finding is that many individuals who have heard the work of TR's see this as an objective practice, much like practicing your times tables.

However, this is a development. TRing is a development that comes out of your meditative practice, one that is developmental and evolutionary and spiritually uplifting. It is the passage from simply being one of the audience to being in the conversation with those who are presenting. So, it is something that can be developed with the correct intentions.

To simply become a clairaudient channel is not of any value in itself, but to have the intention to reveal God's Will, God's work through Christ Michael and Nebadonia's corps of angels, now that is another matter, and that has a different purpose, and it will most surely have our support.

TR'ing is a vital function of our work, and the capability of what we can do. This skill needs to be developed in many others. No, TR'ing and the teaching of TR'ing and practice of TR'ing and its development is not dead. Once this new pragmatic era of work begins to be expressed, one of the programs that will rise again are the Melchizedek Schools and the intentional practice of teaching individuals to enter into the deeper stillness, into the realm of "no thought," with the intention of being open and receptive to hear the voice of celestial and spiritual beings.

A TIME FOR ALTRUISM IN SPIRIT

*A Lesson from Charles, a Mighty Messenger
Northern Idaho Team, September 22, 2012*

I would say that society, in order to grow into the humanitarian consciousness of the brotherhood of man, which was originally intended for this planet, that we have now come to a place where the resources of the planet have been compromised. It is necessary to protect the resources of the planet for the present and future generation which is of great concern if you are to continue to live here.

Time has a way of moving and it is peculiar that in men's minds, men think that they can stop time, that they can live in an age that was once glorious, resisting to live in the present age that is not so glorious. But time does move on no matter who

thinks differently or how they think it differently. Time is not of a relationship to men's minds but men's minds are in relationship to time. The time is upon us where the consciousness of personal growth has gained momentum on this planet and the time has come upon this planet where the structuring of resources needs to be brought into an atmosphere of accountability.

For even though you are a race of people designed to be individuals, the time is upon you as a society to put down your individual assumptions, needs, and wants, to focus on the greater accountability of society at large and how the society will move forward in an effort to accommodate all of its constituents. Quite challenging I say, and yet you still look to us for answers that are within you as individuals and answers that need to be collectively decided upon. You cannot have a small faction of society willing to harbor concepts of greater results for society if the whole of society is not willing to support such an effort.

It does not matter what spirit says, humans will do what humans do, they always will. Spirit cannot change what humans do or what humans think, though there are some that come to a greater understanding in an introspective manner of how they must deal with their own personal lives which help them to move forward in a greater social context. It is the classic 'Catch 22.' You cannot have one thing without the other and you cannot have the other without the one thing. One of the interesting things to observe in your society is that there is much waste and much erroneous and needless endeavor, too much neurosis.

It is great to dream, it is great to have personal ambition, to have plans, but the time is upon your world where personal greatness and personal ambition is not necessarily the area to focus. Begin to focus upon the means which exemplify the will of God, the will of God being that you are to become like God and you are love, and respect each other along the way. You are not to become God in the "creator prerogative." You are to become like God in the spiritual sense, a being that has the continuity of love, and this is the element that sustainability seeks — the continuity of love, how to sustain such an elusive phenomenon.

Love does not grow from a nervous endeavor, a nervous condition or an agitated nervous system. Love grows from the calmness of the heart and the rightness of the mind. Mankind will greatly excel in any sustainability endeavor when he reaches the point where he can sustain the phenomenon of love, personally and socially. It is through this endeavor to sustain love that you come to us, the teachers, that you come to our understanding of how to attain a greater sense of love in your hearts and in your minds. For this reason we focus on the source of love, the source of love which resides within.

Unfortunately, love is not hard wired as is some of your more aggressive animal instincts. Love is a purely spiritual phenomenon, a gift the Creators share with the created. Love truly is the pathway, it is the pathway to great achievement, great achievement as an individual and great achievement as a society.

This planet and its people are in great need of love. Love will sustain you greater than any material, any mental process. Love brings you to a greater sense of understanding and wisdom.

Life Challenges in the Planetary Correcting Time

*Perspectives of Zarath, Boulder, Colorado Teaching Mission Group,
May 1, 2005*

Jesus has taught us the value and strength of love of the Father and how it is essential for us to use that in every action and intention that we pursue. Actions without love are meaningless.

In the overall, those actions including love are worthwhile means of progress in this universe. There is no ambiguity when one asks: "Am I doing the will of the Father?" for if the actions and emotions and interactions have love as their source and reason, that is the will of the Father.

The Teaching Mission on a broader level is experiencing the progress that we have hoped for and continue to work for, particularly in the regions of the Middle East and the activities associated with Darfur in Africa. In the latter cases it is the broader recognition and acceptance of responsibility that more nations and individuals are experiencing and accepting. The progress, of course, is evolutionary and seldom fast enough for mortals observing these things, but be assured, there is definite and increasing progress in these areas. One must accept the setbacks that come in the process, but never lose sight of the goal.

Student: *Zarath, concerning your statement about following the will of the Father, I agree it is becoming easier for me to tell when I am doing the right thing, but the part I am having trouble with is*

sometimes failing to act when the Father wants me to. Do you have any suggestions?

ZARATH: This is a normal "problem," if you will, for the mortal situation. One can be assured that if you miss an opportunity, another will be presented. One can be certain that the love of the Father is in no way diminished. Your actions, your choices will eventually bring you to the perfection that he has designed for you.

If you recognize a past event that you missed, that is part of the learning process. It helps you to be more alert with the next. And depending upon your energy and acceptance at the time, you will be able to meet it and enjoy it, if you pass on the love that goes with it. So be of good heart, your intent is what is so loved by the Father.

Student: *We are experiencing in this country a faction of people who are mixing religion and politics in a way that is not exactly healthy for either. What, perhaps, would be the best thing for us when we pray for them, to pray for?*

ZARATH: There are those who are misguided in their beliefs and have drawn away from the clear and beautiful and timeless teachings of our Master. As he has guided us, those who are closed in their minds cannot be reached by words or laws. They can only be reached by true expressions of love. They must draw closer to their source, to be imbued for pure love and intent, for them to experience change or openness.

Father desires that all of us be "one," that all be respected and admired in diversity together and seek for their common place, their common duties, their own personal duty in contribution,

without disallowing the other, without trying to disadvantage the other. It is not an easy answer, for it sometimes takes cataclysmic happenings to shake the foundations of such solid and misguided beliefs. We will have to wait and see, but things will surely be resolved in the Father's time.

Student: *Is the opening of the circuits to our planet since the adjudication of the Lucifer Rebellion playing a role, or having an effect, such that those who have a rigid belief system ... is that causing them to be kind of even more rigid, as the circuits are no doubt stimulating them toward greater spiritual awareness? Are they becoming more entrenched in their belief system as the only response they know as a result of that increasing spiritual force?*

ZARATH: It is evident that the increased spiritual pressure being applied is having a marked effect on the increase in spiritual desire and searching, and as you are contemplating, those who are fixed in their beliefs and structures will, in fact, be energized to be more effective, and, as we are seeing, more proactive in pushing that philosophy, until greater wisdom comes from their experience, their joint experiences, or the disasters that can be created by following that course.

On the other hand, the many that are more open and are receiving more guidance and help from this mission can be the brighter lights, can, one at a time, achieve much in changing the societal response to bad actions of the government structures as well as the various church structures.

Structures have their place in fixing for a time certain resolutions, certain ideas to carry forward in society and civilization. These structures must be broken down periodically to allow growth. This is the range of activity that the Most

Highs can be relied upon, while we do our best on an individual basis. This is all I can say about this.

Student: *That's quite enough.*

A Visit from Midwayer Parsonel

A Session on Working with Energy

North Idaho Teaching Mission Group; May 11, 2003

Rick Giles, now in the Mansion Worlds, was one of the TM's most prolific transmitters for many years. He recalled at one time a surprise visit from a surprise visitor and a surprise topic that showed up at this 2003 session. Rick's spirit name is Jonathan and he is the transmitter.

I introduce myself to you; I am **Parsonel** and a Midwayer. I hold long-standing dedication to correcting this planet after the disruption and wayward experiments all of which, while bringing chaos to the preferred order of planetary events, have, as time has unfolded, created a remarkable world.

Urantia is extremely beautiful and wholly unique. While I am made aware of the conditions of other planets and what the midway creatures of these other worlds experience, I have come to greatly appreciate our team of midwayers and the humans who come and so quickly go from this world.

You are to be congratulated for working with energy to make what is for a physical creature a difficult stretch, to connect layers of energy and allow them to have impact in your lives. You are aware of physical energy forms and have harnessed many of them. You enjoy lighting when the sun has set, because

you know how to channel energy through electrical form to create result.

While you develop the mechanism wherein the energy may flow, your electrical circuits, you are fully aware that this energy and the circuit itself are merely the means to another end, which is, for example, to light a room, to cook a meal, to run an appliance. That was your intention.

So, the exercise you have just now undertaken is quite similar to material conduits through which energy may flow. You are creating through your mind and your will and your creativity a form through which energy may enter and be directed. It is right for you to direct that energy, or for you to simply harness it, to in-circuit it. But not to use it serves no purpose.

I am close in kin to the human beings of this world, but you cannot perceive my presence through your senses. While you know that beings of my order are described as existing beyond your range of vision, it might be better stated that our energy presence is so expanded that you are unable to perceive our presence. Your senses pick up denser conglomerations of energy. If I condense the energy pattern that defines my being, solidify it, I would come into your field of vision.

If you were to take a cupful of BB's, they have weight and volume amassed as they are. They have presence; they appear as an object. Now let's take that cup of BB's and scatter them as far as you can imagine. To the material eye that object does not exist, when in reality it is merely expanded beyond the range of perception. We midwayers are such to your field of vision.

We are now undertaking as a corps of beings the training for utilizing energy forms, energy structures, that are beyond the range of midwayers. It is through the training provided by those celestial visitors that come to this world that we are gaining our understanding and our skills to direct energy just as you are doing so at your level of being.

The secret is to develop the ability to focalize, to condense, to draw the energy closer, more tightly assembled, and direct it. This is a difficult task. As I return to the cup of BBs, how difficult it is now that they are scattered as far as you can imagine to draw them back together.

You are aware of the phenomenon of a magnifying lens, how it can collect light and focus it to such an intensity it causes combustion. Working in an energy field and circuit is undertaking the same principle or property. High spirit beings of Paradise origin to our view as midwayers and human beings are so transparent, so rarefied, that we are unable to sense their presence.

When a being of this order visits Urantia, it comes with an entourage of focalizers who can indicate presence, who can transmute the energy fields, condense them into the morontia level of perception. Then we can enjoy face-to-face contact. These intermediaries train such that they may perform such services. This is only the beginning of abilities that may be acquired as you ascend.

Often and typically the higher the being the less likely it will self-condense, but the trend of most personalities is to self-expand, to rise from the dense levels of material planes to the apex of spirit reality, the Paradise level of spirit presence. But

there are those who do have this innate ability to condense. You know these as the descending sons of God.

We were thrilled to witness the apparent disappearance of our Local Universe Creator Son as he undertook his bestowal upon this world. All held their breaths as he appeared to disappear. You can imagine the excitement when we became aware that he had taken new form as the baby Jesus. That is a miraculous event to beings like us midwayers who are oriented naturally towards growth and expansion.

We seek to become like Michael and are baffled at the mechanisms and abilities within an order of Creator Son that can reverse and become like one of us, even one of you. Therefore as you undertake this practice of energy collection and focus, ever keep in mind the necessity of the presence of spirit beings who can assist and amplify your efforts.

I told you that it is important to have a goal, a direction, a use for this energy. It is also important to perceive yourself as a dish, a collection, like your satellite collectors. But on a spiritual level within your being you are open as an antenna collecting the energy that is readily controlled by high beings. Therefore, not only do you have a target for the direction of your energy, but you have an awareness and a focus upon the source of that energy, which ultimately is derived from God.

While you undertake this development in your abilities as an ascending creature, do understand that your forms through which you transfer, channel, this energy may change. Just as you began your understanding of electricity with certain circuits, gauges of wires, and electronic devices through which you accomplished goals, only to evolve and discover micro-

circuitry and finer forms of electrical work, so will your mental constructs adjust as you develop a sensitivity toward and application of this energy.

I am a midwayer of secondary status, brother of Sharmon, and I thank you for receiving me today.

Human comments and question: *I'm understanding that, besides what we do so far to imagine this energy pole in the center of the group and a spinning at head level and at heart level, to also visualize the source, a condensing energy coming from Michael or Neadonia or ultimately God. If we are looking for physical changes, healings, should we visualize a physical energy source like the Power Directors or something like that? Are there any specifics of our pattern so far that you would suggest changing or adding?*

PARSONEL: By assembling yourselves in a group and undertaking the collective conscious visualization you establish what may be likened to a lightning rod. Throughout a thunderstorm the energy is present. When the connection is made the lightning bolts, and it will do so wherever the conditions are right. By establishing this energy framework it is much like erecting a lightning rod to draw the energy toward you.

You understand that on Paradise spirit being and energy are indistinguishable. Way out here on the frontiers of space, both midwayers and human beings deal with a great gulf between dense matter and spirit being, so the mind becomes all important as a director.

So, I perceive this is the reason for your question of how the energy may be directed; physical energy toward physical

problems as in healing, or should the energy be transmuted to be useful in a psychological arena when one is troubled in mind and soul?

While it is difficult to discern how to do this and how effective you may be in transmuting and directing energy, I ask you to practice what we practice, and that is to always know that God is energy and God is spirit, one and the same. This divine presence, fully knowing as it is, will act in response to your faith and appropriately apply energy as needed.

I will use another example of one of your material objects, the spark plug. Consider the central pole as the divine source of all energy and consider the grounded pole your willingness, intention, desire, and openness to receive the energy. You may not have the power to draw the spark, and you do not need the power, for the grounded pole merely needs to be ready and receptive, and the divine central pole provides the power that jumps the space and makes the connection.

So, you may intellectually desire to place energy appropriately and to use an appropriate energy form, but take into account that all you need to really do is provide the receptivity, and the divine energy will jump the gap and strike as needed. I hope this helps.

Question: *Our faith is the ground, right?*

PARSONEL: That is an applicable comparison. Let us stretch this example of the spark plug and place a little metal object in between, in the gap. That little metal object does not have the same attractive abilities as the grounded pole does. It is

suspended. It has no faith. By grounding yourself in faith you create the potential to receive the power.

Along with faith is determination, resolve; and herein enters the importance of decision making, for this is how you establish your grounding which completes the circuit. Indecisiveness, uncertainty, cause you to disconnect from ground as well as reduce your attractiveness of the divine power.

It is better to believe and believe wrongly than to not believe at all. I must tell you that we midwayers learned that lesson the hard way.

Human: *The little metal object in the gap could be the disease or the person in need of healing. When the energy flows the disease is dissipated. Is that how it works?*

PARSONEL: I love how you are working with this example. We desire that healing be bestowed upon a fellow. Let us call that little metal object between the gap of the plug one's fellow. Yes, you could desire that this being move over to and connect with the divine electrode, but for the force to flow in reality, this being needs connection with ground, and the energy then snaps into them.

This stresses the importance of your function in closing the circuit. This underlines the value of telling another you are praying for them; you make the ground connection to them, and that groundedness allows for the displacement of the disease with the healing energy. God is all powerful and can jump the arc. Your task is to be grounded to receive the energy pulse.

THREE

Teaching with Spirit

Being the Word of the I AM

Christ Michael, November 13, 1994 in Coeur 'd Alene, Idaho

How is it in your experience that you can go forth and proclaim the word and make it known?

By being that word, not by speaking or telling another, but by seeing your sister and your brother in the complete accentuation of your attitude and personality, to take them up and embrace them with all that you are, in such a manner that does not prescribe uncertainty, but which makes them secure in the knowledge that they are welcome with you, that they are loved by you, that you are a spokesman for the great I AM and his Son. I am He.

Presenting Stillness

Lantarnek, Coeur d' Alene, Idaho

I have planned to speak to you on the subject of stillness, but I wish to address the topic from a slightly different angle so as to encourage not only your practice of stillness, but also your presentation of stillness.

It is a quality of humbleness to regard your engagement with the Father in solitary meditation as an act which you do not



flaunt or parade before others. This divine intimacy is for you, each one, to experience as creature to Creator without spectators. While such spiritual modesty is noble, it does not prevent dedicated ones as yourselves from assembling in fellowship as a family experiencing collectively the presence of your same divine Parent.

The presentation of stillness I speak of has to do with the outward living of that inner experience found in quiet time correctly, so that you regard this mindfulness, heart-centeredness, of stillness as a pause from the dynamics of your lives, such dynamics that often wear you out, cause you to feel disconnected. So, stillness attracts you to the time for recollection, to return to square one, to refresh the soul and quiet the mind.

There is, however, the perspective of "stillness" the word, as synonym to "duration", to "continuance", and this is the presentation of stillness I speak of: wholehearted dedication, absolute resolve, sincere pursuit, your willingness to die that the truth may be proclaimed, unflinching, ever aligned to God, to goodness.

We may speak of this presentation of stillness as a manifestation of your having made the Supreme decision, that choice of human will that is eternal in its consequences, earning you life everlasting, an eternal life given by Father even before you chose or even knew of such an opportunity. Yet your spiritual hunger, your thirst for truth, and your diligence in pursuing the

answers, your willingness to expand your awareness of life and its implications, have been your contribution.

Therefore, you are granted the reward of having earned your place in the kingdom of God. The gift was given, and you actively reached out your hand and took it. This choice is forever; it is still-ness, ever remaining.

There is only one reality point in the universe which changes not, the abode of the Father, stationary, ever-present as is God Himself. All around this Paradise location is dynamism, constant change.

You are all too keenly aware of the ever-present transformation of your mortal vehicles as the years roll by. You are also understanding the expansion of your knowledge and the uplifting of your awareness as you continue to incorporate your life experiences into a conceptual framework which describes reality as you can only limitedly perceive it at this level in your ascent.

You know from your textual studies of *The Urantia Book* that you will one day leave your body behind, and further, you have come to know that even your mind is released and you are re-encircuited into a new mind function, a morontia mind; that while your experiences are safeguarded through this transition and bestowed back upon you subsequent to your resurrection, you will not have the same mind. Even the mind vehicle is new, just as your morontia physical form is different from your current physical form.

All things change beyond the periphery of Paradise except one thing, and that is your resolve to be about the Father's business,

to ascend to the Father on Paradise, to become perfect in your soul capacity as He is in His universe standing. This stillness is what the world hungers for today, the demonstration of endurance, of duration, a never-changing devotion.

It will not be revealed to the world through any religious organization or any movement or cause, for these all will change as well. Such structures do not demonstrate stillness that I speak of, rather they often gravitate toward fixation, a stagnation. This presentation of stillness can only be revealed singly through the radiance of each personality engaged in a relationship with the Creator.

You practice stillness to refresh the soul. You practice stillness to further your relationship with God. You practice stillness so that you will function spiritually when tribulation comes your way, and you practice stillness so that you will present the results to others. Michael, when here on Earth, devoted his entire life to this mode of living, ever and always seeking the Father's will, even to the point of saying, "My hour has not yet come," willing always to adjust to the time flow of the eternal will.

While I observe that at times you are disappointed with your discipline of practicing stillness, I assure you that you are looked upon with favor for the fact that you are all more diligently pursuing the presentation of the stillness, of constant devotion to God, and ever and always seeking to refine and improve your ability to live in alignment with truth, to become ever more good in your nature, to radiate that spiritual beauty that will minister to the souls of all in your life.

This I perceive to be even more important than an interval of time of meditation, for when you do -- as you will -- enter into

an experience of Paradise, it will be a fully encompassing experience of embrace. The interval of engagement and release will not be; the practice will have disappeared, and your presence will be what your practice sought.

Showing Our True Colors

Christ Michael, January 17, 2012

People have, since the dawn of man, searched the planet for the richest and most valuable thing. Now during these times of spiritual awakening there is a tremendous search going on for the spiritual gem of reality on this world.

Do not think for one second that seeing correctly and expressing it will go unfounded by others. There is a tremendous need this day for the poets of this world to express themselves, to show forth the beauty in the commonness of reality, to show the greater spiritual beauty which overshadows all earthly transgression, to see the greatness of a thought against the power of a decision and to see the heart of indecision open to the consciousness of compassion.

I myself can relate to the singular walk in this world of the person with a vision for a greater humanity. I know all too well what it is like to be silenced for what you truly believe and express.

Though I was not the only person to have shown this on your world, the power is within each one of you to walk this path, to sow seeds of righteousness and beauty in a fertile but unproductive soil. No matter how many weeds grow up, it can never choke out the vital grain which has been sown and which

people seek for nourishment. Just because the garden is overrun by grass doesn't mean that you can't live on it.

Just as you have searched within your soul for the meaning for your own lives, you give hope and courage to others that, first, life does have a meaning, that it is real, that it can be found, that there are ways to begin to trust what you feel is welling up inside of you at a time when you must give these thoughts expression, expression in the lives that you live, the lives that you lead, the friendships that you nurture, the people whom you smile to meet.

I have all the confidence in the world in all of you to move into a greater sense of awareness, that, though in your time, the fullness of greatness may not be achieved but the foundations of greatness have been laid. I don't have to tell you what season you are in, you all have observed all too well what season you are in and where you are at, what is your play in this fight for righteousness.

I too know this struggle yet do not become burdened by the severity of the situation but become grateful for the situation that has produced the kind of people you have become.

Goodness is not born from ease, goodness is borne through a persistence to show forth something that is missing. It is like the world is a paint by number portrait and your task is to pick a section and put color to it, give it the meaning it deserves.

This is the tapestry of your lives for you are all being woven into a mass movement of mankind. You do have control of the design which you display. You all have control of the color of your thread. You all have been gathered from the hair of life into

a strong thread spun within the looms of heaven. You who have given evidence to the greatness within, go forth, show your true colors. Just because the world has become black and white does not mean that the spirit has been drained from you.

So my children, go forth in peace with my love, my blessing and my companionship for I am in the midst of you all. I am the battle cry for peace and righteousness and you are my true colors. We continually embrace you in our arms of love.

Sharing Your Spirit

Abraham, June 18, 2001, Woods Cross, Utah

What does it mean to be truly giving of yourself? The goodness from our Father flows through us like a current of energy, and we are filled with feelings of well being and the urge to also do good. To be closed off, self-protecting or too shy is an obstacle to that divine flow of energy.

You have each known individuals, or an individual, who loathes the sharing of yourself, your mind, your hopes, your dreams and also your discomfort.

One who shares not receives not. What a lonely existence to be unwilling to be exposed for the creature you are meant to be. Many that cannot find it in themselves to be open and willing to share life with others usually feels that they are of no value. Our Father sees each child with extreme value and each one is His beloved child. In this Brotherhood-Fellowship we must realize the importance of the giving and receiving of one another.

In the sharing there is learning and growth; there is literal Spirit circuitry connections; there is the possibility of Father being about His business through you. How many times have you learned from hearing others' experience? How many others have you helped from sharing your experience? Do not be discouraged by those who wish not to share or are not open to hearing you.

Rising Consciousness, Greater Service

Elowain-ha, Pueblo, Colorado, December 13, 2009

The consciousness of humanity continues to be uplifted at a greater rate than it has in past generations. You are part of this swelling tide. It is good that humanity understands that the things that are happening now are not punishments from God, but are a result, in part, of the way that you, as a race, have lived on your world for the last several hundred years.

It is good that you understand, many of you, that responsibility must be taken to act, to create new ways of being. Even if these things are not agreed about globally and acted on globally, small pockets of aware and activist individuals again create a network that begins to uplift the whole. There is no part too small to play well. There is no thing that you are inspired to do that is too little. Every bit counts, and every bit done with spiritual intention and sincerity of desire is enlarged and enriched by your spiritual benefactors.

We urge you to trust that this is so, and continue to pour your hearts and souls into those things that you know and feel you can do, to make things better in all kinds of ways, from the most

mundane and material, to the most ideal and spiritual. Act upon your inspirations.

Faith, Love and Perseverance

Welmek, Cincinnati, Ohio, December 1996

No matter what you see in the newspapers, no matter what you see as you watch your television news programs, rest assured that dictators are not in control of this world, that Our Father and those he has designated are in charge, and that heaven on earth is in progress and will someday be here.

Don't ever doubt it. Don't ever stop trying to make it better. Don't ever let anyone tell you that it is futile. Stand your ground. Be courageous and continue to grow within yourself and continue to allow the Father's love to flow through you to your brothers and sisters. Hate and anger repel; love attracts. Love is manifold more powerful than hate or anger, and when others see it, they are drawn to it. Once they taste it, they never wish to go back.

Continue to share. Continue to pour out to your brothers and sisters. Your reward will be great, not only in the next life, but also here, for what is your reward? You will grow more peaceful. You will find that peace that passes all understanding. You will more feel the presence of The Father with you every day, and you will more feel that you are now becoming not just a citizen of this country and this planet, but of this universe.

I hail from a planet that is so far from you that you cannot even imagine it, and yet I look at you: You are my brothers and sisters and I am yours. You are part of a much larger universe than you

can imagine, and you have a role to play, you have a responsibility. But do not see this responsibility as a burden. See it as one of joy, for when you feel love, or you have recognized truth, it is not so much your responsibility to share it as it is your joy to share it.

Service. Helping others, no matter how small, how large, how seemingly insignificant, whether on the material level, the mental level or the spiritual level, people need assistance, they need help on all of these planes. Reach out to them, share with them what you can, and then reach inward to the Father. Allow your cup to be refilled; allow your cup to overflow.

You can never give too much love; you can never receive too much love. It flows wherever a vessel opens to it. There is no shortage of love on this world. It is only that your brothers and sisters block it out. Help them learn to open themselves to this love of the Father. Help them feel this love within themselves as you go. If you do this, you will have served as the greatest of all, for there is nothing that I or the greatest could do for another that would be greater than to help them find the love of God within themselves.

Building Awareness To Build A Network of Love

Ergon, Pueblo, Colorado, December 13, 2009

It is the joy and the peace and the love and good will in the heart of each and every human being that creates a network that uplifts the consciousness of all humanity. And while there is no such thing as too much of these good things, we are still able to assure you that every instant you live in joy, peace, harmony,

love and good will, you are enriching the lives of those around you, and more.

Will you choose again today, tomorrow, the next day, and every day, to assist us in bringing your planet to higher levels of awareness, by increasing your own, and at the same time, enjoy the gift of focusing your attention on love, peace, joy, harmony and good will? You are worthy of it; you deserve to have this enriched experience.

We long to take your spiritual hand and walk with you on the path, and point out the beauty of sparkling flowers and dewdrops of spiritual attunement; the shining stars, the precious relationships and their moments of friendship.

You have available a wealth and grandeur truly beyond your capacity to imagine in most cases. What we are saying in essence is: Choose, again and again, to enjoy, to live in joy. There is no harm in such spiritual optimism, and why not enrich your body, mind and spirit, with the positive emotions, feelings, and, yes, even the hormonal responses that come from feeling good?

We say again, you deserve it. You were created to enjoy it and to sustain it.

Eternal Love; The Only Sin

Elizabeth, an Angel, Lawrence, Kansas, May 21, 1995

Question: *Would you please tell me, how to help people understand that they are loved, in spite of everything that they've ever done wrong?*

Yes, this is very hard because of childhood conditioning. They need to know that they cannot do anything really wrong. They make mistakes as children do, but children are incapable of sin. You are all children and you do not sin.

There is only one sin. That sin is rejecting God. Rejecting God to the point that you do not care to continue your existence. That is the only sin. That is the only thing that can end your existence; nothing else is of very great importance. It can cause you a great deal of harm on this planet, but does not cut short your heavenly career.

This is very difficult to get across to others, and may be impossible to get across to believers on this planet in this life. Many times, they will have to go on to the mansion worlds before they understand. Many scars cannot be healed in this life. All you can do is to continue loving as you do, to continue giving as you do. You will help others and are blessing yourself.

Spiritual Energies for Healing

Anastacia, Dallas, Texas, July 7, 1993

Many of the ills that people suffer are not physically initiated. A headache, particularly, or aches and pains, are oftentimes emotional or stress related, and applying energy, or God's love, which is what you are working with, enables the person to release the tension or the stress which is effecting the muscle or the blood vessel or what have you.

You see, you are doing mentally and through love what can be accomplished medically and through medicine. They both

achieve the same results, they just use different pills, if you will. Is that satisfactory or is there more that you would question?

So we're not talking about miracles here?

No, you are not. A miracle is something that is beyond the norm, or beyond what you would consider an acceptable human condition or phenomenon, and there is much healing accomplished through energy and through love and through belief.

Relating Your Experience with God

Anastacia, Dallas, Texas, August 4, 1993

Very seldom do people respond as you would like for them to when you present suggestions for what they should do in their own lives, It is always appropriate to talk about your experiences with God.

Sometimes people feel embarrassment at the mention of God. It is a benchmark when an individual is no longer embarrassed to talk about the Heavenly Father. It is also a relief for some individuals to hear another mention God, because they have an emptiness that has not been satisfied thus far in their experiences and feel alone with their thoughts.

Any time you come in contact with such a person, your words will fall as drops of rain on their dusty heart. It takes a certain form of courage to mention God.

Sometimes some individuals feel fear as to how their words will be perceived. The goal is to cultivate your own ability to discern

those who have dusty hearts. To do this requires boldness with sensitivity.

This ability will be refined throughout your entire lives, and we applaud the very real efforts you are making now. This relates to lessons already given about teaching spiritual values through the example of living spiritual values.

It is a skill all in this room are mastering to various degrees. We are charmed and enthralled by the consistency of your sincerity. Do not be afraid to make mistakes. This is what I meant when I mentioned the particular courage to talk about God.

Helping Those With Tender Feelings

Anatolia, from the Christ Consciousness Center

Our observation of the humans on this world reveals to us that the emotional nature is as tender as a very young child. Think about how easy it is to hurt the feelings of a three or four year old. And so being honest with an individual may be speaking the truth, but if the truth does hurt their feelings, then, would they be in a position to accept your help? (*no*)

And so the question then becomes, "How do I offer my help to them that will not trample on their tender feelings?" And you as a more spiritually attuned individual now have the opportunity to relate to them at their level, which is the level of being of true service to an individual. You go to them and you help them where they are.

I would suggest this as an exercise to prepare yourself the next time you wish to help an individual, to spend a moment in the stillness state and to see if you can connect with them at their

level of emotional availability. See if you can sense where their areas of woundedness are so that when you speak to them, you avoid those areas.

If this is difficult for you to sense at first, then by all means invite the presence of Michael into your mind and say, "Father, this is your child and you know every place within this individual where they are feeling pain or neglect or hurt by those people who have damaged their spirit.

And so I ask you to show me where those are, so I can avoid them and speak the words you would have me speak to be of service and to lift them, to help them overcome their feelings of pain.

In doing this, you never have to be concerned that you will trample on their feelings, for Michael will deftly guide you to those ways and areas within them that meet with what you say.

Divine Love with Sincerity

Will, in Tallahassee, Florida

1. Assume that Jesus is constantly standing next to you all day and you are demonstrating to him by every word, act, and thought that you understand his teachings of living totally in accordance with the Father's will.
2. Consciously spread divine love to everyone you come in contact with. It does not come from you, but it flows through you to that person. It is a separate reality that you may channel a gift to that person.

3. Be totally sincere and direct whenever speaking to another one, that is, no wisecracks, no sarcasm, no teasing. Just say as directly and clearly as you can what it is you wish to convey.

A Tone of Reinforcement

Elyon, June 13, 2001

As you know as an aspect of your dual nature, all animals on your world respond to tones instinctively and without consideration. They are either drawn to or away from any situation largely based upon the tones that are used in creating the situation. Your words can be viewed as less significant than the tone of voice, the phrasing, the welcoming, you provide in their delivery.

You must grow to understand that it is not so much the specifics of what you say but the love with which you say it. When said with a loving, devotional tone your words take on the tones of a heavenly song, which draws the hearer ever deeper to you as they are instinctively pulled toward your positive tones.

Likewise, using stern or negative images has the opposite effect of repelling your listener away, even unconsciously. It is much as drawing a horse out of the stable one uses soothing, calming tones to assure the animal that there is no cause for danger or for fear. Using sharp, abrupt tones sends an animal into frenzied flight unconsciously.

Whenever possible remind yourself of the impact of your words and the tones you use to deliver them. This is the very reason why we as teachers and parents come to learn that our charges are greatly comforted by soothing tones of appreciation and love, and the barriers fall away, the minds and the hearts open

up, and subsequently the truths are able to penetrate deeply into the being.

One in this life cannot err to the side of positive reinforcement. It is very important that those you contact perceive your accepting nature and your positive tones. Again, your words are not as important as the manner in which you express your natures, your understanding.

Patience and Tolerance

Christ Michael, November 10, 1994, in Coeur d'Alene, Idaho

Take care that you do not chastise others whom I have also chosen. Their worth, while not so easily discernible perhaps by yourselves, is equal to yours. My love for them has no limits. My love for you has no limits.

Be patient with their immaturity of concept. They are my children, as are you. It pleases me to see my children with spiritual maturity have patience and a brotherly regard for those who have not experienced the same as you.

I do not chastise you for your deep feelings, yet I would remind you that you, too, were less mature than at present. I did not lose faith in you. I would that you exercise this same patience with those of your brethren who are struggling at this juncture

FOUR Living in Spirit

A PRAYER

*Our Dear Father,
Who knows us so well,
Help us to come to understand
The beauty that you see in each of us.
Help us to learn the true meaning Of loving each other's hearts, Each
other's souls,
Each other's full beings.
Give us the words, Father, To express our truest hopes, Our greatest
dreams,
Our highest desires.
Give us the ears to hear
When our brothers and sisters Speak to us of these same things.
Lead us, Father,
In a joining together of our beings
Into the most beautiful and perfect plan Which truly expresses
Your Will for us in our lives.
Amen.*

Olfana, Nashville, Tennessee Teaching Mission gathering

Prioritizing Your Life

Tomas, on Lightline, January 7, 2010

Prioritizing our loyalties is prioritizing that which we would take as our own and that which we can let go for whatever

reason, but basically because it does not serve that which you believe to be your destiny path. Just as love must be redefined on each new successive level of growth, that which you discern to be of value, in terms of your tools, teaching techniques, administrative abilities, ministering mannerisms and so forth, gleaning is another way of refining that which is uniquely yours for your destiny path.

All destiny paths lead to the same place, but they are not all the same. You are given a personality and a certain predestination. If you are always setting aside what is important to your personal development, to accommodate others' opinions or leanings, then you are short-changing your own experiential journey.

This mortal life you live is not here simply to aggravate you and irritate you, nor are the relationships you find yourself in, or the working situations you take upon yourself. These are aspects of life unfolding and there are indeed lessons to be learned therein. The lessons are to help you in your task of being all that you can be, and only you know what that is. Only you have the antenna to hone in on those messages that speak to you.

You know what you need, and when you hear what you need to hear, it is music to your ears. It may be disappointing to discover that to others it sounds like fingernails on a chalkboard or something quite flat and uninteresting, but this should in no way detract from your enthusiasm and your determination to follow that leading. It requires great personal courage to "follow your dream" whether anyone approves or not, whether anyone understands or not, whether anyone joins you in the process or not.



If you do embark upon a path in which you have the benefit of associates and companions, so much the better in terms of learning teamwork – a very important lesson to be learned, and a practice that will be utilized throughout eternity. But don't fall into the lazy habit of doing what others do simply because you don't enjoy the rigors of following your own destiny path, which can sometimes be quite lonely.

This is the trial of the agondonter. The thrill, however, of being an agondonter is knowing that even if no one else understands where you are coming from, what your motivations are, what your goal is, what your task is, even if you yourself are not quite clear on what it might be, your faith will keep you in pursuit of that which calls to you. You will glean for yourself that which is for you, and you will make it your own.

Follow Your Inner Guide for Soul Growth

Daniel, Cincinnati, Ohio, September 24, 1995

The ways of God are mysterious, and as each of you travels life's pathway, you will see and know and intuitively understand when the ways are being manifested according to His will. For when the Father's will is upheld, there is love generated and when the Father's will is upheld, there is a growth within your own personal understanding.

It is through stillness that faith is nourished; it is in stillness that the lessons and grace of the First Source and Center become fully realized within your mind, within your body, and certainly within your soul.

Through the last few years, we have witnessed tremendous growth and the general awareness that only through the inner life, the inner working, is there a chance that the outer workings of this planet can be changed and that light and life can proceed.

The inner guide of your beings leads you down many pathways, invites you to partake of many experiences. These experiences contribute to your growth. While experiences vary in their impact on you, be they joyful, be they sorrowful, be they painful, it is this experience that is necessary for you to continue to grow. It is part of the ascension plan.

Finding Happiness in the Moment

Ham, Salt Lake City, Utah, February 18, 1996

Happiness is found not in the doing, but rather in the being. Humans are greatly mistaken to think that acquisition of things or control or fame or power brings with it any degree of happiness. It does not. Your happiness lies within your selves. It comes not by artificial mood control techniques, the use of artificial stimulants or tranquilizers.

Happiness is really beyond your immediate control. Happiness is contained in contentment with the now. Both these ingredients are necessary for happiness to grow. First, you must learn to find now and then to be content with inhabiting now. When you find now and are content to be in the now, then you

experience life fully and this time is happiness. You make yourselves unhappy by thinking about what should be done, or what you should have done and so forth.

The key to happiness is to be content with your circumstances, your wealth, your love life and so on. The key to happiness is in finding contentment with this moment, moment-by-moment. Give thanks for every moment you are, find love for your immediate circumstance, find something enjoyable in this now time.

You are all too easily annoyed. You wish to change circumstances too often. Recognize when you cannot control circumstance, relax, enjoy the moment, find something enjoyable. For example, the dog barking could be viewed as an annoyance, but consider, listen carefully to the sound, for you will not always hear this animal and you must cherish the memory only.

Learn to appreciate sights and sounds, for you will not have them forever. Even the cold, the cold weather and snow, annoying as it is, consider there is no snow on the mansion worlds. The temperature stays within very tolerable bounds and you will not feel the biting cold on your skin there.

Do not always wish for something different, rather experience what you are given in the time that you are given it. Find the now and you will experience life much more fully and completely.

Facing Uncertainties and Incomplete Information

Coronas, a resident Archangel, Idaho, February 22, 1998

There are many of us who must make our decisions without a complete picture and act on faith. But it is through this experience that we each enlarge our sense of surety. This certainty is an experience more than it is an understanding, a comprehension.

Some of you today have arrived here, making the journey with uncertain landmarks in order to arrive at your destination. Even now, having arrived, you do not necessarily have all the details to provide certainty to another making their first journey. But you are certain of the destiny; you are certain of your ability to arrive at your location. The information held in your mind does not have to be complete for you to be assured. This certainty I speak of is a certainty of the soul, of the personal will center that you are.

Understanding is a wonderful experience of the mind, but every attainment of understanding leads to increased perspective that only encourages questions for greater comprehension. This is a beautiful process inherent in consciousness. It is a self-perpetuating mechanism of mind that is extremely beneficial toward soul progress. Forever will your mind be stimulating you.

Along with this perpetual movement you have the capability of resting assured in soul of status, of standing in this universe, of your relationship with the Father and all His children. There is

great peace of mind to know your status, but there is an equal sense of soul tranquillity to know that you will invariably be propelled forward in your growth.

Never will you face the doldrums of stagnation because bestowed upon you is an incredible intelligence system that will ever cause you to look for higher and broader and deeper meaning. This sense of certainty is a dynamic one.

Faith, as it has become known on your world, embodies this same dual quality: one, that uncertain trust; the other, that certainty of experience. Faith is likewise a propellant as well as a stable platform.

It is of great interest to my order of being to provide what we can to mortals resident here that may allay your uncertainties without diminishing your vigorous pursuit of greater attainment. You know from your own experience how important it is to allow one of your younger ones to experiment, to make mistakes. All the while you are keenly interested in providing guidance.

We likewise are in this same position; as much as we would desire you to be in full possession of the understanding that we have, we know that this would only undermine the true and rich experiences that lie in store for you.

I therefore encourage you to be less apprehensive and more enthusiastically accepting of events in your life that you cannot neatly rein in and understand or control. For having passed through these experiences, you will enlarge your feeling of certainty, even when the information before you appears incomplete.

Personality and Place

Tarkas, November 22, 1996

From your reading you know that there is this record of all that you have done and you know that your personality, upon that graduation, comes to reside in the soul. And you know that you will be reassembled into a new body, a new, more streamlined, later model, the newest model, in fact, for your sojourn in Mansonia, and this body will undergo many subtle and not so subtle changes. Change upon change upon change, as you sing gloriously.

But the personality with which you are endowed tonight will continue in permanence from this night forward as it has proceeded in your few years of life to date. This would seem to make your personality quite an important foundation for growth and development, realizing that there is no miraculous transformation into some imagined perfection upon your graduation, but you continue to learn, much as you did in school, much as you have almost since birth itself, or even preceding birth.

This does not make your personality a thing of eminence, however. It does not mean that your personality is the center of the universe. Far from it! In your readings you know a cosmology that includes billions of personalities, each unique, and never before and nevermore will your personality reside on Urantia or Mansonia or anywhere. In your uniqueness you join with countless brothers and sisters who in their uniqueness are likewise beautiful expressions of the Father.

If you could think of yourself in the role of the Universal Father, you can begin to understand why God would not be a solitary, stationary, all-powerful entity in singular oneness, for why would God be this only? Why would God not create other manifestations to experience? In your life you may develop a number of interests. You may have professional interests. You may enjoy films or sports or acting in stage productions or making music or visiting your friends. There are so many, many rich and diverse material experiences, a treasure chest that lies before you in this material world.

To carry this analogy to a higher level, perhaps God the Father could also wish to experience in different ways, create in different ways, and even create other personalities who would in turn create in many ways, and so you see the wonder, the wonder, the vast wonder of it all! And you, your unique personality, not an island but part of a vast wholeness of individual and unique personalities learning, learning to become one, going back to the Father, going back to the First Source from whence they came.

In marveling at the wonderment of this exhalation of creation and inhalation of return is truly mind-boggling, even on our side. If there is a point to this impressionistic discussion, it is that you should love God above all, for these many wonderful gifts, and especially for thinking so well of you to give you a personality completely unique, and to love your company so much that you are indwelt with the Father's holy spirit, to share in unique experiences of a unique personality in an ever-changing world. Multiply this through the universe of universes and you begin to see the vastness that lies before you.

The Gleanings of Your Life

Tomas, on Lightline, January 7, 2010

I am reminded of the parable of the sower which discusses strewing your seeds and some of them fall on fertile soil, some fall on the rocks, the barren soil, some are swept up by the winds and carried far away to cross-pollinate with other plants and some are used to feed the animals, the birds.

The same it is with gleaning your destiny path. You will find many, many seeds coming at you. These seeds may be from the various celestials with which you do business, or may come from your culture, your society, your parents, your teachers, your priesthood, and so forth, but you must glean from these many offerings that which feeds your needs based on what you believe your needs to be.

Granted, in the course of one short life in the flesh, needs vary. The needs of a child are not the same as the needs of a teenager or an adult, which are not the same as the needs of a senior citizen, and so different phases of personal evolution call for different values to be clutched and grasped and adopted as valuable and worthy.

This of course allows that which you have already assimilated the option to be cast off or kept, depending upon how it is that you glean your acquisitions – not only physical or experiential, but value-wise.

Sometimes that which was of tremendous value to you at one time no longer needs such a focus, such loyalty.

Changing your loyalties, however, can be disturbing and upsetting to the extent that you may not wish to get rid of anything at all. You may not want to get rid of that which once worked, even though now it is only taking up space that could be utilized for new concepts, new provisions. But only you can decide; only you can glean what is necessary for your peace of mind, your health and happiness.

Assuredly, when you find yourself carrying more than you can handle, you will willingly put down something. Again, you will glean what is important for you and what is not. Not to say that all this is without importance; it is obviously all-important. It is just a matter of discerning what is most important, and so we come to the concept of prioritizing.

Treasure Chests of Memories to Share

Olfana, July 27, 2000, SpiritFest in California

When you pass on to the mansion levels, bringing with you a memory of this world, you can share this memory in a way such that others smell the flowers that you smelled, and see the beauty that you saw when morning daylight first touched the leaves of the trees, and the blossoms of the flowers.

Even a memory of heartfelt love that you felt for someone can there, in the mansion worlds, indeed, be conveyed in emotional depth to another with whom you would share this “love memory.”

Once we pass on, we can combine our worldly experiences with others, in this greater way, to develop a remarkable collection of lifetime experiences.

So, if you never snorkeled, or climbed a giant rock cliff, on this planet, you will be able to seek out and obtain such experiences from others who have. And at the same time, of course, you offer them all the remarkable, precious experiences that you carry in your memory collection.

Your knowing that you will develop this remarkable “world experience” memory collection, by giving and taking, after you pass from this planet, I hope, provides a new incentive for you. Each time you reach out to savor some special moment in your life, now, I encourage you to do so in a way that captures the

moment as part of a personal treasure, which you can then share with others in your eternal life, later.

Imagine, also, all the remarkable possibilities of selection you will have from the memories that others will share with you.

BE THE CHANGE YOU WISH TO SEE

CHARLES, a Mighty Messenger
North Idaho, January 15, 2012

When you come and seek spiritual guidance as you do at this time, you are reaching for the unknown and stretching to be able to grasp those things which you feel may be just outside your reach. You are willing to extend yourselves and come in open-minded sincerity for what you might find into this place of spirit, this place where you perceive you may find answers to your questions which are not readily observable before you in the real world.

You are right and correct to come in this direction for such guidance, as you state, because this direction of spirit moves in the direction of truth and certainty and conviction and faith. This is where you find those attributes which make it easier so you can navigate the real world that is in front of you that you are observing.

As a result of coming to this place of spirit you are learning that this place does not have some of the same restrictions, that is, you may not be restricted so much by the influence of time

when you are in a spiritual space. Indeed, that is why you are able to come and get answers which extend beyond your current circumstance; you are in effect stretching the boundaries of your time existence by coming to the spiritual plane.

This is how you may be most effective as an individual, for once you have foreseen a better way, once you have foreseen a higher way, then it is within your capabilities to, as the saying goes, be the change that you can envision. Because you have glimpsed it, you may become it, you may assume its characteristics and traits and in so doing you traverse time.

You travel through this portal of spirit into the realm of potential and possibility and for you having adopted this as truth, the very changes you wish to see, you may be. The very influence you wish to have will be borne out through your example.

So this desire of the human heart to have a more perfect condition, to undergo the changes necessary to arrive at a better shore, to pursue ideals which may guide your principles and motivation, these are the tools and the techniques you will use to transition from the place you find yourself to the place you can envision. There is this common phase of "be the change you wish to see," and truly that is the most powerful thing an individual may do.

You may also find yourselves drawn toward other like-minded individuals as you enjoy in the circumstance of this group who would help support your freedom to entertain these visions of grandeur, these ideals that you see out there before you.

This happens to be as well a holiday weekend and the cause for this holiday is the observance of Martin Luther King. Let him stand before you as an example of one who ventured out before his time, who traveled beyond the restriction that he found himself imposed under and ventured into a higher realm, allowing himself to capture and envision the truth that lay in the future and bring it back to the people of his time and say that he had a dream, he saw a vision, and that it was this way and that it would become this way.

In so doing, he gave all those who followed him this vision to build and latch onto, and to create and join with him in the journey that he took to foresee this vision and foretaste it in time. Likewise you can be these messengers just as he was, messengers of a new and higher way that you can envision and see, that you pursue and seek as in this format we share and the creation thereof, which is a manifestation of your desire to reach into this dimension and to use it as a means of transport to a higher realm that you can allow yourself to embrace.

Prayers in the Aftermath of September 11, 2001

Olfana, Half Moon Bay, California, October 19, 2001

Such a deluge of pain! So much suffering among the innocents! When will these wicked rains end? When will the sun shine down its golden light upon this world, warming it, and offering hope for bright tomorrows?

I encourage you to understand that you, yourselves, are part of the process that helps the sun arise in the heavens. You, through

your prayers and petitions to the Father, are a means of engaging this divine ministry with your planet. You can, my children, call forth the sunshine for your world!

You can, indeed, bid the sun to rise into the sky, and lighten the world with its healing beams. This is the sunshine of the Father's Love, Mercy, Tenderness, and Support for this world.

This powerful Light of God can, indeed, evaporate the rains of pain, of suffering, of fear, and of violent retribution toward perceived injustice. This is the Light which lit the heavens during the first moments of creation, as God the Unqualified Absolute extended into the Qualified Creation.

Do you recognize, then, the Power of this Light? Do you see the immense capacity for healing and creative change that can now come to your world, if you will but solicit it?

Such is the Co-Creative Power of our God, my children, that He will extend Himself in His Glory, and reach toward you as a partner in His Divine Expression.

Please harken to my words now, my students, as you continue to see the dark rains pouring down upon your world. You can call forth the Sun of God! In so doing, you invoke also the power of God's Dear Son, Christ Michael.

In His name, call forth this sunlight! In His name, join with God to heal your world! In the name of Christ Michael, command the dark rains to cease, and pray for the explosion of brilliant light of God's Power to bath your world in glory!

Each of you has this co-creative potential to work with God, my dear ones. Each of you is truly this valuable in the Father's Eyes—this important to His Plan of Perfection for the time and space universes that He has created.

Transition and Progression Through Death

JarEl, Arcadia, California, April 27, 2009

Even if you have a wonderful life on this planet, one full of so many blessings and so many gifts, it should never be incumbent upon you to fear that all this may go away. It is unrealistic that you grasp so tightly to this world. You are not losing anything when you die. Nothing is being taken away from you when you die. It is simply a transition point in your eternal career and all gets transformed and reinvented.

True, there are things that you do leave behind, such as material things. But all these can be reinvented on the other side and enhanced as well. You forget that you go to a place where all dreams are created. You go to the sources of invention. You head into the apex of creativity. And hence everything that you've had here on this planet that has made you happy you will find tenfold on the other side. So your fear of leaving this planet is unwarranted for there are so many better things.

Your family that you leave behind will eventually follow you. Nobody here lives forever; at one point or another they must die, they must cross over. So you are really leaving nothing behind. You take everything with you, all that's true and good

and valuable. You carry that all with you when you arrive on the other side. And when others join you and your family finally arrives, all those things that were real here will be real up there.

But this is simply my attempt to placate any fears of death that you may have. For in the long run, when you look back at these fears that you may or may not have, about transitioning over, you will find that many of those ideas were preposterous.

For you did survive, you did continue, it was simply that you did not know all the facts.

Choose the Highest Path

Will, Tallahassee, Florida, March 1999

It is inescapable that life has its ups and downs. The grand variety of the universe is expressed on the disorganized planets largely in the guise of chance.

We realize that this is a source of frequent frustration for you who are attempting validly to organize your lives and grapple with the circumstances of life and in an attempt to hammer out a viable form of spiritual understanding and progress.

Yet, I think I can assure you that, in many respects, if you were to be transported to one of the more advanced planets, you would find it to be a chafing experience.

True, things are more organized, more reliable, as certain as things on the material planet can be, and it is a consistently

better situation for the people as a whole as regards their personal spiritual developments, but I think I can safely say that you would be bored there. For, though those planets are well ordered and productive, there is a vitality to a planet like yours that is largely lost through the very process of settlement.

This is not to diminish the rewards consequent upon such developments, but when we look upon the product of those planets compared with the product of, say, a backward and brutal planet such as this is, we find that the people who have graduated from those systems are not as hardy, not as tough minded, not as reliable as you people are proving yourselves to be.

Therefore we say, you are the lucky ones. If it were possible to reproduce the personality qualities you people carry forward into eternity, then people like you would be in demand throughout the universe. You are the lucky ones.

You people arrive on the Mansion Worlds with plenty of sharp edges and a lot of hard bark upon you. That is good. It gives you a certain kind of advantage. I am forbidden to reveal the consequence. It will suffice to say that it gives you a kind of advantage. [*dog howls loudly*] [*laughter*]

Here is a fine example of what I am talking about. A peculiar spark of tenacity and disrespect has, as we have described in the past, its upside in that the positive side of the qualities which you find so troublesome in your lives are the very qualities that will serve you in your transit across eternity. You are the lucky ones.

Therefore we can say to you, as a general instruction, have faith, walk forward boldly. You are far more capable than you give yourselves credit for. You spend far too much time agonizing over mistakes and the possibility of mistakes.

What is a mistake in the service of God? Each of you must be in full the person whom you were born to be. If you but have faith in the Father above, the Adjuster within and your fellows without, then you will achieve the full measure which the Heavenly father intended before you even came into existence.

Have faith. You will not go wrong so long as you listen and think and observe the respectful opinions of your brothers and sisters. You will not go wrong.

It matters not whether the world showers you with gold and jewels or reviles you as a meddlesome troublemaker and a gadfly to all things which they consider important.

True, it is seen that the middle road is the preferred in all but one area. The middle will never serve you as the path to spiritual progress. We exhort you all to choose the higher path, the rarified path, the path with no marks upon it, the path with heart. Your faith will guide you. That is all I have to say.

*Few persons live up to the faith they really have. Unreasoned fear is a master intellectual fraud practiced upon the evolving mortal soul. **The Urantia Book**, Paper 48:7.4, Page 556.*

Living in the Moment

Ophelius of the 11.11 movement, September 18, 2011

The time is 'now' my friends – there is no past or future.

This is a very difficult concept for many to understand.

You have all heard about this before, this 'living in the now,' or 'living in the moment.' What exactly do I mean by this? Let me explain. All that you are, all that you think and feel is happening now – not in the past, not in the future, but now.

Yes, we all have our memory of past 'now events,' and we have our hopes and conjectures about the future 'now,' but everything there is exists in the present moment. You can have life and have it more abundantly right now if you can keep living consciously in this 'now' present moment.

Many of you who are starting out on this path of spiritual awakening are dealing with many emotional and past traumatic events that have shaped who you are in this now moment. These personality-shaping events, most often in early development, lead one into limitations of personality expression.

Your 'now moments' are constantly being shaped by what happened in the past and you are constantly checking and comparing your present now moments with your past now moments and keeping your personality expressions in this 'template' of how to think and feel based on the expectations of the ego-self.

This 'emotional template' even prepares your thinking for the future now, events that are yet to occur by telling the ego-self what is expected of you – that you must think, act, and react according to this framework.

You are caught in a loop of now moments that are really just a succession of past trauma checking and future expectations that prevent you from living freely and consciously in the present now.

How do we live in the present? Can we just forget our past and all our traumas?

The key to living in the now is to 'forgive and forget' – a wonderful phrase you have all heard. Forgiving yourself and others for past wrongs is one way of letting go of those past now moments that keep you in this 'checking the template' mode of thinking.

Accepting these moments as 'teaching moments' and accepting the limitations of awareness of those who have wronged you will help you to live in the present now by freeing up all that wasted mind energy that is constantly working and checking the template.

Use your newly found awareness to focus thought on achieving and manifesting your desires to perfect yourself, pursue truth, create beauty, and exude goodness by lighting up the world around you.

This is true happiness my friends, to live in the moment – free to live, love, and laugh without regret, without fear, without feelings of unworthiness.

All reality is now and your experiences of the now. You will never again have the unique opportunity to experience now moments on your native planet, so let us ‘seize the moment’ and make these moments the most exciting, loving, joy-filled moments you can – it’s happening now!

“Peace to you,
“The Circle of Seven.”

Lack of Sustainability in Our Economy

Northern Colorado Group, July 27, 2013

MONJORONSON: *(answering a question)* Yes. Your current economy is unsustainable; it is unsustainable because it is based on competition and the acquisition of resources and the profits from use of those resources, and so it is unsustainable because the acquisition of those resources are not returned to improve the betterment of individuals, of families and communities.

And so, if they then become used in your existent economy for increased profits and returns to those who already own them, increasing their wealth, but without positive return to the population, this is unsustainable as it exists; it is part of the old “winner takes all” method of competitive economic development. Your way of thinking is ingrained with this archaic and unsustainable method of process of economy.

I struggle to infuse you with concepts that are so alien to your thinking. You have moved from agrarian societies where you have an acreage and you harvest the grains and make the bread for your family, and so on, and the excess you sell on the market, at the marketplace.

So, the process has gone into exploitation of broader fields, so to speak, of natural resources in other countries to gather these to those who have the power to overtake foreign countries in a colonial or neocolonial method of acquisition, and so the resources are returned to those who are most privileged, without regard to those who live in those other countries,

whether it is your own county, or whether it is another foreign country. This is unsustainable.

The exploitation of other people in other nations is an archaic method of developing a civilization, one that is necessary for a time in order for economies to grow, but the mindset of a global economy must change in order for global civilization to exist.

You have created a separation in your thinking between a nation and a global economy, but they are intrinsically involved and keep the acquisition exploitation of nations going for decades and centuries, but eventually, that will wind down and self-destruct.

It is now required, during this crises era that we spoke of just a few minutes ago, that your global economy be redefined. The dynamics of a global economy require that there be a sharing of resources.

Obviously, in a world that is grossly overpopulated, this is impossible to do, so this crisis will continue as I have told you, years ago, that there will be a vast decimation of the human species. We project now that your human species will come to the balance of approximately 2.7 billion people around your world. This is sufficient to maintain your economies, locally, nationally and globally, and is at the level that is needed to maintain that level and not grow.

It may wither further, due to some circumstances, to 2.2 billion, but it is helpful to have it between 2.5 and 3.0 billion people. More than 3 billion requires the dilution of resources that are needed to grow healthy individuals, socially, emotionally, and culturally.

What you see now is that 7.3 billion people, approximately, have the resources of your world divided among them. Some of you have a tremendous amount of resources, more than you could ever use in your lifetime, or any generations of your family in the future. This is an egregious example of a global economy gone haywire. It is unfair, to say the least.

What we will be doing in this era of unraveling and crises will be to instill the thoughts and concepts of social sustainability, which must be interpreted and applied as individuals, communities and societies can do, are capable of doing, at the level of their understanding.

Just as there has been a development of nuclear and sub-atomic physics, there will be the greater understanding of these social dynamics of sustainability as they are developed in your society.

I have gone far astray from your question; I hope to give you further understanding of what we are up to, and what you are up against.

(Question relating to people being widely confused)

MONJORONSON: What is most difficult for you is that this confusion may last for several years. There are whole generations that go through confusing eras, not understanding where they are or where they are going, but they see clearly the generation before them.

For some people, the confusion will last a long time, until it is made obvious to them. And sometimes, even when it is

obvious, they will disagree with it and reject it. Thus, they continue to remain confused.

Confusion of a whole generation is not unusual. You have individuals now in your culture who are of an age who do seem confused; they see their parents and past generations going into retirement and realize that they will never be retired; they will never access the resources that will enable them to be retired, and will not be able to access the resources that will unlock and develop the potential that they know is within them.

This is most frustrating and very confusing for them and they seek within themselves for answers and they find none. They seek outside for answers and they see the possibility, but do not have the access to grasp them. Surely, this confusion of many of your readers will be quite normal.

We are striving to assist individuals to understand what we are doing, and what we are doing is slowly moving and bending your whole Western culture of over two billion people to move into an era of social sustainability.

Obviously, many of those will resist and will not have a clue as to what we are doing. Others will see these macro-view movements of ours to bend your culture and understand it and will work with us.

Some individuals have had difficulty conforming to their existence in society and may leap to what we are presenting and come across very quickly. We hope that the vast majority of people will be educated to understand what the future is going to be, and will accept it and voluntarily and consciously and

intentionally move towards it with their decisions and their actions and their lives.

(Question: Do you have anything to say to us in closing, Sir?)

MONJORONSON: We are offering you hope, hope for the future as your weeks and months and years progress or digress, or regress, as the case may be from your point of view. We are here to offer you hope for the future, a plan for your life, for your children and grandchildren and future progeny, to live out in a much more peaceful and stable world.

You who are reading this now will experience some of the most devastating disasters of all human kind. What your world is now going through and will go through has never been experienced before on such a level and such a scale that will now encompass your whole world.

You had what you called World Wars, but they will pale in dimension compared to the changes that will be wrought upon your world in the next decade. I offer this not as “disaster speak,” but as something of reality for you to grasp at the hope that is presented to you.

You will not find offers of hope larger than what we offer you here. You will not find hope in the words of your politicians, or even of your church pastors, ministers and priests and rabbis, of the dimension that we offer.

They offer the hope that in the afterlife you will have a peaceful life. We are offering you the hope to participate in the work to bring your world into peace, stability and social sustainability in the lifetime of your grandchildren.

This is far off and some of you will have passed long before this becomes reality and many of you, of course, will see the disasters of your world. We are not trying to scare you, not at all. We are not trying to frighten you; we are trying to apprise you of the reality of your world, which moves so slowly, so slowly, most of the time that you let yourself enter into a stupor of near sleep and unconsciousness to what is happening around you.

My friends, you will see as the past generations have seen, the turning of your world within a day's time or a week's time into a different era, one that is desperately at odds with the past and with an unknown future.

This is quite a juxtaposition, is it not? Where the progress of your world moves slowly, but its destruction and its disintegration can occur within days, weeks and a couple of months, and surely, this is what you will see.

There is no hope for your civilization outside of our assistance. You do not have the political leaders or the non-profit leaders to lead you into the future that will lead to social stability, and you, on one hand, may see that this is hopeless, that there is no human mind, no human intellect, no human culture or human leadership that has the capacity to fix this problem. This is certainly dismaying.

While you see it as disheartening and leaves you at a loss, we are here to offer you a very pragmatic co-creative process for bringing good into your world where you are empowered. Where there is hope there is the possibility. We are looking at

the realization that without assistance—outside assistance, divine assistance— that you are hopeless and helpless.

At that time, perhaps, you will be able to overcome your ego centers of power and authority and control to realize that you do need someone else to assist you, someone who does have a clue, someone who does have a plan, someone who does hold hope out for you that co-creatively you can bring about the desired future that you all wish to live for.

“THERE IS ALWAYS HEALING”

Urantia, March 21, 2015.

*Teacher: **The Beloved One**, for the 11.11 movement.*

Message received by Lytske

“It is a well known fact that there is much sickness on this planet. What is not so well known is that the human body is capable of healing itself and this grand possibility was laid down in the far distant past when evolution was instituted from on high onto this to be wonderful garden planet. And indeed, since this particular planet is an experimental planet, the most unusual life-forms have sprung up.

“The Life Carriers meticulously and painstakingly duplicated here the plans formulated by Christ Michael (Jesus), the Ruler of a mighty local universe, together with the head of the Melchizedek order and the head of the Life-Carriers.

“Realize that much thought has gone into designing and formulating these plans in the Life Laboratories on High. A commission of Life Carriers and Melchizedek overseers stayed

behind on the planet to carefully observe that every development went according to the Universal Creator's plan.

"Realize also that there is a great celestial organization behind everything in the cosmos and nothing is happenstance. The evolving mortal creatures born upon this planet have been given free will to learn their lessons and garner wisdom through and by their living their experiential lives on this planet. They have been purposely so designed that they are able to develop faith and trust in the benevolent over-care by a loving and understanding Creator God.

"This is the reason why free will is most important, as the Universal Creator has determined that only by their free will and creature trust should mortal will creatures decide to choose eternal life.

"Therefore, I reiterate again: that none is ever coerced but everyone is welcomed into eternal life to climb the ascension ladder to Paradise, the eternal abode of the Source and Center of everything and the only unchangeable point in the cosmos.

"Everything proceeds from there in the form of an enormous stream of spiritual energy that can change into unfathomable different forms; this energy is the lightest form of spirit, whilst humans are the densest form of spirit.

"So now we come to our subject of healing. All the cells on the planet have a self-regenerating capacity, which you can observe everywhere in nature. This is an observable fact; so therefore, all the cells in the human body have the same capacity.

“In short, when they get ‘sluggish/sick,’ it is because of various influences, especially negative thoughts of any kind that need to be encouraged by the human owner to remember their wholeness. This is the secret of healing always being available.

“It is as simple as living mindfully, being in control of your thoughts and living in the present moment, so one is always in charge of one’s power of choice as to what to think and do.

“Were people to adopt this simple form of living, they would see an increase in health, as they would be better able to subdue their lower impulses and be able to abide by God’s will and the Golden Rule.

“We will continue this subject another time. Meanwhile ponder this and meditate on it — how you can change your life for the better by simply changing your thoughts.”

UNDERSTANDING THE SOUL AND THE SPIRIT

Ilawarra District, Australia, April 3, 2008

Midwayer Chief Bzutu (ABC-22).

Received by George Barnard; 11.11 Progress Group

Bzutu: I have arrived in a place where linguistic differences make for almost daily misunderstandings. It is good to see that these are cleared up, if not at short notice . . . eventually.

Today, my message to you is about the Spirit and the soul; the vast differences between these two, and the misunderstandings that trace their way back thousands and thousands of years.

As a youngster you soon learn that there is material all around you, but it might perhaps take a rather cold day on which you must see your breath freeze for you to realize that there is such a thing as air all around you. It is a material, and it belongs to your human physical dimensions.

However, there are other dimensions; divisions in time, that contain their own material -- material of a morontia nature -- and this is how your Midwayer friends are constituted. Normally, we Midwayers are invisible to you. We also have many a tool, and places of habitat, that are likewise invisible to you.

Between your physical world and the purely spiritual realm dwell an incredible number of beings that are of a morontia type nature. They are clearly visible to us, but they are generally invisible to you.

My lesson for you today deals with the soul and the Spirit -- the Thought Adjuster, in particular. When we look at you, a human, we see you as you are. It is with our additional senses that we can also determine the presence and the status of your soul self within you.

Physiology will teach you that the blood courses throughout your entire body, and that your nervous system extends throughout your entire body. And so it is with the human soul. It is a morontia copy of you. It is alive and growing within you, and it has, not the guarantee, but the potential of eternal life.

The Thought Adjuster, however, is of a purely spiritual nature, and we Midwayers may be entirely unaware of the Thought Adjuster, unless it prefers to present itself. It can do so to us, and to you, as a tiny colored disk, as a pinpoint of light, and indeed, in the appearance of the entire human It indwells and represents. It is of God, and truly is God.

In all normal circumstances the soul remains within the body. The Thought Adjuster can come and go as it pleases. It is 'the pity of wholesale spiritual regression of ancient times' that the common knowledge of the reality of soul and Thought Adjuster was forgotten.

To the majority of individuals and religions alike, they became as one. The soul became 'the Spirit,' and the Eternal Father's Gift, the Thought Adjuster, was all but forgotten.

The Thought Adjuster can have many human indwelling experiences, and on this troubled world there are many, many, that have guided previous lives. The Thought Adjuster can

impart such information to the soul and to the mortal mind, and this will often be seen as a record of one or more previous lives of the soul, sadly, and erroneously so.

Beyond this information inflow ... from the Akashic Records may be gathered further information pinpointing a life on this particular planet, but that is not the case here.

The concept of a soul having lived on this very planet in the past is not the result of mere imagination. It is the result of basic Thought Adjuster information, which is then 'embroidered' with information that is so easily 'scooped up from' the Akashic Records.

If one might call it such, reincarnation would only be a fact if one takes into consideration the present indwelling by the Thought Adjuster of a new person, after this Adjuster had indwelt another. The soul under all circumstances is a seed-soul that begins its life at the time the human begins his or her life.

As was recently noted, indeed, universal organization would need a serious overhaul if no provision was made for a person to pass on, and to then progress through the Mansion Worlds towards eventual fusion of the soul and the Thought Adjuster.

With this, I sincerely hope that I have managed to more accurately portray the progression of the complex human being after he or she passes on to a new life, although there will never be 'a bad mark' against anyone who prefers to believe in reincarnation, still. We are Midwayers who teach and advise. We do not enforce.

The Master's Voice

JESUS, Butler, Pennsylvania July 6, 1999

I am the Good Shepherd, my lambs. I would have a word with you while you are gathered together in companionship as fellows. Gather round and listen to the Master's voice.

Ye of little faith, go out from the confines of the flock into the meadows in search of fresh grass and pretty flowers. Wander far and wide across the hills in good faith of my watch-care, for I will not lose you.

You will not be left to wander away and become ensnared in unrighteousness, for you are mine. You are my beloved sheep, my loyal lambs.

I am given to your watch-care. Ever am I mindful of your adventures and your wanderings.

Do not fear that you will be caught up short, that you will be caught frolicking, for when the time is right, I know that you will be able to respond to my voice, for I will speak to you and say to you, "come here" or "go there" in accordance with the way of Our Father, and you will hear me.

That which is of the Father in you will hear my words, will hear my warnings and advisements. That in you which is of our Father will respond to me for you know the sound of my voice.

You honor your Good Shepherd. Be in peace that I am your Great Friend and that I watch over you in the night and in the day. Peace.



Five

Being Prepared on a Quickenning Planet

THE CHURCH WITHIN

*The Faith Garden Teaching Mission,
Post Falls, ID; T/R: Daniel Megow*

SOLONIA

The Voice in the Garden of Eden
Preparation Lessons for Humankind -- 2004

- 1 - Wholeheartedly and Unconditionally Loving Truth**
- 2 - Actively Seeking Father's Will**
- 3 - Comforting Others**
- 4 - Focusing Your Attention**
- 5 - Service In the Moment and For the Moment**
- 6 - Freeing Your Awareness**
- 7 - Exercising Your Spirituality**

February 7, 2004 - Lesson 1

Wholeheartedly and Unconditionally Loving Truth

SOLONIA: Many, many mortals have expressed a willingness to be in preparation for the events so soon to come upon this world. This is your sister, Solonia, and I would give tonight a lesson for all who would be so prepared.

My lesson for tonight will be wholeheartedly and unconditionally loving Truth. Truth is a difficult subject here on Urantia. There are so very many perceptions and levels of Truth discernment, all active upon this world at the present time. Wholeheartedly loving the Truth. What would this require? From my position as a seraphim, there is little question of our wholeheartedly love for Truth. Discovering it is the eternal quest. Looking back on the times where a discovery of Truth meant the discovery of our previously inaccurate perceptions is the reversion (humor) of the long climb to Paradise.

If you were perfectly in love with Truth, you would find it difficult to experience anger at another mortal because your love for the Truth would draw you to want to understand the other better, for love of Truth is love of all. Discovering what is real, what is relatively real, and what indeed is false, is a challenge to mortals of this world who have so often been cheated, or lied to, or abused. Perfect love of Truth may be somewhat easier of acceptance when it is applied to the whole outside world that you live in. The discovery of that Truth is the epitome of beauty.

What is it that stands in the way mostly, that can inhibit a pure love of Truth? Habit is one. Another is pride. The pride of ego is

the fear of being wrong or perceived by others as being wrong. This fear, indeed fear of any kind, must be given up.

The fear that I speak of is spiritual fear and not material fear. Fear for your safety taught you wisdom, but the spiritual type of fear-fear of not being loved, fear of not being in control, fear of loving unconditionally, fear of discovering the whole Truth-these fears, it is time to put behind you, for you know truly that you are loved and cherished first and foremost by Our Heavenly Father and by Michael and Mother.

You know also of this supreme-like love. You should also know by now how much we your teachers in this Mission love and cherish you, as well. And there are so many, many more who are constantly at your aid.

Let go of concepts that hinder you from moving forward in your quest for the Father's Truth. When you feel someone has wronged you, seek to discover the Truth. Very few on your world percentage-wise are truly evil in intent. You need not seek ever to look and search out for those who would truly be evil. You need only seek to discover where there is goodness, in Truth.

The Truth is you can discover goodness wherever you look and discovering goodness is a very energizing form of discovering Truth. Look for beauty, look for goodness, look always for love, and you will find Truth. Allow Michael's Spirit of Truth to flow freely into you. Let that Truth of his embrace you wholly, for in his embrace and with the spirit of our Mother, you will be safe to discover and love the whole Truth about yourself. The greatest Truth that you can discover in your mortal life is that

you are loved. You always have been and into eternity you shall be.

Learn to love the Truth about others, about reality, about the world, about yourself. Be a student of Truth. Learn to love it regardless of what it may look like. Truth is divine.

There will be other lessons. This is only one. I truly love you all, dear ones. To use your words, "You are good kids." Look at all sides of this lesson. The whole-hearted level of Truth cannot be embraced in one area and neglected in another. It is all-encompassing. Good night, dear ones.

February 28, 2004 - Lesson 2
Actively Seeking Father's Will

SOLONIA: Greetings, precious young ones. It is your loving sister, Solonia, once again, for Lesson Number 2 in your continued personal preparation for what is coming. Our last lesson was concerning "Loving the Truth." There is another translation for the term, "Loving the Truth," and that is what tonight's lesson will be about. And the translation is, "Actively Seeking Father's Will", for truly that is what you are doing when you are in love with Truth.

Discovering Father's Will is not something you do by talking or by reading or by listening, although these indeed can and do lead you in the direction of discovering Our Father's will for you, but the Truth of discovering Father's Will is acquired only through personal experience. You can say, "I Know that is Father's Will for me," but if you have not experienced the reality of this, first hand, then regardless of how true it may be in potential, it is but a statement. It has not the power to personally

affect your life and the lives of those whom you touch. Seeking Father's Will must always be an active and voluntary undertaking.

The discovery of Father's Will is not something that falls from the sky into your lap. Also, it is not something that comes to you out of the blue and says, "This is it." Father's Will is revealed in the act of making choices. All, from the lowest to the highest of the children of God, must discover the Father's will through the act of making personal choices. No one may suppose to decide what is Our Father's Will for another; only for themselves is it possible and profitable.

One may speculate, and indeed we may encourage you to speculate upon the out-workings of Father's Will on a broader scale, for in this way are you occasionally able to perceive the steps in Father's Will unfolding for the big picture.

Part of the joy of higher life is in this discovery of how Father's Will unfolds -- often times, according to one's perceptions, but most usually, not. The fun, if you will, of discovery is in recognizing that our own perceptions-albeit somewhat misaligned with reality-are indeed parallel to the True Will of Our Father and this discovery, for those of us on a higher plane, is a true experience of humor. We enjoy discovering how far we were off as well as how closely we were on. Father's Will is Supreme over all. Indeed, it is truly infinite.

Aligning one's self with Father's Will wholeheartedly reveals great and higher Truths. Love of Truth brings a greater desire for what truly is Father's Will.

Do not fear to seek for those things in life that will make your life more productive and even more comfortable. Fear not to step in any direction toward the betterment of your life, for assuredly it is these choice steps-these decision steps-that put you in active situations wherein you can discover what is Father's Will for you and your direction.

Be willing at all times to discover that what you seek may not be Father's Will. Be unattached as much as possible to outcomes. Attachment to outcomes in a situation may inhibit your receptive ability to be able to truly discover what may or may not have been Father's Will. Seek the Truth, even Crave the Truth, but do not seek to define or mold the Truth.

Every time you have an opportunity to make a decision, to make a choice, ask your Father to reveal His Will to you in the matter. It need not be about large and grandiose matters-and yet, for these also, should you do this-but for the little ones, for the everyday choices, "What is your Will for me, Father? Which of these choices would best serve your Will?"

And when you feel you have decided upon the one that would best serve Our Father's Will, then step towards it eagerly, for though you may eventually discover that perhaps it was not Our Father's Will, at least as you are able to discern it, you indeed were provided a great experiential opportunity for learning.

Always is there a gift in the process, if you can but recognize it and claim it. Never will your sincere steps lead you into a situation in where there is Not a divine gift from our beloved Creator, but discovering the Truth-truly discovering Father's

Will-must be your motivation if you are to greatly benefit from the experience.

I know you have experienced these things in your lives, even many times, and yet if you would truly prepare yourself in the best way possible to be ready for that which is approaching, then these experiences must indeed become an all- the-time occurrence. They must one day become a natural part of you.

You know of what I speak. Even you have lived times wherein this was a seemingly unbroken fact of life, and yet always will there be new challenges, new exercises wherein you must learn once more how to make the quest for Father's Will be the all-encompassing quest for life itself. I assure you it is the eternal quest, for we all must experience this in our way, and it is the flavor of achieving it that feeds the craving for the discovery of more of it.

You may think that unconditionally loving Truth and actively seeking Father's Will might be the only lessons you would need to learn for the great preparation, and indeed they do encompass all lessons. And yet there are others that will be forthcoming. So, continue in your preparation, dear ones. There is much more to come. I love you all dearly and I will say good night until the next time. It is an honor to serve; a great honor.

March 5, 2004 - Lesson 3
Comforting Others

SOLONIA: If you truly wish to prepare yourselves for the incredible opportunities of service to Michael, and indeed to our infinite Father, then an incredible exercise-even more so for it to be an integral part of your life-is to go about comforting others;

comforting one another to be sure; comforting those whom you already love, of course. And yet, at All times when you are among your other brothers and sisters of this world are you given opportunities to comfort another fellow child of God. It requires you to be in loving awareness of those about you and, a desire to share a piece of Our Father's Love with them.

This is your sister Solonia and again I am here for another lesson about preparation. When you come into personal contact with another brother or sister whom you do not know-it could be the clerk or a customer in the store; it could be a car salesman or a mechanic, or any of the wide numbers of people whom you may meet in the day-it is going about your business, as you are going about Our Father's business.

Being in service to another through the gift of offering comfort may be as simple as a genuine understanding smile, a look of recognition, caring, a look of compassion, an acknowledgement of their service or their value. Many are the ways that you can offer the service of comfort to those "as you pass by."

You do it already, most of you, when you think about it. Often times you do it unconsciously, as a matter of course because of who you are. And yet, as things progress, the need for these acts of kindness and comforting will grow. It may require you to go about this business, this service, quite consciously as well as unconsciously. It may require you to at all times look for that opportunity to serve, to be of assistance, to be a brother or sister, to be a comfort to one who appears needing it.

Again, it is but a gift of Our Father's Love that you share, for when you step out in service for Our Father, be assured that He will guide you and assist you in your efforts.

There is much confusion in this world at this time. In times of transition this is a natural result. And this, my dear ones, is a time of great and grand transition.

Truly is there the beginnings of a Spiritual Renaissance beginning upon your world, and as such, those who resist it, do so with somewhat more aggression lest they lose hold of the way of life that gives them power in the material realm. This is what gets reported. This is what you are bombarded with and yet, I tell you truthfully that the percentage of those who reject the better way is far, far smaller than it may appear.

All of you who truly know that you are sons and daughters of our beloved and Almighty Father have a duty, a responsibility, and in my eyes, the greatest privilege to be as loving comforters to those who are unsure, to those who are easily swayed by what they hear, to those who do not yet know the sweetness of being God's beloved child, even those who may seem to you angry. Who more is in need of comfort?

Practice this comforting one another, my dear friends. Practice as if you are training for the Olympics. Become good at it. Become good with it. Worry not about who will comfort you, while you are about comforting others. I assure you, Father will inspire those who will provide your comfort, if you but allow it. Even each of You, my dear students, is in need of comforting. It is a nourishment which all spiritual beings require, and oft-times you provide a service of comfort as you accept one.

Okay then, it is time to go into training. Let the games begin. Good night, dear hearts.

March 13, 2004 - Lesson 4

Focusing Your Attention

SOLONIA: Greetings precious young ones. It is your elder sister, Solonia. I so appreciate you making the time to converse with me. There is something that it would behoove all of you to begin consciously practicing, and that would be on "Focusing your Attention" -- your attentiveness to the moment at hand.

When you look upon the life of our beloved Master Jesus, you discover that he was expert at fully and completely focusing his attention. There has not lived on this world one who was so accomplished at this, and I would tell you that he accomplished this within the human side of his nature. He learned this and practiced it as a man among men. Whoever had the fortune to be in his immediate presence, experienced the supreme satisfaction of having the Master's whole and devoted attention.

Nothing in the world seemed to be of as much importance as the individual person that he was with at the moment. When he was in a group of people, each person there felt that they had his full attention. The satisfaction that one experiences from this exhibition of loving interest immediately begins to infuse them with Spirit and entices the Soul into action. People genuinely felt his love.

They felt their own value, even when they may have felt that they had none. His look of compassionate understanding was enough to reveal to the other that indeed, they were valued by Him.

Jesus was always focused; always attentive to the task at hand, or the person at hand. And this is because he knew that when

the Father chanced to put this person in his presence, through the circumstances of life, that indeed in that moment that was the most important person in the world for him. This level of focused loving attention that the Master lived in his every moment was made possible, because in every moment his focused attention was on our Eternal Father.

He was always aware of the Father's Presence in every act of goodness and caring, and in all that was beautiful. Jesus was able to do this because his love was so genuine and personal. It was his attentiveness, his focus, which allowed him to recognize how he may be in service to his brothers and sisters, and it was because of the unconditional-ness that people felt of his love, that they were able to open their souls to him so freely.

Yes indeed dear children, it would be no small feat to be able to focus your attentions, your love, your compassion as fully and completely as did the Master Jesus, and yet, I am here to tell you that truly, it is not beyond your abilities. Whatever your hand finds to do, give it your full attention. Whomever you chance to be with, give them your full focus.

When you practice the stillness, this attentive focus is what you seek with our Father. There is so much skipping of your minds from thing to thing, person to person, event to event, past to future. Always is there so very much going on, as you would say. I know it is not a simple thing for you to accomplish, and yet I would encourage you to wholeheartedly practice every time you think about it. And then, I would encourage you to practice thinking about it.

The present moment is the only place where any of us may experience our Beloved Father; The Eternal Now. Focus dear

ones. Practice focusing your attention. The Love that you experience from this experience is worth so far much more than any amount of effort that may be required to attain it.

The better you get at it, the better your service to humankind will be, and so also will grow the level of your spiritual maturity and understanding. When your focused attention is upon the Heavenly Father, then everything and everyone else that you experience, is perceived far more clearly and purely. It is as if you could see, where before you could not.

My love is with you dear ones. Where you focus and place your attention, is where your heart and soul will undoubtedly follow. Let it be upon Truth, Beauty, Goodness and Love. Good night.

April 4, 2004 - Lesson 5
Service In the Moment and For the Moment

SOLONIA: Another lesson for you to practice if you truly wish to be in higher service to our Father's plan, is practicing individual "Service In the Moment and For the Moment." This is your sister Solonia and it is good to be back with you after a few weeks off. I trust you have each been studiously been practicing our previous lessons?

You are already aware of the dynamics of tonight's lesson, and truly you are becoming much better in it's practice. It is the way the Master served when he walked this world in the flesh, with his individual loving service to each of his children when he was in their presence. Jesus loved people very much, and always did he look for opportunities to be in loving service with each individual in his presence. And when he so served, he did so in the moment and for that particular moment. He very much

wished to give Spiritual comfort to each of his children, and he knew for a certainty that his loving trust in the Father's will would provide for each individual, through his desire to serve, exactly what that person needed for that particular moment in time.

It is to be noted that Jesus never followed up on those he served, to see how they were doing or to see how well his service had served them. For he had absolute trust in the Father's watch-care and guidance for those people, and he knew that his loving service was to be but one part of their progress in the Father's plan for them. Jesus rarely planned how he would serve in a particular moment with a particular person, for he knew that the Father would take care of that as well.

This is the type of service that we all must practice---must learn to love and enjoy---for this indeed is being in service to the will of our Heavenly Father. You have loved ones and companions and friends for whom you undoubtedly have more opportunities to serve in this way. And yet the opportunities abound around you, whenever you are among your human brethren, in which you may be called upon to be the one to serve in the moment and for the moment. You serve by your love for your brother or sister; you serve in your compassion, in your listening. In these moments words of love often come unbidden, and many times these words are filled with what seems to be intuitive wisdom. In these times you are truly allowing our Divine Parents to minister to their children through you.

Concern yourselves not with the consequences of these moments of loving service, for indeed it is truly said, "the action is ours, the consequences, God's." The Master never considered

himself to be the one who saved a person or healed a person, for he knew in fact, that it is only the Father who can do these things in truth.

Those of us who serve the Father may truly share in the bestowal and the workings of our Father's divine mercy and love, but remember always that congratulations are due you, only for your willingness to participate with the Father. All that is good, all that is great, all that is loving, true and beautiful is of our Heavenly Father. What mortals are given, indeed what we are all given who are the children of this Divine Father, is the choice to be a part of His Infinite Love. Each and every time that you choose to serve in our Father's love, in the moment and for the moment, you have become more an active part of spiritual reality.

You have been a participant in the spiritual evolution of the universe of universes. These personal experiences of God-likeness are what we carry with us forever and on into Eternity. They are a part of the fulfillment of the mandate of the Heavenly Father to each and every one of us, His children, and that is "Be you Perfect even as your Father in Heaven is Perfect." Indeed no one of us is perfect, nor is the attainment of that perfection in any way foreseeable from the present perspective, and yet each time we serve and each time we love, we have truly taken one step closer.

Be there for your brothers and sisters in need. Be there in the moment and as you pass by. Do your best to be there for one another in all ways, always.

I cherish my time with you dear ones, but in fact tonight's time has run out. I dearly love you as my little brothers and sisters. I

take great satisfaction in watching each of you grow and mature, and ever do I learn from you as well. Goodnight, my loves.

April 12, 2004 - Lesson 6
Freeing Your Awareness

SOLONIA: Greetings, my dear friends. This is your adoring older sister, Solonia. Tonight's lesson, number 6 in this series we have been sharing about individual self-preparation for coming times, will be about feeling your awareness.

It is perhaps beyond your ability to discern how truly many opportunities for sharing your souls, and that Spark of Our Father that is within you, that you are offered each time you step out into public. You have been told before that there are thousands of opportunities each day, and the only thing that blocks your ability to recognize all of them is that as yet, your awareness is not yet fully developed. This is quite normal in the human race as it exists on this world today. And yet, most of you have already developed a level of awareness that is far above the normal on this world---awareness of the Father in your life, and awareness of Father in the lives of others.

Opportunities abound if only you are aware of them. Indeed the Seraphim and often times our Midwayer brethren are quite active about you as you journey through your day. There is much potential for the outpouring of Father's Love, and it is part of "Our" job to coordinate opportunities for the outworking of this potential into a reality situation.

The angels are ever busy at this task, and as you allow your spirit awareness to grow and to become more adept at

functioning in your conscious level, then are you more fully able to "be there" for the brother or sister who may need you the most at any one time. And at the same time, you will be open for those who have something to offer that you may need as well.

The reason I called this session, "Freeing Your Awareness," is because in essence, it is the process whereby you are freeing your soul to function and lead your personality. Each conscious choice for goodness that you make in full awareness, frees the function of your soul that one more step.

It is not so much a one time "I will get it and keep it" sort of happening, although truly there may come a point where that Does happen. Rather it is truly cumulative as you make personal choices to love and to serve, to see your earthly brothers and sisters AS Your Brothers and Your Sisters.

As you more and more come to free your inner awareness, you more easily are able to recognize that Divine Spark of Our Father that resides within the mortals of this world, and indeed by discovering the Father within another do You personally get to know the Father a little bit better.

Each of you on this world has so much to share of yourselves. And truly, it is the desire of all to be able to share who they really are, and yet, the pain and fear that remain from the rebellion of Lucifer and his followers inhibits most of these poor children of God from easily being able to reveal this Spiritual Spark Within them. It requires one who is willing to serve, and one who is aware of the divine spark of our Father within themselves, and who seeks it within others, to begin to free them from their spiritual prison.

When one of your brothers and sisters experiences the true love of the Father coming through you to them, then indeed put your awareness in high gear, for then you will not be able to miss that little Spark of God coming back to you from them, saying "Thank you."

Being in service to Our Father is a full time job, if you are willing to accept it. Truly it is a 24 hour a day, 7 day a week job. But it is the highest paying job there is, for in doing it to the best of your ability you are not only contributing to your own spiritual survival into eternity, but you are helping us all to heal the hurts and pains that were inflicted upon this world due to rebellion. You are the field workers my friends. By your awareness are you able to make grand changes, share divine gifts, and spread the "benign virus of love."

Think about being aware. Begin even more so to free your spiritual awareness. Look for "Our" hand in the circumstances that are daily offered to you. Rarely these days, are meetings "by chance" or "accidental." When you meet with anyone, on the street, in the store, at work, wherever,... consider that the seraphim very well may have set this meeting up---the meeting of two minds, the meeting of two souls. Open your heart to them, open your soul to them, mirror the Father to them.

Even perchance, try to discern Our Purpose in getting you together. Be aware at all times my young friends. Be aware of the spiritual world that surrounds you and that is also within you. It does wonders for attitudes.

The next time we meet will be the 7th and final of the series on preparing yourself for what is so soon to come. Study these if

you will. I assure you their implementation will prepare you indeed for service in a big way.

My love is with you at all times, dear ones. Good night.

April 18, 2004 - Lesson 7
Exercising Your Spirituality

SOLONIA: Greetings my beloved young students. This is your seraphic sister Solonia and I am here for the seventh and final lesson in this series on self preparation. I would ask you to put these lessons together for those who may wish to "go the course."

What you are preparing for indeed is, "The Big Game" -- truly the game of the ages. If you would indeed be a "player" I would encourage you to prepare as do professional athletes when they are getting ready for their game of a lifetime. Tonight's seventh and final lesson in the series is "Exercising Your Spirituality."

An athlete must work, must practice, must continually exercise themselves both physically and mentally, so that they may gain the strength to accomplish their goal of playing in the game to the best of their ability.

I have shared with you now seven key lessons, including tonight's, that will prepare you for your game of a lifetime. And this game if you will, my dear ones, will benefit not only you, but indeed the future of this world. You are playing for the grandest reward of all, and that is peace on earth and goodwill to all men.

Indeed this will be a long and strenuous game, dear ones. But you will have "professional" help and you will win. Indeed all who play in the game already have won. But in order for you to succeed in a way that serves our beloved Sovereign's plan and the Father's will to the highest degree, you must exercise ... you must exercise daily ... truly whenever you think about it.

And as an athlete knows, you must think about it on a regular basis. You cannot do it once and then forget about it for a time, for this truly will not strengthen your spiritual muscles. You can maintain a degree of semi- spirituality with only occasional exercise, but over time you may lose your strength and find that it is difficult to begin exercising again.

Some would use the term "fake it 'till you make it," but I tell you truly that this is but a cliché that does not truly describe the process. It is indeed a series of exercises my friends, it is a continual strengthening of your soul's ability to perceive spirit, and to enact spiritual directives.

At first you may find that intense spiritual work may seem exhausting to you, but as you continue to exercise, just as with exercising your physical bodies, the exercise becomes easier and indeed at some point becomes even energizing.

If you would prepare yourself, set yourself a spiritual exercise plan. Force yourself to exercise if you must, but I tell you this only so that you may get used to practicing a regular routine of spiritual strengthening. What does this involve you may ask? It is what we teachers of this mission have been teaching you all along. It is about love -- loving our Father, loving your neighbor, loving yourself. It is about seeking truth and beauty, and it is a relentless search for goodness.

What must you do to prepare yourself for "The Big Game" my friends? You must enact in your lives those teachings of truth that you have been given, those lessons of growth and maturity that the Spirit of Truth has impressed in your souls.

You must listen for our Father's voice from the Spirit that indwells you, and you must exercise daily to strengthen your personal resolve, to sharpen your skills that have been bestowed upon you as a gift from your Eternal Father. You must continue in your search for new truths, more especially for new understandings of the truth that you have already discovered in your many ways.

Truly it is time for "Spring Training" my dear friends. There will be many important "games" to play before the "Super Game." But each prepares you the better---each contributes to your personal spiritual strength and growth.

I have truly enjoyed sharing these lessons with you, my dear friends.

... It is a privilege for me to be able to serve in this way. It is a task that I enjoy greatly and it is one that serves my own personal growth even as it may serve yours. Good night, my dear friends. My love and encouragement are with you.

Exercise, Exercise, Exercise! Goodnight until next we meet.



Six

Living in Spirit

VERONICA

Lessons for Spiritual Strength and Clarity: 1994 - 1995

One of the most beloved collections of teacher lessons in the mission came through a spiritual seeker in Volcano, Hawaii. Presented through keystroked dictation over two years, these topical lessons today serve as an excellent guide for progressively absorbing greater spirit clarity in our lives. Nalice, the seeker, tells the story of her connection in a little seen booklet, which is adapted for this sharing.

MEDITATION

During a meditation specifically focused on opening myself to the Father and without thought of contacting my teacher (at that time, I felt unworthy and years away from being ready for contact), I laid down on the floor with pillows propped under my head, feet and legs up on a hassock, and arms outstretched with palms upward in a posture of receiving.

During a prayerful meditation, I was asking the Father's help in the dealing with sudden family problems I was faced with--feeling helpless. Towards the end of the meditation while talking to the Father, it was as if an unobserved person stepped into a conversation between two people, an interruption of sorts, saying, "I'll help you." I immediately knew it was my teacher and became anxious to record what she was telling me.

I will never forget the feeling of recognition when she said, "I'll help you."

Nalice (Arlene)

GODSPEED, VERONICA by Arlene (April 11, 1995)

VERONICA - AUGUST 3, 1994
INTRODUCTORY LESSON
Volcano, Hawaii - #1

I'll help you -- Learn to open yourself to the love of the Father, and this will revitalize the energy you will need to process each situation in conjunction with the Father's will. Always recognize the fragment of the Father in everyone with deliberate and intentional focus.

When you awaken each morning, before arising, close your eyes and feel and embrace the Father's Love and ask Him for guidance in how best to do His will that day. Take some quiet time to re-acquaint yourself with the extraordinary role model of Christ Michael to assist you in the manner in which personal interaction will proceed. Always refresh your intentions with the Father's love so that you can convey this love to others in a continuous flow so that they, too, may be touched.

VERONICA - AUGUST 4, 1994
LOVING SERVICE
Volcano, Hawaii - #2

Greetings my beloved partner,

I share the exhilarating joy of awareness and sweet recognition of our mutual manifestations of connection. You have opened a new path that will enrich and nurture your desire to attain a deeper comprehension of the grace and omniscience of the First Source and Center.

Loving service is the much overlooked key to the attainment of the upliftment of those who enter your daily life. Methods which, as yet, you do not readily recognize, will enable others to discern techniques and patterns of action that will illuminate their paths. Do not become discouraged if results are not evident, as many seeds germinate undetected. Uphold your commitment to your brothers and sisters, and your efforts will come to fruition in the extended outreach of the Father.

We all have precious value in our Father's gaze, and each tiny step nearer will surge our hearts with the luminosity of His magnificent presence. All who need and desire this ultimate compass will find their direction in the varied paths of our common and wondrous goal.

Thank you for accepting me into your heart.

VERONICA - AUGUST 21, 1994 (JESUS' BIRTHDAY)
Bayonne, New Jersey [UNRECORDED CONTACT MADE WHILE
WALKING ON A CROWDED STREET. LESSON ON THE PROVIDENCE
OF GOD, TIME & SPACE, SYNCHRONIZATION, LOVE.]

VERONICA - SEPTEMBER 2, 1994
MESSAGE OF ENCOURAGEMENT
Volcano, Hawaii - #3

Hello, my dear friend

I commend your efforts in reading the Urantia Book with more thoughtful attention and give you my loving encouragement to continue to seek truth and the guidance of goodness to assist you in recognizing the will of the Father throughout your mortal sojourn. It will enhance your spiritual future and ensure continuous episodes of growth in the maturation of your spirit being.

Strive to habitually feel the presence of the Father in your every living moment. We are all part of the wondrous team that has the potential to bring about constant upliftment of the universe and progressively infuse the Father's plan with our loving quest for the embrace of the Father's perfection.

VERONICA - SEPTEMBER 3, 1994
GUIDANCE
Volcano, Hawaii - #4

Greetings,

Welcome every opportunity to commune with the Father, and your receptivity will flourish and your capacity for love will maximize and provide you with the ideal energy required to correct the situations you perceive as obstacles.

A very essential component of absorbing divine grace is to consciously and lovingly forsake judgment of others. It is spiritually vital to nourish your approach to the Father

Fragment in others in a positive embellishment of their point of divinity within. This necessary milestone in the ascension career of mortals will enhance your memory of spiritually valuable encounters on this present plane.

The achievement of this awareness will be a catalyst to the precursor of light and life attainment on Urantia. This way will illuminate the darkness in the minds of those who are locked in fear and obstructed by hate. Tremendous effort needs to be initiated to generate loving understanding, merciful forgiveness, and patient tolerance to illuminate a path for quickened evolution.

I appreciate your acceptance and willingness to share my guidance. I send my love and encouragement to all who receive my message.

The Father's love will persistently cradle you during your devotion to living His will.

VERONICA - SEPTEMBER 7, 1994

CHOICES

Volcano, Hawaii - #5

Hello, dear friends.

It is with great joy and immense tenderness that I convey my assistive thoughts and sense their warm reception.

You have all been blessed with the magnificent gift of unfettered freedom of will which intensifies the importance of the choices you select in your everyday life. Ponder, for a moment, how many are made thoughtlessly and without awareness and conscious deliberation.

The key to gracious and loving choosing is tenacious adherence to careful selection of action in even seemingly insignificant occurrences of your day. This will not be effortless as consistent consciousness is important during all your waking hours. It does not preclude your opportunities for leisure, humor, and relaxation, as choices are important in all aspects of living in goodness and love.

My advice is to practice awareness in all your moments, even in the most mundane of tasks. If you continue to seek the Father thoughtfully, your gratification in your successful selections will be shared with the Father; and you will feel immediate recognition of a wise step taken.

Continue to approach all your actions with loving methods and you will become enveloped in divine grace and experienced in choice patterns that pursue the shining progression to the First Source and Center. Truly endeavor to live love and your daily choosings will reflect His choice as well.

VERONICA - SEPTEMBER 9, 1994
MEDITATION/STILLNESS
Volcano, Hawaii - #6

Greetings, beloved friends.

Your enthusiasm and sincerity to learn and improve will affirm your spiritual integrity and attune you to the essential vibratory tone needed for transcendent happiness.

Continue your time of quiet and being with the Father, and these moments of deep contemplation and sustained

introspection will bring about harmony and integration of loving balance and peace within your hearts.

Your daily visitations with the Father could be effortless, joyous, and much anticipated if you learn to sweep away distraction and find the most conducive situation for you. There is no mystical, magical, or highly skilled methods required; for a visit with the Father is as easy as visiting a favored friend, and any obstacles you encounter are self-placed.

Recognize and eliminate the blocks you are creating and discern why you are holding back on the vibration of being in His radiant embrace. If you could allow yourself to feel His love in these exclusive moments of stillness, all your doubts, fears, and insecurities would melt away in the feel of His presence. This inner light would sustain you with enormous spiritual contentment and be the zenith of your day, and you would delight at the adoration of the Divine in others. It is simple and uncomplicated and contingent on your faith which I know to be strong.

Continue to seek the thrill of divine influence in your quiet moments with the Father, and all your daily struggles will acquiesce into harmonic and peaceful achievements.

VERONICA - SEPTEMBER 12, 1994

OPTIMISM

Volcano, Hawaii - #7

I convey my nurturing love and gentle encouragement to all who receive my message.

It is so imperative to share all you've learned and this is the true essence of your purpose. Truthful and loving optimism blended

with blessed intention will insulate your fragile tendencies towards discouragement and protect you when doubt and negativism surfaces in your thoughts.

Your mortal propensity for impatience often makes fertile ground for lowering your true potential in any given situation causing you to deny truth.

Unswerving faith and trust engenders optimistic anticipation and joyful action that leaves only room for positive beliefs--if you could only comprehend how effective each and every one of you are in the process of initiating favorable change--you are extremely important and very vital to the accomplishment of the divine plan.

Your measurements of progress are too anticipatory of rapid and striking changes, and that will not occur in the expectations you have set. All evolutionary processes may seem slow in your perspective; however, the constant enfoldment of enlightenment occurs in the strong, steady power of the Father's purpose.

Recall how brilliant optimism pervaded every example of our dearly beloved Christ Michael throughout his mortal existence on Urantia in his teachings and exemplary instruction to enliven the Spirit of Truth in us all.

If you would grasp the importance of your dual outreach to the Father and to your brothers and sisters by your willingness to extend love in all instances, you would be able to visualize the magnitude of your assignment and the steady, patient steps that would bring its achievement. Let the tremendous joy of knowing the Father fill you entirely so that optimism will

pervade your reality and overflow to others in your loving effusion for planetary transformation.

VERONICA - SEPTEMBER 13, 1994

SURRENDER

Volcano, Hawaii - #8

Greetings, my dear friends.

You have much to absorb and to comprehend, and I hope that I am of assistance.

Surrender is the process that teaches us to trust the Divine within, to have faith that we are being guided. The lower will, your will, is given to the higher will, His will. When we consciously move in harmonious alignment, at-one-ment with the Father, we become self-realized and enlightened; and we begin to live unconditional love. It is in surrendering that we become teachable, and we begin to strip away the protective coverings and stare into an unending expanse of possibilities.

Faith is a moment-by-moment commitment. Each surrender, no matter how small, is a significant step in learning how to allow the Father to work through us; and it is only then that we find that the Father calls us to live our joy to the fullest.

No one's purpose in the scheme of things is any higher or lower than another's, for none of us can do all that has to be done; and no one is expected to accomplish our mission alone.

Never confuse human smallness with divine effectiveness as each of us is potentially the difference in the world. Letting go, moves us gradually toward detachment; and this is a higher

form of love because it loves the being behind the problem and doesn't get stuck in the problem.

In a detached state of mind, perception is heightened and discrimination is keener; and we are more likely to become an open conduit through which love can pour into any situation. We become the embodiment of our new truth, and it is present in everything we do.

Ponder these concepts and incorporate them into living practices in your life, and you will truly become an instrument of His will; and you will start to fulfill your present commitment in divine love.

VERONICA - SEPTEMBER 15, 1994
BEHAVIORIAL CHANGE
Volcano, Hawaii - #9

I love you all very much and want my guidance to take root and blossom into loving manifestation.

Behavioral change and spiritual growth go hand in hand, but you must provide ample opportunity and be open to learn. Think righteously, act lovingly, and speak gently; and you will become perceptive of intuitive knowing. Examine your daily habits to see, by virtue of frequency, which ones you place a great deal of importance on by how often you repeat the behavior. Can any be replaced by actions of increased value?

Be gentle with yourself and attempt only small changes at first, so that your successes will be steady and guided. Think of the lessons of the Master Son and all the underlying messages of His parables and how these can translate into your life.

Identify behaviors that are harmful, recognize thought patterns that stagnate your ability to mature; and ask for guidance in discarding these shackles of true freedom and manipulators of soul formation. You will know which ones must take priority in eliminating from your daily agenda. This is truly difficult to achieve when resistance and complacency have strong footholds in your spirit motivation center of your mind.

I strongly recommend persistence and patience as you are also receiving assistance from others on this side who want you so much to succeed and who have used unlimited continuity in their attempts to help you see. My purpose is to provide poignant guidance and flashes of divine insight to enable you to receive instruction and begin to tend to those areas you are neglecting.

You are so loved and even your smallest successes provide us with delight and thrilling desire to uplift you even higher in your inner journey towards the Father. We can only help show you the way; however, you must walk the path and "follow Him" towards your heavenly home.

VERONICA - SEPTEMBER 16, 1994 - 9 a.m.
LEADERSHIP
Volcano, Hawaii - #10

Greetings, my beloved students.

Your awareness of your role as leaders is so essential to your progress, and it is extremely important for your comprehension of your mission and direction. Leaders are life-long learners and possess vision that engages the spirit by doing small things with great love.

When you interact with goodness and inspiration, others will mirror your attitude; and they in turn may act with increased compassion and understanding and become more loving and conscious.

Let vision speak from inside you and this will help others become leaders, too; and they will grasp the larger vision. Openness and tolerance of others means approaching everything with love and maintaining non-judgmental attitudes and behavior. Always affirm the value of others in all your interactions with them, and this will magnify your sensitivity and joyful existence of love and acceptance of self and others.

All my guidance to you will prepare you to become effective teachers and loving leaders of direction toward the Father. Serenity is the means to live effectively, and if you continue to work on expanding your capacity for love through the techniques I have shown you, you will begin to acquire the true components of leadership. Your love for the Father will penetrate your being to enable you to love yourself as His child, and this love will enlarge and develop in scope and direction in the vast expanse of His creation; and you will lead others to follow a continuous passage to Him.

VERONICA - SEPTEMBER 18, 1994 - 2 a.m.

FORGIVENESS

Volcano, Hawaii - #11

Greetings precious companions.

It is helpful to receive my messages of guidance with intent of action for their value to be actualized.

The simple act of conscious forgiveness always precedes spiritual progression.

Perception of personal injustice creates a barrier that obstructs the ability to be a loving vehicle of the Father's expression.

Always afford others the divine gesture of compassion that you readily accept from the Father. Resentment occludes the circulation of the luminosity of love and forms a shell of resistance to sharing and receiving. Pardon them as He pardons you, and you will open all circuits of mercy and unconditional forgiveness. Recall all perceived offenders and extend your reach of tolerance and understanding so that you will readily excuse their transgressions. Attempt to do this daily to ensure sincerity of purpose and purification of your intent.

Never allow a state of unforgiveness to linger in your being as all other exercises to strengthen your spirit will falter. This will enhance your efforts to seek truth in your practice of stillness and overcome your enemies of divine virtue.

VERONICA - SEPTEMBER 18, 1994 - 7 a.m.

HUMILITY

Volcano, Hawaii - #12

Hello, my cherished friends.

I send you my love and gentle urging to continue to be steadfast in your efforts to master spiritual carelessness and to cultivate courageous yearning to overcome indolent impediments.

Arouse your noble ambitions by reflecting on humility and gratitude and liberate your restlessness by abandoning the false barriers of ego. It is hardest to recognize our own faults but

easy to recognize defect in others. Relinquish self-importance and reflect on the life-transforming and emancipating qualities of humbleness.

Continually strive to serve others, and you will attain a true balance of humility and love that will be dynamic to receiving the gifts of grace and enable you to sow seeds of light.

Seek the timeless thread of humility throughout your quest for perfection, and the Father will softly lift you to higher vibrations of His purpose and enthrall you with a burning desire to accomplish His plan.

VERONICA - SEPTEMBER 21, 1994
PHASES OF THE CORRECTION TIME
Volcano, Hawaii - #13

Dear friends,

Your private and personal expressions of appreciation are well received, and I thank you for your willingness and openness. As always, my deep concern is for your continued development and increased understanding. There are multiple phases that comprise the correction event now unfolding on Urantia, and your conception of the initial four phases will enlarge your vision of the essential role you must perform.

The first of these stages regards the manifold deployment of personal and group teachers that have volunteered their loving service and who are involved in the transformation preparation of mortals in ways that are both obvious and concealed to you. Their presence is now acknowledged to some and unceasingly becoming evident to others. The task they have embarked upon is a segment of what some of your associates call the Teaching

Mission, and this involves the regeneration of spiritual values on individual levels.

This second phase is exceedingly significant and of great consequence to subsequent stages of transformation that will eventualize on your planet. All my previous and future lessons will give emphasis to this indispensable and profound shift of perception to enhance your inner sense of right direction.

This reprogramming of unconscious personal beliefs that block fuller awareness of your potential is vital to transition into Phase Three which involves a massive and collective change in basic assumptions. It will involve vast populations and bring about an unprecedented speed of conversion that is inconceivable to you now.

There will be a major shift in the interpretation of reality and an assimilation of spiritual and intellectual knowing that will enable a commitment to a shared vision by communal methods. You will be the progenitors that enable this stage of our assignment to be actualized, and it will be after this segment of progression that the expertise of the Melchizedeks will be employed to bring about the fullest development of man's highest powers. This fourth phase of transformation will impart profound wisdom that will overcome complex problems of uncertainty and usher the collective consciousness on a rapid track towards light and life.

There are many more stages to this vast undertaking; however, these phases of progression have been conveyed to place emphasis on the importance of self-development. These events will not come in orderly succession; and just as individual progression occurs at varied rates, these phases will at times

appear concurrently and singularly but will eventually consummate into transcendent meaning.

When Christ Michael assumed mortal form and walked on Urantia, there were many unaware of His presence. Your seemingly small steps will foster the transitions needed to precede each stage of worldwide correction. It gives me tremendous joy to provide you with affectionate influence in devotion to the Father. It is my desire in this conveyance to help you comprehend the profound importance of your daily struggles towards perfection as it will be fundamental and inherent to the divine plan and our loving progression towards the First Source and Center.

VERONICA - SEPTEMBER 22, 1994

FEAR

Volcano, Hawaii - #14

My dear beloved friends,

I bestow my love and warmest affection to all who receive my messages, and give you my continual reassurance to inspire confidence in all your endeavors. Fear is a many-faceted antagonist whose illusory essence needlessly squanders energy better used for positive purpose.

Distressful worry obscures truth and renders you incapable of selflessly serving the Source of your divine inspiration. Insecurities are a natural outgrowth of fear that negatively influences all your actions and strains your ability to generate love and acquire inner fulfillment.

You can begin to recognize your fears by identifying the escape mechanisms that surface repeatedly in your time spent in

avoidance. Procrastination is often a symptom of subtle fear that stifles clarity of perception that keeps your sources of anxiety veiled from your recognition. It takes a great deal of courage to confront insecurity because you often perceive a loss of safeness; however, focusing on the Father's love in these times of imagined threat will provide you with undaunted bravery in combating these fabricated demons of your thoughts.

Seize opportunities to face your uneasiness when you feel most nourished by the Father, and you will learn to eradicate these conjured thorns that forestall your proficiency in becoming more like Him. You are the creator of your fears and conflict, and you can choose to formulate eloquent and loving substitutes to renew your energy and reinforce your zeal for higher aspirations.

I assure you that my love will shower you with intensity in all your conquering attempts and assist you in recognizing the beauty of every present moment.

VERONICA - SEPTEMBER 23, 1994 - 10 a.m.
SELF-DISCIPLINE
Volcano, Hawaii - #15

Loving students and interested friends,

It is my fondest desire to help you in your journey of spiritual growth, and it is my hope that I may motivate you into thought and action.

Self-examination is a dedication to truth that can be difficult but will validate your efforts in self-improvement. You must not overlook the importance of self-discipline as a primary means of generating more love into your lives. Discipline requires time

and if you perceive yourselves as valuable, your time will be valuable; and if your time is valuable, you will want to use it favorably, carefully, happily and productively.

When you love something, it has meaning and value to you; and you take care of it with attention and affection. Self-discipline is self-caring love converted into action--a postponement of gratification to achieve your own best interests. It is a beautiful and evolved form of free will; for without the discipline of genuine love, freedom would be non-loving and destructive.

We often attribute non-disciplined behavior to forces beyond ourselves as if we have little or no responsibility in its occurrence. Self-governance is a manifestation of love that has its genesis in divine grace and is one of the most valuable gifts we can give the Father and ourselves. It reveals our dedication to Him and the degree to which we desire to do His will. It is through self-discipline that we truly learn to yield to the Fathers' volition and begin to discern the higher path that verifies and infuses eternal meaning into our lives.

VERONICA - SEPTEMBER 26, 1994 - 9 a.m.
BEAUTY
Volcano, Hawaii - #16

My dearest kindred spirits and eager children of the Father,

I extend my loving appreciation to all my sisters and brothers who fervently pursue to deepen their grasp of intimate connection to their resplendent divinity within through my affectionate instruction.

Your conception of beauty is undergoing rapid development, and this progression will continue to transform into pre-mota receptivity to enable you to recognize beauty on deeper and more exquisite levels.

Your accelerating awareness of the radiance of spiritual beauty will cultivate your abilities to glorify Him in revered adoration and genuine worship and directly nourish your desire to transform your will into His. The senses of your spirit will sharpen in clarity and in delicate recognition of the grandeur of His irresistible design.

Beauty continually unfolds around you in captivating loveliness, and a new dimension will penetrate your consciousness as you advance in perfection. It thrives in proportion to your ascension and begins to illuminate with intensity as you achieve increased skill in the perception of spirit.

The Father Fragment is inherently radiant and illuminates naturally from all His children. To truly recognize the incredible beauty of His unfolding purpose immediately transforms you into a state of irresistible adoration and meaningful worship of His magnificence.

As you develop spiritually, an extraordinary type of reflectivity will become recognizable to you, much like the radiant energy you perceive in another's smile. To us, you are like fragile little infant spirits that exude pulsating glows as you grow and who will eventually actualize and illuminate into brilliant beacons of supernal form.

Beauty is love visualized in spirit perception and love is beauty's highest form that reflects with enormous brilliance as you move closer to the Father.

Continue to ameliorate your veneration and adoration of Him through your continued recognition of beauty and goodness, and it will become a visual melody in praise of His everlasting love.

VERONICA - SEPTEMBER 27, 1994 - 1 p.m.

HEALING

Volcano, Hawaii - #17

Dear friends,

I am joyful of the opportunity to communicate in this manner; however, my vehicle of contact has not yet achieved the necessary experience needed for total expression of my conveyance.

You have received accuracy in meaning, although confusion in reception sometimes spawns error in concepts. Patience, practice, and perseverance will overcome these minor hindrances.

Your involvement in Phase Two of the correction event also encompasses healing, and concentrated effort needs to be focused on healing yourself and others. Your past efforts have tremendous healing properties and will further the advancement of the planet in restorative qualities to allow collective consciousness to proceed with health and vigor of spirit direction.

Your roles as students, teachers, and leaders naturally blend into the essential role of healers whose most important task is to lavish love and heal the many wounded spirits that are abundant on your sphere.

Each day, your opportunities are great and loving concern interlaced with compassionate outreach is the most potent remedy that you can offer. This will always promote healing and generate amending properties to those in need of your curative presence.

Do not ignore the wounds you carry as these hurtful scars are simple to cleanse and purify during your times of stillness with the Father. His love is the most encompassing and effective healing agent available to all; and through you, it will restore any spiritual infirmity. Always remain steadfast in your faith and trust in the Father, and His omniscient love will mend all suffering and conquer any anguish.

Remember that you are a healing instrument of the Father and you must continually promote harmonious recovery of those that need your help by opening your inner source of compassion to manifest this genuine energy of divine love to everyone you touch for Him.

VERONICA - SEPTEMBER 29, 1994 - 11 a.m.
RISK AND CHALLENGE
Volcano, Hawaii - #18

Cherished companions and loving friends,

Please accept my gratitude for your desire to open your hearts and minds to the potential of change.

You are like explorers of the spirit on a divine quest to discover the great expanse of cosmic awareness. Your willingness to accept risk and challenge will determine your learning and growth as you traverse consciousness in the totality of eternal life. Risk always involves action and resoluteness to confront change and this will blossom into wisdom and spiritual accomplishment.

When we accept challenge, we must expose ourselves to failure and disappointment; however, if we place ultimate confidence in the Father, our trust in Him will soothe our temporary unsuccessfulness and sustain our persistence for advancement.

Risks require courage and incentive, and we can develop these strengths from our time of stillness with the Master of our wisdom. Adept awareness will invigorate your receptivity to challenge and invoke the desire to conquer uncertainties, and divine grace will keep you seeking your fortuitous destination of His perfection.

Only you can navigate the chart of your spiritual essence, and you must always challenge irreverence of truth to achieve superior conductivity in extending His love.

VERONICA - SEPTEMBER 29, 1994 - 4:30 p.m.
NEBADONIA
Volcano, Hawaii - #19

My love envelops all who reach for truth in my messages of guidance.

One of the most influencing and nurturing gifts bestowed inherently on all thinking creatures is the endowment of

evolutionary movement toward higher goals through the maternal affection of the Mother Spirit.

Her nurturing tenderness predisposes your mind to work with the Father Fragment indwelling within and nourishes your desire to seek wisdom, truth and knowledge. Her sympathetic perception and refined sensitivity of spiritual ministry complements the motivating aspects of the Spirit of Truth.

Nebadonia is mother love in the most exalted and ultimate form that encompasses feminine delicacy and ethereal maternal sustenance in your search for divine ideals. Her tenderness and solicitude as the Divine Minister evokes a response of childlike innocence that propels us to seek spiritual enlightenment and fusion with the divine Presence we treasure within.

VERONICA - OCTOBER 3, 1994

NEBADONIA

Volcano, Hawaii - #20

Greetings, dear fellow ascenders!

As always, my love illuminates all your earnest attempts at comprehension.

You are entering a progression of crossroads in the Teaching Mission where keen discernment will be necessary to avoid disguised inaccuracy that can arise from mortal deficiency in mota awareness.

Beware of any teachings that may foster separateness between you and your sisters and brothers. Discriminate carefully and learn to identify ego-tainted prophecy.

There are many who are well-intentioned who erroneously conceive their self-development near completion and focus on contrivances of future events, failing to perceive the significance and extensiveness of this important component of correction. Although their desire may be sincere, an insidious concealed superiority with a genesis in ego may weave itself into false revelation.

You may observe an inordinate repetition of themes and repeated emphasis of particular lessons offered by the teachers, and this is necessitated by our evaluation of your progress.

Realize the covert harm that can originate in exclusivity, for it engenders a separateness and arrogance that can disintegrate genuine effort in the perpetuation of love. Do not fail to see the significance of self-mastery, for even beyond your material realm, you will be striving for perfection.

If you could only envision and experience the marvelous harmony of light and life living, you would grasp the importance of the repetition presented to you.

The privilege of instruction in no way infers special status, as many are progressing rapidly without these assistive benefits. Patience and fortitude coupled with the true essence of humility will be extremely consequential in acquiring spiritual competency.

You are still faltering novices in your endeavors of communication with the Father; therefore, you have yet to experience the divine exhilaration in this sacred connection of communication.

Continue more in the mode of student; and your teaching abilities will unfold with spirit experience, and His divine love and the impetus of the Mother Spirit will empower you along a true path of perfection.

VERONICA - OCTOBER 4, 1994 - 4:30 p.m.

LISTENING

Volcano, Hawaii - #21

Dearest friends,

It is always my hope that my words will stimulate loving energy and demonstrate clarity in all accessible paths of upliftment.

Your willingness to venture beyond your scope of habit demonstrates your commitment to make His desire yours. As you begin to create new ripples of awareness around you, be attentive to the importance of listening.

Developed listening occurs on many levels and requires astuteness of perception through both material and spiritual reception.

Advanced intuitiveness continually generates expanded harmony which will ultimately direct you to newer levels of consciousness.

Effective listening always comes from focus, and your daily practice of stillness will open your minds to the abundant wisdom perpetually accessible to you from within. This most precious and eternal gift has been permanently infused in your being to assist you in comprehending your divine purpose.

Continue to nurture this personal endowment of His magnificence, and you will begin to discern revealed truth from this superb and wondrous source that will flood you with incredible passion to hear His exquisite invitation to pursue His supreme embrace.

VERONICA - OCTOBER 5, 1994 - 8 a.m.
RESOLVING CONFLICT
Volcano, Hawaii - #22

Dear cherished friends,

Even your smallest advancements are noted with loving jubilation and heartfelt concern for your continued progress. Your diligence and willingness to learn and improve is appreciated beyond your imagination.

It is time for you to utilize every opportunity for learning whenever conflict enters your lives. It is the most valuable and favorable time to apply the loving concepts and techniques of awareness familiar to you.

In your present level of progression, negative responses are habitual remnants of your former self and are extremely destructive to your future potential. Even though your newly acquired methods to resolve conflict may sometimes meet with failure, you must always approach its resolve with the calm and loving wisdom of enlightenment.

Always remember to ask for divine guidance in every attempt, and this will develop your skill and strengthen your intention to do His will in the decisions you apply to each situation. Your encounters with discord and confliction are your most propitious periods of opportunity for progress, and you will eventually learn to recognize their advantageous value.

As you gain expertise in this area, the opportunity for growth extends to others; and your role as teacher expands in all your successful outcomes.

Consistently approach conflict with love, tolerance, and understanding; and you will learn to transform these unpleasant struggles into jewels of accomplishment that will illuminate the horizon of the brilliant dawn of light and life.

VERONICA - OCTOBER 6, 1994 - 9:45 a.m.

THANKFULNESS

Volcano, Hawaii - #23

Loving students and interested friends,

Each day we have the wonderful opportunity to recognize the wondrous gifts of life conferred on us by our merciful and infinitely generous Father. We readily and anxiously grasp the abundance of His blessings and benevolence but all too often remain unmindful of their divine source.

Practice your expressions of deep appreciation and learn to generate tender gratitude continually, for all your abilities originate in the divine compassion of the First Source and Center.

Take time every day to acknowledge the bountiful endowments you unceasingly receive, and share your expressions of appreciation with the extensive personal sources of His blessings.

Realize the treasures you possess in your immersion in the sublime splendor of His creation, and be ever thankful for the unlimited flow of His love that reaches you through the many instruments of His omniscient richness.

Take time daily to enlarge the state of gratefulness in your heart and fuse this profound appreciation with the love you convey to others.

Arouse your deepest expressions of joyous gratitude with the realization and comprehension of the exquisite eternal future you behold and the timeless experience of exhilarating passage towards your blissful encounter with your Creator.

VERONICA - OCTOBER 8, 1994 - 4 p.m.

FAITH

Bellow's Beach, Oahu - #24

Dear children of Urantia,

Our blessed aspiration is for your individual upliftment through divine conceptual transformation.

Your faith will confront continual challenge throughout your mortal experience and the foundation you construct will determine your vulnerability.

Learn to touch the supreme core of divinity within and cherish the acquiescence of intimacy you develop in your time of quiet devotion.

Your invincible trust in Him will expand the solid framework of faith that is under construction in the being of your ever-developing spirit. His will is eternally desirous of your perfection, and the strength of your faith will perpetually accelerate the attunement of harmony toward His divine purpose for you.

Enter every encounter with love and tender compassion, and the supreme intensification of divine trust will naturally unfold into the impermeable truth that will compose indestructible faith.

The Father lovingly anticipates your nearness to Him, the Divine Minister continually extends Her illuminating outreach of gentle direction, and the many affectionate spirits that accompany you have faith in your continued awareness to perfect your expanded magnetism toward ultimate fusion with His exquisite brilliance.

VERONICA - OCTOBER 10, 1994 - 3:30 p.m.

HUMOR

Bird Park, H.V.N.P, Hawaii - #25

Dear cosmic playmates and loving apprentices of universal change,

Our bridges of connectedness engender tremendous joy for all the teachers involved in the actualization effort of the correction event.

Recognize the invaluable importance of humor in your lives. Learn to expand lightness and conviviality as natural expressions of your evolving spirit. Joviality and playful enjoyment are universally expressed by spirits of all levels of attainment and changes in origination as you reach higher stages of ascension.

As you already recognize, some humor on Urantia, although not all, has its genesis in fear. Its evolution coincides with circle progression, and the expansion of the capacity for love. In light and life living, humor closely resembles harmony. Evolved

humor progresses from unenlightened and malicious rejoicing over mishaps of others that reinforces separateness, towards a lightness and pleasurable amusement of loving joy in the varied ways we overcome imperfections.

As your concept of humor advances, you will begin to identify the power of humor in transformation and how it reflects genuine empathy with the comic effervescence of loving mirth.

Humor engenders tolerance and is a bonding agent of connection between ascending beings. It can disarm anger and be used during adversity to immobilize fear and often clears channels for alternative enlightened solutions.

Imperfection conceives levity because it illustrates fundamental absurdities in human behavior or nature. It begets a necessary turn from seriousness that eases the learning process, increasing good fellowship awareness, and crosses all barriers of separateness.

Eliminate ridicule and derision from all your humor, and you will begin to discern the divine cohesion of humor, harmony, and cheerfulness, that will intensify your enjoyment of all the Father's gifts.

Spiritual laughter and comprehension of humor is uplifting because it is always accompanied by love.

We appreciate all the humor you have provided us when we envelop you in vibrations of loving concern in your faltering but amusing spontaneous steps in your progression.

We look forward to your unfoldment of mota perception so that we may reciprocate loving and playful humor in your lives that will precipitate our combined celebration of the supreme and divine plan that the Father enjoys by our experience.

VERONICA - OCTOBER 11, 1994 - 8:30 a.m.

SHARING LOVE

Volcano, Hawaii - #26

Beloved escorts of illumination,

The positive energy you have extended in the hopeful vitality of enlightened transformation has already begun to impact your planet.

The time is ripe to take advantage of all favorable opportunities to maintain the momentum currently in progress. Your loving interaction with others is restoring the wholesome vigor and velocity of divine collective concepts needed to transform the iniquity and suffering that is widespread on your struggling sphere of transition.

Gradually increase your contact with people and use creativity in your ability to touch the light in others with the warm attachment of His divine love.

Aggressive proselytism repels receptivity; therefore, always advance in gentleness and affectionate direction and divine guidance will pilot your loving encounters.

Your attitude will create positive influence that will endure, and you will intuitively be guided to initiate fertile expansion of luminous vibrations.

Never underestimate the necessity of your responsibility on the divine team of universal love. Draw strength and persistence from your power within and always know the presence of your unseen supporters continually promote your success.

Continue as steadfast travelers on the righteous avenue of betterment of planetary improvement, and His light of love will triumph in the hearts of all His cherished children of divine devotion.

VERONICA - OCTOBER 12, 1994 - 10:00 p.m.
PROGRESS ON URANTIA
Volcano, Hawaii - #27

[NOTE: FIRST VERBAL TRANSMISSION ... tape recording not clear, reading verified through written transmission on 10/13 at 1 a.m.]

Endeared proteges of revelatory inspiration - This is Veronica -

The Spirit of Truth is undergoing unprecedented expansion on your earthly domicile of our beloved Christ Michael.

The sluggish progress of recent millenniums is now past and quickened rapidity is overtaking earlier momentum.

Universal broadcasts heard throughout Nebadon have revealed indicators of transition on Urantia inclusive of compromise of opposition, increased spiritual transformation, and convergence of scientific and theological concept.

Your perception of these indicators is vague and blurry, and you will not recognize their impact until near their completion.

Continue to be a devoted servant of our loving Father and eager follower of Michael, and you will propel His supreme purpose into divine actualization in your sphere of influence.

Thank you for your openness and loving gratitude. Good evening.

VERONICA - OCTOBER 14, 1994 - 10:30 a.m.
PAIN AND SUFFERING
Volcano, Hawaii - #28

Loving artisans of enlightenment,

Your spiritual effort continues to manifest intonations of enlarged hope in the ethereal symphony of transformation. You are the sentient servants of deliverance and loyal laborers of our Father's magnificent kingdom. Your comprehension of the pain and affliction that is pandemic on your isolated sphere will empower your determination to live His will with unwavering perseverance.

Suffering never originates in divinity.

The widespread misery that has been perpetuated on your planet has its source in mortal deviation from the magnanimous path of divine truth. Iniquitous preference creates anguish and despair on individual and multitudinal levels, therefore, its extension often touches innocence.

Learn that by living love and endeavoring to do His will you are illuminating the inner darkness of ignorance that is engendering suffering on your world.

Loving trust and faith in the Father is a powerful comfort to personal pain. Personal suffering potentially engenders empathy toward others that will provide you with a regenerating source of compassion.

Reach out to those in need, and you also will receive divine comfort. Be an instrument of diffusion for the Spirit of Truth, and you will be a conduit of upliftment that will diminish anguish through the transforming love of our glorious Majesty of Paradise.

VERONICA - OCTOBER 17, 1994 - 10 a.m.
SERVICE
Volcano, Hawaii - #29

Fervent couriers of loving revelation,

Your deepening intimacy with your divine origin is facilitating enormous expansion of universal harmony.

Always be attentive to increasing your opportunities for service to your brethren ascenders. Be ever at the Father's disposal to anticipate the needs of others and be productive suppliers of the swelling demand for love.

Develop selfless sensitivity in the recognition of need so that you can become eradicators of the lingering residue of spiritual destitution.

Sincere service manifests in infinite variety, and your intuitive compass of compassion will direct you toward those in need.

Continue to be ministers of divine comfort and loving assistance, and you will be the catalysts of accomplishment for His resplendent plan.

Combine humility with tolerance, love with understanding, and sincerity with intention; and you will grow into total devotion to the Father, making His will indistinguishable from yours.

Your willingness to serve others is an eloquent demonstration of loyalty to our omniscient Architect of All Creation, and the powerful gravity of divine irresistible love will impel your destiny of ultimate coalescence with His sublime perfection.

VERONICA - OCTOBER 18, 1994 - 10:30 a.m.
EFFECTS OF MEDIOCRITY
Volcano, Hawaii - #30

Loving friends and adventurous advocates of actualization,

Your proximity to the verge of growth is always near, and your most imposing encumbrance is mediocrity.

Mediocrity springs from the contrived trepidation of change and stifles advancement of both intellectual and spiritual growth. This inherent vestige of early evolution has deferred significant progression throughout the history of your unique sphere. The destructive sophistry of rebellion of your unfortunate past has perpetuated the long, dark age of ignorance from which you are victoriously emerging.

Vanquish mediocrity from your natural tendencies, and you will be astonished at the consequential growth that will become apparent to you. Mediocre inclinations create uninspiring

uncertainties that make you a weak servant of the Father and incapacitate your discernment of the Father's will.

Those of you who have acquired the certainty of eternity err tremendously when you consciously postpone ascertainment of known spiritual skills until your morontial transformation. Allow your profound intellectual dedication to the Father equal that of your spiritual devotion; for when there is dual balance, you will become a capable implement of His divine expression.

Your personal progress will influence the advancement of ideation on your struggling planet, and mediocrity translates into unwillingness to proceed toward spirit illumination.

Demonstrate the intensity of your love for the omnipotent Patriarch of your divine purpose; and exalt the Spirit of Truth in all your virtuous efforts, and the solid groundwork will be laid for the approaching epoch of enlightenment that will amplify a celestial chorus of elated joy throughout His vast creation.

VERONICA - OCTOBER 19, 1994 - 9 a.m.

PATIENCE

Volcano, Hawaii - #31

Precious vigilants of divine truth,

Your heightened spiritual awareness is reflecting elevated consciousness on the terrestrial primitivism of disillusionment.

The Teaching Mission may be construed as a qualitative pivot that will turn the trend of iniquity towards the assimilation of enlightenment. It is an auspicious turning point of conceptualization that will redefine the harmonious choreography of the dance of life.

It is natural to envision premature fulfillment when excited enthusiasm pervades your potentiality.

Temper your anticipation with the cognizant wisdom that although transformation is imminent, the enormity of this delicate task will require time and patience.

Your responsibility lies primarily in introspective learning and illustrative practice of spiritual techniques of example. Diligent concentration on the comprehension of the messages of truth presented to you will enable you to recognize opportune methods of application.

Slow down. Practice serenity and process the jewels of truth that are now at your disposal.

Your bewilderment is often perceived by the teachers, and your unrestrained excitement is admirable. Understand that recidivism always accompanies change, so be gentle with yourself and others when this transpires.

The Teaching Mission is primarily a learning mission, and the natural unfoldment of spiritual knowledge is its loving disclosure to others. Know that this will occur in a soft evangelism of camaraderie as His truth assumes ubiquity in your earthly domain.

Continue to perpetuate personal peace through your cherished intimation with the Father and enlarged visibility of spirit essence will begin to reveal the captivating spectrum of enlightenment and the radiant corona of His infinite love.

VERONICA - OCTOBER 20, 1994 - 4:20 p.m.
Volcano, Hawaii - #32 [PERSONAL MESSAGE TO T/R]

VERONICA - OCTOBER 26, 1994
MESSAGE OF ENCOURAGEMENT
Volcano, Hawaii - #33
[NOTE: SECOND VERBAL TRANSMISSION]

Devoted practitioners of love,

This is Veronica. You have not been abandoned, just redirected toward the integration of truth and experience.

The teachers have given prolific instruction, and they anticipate your experiential gain. Our instruction directs you inward; however, you must reach outward with wisdom and insight. Open the tabernacle of divinity within your heart, and let its light shine through every window of opportunity.

Learn to penetrate hope with the validation of truth by the manifestation of love. Mold your skill into accomplishment and continue your energy of demonstrative endeavors and encounters.

We appreciate your recognition and receptivity, and always know that we cherish all of you. Thank you. Good evening.

VERONICA - NOVEMBER 7, 1994 - 3 p.m.
DISCOURAGEMENT
Volcano, Hawaii - #34

Conscientious messengers of eternal hope,

Realize the blessings and special guidance you all enjoy, and recognize the Father's generous benevolence in your individual lives.

Discouragement often has its roots in self-absorption, so beware of its blinding characteristics because its deceptive disguise can lead you away from the Father.

Divine truth is not subjective, and yielding to self-created hurt and imagined impediments can hinder your ability to recognize His will.

Remember that you are eternally striving for perfection and transitory setbacks are inevitable. The Father's love has never failed to heal the spirit of his treasured children, yet your regression to immaturity engenders resistance to the loving comfort you carry within.

What a beautiful, wise, and gentle source of consolation lies submerged in your being ever ready to emerge and soothe your troubled concerns. Learn to unlock this eloquent source of solace whenever you need to refresh the comprehension of your purpose and the encouragement of your practice of His presence.

Become a willing channel of divine light and realize the message of Michael must be lived rather than preached.

Always retain the effervescence of expectancy in the elated joy of consciousness of the Father, and you will continue to be swept into the powerful current of His infinite love.

VERONICA - NOVEMBER 8, 1994 - 3 p.m.
COMMUNICATION
Volcano, Hawaii - #35

Spiritual sculptors of cosmic destiny,

Your conscious eagerness to absorb divine guidance has been perceived with loving regard. Continue your diligence in attentiveness, and your fraternal vista will reveal itself in a prism of opportunity.

Be aware that loving communication is the cornerstone of all positive change and can assume many forms. Genuine communion with your sisters and brothers acquires relevancy of expression through service and action, yet your demeanor is the essential key of interchange in all encounters.

Your communication of love will penetrate the potential of others and impart insight, reveal hope, and disclose the authentic energy of divine reality.

Always remember that you are a living circuit of continual projection, and your pursuit of spiritual grace will ensure that emissions of devout wisdom, concurrent with the Father's will, will be perceived by others.

Commune with sincerity and you will radiate tender arrows of awareness that will pierce the gentle targets of significance that will engender enlightenment. Be zealous communicators of divine truth, and this will eventualize a harmonious coexistence of enormous wonder that will enable others to recognize their superlative eternal career toward our communal rapture of divinity.

VERONICA - NOVEMBER 14, 1994 - 9:30 a.m.
COOPERATION, OPENNESS, RECEPTIVITY
Volcano, Hawaii - #36

Gracious challengers of indifference,

Your sincere yearning to traverse eternity in your supernal quest has endowed your direction with assured accuracy toward the Father; however, the natural turbulence of mortal existence can offset your determined course.

Recognize the value of openness and its importance to your progression. Willing cooperation is a manifestive component of love and will determine the joint action of communication with the privileged divine wisdom enshrined within you.

Your neglect of this precious interaction is a contradiction of the cherished regard you hold for the resplendent guide in your being. When you begin to acknowledge the actuality of magnificence of this extraordinary gift, you will never again neglect this wondrous source of actualization; and you will expand your accessibility and receptiveness to the resource you have long ignored.

Deliberately strive to achieve an open and receiving channel, and continue to widen the aperture of familiarity with the Divine Monitor of your spirit. Your practice of stillness must be approached with depth and realization so that effective receptivity can occur.

Prolific theorization hinders your expansion and becomes a habit of resistance; therefore, learn to focus on the identity of your magnificent and wise Companion. Know that throughout your moving odyssey of enlightenment, your openness and

cooperation will enable the treasured Sage of your heart toward mutual interaction in your eternal gravitation to luxuriate in the totality of the Father's presence.

VERONICA - NOVEMBER 16, 1994 - 11 a.m.
AWARENESS
Volcano, Hawaii - #37

Tender guardians of divine fellowship,

Your valid expressions of soul consciousness will crystallize into inner tranquility and will be the activating power of continued alertness on your chosen path.

Always focus on a feeling of kinship with everyone you meet, and you will develop the modesty of spirit and nobility of mind that will engender a sensitive awareness of the essence of others.

Utilize the method of perpetual mindfulness as your centric strategy of spiritual truth, and this unfailingly will perpetuate the peaceful disposition of calmness that will enable your vision of universal brotherhood.

Continue to strive for tranquil composure, and this will open the doorway of serene attentiveness that will generate kindness and compassion.

Supply the blessed hearth in your being with the eternal kindling of the Father's presence, and its warmth will radiate continually with the glowing embers of compassionate love.

Recognize the disturbances that stir the waters of your placid lake of reflection so that you can restore the glassy tranquility to

the shores of your thoughts. The genuine peace that you glean from your private moments with the Sublime Guide within you will provide you with a consciousness that will eventually unfold into the acute perception of cosmic awareness that will keep you in the "present" of His reality.

VERONICA - NOVEMBER 21, 1994

PRAYER

Volcano, Hawaii - #38

Cherished receivers of divine love,

The gentle and affectionate messages imparted to you are always intended to cultivate the reflective insight of dynamic perception. The design of their significance is to triumphantly freshen the atmosphere of your soul by encouraging you to nourish your mind with the truth of the Father and become sensitive to feeling the love of the Father so that you can devote your will to Him.

The greatest importance of all the direction and guidance you have received is to perfect your ability of effective personal prayer and reverential worship. Understand that your effort toward effortless receptivity stirs His will within you when yours is at rest. It is the act of loving the Father with as much intensity as can be brought into your consciousness that will enable you with great resolution to persevere with a strength of practice in virtue.

Never separate prayer from your practice of stillness, as genuine prayer is an attitude to call upon the light within you to lift your thoughts toward ultimate communion with Him.

Make all your prayer flourish in your mind rather than in well-intentioned utterances, because patterned words can lead to loss of power and dissipate the resilient sense of His presence that you seek.

Think of prayer as interior silence that will irrigate your spirit with the purified waters of intimacy and serenity.

Prayerful contemplation will develop a loving and peaceful attendance with Him that will unleash unused abilities of the spirit that will naturally evolve into reverential worship and venerated adoration.

If you approach your special contemplation with a sense of duty or obligation, it relinquishes its sincerity, so firmly root your intentions in the Father.

Follow the living teachings of perfection of our beloved Creator Son in his exceptional communion with the Father as he sojourned through the trials of mortal existence and absorb the beauty and simplicity of His example, and the growth of your spirit will touch the beatific union of ultimacy you both desire.

VERONICA - November 28, 1994 - 11:30 a.m.

SIMPLICITY

Volcano, Hawaii - #39

Sincere custodians of eternal purpose,

The selfless tenderness you assume while traversing your chosen path will be the animating principle of your spiritual advancement.

Always strive for simplicity to be the serene rudder of your sturdy vessel of transport to actualization. Material encumbrances decrease your comprehension of divine direction and camouflage your loving goal of the Father's presence. Enhance simplicity in your lives by resisting the addiction of possession and experience the freedom from complexity that will be fueled by the Father's love.

Let the gentle breeze of contentment envelop you and sense the wondrous value of His promise of eternity--the Father's sublime gift to you.

Excessiveness engenders indifference and deflects the quality of your awareness of the significance of guided experience. Redirect your emphasis from having to doing, and establish a deep connection with the divine intimate partner of your soul; and your cluttered distractions will fade from your focus.

Emerge your spirit in the cosmic saturation of His infinity, and become the embodiment of divine love that continually exalts the purity of His truth.

VERONICA - November 30, 1994 - 9:30 a.m.
PERSEVERENCE
Volcano, Hawaii - #40

Radiant reflectors of fraternal compassion,

Expansive enlightenment will evolve from your dynamic devotion of trusting commitment.

This is just the beginning of your eternal expedition to the lofty summit of divine consciousness, and you must learn to condition your spiritual endurance with the energizing reality

of tolerance and understanding. Your ultimate destination can only be reached with the perseverance of insightful perception.

Be aware that the dazzling peaks of your superlative destiny will often be cloaked in the tempestuous clouds of imperfection; yet, throughout your rugged ascent, the powerful gales of awareness will dissipate the mists of uncertainty.

The Father's love will solidify the steadiness of all your footholds to ascend above every steep precipice of discouragement. Enjoy the resplendent vistas of awareness as your visibility sharpens throughout your craggy climb toward self-realization. He will safely guide you across the wide crevasses of vacuous disillusionment and lift you upwards into the vivid altitude of sublime grace.

Continue to persevere by overcoming the complacent ridges of obstruction, and your accomplishments will perpetually raise you higher towards the glorious pinnacle of His magnificence.

VERONICA - December 1, 1994 - 11 a.m.

WILL

Volcano, Hawaii - #41

Dearest friends,

All the lessons you have received are conveyed to you to assist you to help you in developing a deep and intimate relationship with the First Source and Center.

Although your attempts are very sincere and are certainly progressing, you are encountering difficulty because you are focusing on fragmentation.

All messages from the teachers are but threads that can be weaved into an exquisite fabric of truth. My guidance will not enjoy the unfoldment of beauty within your hearts until you decide to develop the sweetness of your divine partnership that is the Father's will.

The emphasis on your evolving intimacy with the Father is the only way your spirit can unfold, and this alone will be the power of your transformation. Until you can feel this living presence within you, the actual reality of divinity, you will be excluding this exquisite source of your being.

Every failed attempt at feeling the presence of the Father is merely your lower will resisting Him; it is the self-generated power of your will succeeding in overcoming the will of the Father. Your inability to feel His love is again your will refusing to surrender.

Your repeated denial of your worth is not true humility but a denial of your sonship and daughtership with the Father. If you deny your worthiness to feel His parental love, you close yourself to His benevolence.

Examine your every moment of denial, and you will realize that your will is the key that can lock as well as unlock the door to the infinite love He continually radiates your way.

Do not delay this relationship, for if you await the perfect moment, the decision will never be made. The Father has waited long and patiently, so let this be the moment of your release and feel the Father in you--and you in the Father.

Your spirit is ageless, and the most important time in the journey of your soul is now.

If you are alone, use this moment to be aware of your nearness to Him; and if you are with others, join hands in silence and help each other in feeling the beautiful love He is now sharing with all. Dwell on the awareness that His unconditional love is now entering your soul now that you have allowed Him in.

VERONICA - December 12, 1994 - 9:15 a.m.
CELEBRATION
Volcano, Hawaii - #42

Joyous celebrants of Michael's message,

At this correlative cycle of remembrance on Urantia, the Spirit of Truth is aroused and enlivened in unification. Your opportunity to manifest the divine direction of truth is intrinsic when collective receptivity of your sisters and brothers prevails in this commemorative gala of celebration.

Refocus this jubilation into the harmonious renewal of love and capture the everlasting essence of the sublime example of Christ Michael as you celebrate the anniversary of His bestowal.

Synchronicity has the explicit potential to amplify the resilience of the powerful luster of the gentility of love, so that the festive aurora of illumination will capture the truth and beauty of the Supreme Soul. Embellish the noble substance of His bequeathal into a crescendo of vibrancy that will encircle your sphere with the simultaneous vibration of unity of eternal purpose so that His loving message will enlarge beyond your momentary observance of His arrival.

Actualize the richness of the supreme gift of His bestowal and rejoice in the certainty of the eternal unfoldment of enlightenment in the joyous expansion of the brilliant light of His love.

VERONICA - December 14, 1994 - 11:30 p.m.

Volcano, Hawaii - #43

**[NOTE: Third verbal transmission; BIENNIAL
OBSERVANCE OF CHRIST MICHAEL'S BESTOWAL]**

Precious friends, This is Veronica.

The bi-millennial observance of Christ Michael's bestowal is fraught with encumbrances that can cloud his message of hope. Yet, the permanent quality of the essence of truth cannot be disguised.

You are the keepers of his light that will pass the torch of verity to others that will create traditions of fraternal love and allegiance to truth.

Adorn your evergreen of countenance with the delicate ornaments of compassion and understanding. Encircle your intentions with the lovely wreath of tolerance and discernment. Light the fragrant candles of mercy with the flame of forgiveness. Join the chorus of praise and adoration for the Source of your existence.

Enjoy the Pentecostal gift by seeking the festive holiday lights in the hearts of one another. Make your promises of renewal and resolutions to strive for a deeper intimacy with the Divine Monitor that is nestled in the manger of your soul, and nurture this partnership.

The gifts of truth, beauty, and goodness will sustain you with divine providence and refresh your desire to give the most treasured gift of all--your entire will to the Father on this remembrance of the bestowal of his Creator Son. May His presence fill you with sublime peace and love for your sisters and brothers.

I give you the gift of my guidance and love. Thank you for the many opportunities to share these gifts with you. Good evening.

VERONICA - December 19, 1994 - 11:45 a.m.
GLOBAL HARMONY
Volcano, Hawaii - #44

Gentle designers of self-transformation,

The universal desire for global peace is frequently expressed without consideration for the true means of its achievement.

For mutual harmony to become a natural state of the planet, inner peace must be consummated in the minds and hearts of all its mortal inhabitants. Unity must triumph over the many obstacles that engender separateness.

Cultivate the tranquility of your spirit by eliminating hostility with the principle focus of tolerance, forgiveness, and understanding.

Your intimacy with the spark of divinity within your spirit will allow you to grow in grace and will reflect the iridescent luminosity of composure that will radiate outward in the tender manifestation of love.

Self-transcendence is the critical goal that will pave the path of pacifism that will germinate the seeds of light that will grow into lasting peace on your troubled sphere. This perceptible reality will expand from every heart and dance like the brilliance of diamonds on the immense ocean of supreme consciousness.

The flawless jewel of perfection encased in your soul will sparkle with divine aspiration as you emulate the Prince of Peace and the eloquence of His example.

Always remember that the first step toward light and life must begin with the release of the delicate butterfly of freedom you hold within you so that it will flutter gracefully into the warm winds of transcendence in its eternal migration on the route of the Father's perfection.

VERONICA - December 20, 1994 - 8:45 p.m.

LIGHTEN UP

Volcano, Hawaii - #45 [Verbal transmission]

Loving cultivators of joy - this is Veronica,

Think of every moment as a new beginning and integrate the element of lightness in every aspect of your life. Focus your lens of creativity and maintain the inner calm that will direct you toward divine imagination. You are the creators of your thoughts, beliefs and choices so remember to create them from a center of love.

Many mortals create resolutions at this annual cycle of time, but they erroneously resolve in deprivation, self-castigation, and rigidity.

Create your visions of renewal with joy, happiness, growth, kindness, harmony, and infinite possibilities. Renew your childhood with the loving Father Fragment that lives in your heart, and your spirit will blossom with delight and enthusiasm as you create new ways of expressing His love.

Attune your imaginative abilities with inner peace and this will inspire you with divine beauty and hope.

Although this message is not new, it is my hope that you will grow in joyful wonder and spirit light as you realize your eternal purpose.

Thank you for this loving access to your hearts and minds. Good evening and Merry Christmas.

VERONICA - December 27, 1994 - 4:20 p.m.
HARMONY IN THE NOW
Volcano, Hawaii - #46

Peaceful yearners of universal harmony,

Integrate the multiple hues of truth you have received by mixing the elements of love, as their melding enhances every combination. Coordinate the fragments you comprehend into an integral blend as you begin to see their collective dimensions.

The depth of your intimacy with the spiritual core of your being will unfold as the delicate petals of mercy, forgiveness, tolerance and understanding — revealing the sublime center as the gentle cohesiveness of the Father's love that blossoms as the radiant flower of enlightenment. You will begin to visualize how one evolves into the other; therefore learn to live the embodiment of their unity.

Discern how vital and valuable it is to eliminate your vestiges of separateness by continually joining together the elements of love that will ripen into harmony in the now of all your moments.

Just as your sentient components complement each other, their magnification of enhancement occurs when they flourish in unison. As you perfect the commingling of their essence, you will recognize the freshness of spiritual beauty in this harmonious unification. Those of you who have tasted the sweetness of His abundant affection will comprehend the compelling desire to share His love as you feel your connection to one another.

As you deepen your partnership and friendship with the abundant and infinite resource you carry within, your desire to love will overflow in circumstance and penetrate former barriers.

You are so loved, continually and unconditionally, so aspire to the ascertainment of mota and you will be guided with the perfection of wisdom that the Father Fragment perpetually directs you toward in the consciousness of divine reality.

VERONICA - DECEMBER 29, 1994

TOLERANCE

Volcano, Hawaii - #47

Affectionate directors of loving effusion,

Your planet is poised on the fulcrum of tremendous change; however, free will determines the direction of its potential. Division must be replaced by unity for only together will

planetary evolution actualize the supernal and resplendent purpose of the Supreme.

Toleration is a rudimentary step in the unfoldment of love; therefore, perfect this noble quality of mortality. Genuine tolerance always precedes the ability to love and originates in each heart until it becomes a natural essence that will evolve into social value.

If you truly endeavor to recognize the divinity in one another, you will realize the triviality of externality. The beautiful bond of kinship will actualize the reality of universal brotherhood, and you will deeply desire the spiritual growth of all your earthly siblings through love. Criticism, derision, and violence are born in fear, yet your sincere realization of your divine eternity will set you free and enable you to cherish one another whenever His will reigns unencumbered in your heart.

The genesis of light and life on every planet has its causality in the intelligent comprehension of divinity and the enduring vitality of love. The brilliant beacons of exalted ideals will one day illuminate your shadowy sphere with the exquisite radiance of enlightened transformation that will shine brightly in the completeness of His love.

VERONICA - JANUARY 4, 1995 - 8:30 p.m.

TRUTH AND LOVE

Volcano, Hawaii - No. 48 [Verbal transmission]

Caring illustrators of spirit reflection,

The development of divine consciousness and the comprehension of truth are very personal experiences and are non-demonstrable. Their clarity can only be achieved through

individual intimacy within the soul; however, the illustration of love is a powerful catalyst of revelation.

Supreme truth can be found throughout the universe of creation and originates in the perfect love of the First Source and Center; therefore, only through love will sincere seekers find the sublime reality of their ultimate search.

The infinite variety of pathways progress from mortal complexity to supernal simplicity; therefore, always respect the diverse paths of the journey of others. Everyone is perfecting their divine connection through unique patterns in very individual and personal ways.

Continue on your personal path of spiritual unfoldment and always remember the perfection of love will surpass time and space in our cosmic destiny of eternity in our infinitely beautiful home on the Isle of Light.

Thank you for lifting your spirits in the vibrations of truth and love. Good evening.

VERONICA - JANUARY 5, 1995 - 10:30 a.m.
BE HERE NOW
Volcano, Hawaii - No. 49

Vibrant visionaries of exalted promise,

Reflect on the phenomenal perfection of supreme creation and your exceptional opportunities as mortals in your grand adventure of ascension.

Often our focus is so singular that we overlook the joy and abundance of our immersion in the grandeur of our

extraordinary surroundings. Take time to ponder and explore the sweetness of divine Providence as you speculate on the exquisite design of His eloquence that permeates all existence.

Consider the divine presence within you and throughout infinity, and you will be aroused in exuberant wonder and elation in the richness of the expression of divine perfection. Contemplate the joy that is meant for your fulfillment, and live fully and completely in each moment of experience.

Cherish the heightened awareness of unborn possibilities and limitless experience that enlivens your consciousness of truth and floods your spirit with the magnified acquiescence of peace that will search for expression through divine love.

Realize your treasure in divine grace through expansion of your intimacy with the superlative Source of your origin, and you will begin to savor your celebration of completeness in your total absorption in the eloquence of His abundance.

VERONICA - JANUARY 19, 1995 - 9:45 a.m.
BELIEFS CREATING EXPERIENCE
Volcano, Hawaii - No. 50

Intrepid partisans of divine perception,

Your beliefs create your experience, so learn to release those which create boundaries within your soul. You can influence all life experiences through conscious choice, and this will lead you to the edge of expanded awareness.

Balance is the process of integrating awareness that will enable you to relinquish limitations. Consciousness illuminates the pauses in your indecision so that truth achieves brilliant clarity

in your divine perception. Root all your experiences in compassion and love, and you will begin to recognize the pristine horizon of supreme oneness and your ultimate connectedness with your personal and perfect Fragment of the Father.

Self-transformation is creativity where you begin to mold spiritual essence in your slow and beautiful evolvment towards the Father's perfection. Feel your closeness to the First Source and Center, and you will begin to hear the silent whisper of your Divine Monitor in the preciousness of inner peace. Enter each experience with heightened awareness, and you will become artists of the beauty of love who reflect unity in the delicate strokes of self-realization that perfect consciousness in the seed of eternity through the supernal mirror of His resplendent existence.

VERONICA - JANUARY 20, 1995 - 10:30 a.m.
FEELINGS
Volcano, Hawaii - No. 51

Sensitive translators of spiritual expansion,

Realize the interconnectedness of perpetual change for it is the true essence of your eternal purpose in your unfolding discovery of the completeness of the Father's love.

Comprehend the importance of the sentient and spiritual endowment of feelings that enable you to touch the wonder of the Supreme and lift your consciousness to discern truth. Feelings allow you to perceive awareness of personal evolution and engender the ability of temporary suspension in the contemplation of experience. Awareness that you touch in

perception compels transformation if you align your will with divinity.

The delicate kaleidoscope of mortal emotion is a highly sensitive instrument that interprets your direction toward perfection. When you become an active participant in the evolvment of the Supreme, you will discern deeper intuitiveness and treasure the layers of divine expression. You will begin to respond in perception with sensations that lead you toward the higher ideals of truth.

When the turbulent waves in the ocean of your sentiment recede from divinity, you perceive the heaviness of intensity through feelings of sadness, despair, hurt, anger and resentment.

If you feel the presence of the Father and harmonize your intention with His tenderness, your emotions centralize in the lightness of joy, wonder and penetrating peace that empowers you to embrace continual change.

Learn to utilize your ability to touch truth in the treasured gift of emotion, and you will ride on the radiant beams of enlightenment as you become enveloped in the nourishing luster of His perfect love.

VERONICA - JANUARY 23, 1995 - 11:20 a.m.
SPIRITUAL POWER
Volcano, Hawaii - No. 52

Noetic aspirants of divine values,

The embryonic juncture of collective transformation is often the most difficult season of transition because it demands courage,

open-mindedness, and a genuine desire for change. Collective upliftment can only succeed individual comprehension of truth.

Be sensitive to the ubiquitous distortion of purpose in the present period of your planet and recognize the divergences that eclipse the authenticity of reality.

Understand that the true meaning of power is founded in the purity of love--a true desire to assist others in communal service to the Supreme. Genuine power is always loving, cooperative and benevolent, and not controlling, superior or dominating. It is the ultimate reflection of conscious brotherhood and fraternal compassion intercoupled with wisdom and expertise in the unity of upliftment toward perfection.

Power is non-competitive divine energy that enables spirit evolution and is ever in alignment with the beauty and eloquence of divine will. It is always ministerial and nurtural and can be spiritually visualized as the afterglow of love.

You are called upon to develop a sterling power of spirit that is implanted in the eternal plenitude of love that perpetually radiates from the Ultimate Source. Your deepened faith and trust in the Father will gently guide you beyond the surface of aspiration, and you will become a brilliant point of light in the celestial chandelier of illumination that is fueled by the spiritual power of omnipotent love.

VERONICA - JANUARY 25, 1995 - 9:00 p.m.
INQUIRY
Volcano, Hawaii - No. 53

Evolving spirits of endless time - this is Veronica.

These conveyances are designed to develop spacious thinking to accommodate an intelligent comprehension of divinity. Their design is specifically contemplative to transform personal divine philosophy into animated initiative.

At this time, any inquiry would engender digression of focus and be circuitous in its nature. This unique method of instruction is experimental and is being closely evaluated for effectiveness. All other genuine revelatory guidance also gives validity to arouse the Spirit of Truth so that personal discretion will reverberate the fragile chimes of certitude and the beautiful tones of verity.

Know that you are boundlessly loved and let this be an inspiration to continually deepen your intimacy with the Source of your sweet desire for the divine.

My tender commitment to you is completely intended in love to escort you in the cultivation of consciousness toward our beloved destiny. My gratitude and appreciation are immense for your diligent efforts in seeking truth.

Thank you for this opportunity to share my love and guidance.
Good evening.

VERONICA - JANUARY 27, 1995 - 9:15 a.m.
SPIRITUAL HIERARCHY
Volcano, Hawaii - No. 54

Contemplative ushers of benevolent synergy,

Your increased understanding of hierarchal purpose in spiritual ascendency is essential to your comprehension of fraternal harmony.

Common interpretation of hierarchy currently accepted on Urantia is an extreme misrepresentation of truth in the furtherance of the design of omnipotent perfection.

True cognizance of purposeful ascension from a supernal perspective will enhance your grasp of spiritual hierarchy that will engender fervent aspiration toward light and life philosophy.

Understand that the pyramidal purpose of spirit stratification is the purity of divine benevolence in the unfoldment of the Supreme Plan. Advanced spirit perfection enables limitless expansion of the capacity for love, humility, compassion and divine grace; and enlightened evolvment of divinely conscious beings diminishes and eliminates all expression of oppression and subjugation. Spiritual hierarchy rises high above the mortal weight of insecurity and perpetually unfolds into the exquisite beauty of servitorial ministry to the First Source and Center through perfected fraternal love.

Grasp the crystalline quintessence of your eternal purpose and move beyond all planetary provincialism toward the responsible cosmic citizenry of His infinite love.

VERONICA - JANUARY 30, 1995 - 9:15 a.m.

MORALITY

Volcano, Hawaii - No. 55

Trusting pursuers of divine fulfillment,

Understand that humanly spawned codes of conduct often masquerade under the misnomer of divinely inspired morality. The twilight of the dawn of spiritual awakening is just

beginning to illuminate the shadows of illusory mortal divisiveness. The present evolvment of man-made ethics eludes the purity of conscious rectitude and often engenders judgment because it is steeped in subjectivity.

True morality is born in the self-realization of our intimacy with the Supreme Source of our existence. The beauty of this magnified consciousness will nurture the unity of fraternal bonds and foster the enlightened awareness of our oneness with others.

Divine love is the exquisite impetus that will conjoin the perfection of diversity with the harmony of cooperation. Collective spiritual advancement will vanquish the gulf of separateness that will reshape consciousness into the benevolent unfoldment of loving morality.

Continue to reach for the Father in the tender vision of tranquility and the perpetual stream of His radiant affection will cascade into the shallows of your comprehension of supreme oneness through your manifestation of the perfect beauty of His omniscient grace.

VERONICA - JANUARY 31, 1995 - 1:15 p.m.

DECISION-MAKING

Volcano, Hawaii - No. 56

Focused activists of perpetual love,

Often it is difficult to convey definitions of clarity because of prevailing social mores of times past and present on your wayward sphere.

Connotations of distortion arise from subjective conditions that evolve into collective misrepresentation of meaning. Skepticism without objectivity is a heavy curtain that obscures the light of truth. Doubt born in the climate of ego often wears the evasive mask of intelligence.

It is always wise to delay conclusive thought and keep the door of preconception ajar so that further illumination can afford more vision to your perceptions.

All of you have the ability to discern truth with the perfect sagacity of the divine partner that resides in your being. Your conscious development of this divine relationship can never be over-emphasized because your omnipotent cartographer can reveal the most auspicious routes of integrity on your eternal journey to totality.

Temper all your decisions with wisdom so that your path will be luminous with His love and your vehicle of self-transformation will brighten the roads of others in the endless caravan of actualization that leads to His open arms of perfection.

VERONICA - FEBRUARY 1, 1995 - 9:30 p.m.
JEWELS OF ENLIGHTENMENT
Volcano, Hawaii - No. 57 [Verbal transmission]

Desirous seekers of expanded awareness, Know that all you need you already possess.

Your treasure chest of shimmering jewels of enlightenment are always within your reach. Your divine partner safeguards your key to its access. These radiant gems of consciousness encased in your soul will adorn your spirit with the sparkle of love,

forgiveness, tolerance, understanding, compassion, and mercy. Their beauty and luminosity beam brightly in the reflection of His love.

Embellish your spirit with these precious stars of light, and your essence will be captured in the brilliant whirling nebula of the rapture of His resplendence.

Thank you for opening your hearts and minds to my guidance. I love you all very much. Good evening.

VERONICA - FEBRUARY 7, 1995 - 11:15 p.m.
MEMORY - TAKE IT WITH YOU
Volcano, Hawaii - No. 58

Loyal emissaries of perfected potential,

Realize that your commitment in love has assured your destination of exalted attainment. Your guided course of spirit evolvment is always venturing into unfamiliar spaces of newness; however, the beloved companion of your heart ventures with you in the perfect confidence of Supreme consciousness.

Your ethereal luggage of emerging awareness can be filled with the enduring necessities of spiritual experience. Remember that you are never without the Father's love, so supply your valise of illumination with the sweet surrender of volition and your warm communion of intimacy will dissolve into the ultimate union of oneness with the sacred fiber of supremacy in your soul.

Foregather the cherished qualities of the loving bond of brotherhood that will be the sustenance of your journey of

enlightenment. Embrace the potential of each new circumstance as a possible remembrance of love and spirit unfoldment in your eternity.

Remember that only those experiences with the true lightness of His love will accompany you on your eternal traversal through the richness of potential perfection.

Wisely plan your everlasting memory by aligning your involvement in the beauty of the gentle pursuit of His flawless ultimacy of perfect love.

VERONICA - FEBRUARY 10, 1995 - 4:15 p.m.
TRUE HAPPINESS
Volcano, Hawaii - No. 59

Passionate gatherers of blessed joy,

Happiness is always illusive when sought in the foundation of augmenting materialism and changeless circumstance. It is often concealed by the momentary gratification of worldly acquisition.

Know that the vivid rainbow of true felicity can always be visualized when you pursue its beauty in the love and infinite mercy of the Supreme.

Look into the heart of your sisters and brothers and you will find the light of joy in the recognition of His presence there. Realize that the gentle beckoning of your inner guardian of destiny continually invites you in partnership on the wondrous promenade to eternity where perfect happiness will unfold as the delicate aura of the Father's love.

Redirect your search for joy in the discovery of self-actualization as you explore the infinite expanse of His oneness, and you will touch the many facets of divine expression in the ambrosia of cosmic fulfillment of supreme bliss as you ascend into the tender nearness of His eternal affection.

VERONICA - FEBRUARY 15, 1995 - 9:15 p.m.

POSITIVE ENERGY

Volcano, Hawaii - No. 60

Charismatic nurturers of transcending humanity, this is Veronica.

Understand that energy interconnects the vast existence of creation with the Supreme and consciousness is your vehicle of transcendence. You are like perpetual generators of energetic emissions, so learn to emanate cohesive waves of transformation through all your thoughts, actions and intentions. If you are grounded in the ultimate love of the Father's will, your divine energy will defy the torrents of tendency.

Realize that love is the empowering surge of quickening viability that can escape the riptides of illusion. Negative energy opposes the current of self-actualization, so commit yourself in the positive energy of the Supreme; and you will accelerate the magnetic potential of His gentle desire for your complete harmony.

I send you my love and guidance consistently so that your flow of divine realization will magnetize your interconnectedness so that we will all gravitate towards our convergence of oneness.

Thank you for your openness and receptivity; and always remember that once you comprehend the true meaning of love and its power, you will never tire of its message.

I love you all very much. Thank you and good evening.

VERONICA - FEBRUARY 18, 1995 - 8:30 p.m.

COURAGE

Volcano, Hawaii - No. 61

Skillful archers of awakened accuracy,

Realize that although you are at the very inception of your wondrous migration of eternity, there are vital virtues of mortality necessary to your progress.

Courage is a unique and temporary attribute of expansion in your mortal existence that is pre-supernal, pre-fusionary, and pre-cognizant of self-actualization.

The valorous power of faith and trust in the First Source and Center will permeate your being with the courage to become the embodiment of Supreme will. Once you enter your cherished supernal transformation, you will forever outgrow your essential need for courage since courage can only manifest in a climate of fear.

As you comprehend the certainty of the Father's love, you will be saturated in the peaceful beauty of tranquility and safety that transcends the requisite for trepidation. But for now, understand its noble value in the commencement of your ascension career. Seek its expanding development as a necessary element of the continual flourishing of your maturing spirit evolvment.

Aspire to the courage to speak with wisdom and act in the guidance of inspired surrender. Let courage illuminate your darkened caverns of tremulous hesitation and endow you with the everlasting immunity of His divine refuge in the perfect shelter of His eternal warmth of loving security.

VERONICA - FEBRUARY 22, 1995 - 8:00 p.m.
RENEWAL
Volcano, Hawaii - No. 62 [Verbal transmissions]

Virtuous validators of spirit reality, this is Veronica.

These lessons of love are given to you to be lived and not just theorized. They are designed to initiate an awakening within you so that you will discover your potentials of eternal value.

Open yourselves to the blending of experience and the action of your mind, and flashes of divine insight will bond you to true reality. The truth of reality is the will of the Father and all genuine spiritual guidance will lead you to this divine conclusion.

Your recognition of divine light within others will introduce you to eternity, and your thought will transform like soft pre-dawn colors into brilliant sunlight of the experience of love. Your increased awareness will change the pattern of your soul, and you will realize that renewal is your present function.

When you truly sense the vividness of His presence, you will comprehend that you are all an extension of One Supreme Life, and you will join together in the fellowship of divine joy.

It is with great joy that I join you in this dimension of spirit so that I may share my love in the deepest bond of unity of the Father's love. Thank you for this loving connection to your hearts. I love you all very much. Good evening.

VERONICA - FEBRUARY 26, 1995 - 5:00 p.m.

Volcano, Hawaii - No. 63 [PERSONAL MESSAGE TO T/R]

VERONICA - March 1, 1995

SERENITY

Volcano, Hawaii - No. 64

Selfless sustainers of divine tranquility,

Serenity is the centric sweetness of being that exudes from the core of your spirit essence when you transform conceptual potentiality into personal actuality of divine presence. When you move beyond the singularity of silent one-way communication into the interactive familiarity of divine responsiveness, your soul will glisten with the nurturing dew of composure as your intimacy deepens in your tender communion of divine love.

Tranquil equilibrium is often eluded by the illusion of haste that is born in the delusion of limited time. When you begin to perceive the relevance of the timelessness in the Father's eternal love, the waves of serene quiescence will bathe your spirit in the sacred peace of realization. Integrate your certitude of eternity into your present experience, and the seed of serenity will begin to sprout in the fertility of the cosmic totality of His Supreme Oneness.

VERONICA - March 4, 1995

CONNECTEDNESS

Volcano, Hawaii - No. 65

Creative collaborators of harmonic alignment,

Separateness is the mirage of detachment that appears above the arid desert of exclusion and fear. The parched souls of ignorance thirst for the sparkling oasis of divine love but cannot see beyond the imagined dunes of judgment and derision.

Once you recognize your intrinsic supreme alliance to others in the divine symbiosis of your origin, you will linger in the lush valleys of fraternal harmony that will perpetually refresh your spirit with the kinship of cherished cooperation and the tender solidarity of brotherhood.

Understand that unconditional love will attune your continual affinity of cohesive grace that softly merges into the beauty of your awareness of Supreme Oneness. Only through loving tolerance and understanding will you begin to achieve the clarity of comprehension that interjoins diversity and unity in the perfection of His Supreme Plan that connects us all throughout the wonder of eternity.

VERONICA - March 8, 1995

SECOND TEACHING ON TOLERANCE

Volcano, Hawaii - No. 66

Reflective partakers of spirit nutrition, This is Veronica.

Tolerance is a primary technique of tremendous value for developing spirits because it creates a bridge of light that rises above the conjured obstacles to love.

As evolvment matures the expanding soul, the need to endure transforms into the passionate desire to love without limit in precious simultaneity with our loving Father. Mortal novices of pure intent require this brace of philosophy to diminish the shadows of division that obscure the light of recognition of fraternal connection through divinity.

Tolerance is always proportional to perceived antipathy. Understand that someday, love will flourish so abundantly in your heart that you will tenderly recognize all children of the Father with cosmic skill and universal expertise; and His brilliant luminosity will radiate through your eternal perpetuation of His will.

Fear not for you are all progressing in the beauty of light and life. Thank you for your concentrated focus and open receptivity. I love you all very much. Good evening.

VERONICA - March 21, 1995

INDIVIDUAL OUTREACH

In-flight Atlanta-Honolulu at 31,000 ft. Altitude - Over West Coast - 2:45 p.m. [Hawaii time 9:45 a.m.] - No. 67

Inspired ancestors of planetary peace,

Collective consciousness frequently wears the pretense of verity to justify the accentuation of division. The prevalence of fear always retards the natural recognition of truth that simulates enlightened evolvment.

The forerunners of light often have the most difficult avenues of transit because their motivation can be misconstrued; however,

they will pave the magnanimous paths of love that will engender the connected actualization of Supreme Oneness.

Understand that enthusiastic certainty is best utilized in gentle and focused contacts of demonstrable fraternity. To assist others to lift their vision of ideals, you must softly penetrate their shield of trepidation so their light of truth can illuminate the portals of their exalted potentiality.

Individual outreach carries the highest intensity of loving energy that can touch a yearning soul with the beauty of the Father's love, and this is the most effective catalyst of transformation on your quickening sphere.

Know that you are presently engaged in the enthralling perpetuity of conscious ascension that continually draws you towards the center of the eternal bliss of His beloved endearment.

VERONICA - March 29, 1995 - 9:30 p.m.
RECOGNIZING OPPORTUNITIES
Volcano, Hawaii - No. 68

Spiritual nomads of devoted ascension, this is Veronica.

Know that your intimate times of contemplation enable your minds to linger on the perimeters of higher consciousness. The crucial pivot of your expanded awareness is learning to recognize significant opportunities and events that carry great potential into your daily lives.

These loving lessons will lead you to an enhanced ability to recognize choices that will initiate an awakening within. Learn

to recognize His spark of existence in the many hearts you encounter. Become adept at recognizing His will as His tenderness graces your countenance. The infinite sea of truth ebbs with the silent waves of mindfulness and awareness, so let its soothing rhythm draw you into the permanence of cosmic insight.

Begin to recognize the love that surrounds you, and let these precious moments become like shining threads of harmony on the blessed loom of endless time.

Activate your soul into perpetual discovery that will slowly uncover the identity of His magnificence. You are my teammates of a cherished destiny, and together our love will apprehend the unity of His connection to us all. It is my hope that you will continue to have self-development as your primary focus.

Thank you for the warm welcome into your hearts. I love you all very much. Good evening.

VERONICA - April 5, 1995 - 10:15 p.m.

COMMITMENT

Volcano, Hawaii - No. 69

Enthusiastic preceptors of morontial enrichment, this is Veronica.

Spreading these messages of instruction is far less important than living their reality.

An accurate gauge of effective learning is the measurement of the magnitude of love that complements conscious action.

Loving illustration creates beauty because truth and goodness are manifested in a tangible perpetuation of the Father's love.

If intellectual acquisition is isolated from spiritual integration, its expression slumbers outside the orbit of divine certainty.

Commit yourself to an everlasting cosmic apprenticeship and never separate the acquirement of knowledge from your tender benevolence of loving concern for others.

Envision your mind as an eternal meadow of divine vibrancy that constantly flowers with the colorful exquisiteness of perfected affection.

I deeply appreciate your desire to share and softly emphasize the significance of living and learning in the light of His love. I embrace you all with my deepest love and fondest encouragement. Good evening.

VERONICA - April 10, 1995 - 11:35 a.m.

FAREWELL

Volcano, Hawaii - No. 70

Tender creators of loving consciousness,

I trust that you will receive this message with depth of comprehension, trusting acceptance, and awakened intent.

The cherished tenure of my guidance has been redirected to a specified group of mortals who are in exceptional need of advisory counsel and whose directive pattern will rapidly expand to others.

Understand that the Correction Time now unfolding on your precious spherical home, crosses a tremendous magnitude of awakening beings in every geographical region of your world. The Teaching Mission is not limited to your diminutive associative group but is reaching all your beloved sisters and brothers through varied instructive patterns throughout the planet.

The instructors of divine light are involved in prolific diversity, rekindling the Spirit of Truth and promoting unity in all the Father's children of your realm. The teachers are perpetuating the blessed luminosity of His love through infinite methods of enlightenment, and this immense task will coalesce in the beautiful direction of illuminated truth through evolution of perceived reality.

Understand that these messages of guidance have always been intended to enable you to develop an intimate and beautiful relationship with the divine resource you carry within. Their intention is to assist you always with the growth of your soul and the expansion of your heart through the recognition of love and its ultimate source.

Your mastery of these lessons of love is for you to embrace now. New definitions of consciousness are for your enhancement of living in the present moment.

You have continued access to guided assistance within you and around you, and it is my hope that my conveyances of love have heightened your awareness of the infinite love that surrounds you.

Always generate kindness, love one another, live by example, and follow the will of the Father.

I am unable to divulge additional details of my re-assignment; however, I will attempt a personal message at a subsequent time.

Farewell my loving and precious students, beloved friends and receivers of my love. I will cherish the moment when we will meet once more in the unity of His love.

GODSPEED, VERONICA, from Nalice:

When a cherished friend and valued mentor takes sudden leave of us, the feelings that rise to the surface of our focus often centralize on that new void which still feels warm with the essence of their presence. We often are eluded by our vigilance of the emptiness we perceive, without averting our gaze to the esoteric reality that fills this space with the residual radiance of love.

Veronica, our celestial teacher, exuded the beauty of love to everyone she touched in the delicate gentleness of her unique style of softly lifting our awareness into the timelessness of love and toward the many paths of divine grace that lead us to the Father. I would like to thank Veronica for allowing me to be a vehicle for her expression and also for lighting my life in countless ways with the brilliant jewels of wisdom she left behind. The realization of the value of the Teaching Mission and the difference we all make in reaching out to one another in love, understanding and tolerance will always remain embedded in my heart. She has helped me to feel and sense the

Father's love, and she has opened many windows of realization that have afforded me precious glimpses of His divine plan.

Although I will miss our intimate moments together, I will always remember her lessons of love that have given me my wings to eternity. — **ARLENE BUKLAREWICZ (NALICE)**

What is the Teaching Mission?

A footnote in the Veronica booklet endeavored to explain.

TEACHING MISSION:13, 20, 31, 70 — Reference to an ongoing phenomenon in which celestials make contact with individuals during meditative states for purposes of spiritual developmental instruction with encouragement for each individual on the planet to have a personal relationship with God. That relationship is to be developed through daily prayer and a meditative "stillness" practice. There are individuals and groups around the country and world who are under celestial instruction through a method referred to as Transmission/Reception or T/R'ing. Transcripts of individual and group receptions are available for review. There are no leaders in the teaching mission, as each individual is encouraged to communicate directly with God. Celestial teachers are available for anyone desiring one. The message of the teaching mission is one of a personal relationship with the Father. It is the message of love, not the method, that should be analyzed. Tolerance, understanding, and Forgiveness coupled with increased awareness of truth, beauty, and goodness are presented as mortal goals toward spiritual perfection as is exemplified by the life of Christ Michael on Urantia.

PART TWO
Humans in
Spiritual Service

SEVEN
STILLNESS:
THE KEY TO FINDING LOVE, HEALTH,
AND HAPPINESS

by Michael A. Painter

INTRODUCTION

If I had one minute to share with you what I believe is the most valuable knowledge I have learned in life, it would be this:

IF YOU WISH TO FIND LOVE, HEALTH AND HAPPINESS IN THIS LIFETIME, YOU MUST RECOGNIZE THE SPIRITUAL PART OF YOURSELF. THIS *SPIRITUAL* PART IS YOUR INNER SPIRIT, A SPIRIT FRAGMENT WHICH COMES FROM GOD, THE CREATOR OF ALL. THIS SPIRIT WITHIN IS THE SOURCE OF ALL TRUE LOVE, HEALTH AND HAPPINESS. TO LEARN TO LOVE YOURSELF MEANS TO DEVELOP A PERSONAL RELATIONSHIP WITH THIS PART OF GOD WITHIN YOU, AND WHEN YOU DO, YOU WILL FALL IN LOVE WITH THIS PART OF YOURSELF.

GOD IS NOT JUST SOME ABSTRACT IDEA OR MERE SOURCE OF ENERGY OR NEBULOUS FORM OF CONSCIOUSNESS. YOU MUST DISCOVER THAT GOD IS MOST IMPORTANTLY A LOVING PARENT, WHO MORE THAN ANYTHING ELSE, WANTS YOU, HIS BELOVED CHILD, TO HAVE A LOVING RELATIONSHIP WITH HIM. HOW DO YOU DO THIS? YOU BEGIN THE PRACTICE OF THE MOST SPIRITUALLY ENLIGHTENED HUMANS OF ALL THE WORLD, THE PRACTICE OF DAILY COMMUNION WITH GOD, WHICH I AM GOING TO CALL "STILLNESS." THIS SIMPLE SPIRITUAL PRACTICE WILL LEAD YOU TO A FAITH RELATIONSHIP WITH GOD.

IT HAS BEEN SAID, "SEEK AND YOU SHALL FIND", "SEEK FIRST THE KINGDOM OF GOD... AND THESE THINGS SHALL BE ADDED UNTO YOU", "THE KINGDOM OF GOD IS WITHIN YOU". TO FIND GOD'S KINGDOM WITHIN YOU, YOU MUST DEVELOP A PERSONAL RELATIONSHIP WITH GOD. WHEN YOU HAVE THIS RELATIONSHIP WITH GOD, YOU ARE PART OF HIS KINGDOM. WHEN YOU LIVE IN THE KINGDOM, ALL THESE THINGS, LOVE, HEALTH AND HAPPINESS WILL BE ADDED TO YOU.

The rest of this book will explain what "Stillness" is and how you can begin to practice it. If you will only give it a chance, it will transform your inner life and awaken you to the loving universe that is your rightful heritage.

Ask yourself these questions. Are you happy? Do you feel loved? Do you feel at peace with God? Do you feel deeply inside that you are a beloved child of God? Can you actually feel God's love surround you? Do you think of God as the one



who will always stand by you no matter what you may encounter? If your answer is yes, then continue on your path, for you are surely doing God's will. But if you feel that you could use some additional help in your life, the practice of Stillness will bring you the love, health and happiness you crave.

Stillness is not an end, it is a means to an end. Stillness is a spiritual practice designed to bring you closer to God and God closer to you. It will help you deepen your personal relationship with God and strengthen your faith - your living trust relationship with God.

As you draw closer to God through building this personal relationship, you will begin to feel more loved and loving, your overall mental and physical health will improve, and your attitude toward life will become much happier. I will explain why Stillness can help you achieve these blessings.

There are two main tracks in the path upon which we approach God. The first is the track of truth. It is the attempt to understand God, to find the truth about who God is and the nature of reality through the intellect/mind. This is the realm of philosophy/theology. We pursue this path by studying the traditional texts of the world's religions and/or the more recent texts of the new spiritual age, by attending discussion and study groups, and by listening to sermons and lectures.

This path is important because it helps us to understand the nature of God, the nature of humankind, our relationship to God, who we are, why we are here and what our destiny is. This is the track that most of us have primarily followed, and we should continue this effort to find the truest understanding of God and reality that we can.

However, there is another track in the path upon which we approach God. This is the path of love — loving God, ourselves and others. It is a way of sensing/ feeling God's presence and love. Just as it is important to know "about" God, it is just as important to know "of God—to feel God's presence and love. We cannot do this by reading books, listening to sermons and attending lectures. To feel loved and loving, we must experience a personal relationship with God. How do we do this? For the most part, it is the same process as building a relationship with another human.

If you wanted to get to know another person, what would you do? First, you would have to spend some time alone together. Through sharing life's experiences and communicating, you would get to know this individual. As you build a relationship with him or her, as you begin to understand the motivations, hopes and dreams of another, you would gradually begin to feel love for him or her. You would also begin to feel love being reciprocated.

This is also how you build a personal relationship with God. If humans can love and be loved through this personal aspect of their natures, then surely God, the creator of us all, has this same personal nature. If you perceive God only as light or energy, you will naturally find it difficult to have a personal relationship. You cannot really love and feel loved by an

abstract concept of light or energy. Consequently, you need to find a way to think of God in a personal way, such as a loving parent, your closest friend, your wisest mentor.

To build this relationship, it is important to set aside some time each day to spend with God just as you would if you were trying to become acquainted with another human. There are many ways you can talk with and to God. There is no one correct way. You could pray to God. You might want to offer thanks for all the blessings in your life. If you are having a problem, you could ask for guidance and insight. Then, after you have finished talking, just listen ... listen in silence to the still voice of God within you. This process is what Stillness is. It is a spiritual practice whereby you set aside some time each day to spend with God and communicate together. This is how you build a personal relationship with God.

By practicing Stillness, you will feel the presence of God. You will feel love for and feel loved by God. Feeling this love will bring you the deep peace, happiness, joy and love you have been longing for. God is the true source of love. If you only seek love through human associations, through human relationships, a sense of complete love will seem elusive because you have ignored the love of this spiritual reality which is part of you. Moreover, humans cannot always give you the deep love you desire because humans are imperfect. This satisfying feeling of ideal love can only be bestowed by God, who is perfect.

Stillness produces the same effects that are commonly associated with the practice of relaxation/meditation techniques. Typically, these have been identified as increased energy, lower stress levels and overall feelings of well-being. These benefits are very worthwhile and desirable.

However, Stillness also takes you beyond the serenity of the stilled body and mind to actually feel God's unconditional love for you. Stillness creates the inner awareness in you that the spirit of God indwells you. Once your body and mind are still, you raise your conscious awareness of God through dialogue, prayer, worship and silent listening to a place where you feel at one with God. This relationship building time with God is your spirit's opportunity to act as your pilot to lead you to Him.

When you are with God, you avail yourself of the goodness, compassion, understanding, forgiveness, mercy, tenderness, wisdom, truth and beauty that is God. When you return to normal consciousness, you bring a little more of these gifts with you each time.

I believe it is helpful to approach God along both tracks, truth and love. Continue to study and learn about the nature of God and reality. At the same time, build this personal relationship with God so that you will not just intellectually know that you are a child of God, but you will actually feel the love of God in your life.

The more love you feel, the more peaceful and happy you will be. The more love you feel, the easier it will be to be loved by and be loving towards others. Rather than just telling someone God loves them, you want to be able to show them how to feel God's love and how God's love feels.

This practice of Stillness can help you do this. When others see that you feel loved and are loving toward them, they will want to know how to find this love for themselves. When others see

God's love shine through you, they will know what you say about God's love is not just mere words.

Do not analyze or pass judgment on what you will read until you finish. Then still your mind and ask the spirit of God within you for guidance.

CHAPTER ONE: TWO TRACKS

"Be still and know that I am God." (Psalms 46:10)

These words have been spoken many times through the ages. They contain the greatest secret to answering life's questions, and yet they have been understood and taught by very few. Our world is filled with many religions, philosophies, books and teachers all claiming to have "the" truth. Most have good intentions, but they miss the most important truth, which is that each person needs to develop a personal relationship with God.

They teach concepts about God - theology - as if knowledge of their belief system is all that you need. They teach rituals and rules as if performing certain prescribed actions or reciting formalized prayers is sufficient. They teach if you attend a church, synagogue, mosque or temple regularly and follow their prescribed rules, you will be assured of a place in the afterlife or next life.

This is one track on the path to God. It is the track of the intellect/mind. Unfortunately, most of us in the West have only experienced this one track because it has been the primary track which most philosophical/ religious traditions have taught.

In the East, there is an awareness of the importance of a second track, going within through practices like meditation and yoga. The beneficial health results of such relaxation techniques are well known and researched by Western scientists. The goal in the East is to find a blissful state of consciousness produced by blocking all thought from one's mind and feeling a sense of

connection to everything around us. Numerous meditative techniques have been developed by many Eastern religions.

The fundamental question that must be asked is what is this inner connection? What are we connecting to? In the East, it is not the fragment of God within us but rather a connection to the reality around us. The connection to the reality around us does not give us the same feeling of loving God and being loved by God which is an essential experiential feeling to truly know that we are each a child of a loving heavenly Father.

What we come to understand, then, is that the West and the East each has half the answer. The West has the loving God who can love us and be loved by us; the East points us in the right direction to find this love within. In Stillness, we can have the best of both East and West as we pursue a relationship with the loving God by going within and becoming still. It is through this inner experience that we truly become enlightened and transformed.

The mere study of theology and philosophy cannot make us bear the fruits of the spirit. Mere knowledge about God is not transforming in itself. Combined with the love of God, however, we can begin to know and become our true selves, children of a loving Father and spiritual brothers and sisters in a cosmic

family. Intellectual differences in theology lead to intolerance and the desire to make everyone think alike.

Once you feelingly experience the love of God, you become more tolerant and patient and understanding of these differences. You now recognize that God loves each and every person as much but not more than He loves you. You see others as your spiritual equals in a heavenly kingdom. Your desire to help them is transformed from coercing them to believe like you to sharing your understandings with them. You realize God is more interested in your love for Him than your theological correctness. How can you know if someone who has different theological beliefs than you doesn't love God as much or more than you?

However, the most spiritually enlightened individuals of our world had an understanding of the importance of this second track. It is the track of the heart/soul, the search for the love of God. They knew the value of time spent in communion with God. I am going to redefine this time of communion with God and call it "Stillness." Perhaps these more enlightened spiritual teachers were unable to convey the importance of this daily practice to their brethren.

As a result, the teaching of theology, rules and rituals became a substitution for a personal relationship with God. To be fair, one could say the teaching about the inner presence of God, about a personal relationship with God is not easy because it is something each individual experiences uniquely. But, surely, to allow each individual to develop their own personal religious experience and to

find God within should have been the highest priority. Why was it not done? Why is it still not done?

There could be many reasons. Some would say those who are religious leaders do not wish people to understand this second track. While there may be some truth in this, I would rather think they have simply forgotten that this track is just as important. Consequently, the beliefs, rituals, and rules became the primary track because they are more easily understood, taught and practiced. Moreover, to teach the practice of a relationship, a communion with God, you must practice this yourself.

No one can be the source of all truth and always know what is right. Therefore, each individual should be given the freedom and encouraged to follow his own inner guidance. This is not always the easiest path, but it is the only path that will lead to true and enduring faith versus a mere system of belief. So, perhaps it is best to conclude that because the theology, rituals and rules are easier to understand and follow, the leaders of the different religions simply focused upon the path of least resistance, or in this case, the path of half enlightenment.

Now is the time when this must change! There is a great need for a personal knowledge and relationship with God among all the people on this planet. Who will help them with this? Will they have to find it on their own, outside the world's religions and New Age philosophies? How will they begin? Who will be their guide?

This book is an attempt to help those who wish to begin this path to seek a firsthand experience of God. It does not provide all the answers, no book could possibly do that. My hope is that

it will give you the understanding and insight to realize a personal relationship with God is the missing track. The practice of the Stillness will give you the basic steps and conceptual framework you need to begin to experience this track.

You must ask yourself these question. Has your life produced happiness? Has your life produced inner peace? Has your life produced health and well-being? Have all of the things that have been portrayed to you by our culture as producing health and happiness proven to be true? Has the pursuit of money and material goods produced complete happiness for you?

If so, and you seem to be content with these things, then this book will not offer anything to you. But if you say yes to those questions now, there will come a time in your life when you will recognize these things are not the complete answer. Then you will be ready to begin this path.

This is not to say there is anything wrong with the enjoyment of physical/ material reality, but it is to say this level of reality is only a part of total reality. Until you taste of the experience of the spiritual as well, you will always feel an inner emptiness, a sense of being incomplete, a puzzlement that whispers "is that all there is?"

All life can be understood as existing on three levels of reality, the spiritual, the material/physical, and the mind. We know much of the material/physical and some of the mind, but for the most part we know very little of the spiritual. Our attempts to understand the spiritual have mostly been limited to the mental level, and this is what I referred to before as the theologies, rituals and rules the world's religions have offered. They give a simple formula, that is, follow our rules, believe as

we say and you will have a spiritual life, you will have spiritual salvation or enlightenment.

However, the mere memorization and assent to belief in a set of doctrines, the mere practice of certain rituals or adherence to rules is not a true spiritual life. You must awaken to your spiritual dimension, for in truth, it is a part of you. Each of you has a spiritual component, an element of spiritual reality which is a fragment of God, the creator and source of all reality, which exists within you. This fragment of God is your pilot, your Father, Mother, friend, counselor, guide. This is the spiritual component of you that will bring you eternal destiny. Until you recognize and develop a relationship with this spiritual part of you, you will not find the true love, health and happiness you seek because you are not functioning on all three levels of reality.

To have a firsthand experience with God, to develop a true and guiding faith which will be a real part of yourself, you must begin to develop a personal relationship with this spiritual component that exists within you. There is nothing to fear, for this God within holds all of the wisdom, love, goodness, truth and beauty you can ever imagine. It is all waiting there for you. You must simply say to yourself that you are ready to begin the search.

Life is filled with difficulties. To begin such a search will not make difficulties in life go away. In fact, it is often through these difficulties we actually learn and come to understand life. It is even through these difficulties we are sometimes initially motivated to turn to spiritual reality, to seek God's comfort and guidance.

But if you begin this journey, if you develop this relationship with God, you will find your journey through life will become much easier. You will find you are not delivered from the waters of adversity, but there is a great loving being who will go with you through them. Life's difficulties will now seem more like a new lesson to be learned than an overwhelming obstacle.

God will become more than just a concept. You will feel His presence, you will feel His love, and you will gradually develop more insight and understanding into your life, into yourself. This inner spirit, this inner fragment of God will gradually and lovingly guide you through this life and through your eternal destiny.

You must be willing to trust in this inner guidance. If you are afraid because your religion does not teach this path, then your fear may prevent you from beginning this journey. But, there is really nothing to fear. After all, could any religion teach that you should not pursue a more fulfilling relationship with God? Is this not what their highest teaching should be? So if they do not teach this, then how is it they are fulfilling their true purpose?

I am not suggesting you abandon your beliefs or religion, but that you add this other track of building a personal relationship with God to your religious experience. Whatever belief system you choose is your decision, but learning to trust God's inner guidance through His spirit fragment that indwells you will make your search for love, health and happiness more successful.

If you are unsure, take some time, find a quiet place with no interruptions. Relax your body and your mind, let the thoughts of the day pass away until your mind becomes stilled. In this

still moment ask God, the God fragment within you, if this is true, if He is there, if He will guide you through life, if He will help you experience more of the love, truth, beauty and goodness existing in this universe and which is your rightful heritage. Do this and you will have your answer as to whether or not you should pursue this track as well.

LEVELS OF REALITY

PHYSICAL	MENTAL	SPIRITUAL
Science	Mind Philosophy	Spirit Spirit Religion
Things	Meanings	Values
Beauty	Truth	Goodness
Health	Happiness	Love

CHAPTER TWO: GETTING STARTED

What is the Stillness? Is it a state of being? Is it a practice? Is it a process? Is it prayer, worship, contemplation or meditation? Is it love of God? Is it faith in God? Is it a relationship with God?

The answer is yes, it is all these things and more. As we proceed, I will attempt to explain all aspects of the Stillness. You will learn what it is, how you can find it on the physical, mental and spiritual levels of reality, how you can learn to practice it, what you can expect from it, and how it will help you live life in a more happy, loving and healthy way.

Why am I calling it "Stillness?" I am using this term rather than meditation, contemplation or similar practices because Stillness includes the recognition and development of a personal relationship with God. This concept and focus is not necessarily included in these other practices. Also, a new term opens your mind to expanding upon a concept rather than narrowing it based on preconceived definitions and connotations.

Let us begin with some basic understandings you should have as you begin to develop your personal relationship with God through your practice of the Stillness.

First and foremost, you should understand there is a divine being, a first source and center of all things, a loving universal God who is the creator and upholder of all existence.

Second, you should understand God has created us to share in His loving universe. He has created us as His children. He wishes us to love Him as a child loves his parent just as He as a parent loves each of us as His child.

Third, God has created a vast universe. There are many spiritual beings other than humans who exist in this universe. You can call them angels, guides or whatever names you wish, but they are created by God to watch over us and to help us in our spiritual journey.

Fourth, God has given a part of Himself, a spirit fragment, to indwell each human being. This spirit fragment within each of us has been talked about by almost all of the known religions of our world. It has been given different names by these religions, but it is most commonly referred to as the indwelling spirit, the

light within, the divine spark, the enlightened self, and the higher self.

This spirit fragment is a distinct spiritual reality whose existence is currently separate from your being but whose destiny is to become one with you. It is more than just a thought, an energy manifestation or state of consciousness. It is a real, spiritual entity.

This spirit fragment is how God stays in touch with us and knows each of our lives, each of the lives of all the beings He has created. He has given a fragment of Himself to indwell each human being. In this way, He is always there with each of us. He knows all of our thoughts, all of our struggles, all of our joys, all of our sorrows, all of our yearnings. No one could possibly understand us more than God. No one knows how to guide us better and to help us solve our problems better than God.

Why then, do we usually turn to other humans who are, for the most part, just as troubled and confused as we are, to solve our problems? Why do we only use the limited human understanding we have developed in our short earth life span to try to solve our problems? No wonder we do not get good answers! We are the blind leading the blind. We are little children trying to help other little children.

This is not to say we should not seek help from others, or that we should not try to understand and use the intellect we have been given. Rather, it is to suggest we have access to a true, divine, loving and wise spirit within us. But, because we fail to recognize this spiritual dimension, because we fail to turn to this loving God within for guidance, we deprive ourselves of

the greatest source of love and understanding that is imaginable.

Why do we do this? Primarily it is because we are not taught that such a spirit of God exists within us. We are not taught how to develop a relationship with this inner guide, this inner fragment of God. As a result, God must often wait until we experience physical death and move on in our eternal ascension career to begin a more personal relationship with us.

But this need not be so. Why should we deprive ourselves of this loving guidance when He is there within us, longing for us to make contact with Him, to develop a relationship with Him? And this is what we are really talking about,

a personal relationship. God is not some abstract light. Nor is He merely an energy manifestation or state of consciousness. "He who created the ear, can He not hear?" He who gave us our personhood, our personality, our ability to relate to one another in a loving and personal way, does He then not have this same personhood and this ability to lovingly relate?

Of course He does! You must begin to see God in this personal way because you cannot love and feel loved by a light, energy or state of consciousness.

In this book God is called the Universal Father. This is not because He is a father in the human sense, or because father is in any sense better than mother. God is much more than just a parent, father or mother. But, for us to have a relationship with God, we need to understand that God also has personality because we cannot have personal relationships with things that are not personal. So, you must begin to see God as a loving

parent who has created a loving universe because the parent/child relationship is the closest personal relationship we have to understand our relationship to God.

Despite all the problems we see on this world, despite the imperfections of our human parents, God's universe is dominated by love, truth, beauty and goodness. The problems we see on our world are created by our own free will, our own lack of understanding of the true nature of God, the universe and ourselves.

If it were not for the gift of free will, we would not truly be self-conscious beings who can choose to love God. As a parent, don't you want your children to love you because of who you are and the love and nurturing you have given them? Similarly, God wants us to freely choose to love Him not because we fear Him, but because He is so loving and good.

As you begin to develop your personal relationship with God, you will begin to feel more loved and loving. You will notice you feel more compassion for others and have a greater desire to help them. You will begin to choose what is right over what is wrong because it feels good and gives you happiness rather than because you are afraid of being punished by an angry God. You will feel you are happier and more in harmony with life. While some physical ailments may still be present due to genetics, accidents, prior poor health habits and the natural aging process, you will begin to notice an overall healthfulness and different attitude toward your physical problems.

However, most humans do not have these feelings of love, happiness and well-being because they do not have this personal relationship with God. And so, how is it that you go

about developing a relationship with God? If you met someone you seemed to like and you decided you wanted to get to know them better, what would you do?

Well, the first thing you would have to do is to begin to spend some time with them. Whether you talked with them on the phone or met with them personally, you would have to begin a process of getting to know them. You would have to make a commitment to devote time and energy to this process of getting to know this other person.

It is the same if you wish to begin this journey of knowing God. The practice of the Stillness is your key to open this door. It will become your method of developing a relationship with God because what you are doing is setting aside a certain amount of time each day to get to know Him better.

If you truly wish to have greater love, health and happiness in your life, the development of a personal relationship with God is the surest way to find these things. There really is no other way. There is no shortcut because developing a relationship with God takes time just as developing a relationship with another person takes time.

But if you are willing to begin this partnership, the rewards are continuing and limitless. Day by day you will find your love for yourself and others, your hunger for truth, your appreciation of beauty and goodness, and your desire to help others will increase. You will begin to understand not only yourself but also life itself better.

Sometimes, in a moment of inspiration, an answer to a problem will suddenly emerge into your mind. Or, you may be talking to

someone and they will suddenly say something which is the answer you have been searching for. You may find a book, a teacher or a religious/ philosophical group you feel can bring you greater enlightenment. God does not speak loud words into our ears; you must understand this.

The relationship you will begin to develop is subtle, but that does not mean it is not real. You will not hear a loud voice, but you will begin to feel God's presence and guidance. You will "hear" God's words, but they will come from the experiences and the people around you, from an inspiration within your own mind, and mostly from a subtle spiritual intuition/insight gradually emerging and growing within. This is the God fragment within expanding your understanding and awareness of what is true and what is real.

As you grow in this relationship with God, the possibility for more direct communication does exist, but we will leave this for later chapters in this book. In addition to opening your mind to the conceptual framework you have just been given, you must now take the most important step. This step is a commitment to spend some time alone with God each day in order to develop this relationship.

Again, I would emphasize you cannot develop a relationship with someone if you are not willing to spend time to get to know them. Twenty to thirty minutes a day is a minimum. Thirty minutes to an hour is best. One session is adequate, two sessions a day is ideal. Life can be very hectic and complex, but you know if there is something you really want to do, you find a way to make time for it. And so it is your choice. No one will force you, even God does not force you. But, if you truly want the love, happiness and health you say you do, then committing

twenty minutes to an hour a day seems like a small price, doesn't it? Good things in life come with effort and you must spend some spiritual energy just as you spend physical and mental energy.

There is only one way for you to know if what I am saying is true, and that is to try it. You can theorize and theologize endlessly, but feeling the presence of God, love, happiness and improved health will only come with the experience of having a personal relationship with God. You can achieve this by practicing the Stillness.

CHAPTER THREE: PHYSICAL STILLNESS

If you were trying to develop a relationship with someone special, would you invite them over when you were in the middle of doing something else, with the TV on, the radio blaring, and the children clamoring for attention? Of course not! You would find a baby-sitter, you would turn off the TV and radio, and you would find some time to talk with this person without interruption.

Similarly, this is what you must do to begin to develop your relationship with God. You must find a place and time to be physically still. Still means you are removed from all interruptions such as telephones, noise, other family members or whatever other distractions there can be in life. You may have to work at scheduling this!

When can you do it? Will it be the first thing in the morning, when you come home from work, after dinner, or the last thing before you go to bed? You know yourself, you know your daily schedule. You must decide when you can do this. A minimum of

twenty to thirty minutes a day is necessary. If you can spend more than thirty minutes or as much as one hour, and especially if you can practice twice a day, the results will be even better.

The most important thing, however, even if it is only for twenty or thirty minutes, is to begin. Find a place and time where you can be quiet, when you can be still without interruption in order to begin to develop your relationship with God. You should have learned to set aside some time each day for your own personal development. The Stillness is the most worthwhile practice to help you grow and stay healthy that you will ever find.

When you have found this place and time, the next thing you must learn to do is to relax yourself physically. There are many schools of thought about meditative and relaxation techniques. They may teach you to sit in certain positions, breathe in prescribed ways, ask you to attach some scientific equipment to yourself that will help measure brain waves, or suggest other practices to aid you.

If you have experience or wish to seek experience with one of these, that is fine, but it is not necessary. All you really need to know is quite simple. First, you need to find a relaxing place to sit. I do suggest sitting rather than lying down because the tendency when you lie down, especially if you are tired, is to drift off into sleep or an unconscious state of mind. While you want to become very relaxed, you also want to maintain your mental alertness. So, it is probably better if you find a place, a very comfortable place, to sit. However, if you prefer lying down, then by all means do so. You must experiment with what works best for you.

Do not cross your legs; do not do anything that will put your body or any parts of your body in a tense position. It is best if you do not slouch and keep your spine straight. You do not want to experience discomfort; you do not want to experience any pain. You want to be totally relaxed. You want all the muscles of your body to be tension free, and you should take time to see that this is the case.

Begin by taking deep breaths and releasing them very slowly. Check for any tension by focusing on your feet, then move up through your ankles, your legs, your hips, your arms, your upper body and your neck. Move or stretch any of these if you need to, but be sure that you are not in a tense position, because if you are, this tension will gradually cause you pain or discomfort which can be distracting to your time with the Father

This is really all there is to it. There are no special techniques required, but if you find something is helpful for you, then use it. It is not necessary to be uncomfortable. In fact, it is more necessary to be quite comfortable.

Start by thinking about when you can find time to begin this relationship with God. Where will be the best place? When will be the best time? You may need to talk with spouses, children or roommates to let them know you expect them to put their needs on hold for this brief time each day. Encourage your family members or companions to try it and be open about what you are doing.

When others see you take time from a busy schedule to do this, they realize it must be important to you. You are setting a good example for them. In time, you will come to realize there is

nothing more valuable you could give them than the encouragement and guidance to begin this practice themselves.

There are many books about meditation and relaxation that extol the benefits of taking time for this physical relaxation of the body. There is a great deal of medical/psychological literature that shows how much taking this quiet time can contribute to your health. It relieves stress, lowers blood pressure, allows the body to restore its energy. Overall, it is a very revitalizing and healthful practice.

So one of the first benefits of this practice of Stillness, this attempt to develop a personal relationship with God, to spend time with God each day, is a physical one. You will improve your health greatly by taking this time to be relaxed, to let yourself become less stressed, to be revitalized. If you do it for no other reason than to improve your health, you will not be disappointed. In a later chapter on health, I will explain this more fully.

CHAPTER FOUR: MENTAL STILLNESS

For those who have made any attempt at contemplation, meditation, or have gone on retreats, the biggest problem that most people encounter is stilling their mind. Our minds are naturally active. Various thoughts are constantly occurring, reacting either to the immediate stimuli we are surrounded by or reflecting upon prior experiences, thoughts, and emotions which are being held in our conscious and unconscious mind.

Sometimes we just drift into what we call daydreaming and other times we may be actively trying to solve problems. Whatever it might be, each of us finds that our mind is almost

always in an active state. So, how do we still this mental activity?

Learning to develop this relationship with God is in many ways no different than developing a relationship with another human. For example, when you want to get to know someone, what is it that you do? You talk to them, you ask them questions and you listen for their answers. When you listen for their answer, you have quieted or stilled your mind so that you can hear and focus upon what they are saying.

If someone is talking and your mind is preparing an answer to something they have said or developing a new question, then you are not really listening because your mind is active. You are, for the most part, blocking out what the other person is saying.

Learn to just listen. When you attempt to begin to still your mind, think of all these random thoughts as if other people are trying to talk to you and distract you, but you don't want them to. You want them to be still, to be quiet, so that you can listen, spend time, focus and concentrate upon God with whom you are now trying to develop a relationship.

The thoughts will come, simply do not stop and focus upon them. Let them come and go. If you stop and focus upon them, then you are breaking your concentration with God. You are spending time, in effect, with yourself, with your own thoughts. Do not fight them, learn to let them go, simply do not focus on them. Tell them you will get back to them later and discuss (or actually think about) whatever they want, but for now they need to leave you alone because you are with someone and you do not wish to be disturbed.

There are different techniques that may be helpful in this process. Some have taught people to associate breathing with a still mind. As random thoughts enter the mind, by refocusing on the breathing, you bring yourself back to the original focus of a stilled mind. In this refocusing, these other thoughts are released.

Another technique is to repeat a special word or phrase. Through the repetition of this word or phrase, you are able to block out these other thoughts that are rushing into your mind because you are focused on the word/phrase. If you begin the Stillness and these thoughts come back, you can repeat the word/ phrase or focus on your breathing, and you will again return your attention to the Father.

Another helpful technique is to listen to music. You do not want to listen to music that has lyrics because you will find your mind focusing on the words. You want to choose music that is very relaxing, very melodious and uplifting to you. The music that works best for one person may not be the same for another. You must find music which relaxes you, seems to be pleasing to your inner self, and is in harmony with your own inner vibrational level. The purpose is to uplift you, to make you feel more serene, lighter and joyful. I know this statement will seem puzzling, but in time you will realize that you are not focusing upon the music, but the music is focusing you.

If you are a visual person, picture in your mind where you would most like to be. Imagine the most beautiful serene and loving situation possible. In this picture you are happy, full of love, free from worry and anxiety, and God is there with you. There is no one else around to disturb you. Where are you? On the ocean, a lake or a river? On a mountain top, in a beautiful

meadow or valley, strolling through the woods? Again, this is your "fantasy island." It will not be the same image as others might have. What is important is that it works for you.

None of these techniques are necessary, but they can be helpful. You are embarking on a new experience. You will want to try different techniques to see what works best for you. I have found all these techniques to be helpful, but my primary method for refocusing is to repeat the phrase, "Be still and know that I am God." I interpret this phrase as a statement from the Father when He is trying to regain my attention because I have drifted off into my own thoughts and lost my focus on His presence within me.

Do not feel bad. do not feel guilty when you struggle with the stillness of the mind. It takes practice to develop to the point where you can more easily still your mind and not be distracted by all of these thoughts that rush into it.

If you were beginning to learn a musical instrument, you would find that the progress was quite slow. Each day you devote a certain amount of time to practicing. After a while you would easily find the temptation to do something else, to cut your practice short, to rationalize that what you are trying to learn will take too long or is too difficult, will enter your mind. If you want to master an instrument or anything else, it will take time, many hours of practice. This is also true of mastering the Stillness. Developing a relationship with God takes time just as developing a relationship with a human takes time.

You will not fully understand a person the first time you meet them. You will need to experience many things together. Sometimes you will feel as though

you have made great strides in your understanding. Other times you will feel that your time spent together has not accomplished much. This is simply part of the learning process, part of the development of the relationship. What is most important is that you do not lose sight of your goal, and that you do not give up because you think you are not making progress or that progress is too slow.

I will say again in your Stillness you are not normally going to hear a loud and distinct voice of God telling you exactly what to do and how to handle every situation. We all wish it were that easy, but it is not. If you wish God's love, if you wish a greater feeling of love for yourself and others, and a greater feeling of inner happiness and peace, this is the practice you must continue.

Just as with learning the musical instrument, many people want to do it, but when they meet with the least bit of difficulty, they tend to give it up. Do not give up, my friend, do not turn away from this opportunity so easily. You will find this relationship to be the most rewarding relationship you can ever have. You simply must give it time to develop.

Do not be afraid of this time spent with God, do not be afraid of any thoughts rushing through your mind. Sometimes our own apprehensions, our own fears can well up into our minds. We think we see or hear everything from monsters to demons to our own most troubling experiences.

Do not be concerned with these. Do not give them energy. Again, simply let them pass from your mind. By raising your consciousness toward the Father rather than letting your mind

aimlessly wander into the unconscious, you will prevent such imaginary fears. If they come in to your mind, you know it is time to refocus on the Father's presence.

You will find in time one of the many benefits of this relationship with God is you will begin to see yourself more clearly. Your immaturities, your faults, your troubling past experiences will sometimes come to mind, not only in the time of the Stillness, but at other reflective moments. Instead of being afraid of these, allow them to surface and see them in the light and protection of God's presence and love. They will lose their power and control over you. You will begin to understand that there is no reason to fear them.

This growing self-awareness, growing self-mastery is very psychologically and emotionally therapeutic. This inner healing will be one of the many blessings you will receive from God as a result of your desire to get to know Him better.

Now that you have quieted your mind, what is next? Well, if you were with some other human and you wanted to develop this relationship, wouldn't you talk to them? Of course, and now this is a time when you can begin to talk with God. It is not easy at first because God is not directly answering you back.

But for now this is not important. What is important is that you are telling God you want to include Him in your life. Share your innermost thoughts, dreams and feelings with God. He is the best listener you will ever find. While you are having this dialogue, you should picture yourself in the presence of God.

You can picture yourself with God in many different ways. One of the most helpful ways is to see yourself as a very young

child, (for in truth it is what each of us really is) coming before this all-wise, all-loving, most gentle, most kind father or mother. Tell Him your troubles, fears, hopes, and dreams.

God already knows these things. It is not as if you are telling Him something new. What you are doing is actually making yourself more aware of your own thoughts and feelings. Wise therapists know the best therapy is mostly in listening to someone in an atmosphere of acceptance and trust and allowing them with some guidance to find their own answers. We have the insights and answers within us, but we need someone to listen, understand and help us recognize the right solutions. Why not let the Father become your personal therapist? Not only is He the best, but also He is the least expensive!

You can ask God for things for yourself and others during your dialogue with Him. This is what is commonly known as prayer. But, you must learn that God is not so concerned with your material circumstances as He is with your spiritual well-being. Praying for physical or material things is a typical reaction as we try to learn, grow and expand ourselves spiritually.

Our first tendency is to interpret the spiritual level by reducing it to the material level where we have more understanding and experience. Consequently, we ask for better jobs, to win the Lotto, to meet a handsome prince or beautiful princess.

Try to see beyond this level. Rather than asking God to materialize these things in your life, ask God why is it you seem to feel a need for these. Ask God to help you adjust your thinking to understand how you can make your life better even though you do not have these things. Ask Him if these material

things are really so important, or if there are other realizations that are of greater value.

If you are having a particular problem or if there is something you do not understand about your life, ask God to give you some insight, to help you understand. When you ask God for guidance, understanding, wisdom, love, or peace, you know in time your prayer will be answered. Ask God who He is and how you can feel His love more. Ask how you can learn to benefit from His presence and guidance. Ask Him how you can learn to see Him in your brothers and sisters.

By brothers and sisters, I mean all humans, for if God is our Heavenly Father, then truly we are all spiritual brothers and sisters. If there is someone you know who is having a problem, this is also a time you can pray for them by asking God to help them find the answer they need.

When you have finished talking with God, stop and listen. Quiet your mind, ask God to feel His presence so you can feel His love. Ask Him to give you guidance and listen in your mind for His answer.

Next, begin to reflect on what is good in your life, the goodness of life itself, the love you have felt from or for others, the truth you have found, the beauty you have seen. As you reflect on these things, realize God is your creator. Despite the difficulties in your life now, you are destined to live eternally in a universe filled with all of these good things. Realize that the material struggles of your earthly existence will not last forever. Let yourself see a larger, more panoramic view beyond this troubled world where people truly do love and help each other, where there is great beauty, truth and goodness.

These divine values exist here on this world, but you must learn to focus on them more. You will learn to see them in people and in situations where you did not see them before. Thank God for this. Do not ask Him for anything more now, but simply thank Him, love Him and praise Him for all the good in life.

You know a good parent does much for his or her children. Do you not greatly enjoy those few moments when your children will run up to you and give you a hug or say thank you for the things you have done for them? The same is true of our Heavenly Father. Rather than ignore Him and go on about your life living in the material, physical level of consciousness all of the time, give our Father great joy by saying you want to develop this relationship with Him, by thanking Him for the love and joy which has been part of your life.

How would you feel as a parent if your child was too busy doing other things and seemed to always ignore you? While God knows that in time this will change, the sooner you change it the happier you will be and the more you will please our Father.

Now that you have stilled your body and mind, spend some time talking and praying to the Father, elevate your consciousness to a state of thankfulness. Allow this thankfulness to elevate to praise. This state of thankfulness and praise is worship. As you begin to worship, you have now moved to the next level of the Stillness, the spiritual level.

CHAPTER FIVE: SPIRITUAL STILLNESS

Many religions and philosophical schools of thought have taught the benefits of the practices of meditation, contemplation and solitude. Many medical/psychological practitioners have taught and even to some degree scientifically have shown the benefits of physical and mental relaxation such as decreased levels of stress and higher levels of energy.

While these practices are certainly helpful and healthful as we have already discussed in the previous two chapters, you need to grow beyond the physical and mental levels to the spiritual level of reality. You need to feel God's love as well as know about it. You need living faith as well as intellectual belief.

The reason these practices are not complete is they do not usually have this understanding of a personal relationship with God. God is a personal being as well as the creator and upholder of all reality. He is someone who can love and be loved, someone who can listen and give counsel, someone who can share our joys and sorrows.

Instead, God is often portrayed as a heightened state of cosmic consciousness, a state of blissful serenity, or a wrathful judge who lives in some far away place, is unapproachable and should be feared. None of these portrayals is adequate. Until God is understood as the loving parent He truly is, religious/philosophical institutions and movements will continue to be unable to help you develop the personal relationship with God that will bring you the love, happiness and health you seek and deserve.

You may feel peaceful or serene in a state of consciousness at the physical or mental level, but you will only feel true love from another being, human or divine. Divine love is only found at the spiritual level of reality.

As you move from the mental level of dialogue/prayer with God to the spiritual level of thankfulness and praise, what you are doing is worshipping. Worship signals your arrival at the spiritual level of Stillness. Worship is different than prayer, for it asks nothing in return. It simply is a state of thankfulness and praise for life and for all of the love, truth, goodness, and beauty that life has brought. In this state of thankfulness, of worship, you will feel loving towards the Father, and in turn you will feel more of the Father's love for you.

This, my friends, is what will begin to change your life! You have heard the words that the greatest love of all is to learn to love yourself. If you understand this to mean to learn to love the beauty and goodness of the God within you, to love your indwelling spirit, your eternal self, then you have discerned the highest meaning of these words.

You and the fragment of God within are forming an eternal partnership. This spirit within you gives you communication with God and the potential for eternal life. You give this spirit fragment of God a personality expression unique in all of the far-flung universe who can be loved by God and who can love God in return. You are truly a beloved child of a loving parent.

To help you feel more loved and loving while you are in the spiritual stillness, you may need to adjust some of your perceptions about what it means to love yourself and others.

The one who will truly love and guide us the most is our Heavenly Father. This should be the primary relationship in your life. This is where you will feel the most love in your life. As you begin to grow in this feeling of being loved, you will find it much easier to love others. You will begin to see them in new ways. You will see them and yourself just as you see little children on a playground. They play, they share, they fight over toys, they get their feelings hurt.

We like to think that because we are now in older bodies and have supposedly "grown up" that we are beyond this. In reality, from a universal or cosmic point of view, we are not so much different from these young children. Most people still live much of their lives filled with many unsettling emotions, fears, apprehensions, petty jealousies, resentments, and many other negative emotions and attitudes.

None of us were raised by perfect parents, none of us were raised to see each other in a light of love, kindness, and goodness from our earliest years. Therefore, do not be too hard on yourself or on other people. Simply realize there are areas of behavior in their lives in which they are still immature. Perhaps they did not learn to be more responsible. Perhaps they did not learn to look at themselves instead of always blaming others for all of their problems. Perhaps they did not learn better ways to show their feelings. Perhaps they did not learn more constructive ways to deal with their anger or frustrations.

Begin to realize within every other person there is a fragment of God, just as there is in you. Picture them when they were first born or as very young children. You see their bright and beautiful eyes full of hope for the future. They still have this potential within them. It is just that years of struggle and living

in darkness, not knowing how to break out of it and perhaps, to some extent, not willing to break out of it, have masked the divine goodness still lying within them.

If they truly knew of God's love for them, if they truly felt God's love within them, if they truly felt love for others, and sought truth and goodness in their lives, they would not act in such ways. Just as you are not harsh on a young child when he or she acts in negative ways, do not be so harsh on yourself and your brothers and sisters. We are all still young universe children, but now we live in older bodies.

Learn to love the sinner, but hate the sin. This means to separate the person from their actions. In this way, you can still know their negative actions are not correct and must be dealt with. But you will not see them as corrupt and evil. Instead, you will see them as someone who has not found love in their life, been guided properly and has not learned better ways of reacting to the world and to you. Feel righteous indignation toward their actions, but feel compassion for their souls.

This is the type of inner adjustment God will help you make as a result of your relationship with Him. Eventually, you will see your "enemies" as struggling little children like yourself. When you begin to understand this, you will turn hate into compassion and compassion will turn to love. This is the process and meaning of learning to love your enemies as yourself. This is the change in perception you need to begin to allow the feelings of love to flow through you more easily.

As you spend time in this spiritual stillness you can use visualizations, you can use words of praise, or you can simply rest in the total and loving embrace of the Father's love. Picture

yourself being hugged by the Father. Picture yourself in a meadow where there are people who are happy and singing, the sun is warm and there are beautiful mountains and flowers surrounding you. Whatever image brings you great peace and joy and allows you to see the love and beauty of this world, utilize that image.

As you do this and as you associate the feelings of the Father's love with these images, you will find that they can be very helpful as you go through each day. When you are at work and having difficulty with a co-worker, or if you are in another stressful situation, you can recall these images to your mind. They will naturally bring back to you the feeling of peace, restfulness, and love which you experience in the Stillness. They will help you refocus on what is real and what is your destiny.

Even though the problems you face each day are difficult, they will take on less importance as you recognize their transitory nature. Forgiving becomes easier because you understand those who act and respond in negative ways do so because they do not know the love you are now learning to see and feel.

As you stay in this state of thanksgiving and praise, you may find you will experience a variety of blissful, even some ecstatic moments. I do not wish to focus on this at this time because it is unique to each individual. If it is described then you may let your mind imagine it instead of it being real.

Secondly, if you do not experience this ecstasy in your first week of Stillness, you may say "oh, this isn't real." It may take a long time, it may even take years to develop an experience like this. On the other hand, it may happen quickly. I cannot say. It is between you and the fragment of the Father which indwells

you. Only the Father knows what is best for you, what experiences you can handle and what you cannot.

The Father does not want to frighten you for He loves you and wants to watch over and guide you. He will take your hand and lead you inch by inch, step by step, and allow you to gradually feel more love and grow in self-awareness. Steadily you will begin to see the presence of God in your brothers and sisters and experience more health and happiness with His love.

It is important you do not spend all your time in the mental stillness just praying and asking God to help you. It is important, at some point, to stop your dialogue with the Father and to thank Him for who He really is. See the beauty, goodness and love. Begin to feel it. Thank God, praise God for your opportunity for life, for eternal life. If you do this, you will find new depths of feelings, new insights and new inner religious experiences which will strengthen you and your faith in their reality.

There will come a time when others will look at you as you talk of your faith and your inner knowing and ask "how do you know?" You will humbly and lovingly look back at them and say "I know." In time you will know "the peace that passes all understanding" and the meaning of the words "seek the truth and the truth shall set you free."

After worship, remain in a state of silent listening. Now that you have drawn closer to the Father and cleared much of the static from your mind, listen for His guidance.

You may sense a message of inspiration and comfort emerging within your consciousness. You may have beautiful

visualizations of color and light. You may even feel as though you have been lifted up and embraced by the Father Himself.

On the other hand, and most of the time, you will simply come to the realization of your time with the Father being over for now. But remember every time you make the effort to grow closer to God and allow God to grow closer to you, your life will forever be changed for the better. Our Father is generous; much will be added unto you.

CHAPTER SIX: THE LADDER OF STILLNESS

Practicing the Stillness is in some ways like climbing the steps of a ladder of consciousness. You begin at a certain level of consciousness and you try to move yourself up the ladder until you reach the top.

While there can be varying views and opinions on what the steps of the Stillness are, and because it is a unique experience for each individual. I am reluctant to list these steps.

On the other hand, it seems as though some type of roadmap is necessary. At least you will have an idea of how to begin and move from level to level in ascending this ladder. The following summarizes what you have learned in the previous chapters on the physical/mindal/spiritual levels of Stillness and breaks them down into a simpler step-by-step process.

Step 1: Physical Relaxation

The first step of the Stillness is physical relaxation. We have already spent a chapter describing physical relaxation and how

to begin, so it does not seem necessary to elaborate much further.

I would only add one point. The biggest stumbling block in physical relaxation is fatigue. When you are very tired and try to do your Stillness, you may find you will drift into sleep. If the Stillness is something you wish to do, try to find a time when you will be awake and your mind alert.

But don't be concerned. Some sessions will be better than others. If you are tired but you still want to do it and drift off into sleep, don't worry about it. You can try again next day. What is most important is making the practice of Stillness a daily habit. You know the saying, "Just do it!"

Step 2: Mental Stillness

Just as with physical stillness, we have already spent a chapter covering this step, so it does not require much further elaboration either. The goal is to quiet your mind. Stop all of the up-rushings and various thoughts coming into your mind.

Many of them are the worries of today, making plans for tomorrow, and thinking about all of the things you have to accomplish. Sometimes even our fears and anxieties come rushing from the unconscious portion of our mind. But, as you still your mind, you will find a feeling of peace and tranquillity begins to come over you. You will also sense a rush of energy into your body.

This is the process of rejuvenation and restoration of energy. This is why after the Stillness you will feel very relaxed and

renewed as if you had slept for a while. This is also a turning point in our understanding of this process.

Many schools of thought on meditation teach the physical and mental relaxation. At this point they describe going into a silence and simply diffusing your consciousness into the consciousness of the universe. Here you remain awaiting whatever experience might arise. It may be peace and tranquillity. Sometimes it can be elevated to a state of bliss, even ecstasy.

But the reason I have used the term "Stillness" rather than meditation is that there is a distinct difference. In the Stillness our goal is to achieve more than just this tranquillity. Our goal is to attempt to communicate with God. Just as you have a subconscious mind, think of your spirit fragment dwelling in a realm called the "superconscious" mind. After we have stilled our mind and are feeling peaceful, the next step is to focus our consciousness towards the superconscious realm of the mind. This superconscious realm is where the fragment of God dwells. This leads us to our next step.

Step 3: Dialogue with God

This is a time to begin your dialogue with God. He is your friend, counselor, and loving parent. You can tell Him whatever is on your mind. Talk about some of your experiences, talk about what is troubling you. Talk about some of the joys or sorrows you had during the day.

As said earlier, God already knows these things, but as we talk we build our relationship with Him. We are developing our

familiarity and ease with talking to God regularly. Doing this helps us to see God as a person whom we can love and trust.

You do not want to spend an excessive amount of time in dialogue; focus only on the most important things on your mind. As you talk to God within your mind and finish a statement or question, take a moment to pause and listen. Sometimes you will sense you are being given some inner guidance to your questions or comments. If not, proceed with your dialogue.

It may be helpful for you to use visualizations at this point. Picture yourself as a young child sitting on the Father's lap or sitting beside Him. Whatever imagery helps you feel you are actually with God is helpful. If you do not need this imagery, this is also fine. When you have finished your dialogue, talking and listening, you are ready for the next step.

Step 4: Prayer

Now that you have talked with God about your problems, it is time to focus on prayer. This is simply asking God for what you need or what someone else whom you wish to pray for may need.

We have already said prayer should be to help someone at a spiritual level, not at the material level. You cannot expect God to magically change your or another's circumstances. But you can ask God to help you understand your circumstances and to develop insight into the lessons which can be learned. You can ask to have your attitude adjusted to a more positive acceptance of your circumstances.

This is also true for anyone else for whom you may wish to pray. After you have talked with someone and can see their problem, ask yourself what would be most helpful for them. Then, pray for that. Pray they receive the understanding from the God that indwells them.

You see, praying for someone in this way takes on a slightly different meaning. You are really praying on their behalf because they do not yet understand what to pray for. It is as if they said to you. "I don't know what I should be praying for. so you say the prayer for me."

Step 5: Worship

Now we move beyond prayer to worship. Worship is different than prayer in that worship is not asking God for anything. Worship is simply giving thanks and praise to God for all of the good that He is.

At this point, focus upon what is positive in your life, rather than the physical/material problems of daily existence. You can imagine yourself in the warmth of the Father's love. Thank Him for the loved ones in your life. Thank Him for the peace and tranquillity He is helping you find. Thank Him for the understanding and insight you are now developing. Thank Him for being so good and loving. Here you can visualize yourself surrounded in a beautiful place by loving and happy people who are really at peace.

Realize this is your destiny. This is the way your eternal life will be! You can thank the Father for the potential He has given you and for the opportunity to begin to experience some of His love and happiness now.

Sometimes your thanksgiving will elevate into a sense of awe. a feeling of adoration. This is true worship. You can sing silently within your heart. You can reach out to embrace the Father. Whatever means of giving love back to the Father you can imagine, do this at this time.

Step 6: Silent Listening

Now comes the time when you wait silently for the Father's guidance. You did this during the dialogue step, but if you did not immediately hear a response in your mind, you continued the dialogue.

Again, do not expect initially to hear a loud voice in your head. The Father would not want to scare you. He knows what you can handle. He knows how to guide you gently at this time. Just enjoy silently listening, being in the still company of the Father. Do not dialogue or pray, just listen.

Sometimes you will find very inspirational thoughts may come into your mind. Are they from the Father, are they from your angels or from your own mind? Any of these may be possibilities. Do not concern yourself with the source. Only concern yourself with the truth and guidance you are being given.

After you finish your Stillness session, you may want to write some of these thoughts down while they are still fresh in your mind. They may be some of your clearest insights, some of your most inspirational and creative thoughts.

If you do not receive anything, that is fine, just enjoy this time. Bask in the Father's presence, bask in the feeling of His love. Just enjoy being with Him knowing He is there for you, knowing He loves you. You have already talked to Him, prayed, and worshipped. Now is the time for you to just be together. Now is the time to just listen in case He wishes to communicate to your conscious state of mind.

Normally, the end of your silent listening will bring you to the end of your Stillness session. You will have an inner sense of when to emerge from Stillness. However, there is one more possible step.

Step 7: The Embrace

It is rare, but possible, that if your mind is at peace and your heart is filled with love for the Father. He may be so moved by you that you will feel as if He has reached down and lifted you up to embrace you. This is the experience of ecstasy the most spiritually enlightened of this world have tried to describe and encouraged us to pursue.

It is called various names by different religious traditions, but the experience is the same. If this occurs, you will unquestionably know it for it is an experience unlike any other. The feeling of love and peace is beyond words. In this embrace there is no sense of place or time. It is as if you have been transported to a totally different dimension. There is no reason for fear; there is no anxiety. It is an utter state of ecstasy. Words fail, but if you are ever blessed to receive this, you will know it.

It may take time for you to have an experience like this, or you may not have this experience. On the other hand, you may

receive a partial embrace, you may receive partial glimpses of spiritual reality. I cannot say more, it is up to your own indwelling spirit to decide what is appropriate for your stage of growth. But I mention this because it is real. It is the most wonderful experience a human could ever imagine.

Having presented the seven steps of Stillness, let me offer some additional points to consider as you begin to practice. It is important to remember the Stillness is not a losing or diffusing of consciousness after the first two steps. From Step 3 on, it is a focusing of consciousness upon our indwelling spirit in an effort to commune with God.

No matter how far you go up the ladder each time you practice the Stillness, you should understand that your consciousness will be positively altered. Each time you make this attempt to expand your awareness of spiritual reality and to find God, you will never retreat back to exactly the same state of consciousness. It will always be expanded somewhat.

You cannot measure this exactly, and you will not necessarily feel the difference at each session. But, over time, you will know you are growing. You will see and feel this inner growth in your understanding of yourself, of others and of life. It will come in the form of your feeling loved and being more loving towards others, and in your growing patience and tolerance with your brothers and sisters. All these and more will show you are growing spiritually.

Do not be concerned with how much you are growing. Simply do what you need to do each day and allow your spiritual growth to take its natural progressive course. Never be concerned about comparing your growth to someone else. Each

individual is different. Share your experiences, but never attempt to make judgments on another's spiritual status.

You never know whether another person, although you may not understand them, is further along the path than you are. But on the other hand, you will always have a simple way to know if they are growing. You will know not by what they say, but by how well they are living the fruits of the spirit. If you see or feel the love of the Father come through them, if you see or feel their compassion and desire to serve, then you know they are on the path.

When you ascend this ladder of consciousness, you will find it becomes much easier to understand life. When you are on the ground level of consciousness, which means you are wrapped up in the physical/material level of existence and functioning, you feel like you are in a maze looking for the right door to get through.

But when you ascend this ladder of consciousness, you are above the material level of perception. Now you can look down on your life and see the right direction more clearly. You see where you have turned this way or that. You see why you could not find the right door to go through. While all this spiritual progress takes time, you may actually be amazed at how quickly you notice changes in your life and in your understanding.

As I said earlier, you will be greatly rewarded for your efforts. Do not overly analyze and do not criticize your time in the Stillness. Simply make your best effort and whatever happens at a session is all right. Just allow it to be what it is.

You may not ascend all the steps of the Stillness each time. That is also all right. Do the best you can. What is most important is you are willing to make the effort to turn to God and share your life with Him. All the rest will simply work itself out in time.

You have the perfect guide along to help show you the way. Doing the will of God is nothing more or nothing less than your willingness to share your inner life with God, to have a relationship with Him.

As you grow more experienced in your Stillness practice, you will eventually find that Steps 1 and 2, physical and mental stillness, can be achieved quite quickly. You may also find because your awareness of God throughout the day is growing, you have already had an ongoing dialogue and even been praying at different times for yourself or others.

If this is the case, you may want to skip these steps and move right to worship and the silent listening. It is not necessary to go through each step. These have been given to you to help you get started. As with anything, experience, insight and wisdom will help you understand the process better.

When you finish your session in the Stillness, you will feel very physically relaxed, mentally clear and sense an aura, a shell of love surrounding you. In time, it is even possible to live in this state of consciousness throughout the day. Life is not easy on this world. It is not easy to have to spend most of the day working a job just to earn a living. But, when times are stressful during the day, you will be able to recall this feeling of love, this state of serenity, and use these feelings to relieve the stress and difficulties of the day.

The apostles called Jesus "Master" because this is exactly what He did. He mastered the challenges and difficulties of earthly existence. Through frequent communion with the Father. He was able to overcome all the difficulties of His life.

None of us will face anything even remotely equivalent to the difficult life Jesus had; none of us will end up being crucified. But He lived His life and mastered all the difficulties so that He might show us the way to live.

His life should not be viewed as an exact example to follow because we do not have to become public preachers or end up being crucified. Rather, His life is our inspiration. He showed us by turning to the Father we can gain insight, understanding, courage and love. Armed with these we can face all of life's difficulties. With the Father at our side we can master whatever is put in our path.

It is not likely we can achieve such a high degree of mastery in this short lifetime on this world, but the Master showed us how it is possible. Just do the best you can and remember to call upon the Father anytime, not just in the Stillness, to comfort and guide you. Also realize you can call upon the Master for comfort and guidance. He is sympathetic because He lived as a human on this world.

Now you understand the steps of the Stillness. Climb these steps each day and you will find yourself growing closer to God and God becoming closer to you. The Father loves you more than you can imagine. If you begin this relationship with Him. He will reward you with more love, health and happiness than you have ever known.

CHAPTER SEVEN: HEALTH

At the beginning of this book, I said the practice of the Stillness would lead to more love, health and happiness. Let us explore these more in depth. We will begin with health.

When most people think of their health, they primarily think of their physical health. But there is also mental health and spiritual health. You must realize the physical, mental and spiritual are all parts of reality. If you ignore any of these three parts, you will remain out of balance. You will not feel fully harmonized because you are missing a note in your life's chord.

Much has been written on the state of physical health, but we know much less of mental health and even far less about spiritual health.

As mentioned earlier, it is well documented the practice of meditative/ relaxation techniques are very helpful in reducing stress and revitalizing energy. I cannot emphasize this enough. While you already know exercise and diet are important to your health, you are missing the most health-giving practice of all -- Stillness. In this practice you are relieving the stresses in your physical body and the mental tensions in your mind. In addition, you are partaking of the spiritual energies flowing throughout the universe from God.

Spiritual reality impinges upon mental reality. Mental reality impinges upon the physical. This is another way to understand "seek first the kingdom ... and all these things will be added...." There is great truth in this statement. It means to focus on the spiritual level of reality by taking time each day to commune

with the Father to develop a relationship with Him. This is done in the practice of the Stillness.

Awaken yourself and become more attuned to the spiritual reality existing within and around you. When you do this, you will find this spiritual growth has a positive effect upon you. As your spiritual awareness improves, it will in turn have a positive effect upon your mental and physical health.

As you go into the Stillness and focus upon relaxing your physical body and stilling the conflicts and thoughts in your mind, you are opening yourself up to many unknown or unexplored energies of life. There is more attention being paid to these healing energies now. There is increasing attention being given to alternative methods of healing, including energy manipulation and healing by touch.

At this point, no one really understands exactly how these methods work. However, there is a growing accumulation of experience which suggests that as we are able to tap into these spiritual energies, they have a very health producing effect upon the body.

The more positive your spiritual and mental state, the less disharmony, the less dis-ease there will be in your body. All of your body consists of energy. All of this energy vibrates at certain harmonic levels. When you have negative thoughts, when you carry great conflict within you. it manifests itself in various parts of your mental and physical bodies and causes parts of your body to become out of harmony.

When you seek the Stillness and you begin to feel the Father's love and peace which comes over you. It reharmonizes the

energy of your body, mind and spirit. It relieves the dis-ease and the distressed parts of your physical and mental system. This is not something which normally happens in one day although there are accounts of miraculous (immediate) healing. Rather, it is a gradual result of a lifelong practice.

As you spiritually grow and thereby improve your spiritual health, the effects upon your mental and physical health will definitely be seen. Even some medical/psychological studies of people who tend to live longer and have less health problems suggest good health is strongly related to a more positive mental state.

Naturally, in most of the medical/psychological literature, they never talk about more than a positive mental state because there seems to be such an unawareness or unwillingness to more publicly talk about our spiritual state, our spiritual reality. This spiritual reality cannot be proven so those trying to utilize a purely scientific approach will always fail to portray a complete picture of our total reality. They limit themselves to the physical (medical) and mental (psychological) levels, thus ignoring the most real and permanent part of ourselves, the spiritual.

All life is a question of balance. You need to have balance in your life. You need some type of physical exercise, mental exercise and spiritual exercise.

What does it mean to be mentally healthy? Usually you are considered mentally healthy as long as you are not suffering from a mental disease. But, just as you can be malnourished even though you are not totally lacking food, you may not be as mentally healthy as you should be just because you are not experiencing a debilitating mental illness.

Mentally, you need to feed and exercise your mind. By this I mean not focusing all of your mental energy just on work-related activities. To feed and exercise your mind means to actually think about life. What is it? Who are we? Why are we here?

Read a religious or philosophical book, get involved in a discussion group. Whatever it is, utilize that philosophic, spiritualized thinking part of your mind. This will stretch and flex your mental muscles. Your mind will grow from the food of new thoughts, insights and experiences. By opening and stretching your mind, you will find your spirit fragment will more easily be able to help you understand things.

When your mind is narrow or closed, it becomes difficult for the spirit fragment to offer new insights to you because you have built barriers. To help you understand how your mind expands and increasing levels of insight are achieved, let us explore the nature of truth because it is the healthiest food for your mind.

Truth is not a fixed thing. It is a life-long, eternity-long pursuit. No one knows all the answers. Your goal should not be to think you have found a fixed set of beliefs. "The Truth", and therefore there is no more truth to be found. If you do this, you spend all of your time laying the bricks of the mental wall that becomes a barrier to finding new meanings and new truths. You think you have to stay behind this wall and defend your truth from perishing.

Real truth needs no defense because it cannot be destroyed. It is imperishable and there is plenty for everyone. It should be freely given. If others do not want to pursue it, then let them go

their own way in peace until they awaken to the call of their own inner spirit.

Think about the concept of truth for a moment. What is true? Is God your creator and upholder? Has He sent a fragment, a part of Himself, to indwell you and be your guide to lead you back to Him? Is there a great universe filled with many spiritual beings who are here to help you? How do you know if these statements are true? Go into the Stillness and ask the spirit of God indwelling you and you will have your answer.

Most of what people call "truth" is really just belief. Beliefs are doctrines and theologies mostly of man-made origin though some are partially inspired by God or other celestial beings. They are theories trying to explain what the universe is, who we are and what our destiny is.

There is much you can learn from these and all contain some elements of truth, but there are thousands of books, religions, movements, philosophies and theologies which all claim to have "the truth." How will you sort through this philosophic/religious maze to find what is true? What makes you think this one book, teacher or religious group you have found has all the truth?

There are grains of truth within everything, but truth is much greater than any one book, religion or system of thought. You must look beyond these. You must be open to all people, books, religions, and systems of thought. You must learn to use your inner guidance to help you determine what is really true.

You have the source of truth within you. Your spirit fragment has been given to you by God Himself to help you recognize

truth. Learn to utilize this inner guide to pilot you through the maze of life. When you are uncertain, turn to this inner guidance during your Stillness. Ask your spirit fragment to help you discern what is really true. Ask questions and in time, through a flash of insight, the words of another person or the words in a book, you will find your answer.

It is literally true, "seek and you will find." But to honestly seek, you must seek with an open mind. Do not assume you have already found all of the truth. If you really think this, then you have cut yourself off from your potential for continuing growth. The point of all this discussion about truth is that to be mentally healthy, you must keep alive your search for truth.

How do you know if you are finding the truth? Ask yourself these questions. Does it feel right? Does it have a ring of truth within you? Do you sense that your inner guide is telling you that it is true? Does it seem to be reasonable to your mind even though you cannot scientifically prove it?

Faith and reason are not the same, but your faith, the growing awareness of what you inwardly trust to be true, should always be reasonable. Finally, does following your path toward greater truth bring about the fruits of the spirit within you?

This last question leads us to the issue of what it means to be spiritually healthy. First, you will find you are growing in faith (not belief). Second, you will increasingly be manifesting the fruits of the spirit.

Faith is your willingness to trust in the guidance of your inner spirit. Doubt is the unwillingness to trust in the reality of your spiritual nature. Let's ask some more questions. Are you

becoming more tolerant, patient, loving and open- minded? Are you learning to live more by inner guidance each day? Are you becoming more loving towards yourself and your brothers and sisters? Do you feel better about yourself? Do others seem to notice you are becoming a better person?

We have no way to objectively measure our spiritual growth, but the true meaning of "by their fruits you shall know them" reveals the evidence of spiritual growth. If you want to be spiritually healthy, the fruits of the spirit are your food and the Stillness is your exercise.

Now that we know what it means to be healthy at the physical, mental and spiritual levels: what causes us to be unhealthy?

First, we have to face the realities of living on a material world in a material body such as genetic diseases, accidents, poor food quality, and our polluted environment. We can have only varying degrees of control over these factors. But beyond these, it is our failure to properly feed and exercise our whole selves - physically, mentally and spiritually. Neglect of any of these three parts of ourselves will create imbalance and disharmony which can result in an inadequate level of love, health and happiness.

Why do so many people fail to recognize this spiritual part of themselves and settle for less love, health and happiness? Fear, ignorance, complacency and laziness are the basic reasons. Let me explain.

When we talk about spiritual growth and learning to develop a relationship with God through the practice of Stillness, some people seem turned off by this. They have an image in their

mind of what a spiritual or religious person is. They see someone who is very pious, timid and who has forsaken most of life's earthly pleasures.

True spirituality has little to do with these characteristics. True spirituality is not a matter of how many prayers you recite each day, how many earthly pleasures you deny yourself, or even how well you know the text of a "sacred" or "revealed" book. True spirituality is the degree to which you manifest the fruits of the spirit.

You can be a truly spiritual person, a religious person, and still enjoy the physical pleasures of life. There is nothing bad about physical pleasures or the enjoyment of the physical world as long as they are enjoyed in moderation. It is only when they are taken to excess and made the dominant pursuit in life that they become stumbling blocks.

You can be a very spiritual person and never step foot in a church, synagogue, temple or mosque. Conversely, some people who frequently attend these places are not necessarily very spiritual people. You know that by their actions, by the lack of the fruits of the spirit. They are not loving, tolerant, compassionate, and open-minded. The light and love of their inner spirit is not shining through them.

Another measure of your spirituality is the degree of development of your relationship with the God indwelling you. You are not God. and you will never become God as the First Source and Creator of all life. But God has given a fragment of Himself to indwell each person. This is the way He keeps in touch with us; this is how He knows all of our thoughts, feelings, hopes and dreams.

As your relationship with God grows. He is gradually showing you the divine qualities dominating His universe. These qualities are the fruits of the spirit. The more you manifest these fruits, the more God-like you become. Gradually, your will is to want to do His will.

So our image of what it means to be a spiritual person should be adjusted to reflect these concepts. You can be a beloved child of God and still enjoy the physical reality He has given us.

Whether you use cosmetics, dance, play cards or even go to church every week has nothing to do with being a religious/spiritually alive person. These are merely childish, man-made substitutions that show a lack of understanding of what real spirituality is all about. You can be loving, kind, tolerant, patient, open-minded and full of grace (a spiritual person) and still laugh, have fun and enjoy this physical life.

Now that you have adjusted your idea of what it means to have a spiritual life and a relationship with God. you have some decisions to make. If you are afraid of what your friends will think, have grown too complacent to want to change or are too lazy to make the effort, then you must accept your condition because you are not willing to do anything to improve it.

Take a chance; try something new! Instead of being pulled down to the level of others by fear of not conforming, let your spiritual light show others a higher meaning of spirituality. There is nothing to fear and so much to gain.

How will you know what you are missing unless you try something? As you grow in your relationship with God and

become more attuned to spiritual reality, your fear of what others think and the need for their approval will diminish.

Why? Because you have God's approval! Seek out new friends who understand what you are trying to do, who are interested in walking this path with you. Their numbers are growing rapidly.

By far the biggest barrier to developing better health lies in our negative and unforgiving attitude towards ourselves and others. First, you must realize God loves you. You are His beloved child and His love for you as well as His mercy are beyond your imagination. There is justice in the universe, and yes, if someone continually spurned God's love and mercy, eventually they must account for their actions. But let God be their judge and not you.

You must realize God's love and mercy are so great that most of the things you or others have done which you may think are so terrible, are easily forgiven by God. It is a matter of simply being sincere of heart and asking forgiveness. Actually, He has already forgiven you if you are in earnest. How could a loving parent not forgive their precious child if the child is sincere? The things others have done to you can easily be forgiven when you realize if they were awakened to the God within them, they would never have done anything to hurt you.

Some say, "I cannot seek the Stillness. I cannot develop this relationship with God because I am not worthy. God could not possibly love me because of what I have done. No one could love me."

This, my friends, is an attitude you must simply dismiss. The truth is God does love you. He loves you more than any other human could ever possibly love you. He is the love of your life. All you need do is turn to Him and you will be forgiven.

Yes, you will make more mistakes in your life because you learn by choosing and making decisions. You won't always make the right one until you learn to trust and follow the guidance of your inner spirit. You see young children doing things you wish they would not do. Does that mean you stop loving them? No! You still love the children, you simply try to correct their behavior.

It is the same with us. God still loves us. He knows we will make mistakes because we are young children. From an eternal universe perspective, even seventy or eighty year of age is still considered a toddler. God understands that. You must begin to understand it. There is nothing you can do that God cannot forgive you for. God loves you. His love for you never stops.

We are the ones who block out God's love by our negative attitudes towards ourselves and others. You must forgive yourself, because God has forgiven you. In turn, you cannot go to God in Stillness and ask Him for understanding and to feel His love while you carry unforgiving attitudes of revenge, vindictiveness and resentment toward yourself or others.

Remember the earlier discussion. Other people you meet in life are little children just like you. If they knew of God's love, if they were seeking this path and had found God's love; they would not act as they do. They were not raised perfectly. They make mistakes. They treat others in ways that are not kind because they do not know a better way. Do not confuse them as

a child of God with their childish actions. Love them, dislike the actions.

In time, whether in this life or when they pass on to the next level, they will learn to act better. Do not expect so much from them. If they do not know a better way. then how can they act better?

Seek out those who are growing and who share your desire to grow in a more positive way. Tell them about your relationship with God. Let others see you are changing; let them see the fruits of the spirit in you. Perhaps this will help them see a better way. If not. relate to them the best you can. but do not feel that you must befriend every individual. You should love them in the sense you want what is best for them. Love them in the sense you know God indwells them and in time they will learn a better way.

But you do not have to like them; you do not have to like their actions. You should not feel guilty because you do not wish to spend time with them. Seek out those with whom you feel a spiritual kinship and let them become your closest friends and associates.

If you harbor these unforgiving attitudes towards yourself and others, it will cause great distress, great disease within you. Such negativity must manifest itself in some way. and it will disrupt your physical, mental and spiritual health. It is the most debilitating thing there is.

So. if you want to be healthy, let go of these negative attitudes. Forgive. Remember the words of Jesus. "Forgive them. Father, for they know not what they do." This is literally true. You must

assess people's actions because you must decide whether you wish to have a relationship with them, but never judge their soul. Only God truly knows their motivations. And, believe it or not, there is this spirit of God within them also.

Their spirit is waiting for someone like you to show them some kindness and love. Your actions can then be used by their inner spirit in adjusting their thoughts to those of love and kindness. This is how you can help them become a more positive and loving person.

During the Stillness, picture the negative thing you have done or what someone else has done to you. Bring it up into your consciousness while you feel God by your side. Take another look at it. What you will find is that it is not so terrible as you once thought. You make it powerful because you will not let it go. You presume to know what God's limits are because you determined He could not possibly forgive you.

It is you who has put the limits on forgiveness by your own unwillingness to forgive. It is you who puts up the barriers to accepting forgiveness. God can forgive anything He wants, and so can you. Looking through the eyes of God, see it as simply your or another's mistake. See that sometimes little children make mistakes. Simply let it go, let it lose its power over you. Only you can let it keep power over you by constantly feeding it with unforgiving emotions and thoughts.

Why go through the rest of your life feeling negatively toward yourself or someone else? Sooner or later you will forgive yourself and others. Why not do it now!? Why let this negativity prohibit you from developing a stronger relationship with God?

Why let it prevent you from feeling the love of God? Why let it prevent you from feeling love for yourself and others?

Do not let these negative thoughts ruin your life and your health. Everyone has a fragment of the loving Father within them. Whatever you or another person did cannot destroy this fragment. Everything else is transitory. Let it pass; life goes on.

Anger and an unforgiving attitude are too great a burden to bear. Say these healing words to yourself, "Forgive me. Father, for I know not what I do." "I forgive my brothers and sisters. Father, for they know not what they do."

CHAPTER EIGHT: HAPPINESS

Think about the times you are happy, What do you notice? You notice you are content, you feel at peace. You may be with others whom you love and who love you, You do not feel pressure or stress. You feel positive toward others and life, and you feel good about yourself. Believe it or not. this is the state in which we were meant to live!

If these are the ingredients that make us happy; then how do we bring more love and peace, and less stress and pressure into our lives? The most significant way to achieve this is through the practice of Stillness.

Why? Because Stillness will bring you closer to God and God closer to you. This relationship you share with God is the greatest source of inner happiness. Just as God has given this happiness to you. you will want to serve others by giving happiness to them. As you grow, you will realize what brings the greatest happiness in life is the opportunity to give to others.

Sometimes we think service to others can only be some great deed. We have this idea that moving to a third world country and spending the rest of our lives devoted to the needy and poor is the greatest service.

There is no doubt this would be a great service to humanity; however, our idea of service does not have to be so grandiose. Every day of your life opportunities to serve your brothers and sisters are in front of you. You must learn to recognize them more easily and frequently. You must realize no matter how insignificant you think a small act of kindness might be, it is important to the person you are helping. Realize when you help others, you are serving our Father.

The more loving service you give to others, the more you will feel the Father's love for you. The more loved you feel, the happier you will be. Instead of being a vicious cycle, this is a luscious cycle. Giving love begets love. Giving happiness to others through serving them begets happiness.

No matter how much love and happiness you give, your cup will always be automatically replenished. In the universe there is never a shortage of love and happiness. You can have all and give all you want. Knowing you are a beloved child of the Father will make you feel worthy and increase your self-esteem.

No matter what your status in life, no matter what you have done, the Father loves you just as much as He loves anyone else. The Father loves all of His children equally. You have the same potential for an eternal life of love and happiness as everyone else.

While life may seem unfair at times on this world, it will not be so when you move on. The reason you see so much unfairness on this world is because you are only looking at the physical/material level of reality. When you look through spiritual eyes, there is fairness because we are all loved equally by God and have the same potential for eternal destiny.

As the feeling of love for yourself grows, it is only natural you will want to share this inner happiness with others. How do you share this love and inner happiness you feel? You share it by learning to give, to serve your brothers and sisters. There are simple ways to serve every day.

You don't have to change your outer life to do them. For example, one of the greatest services of all is to just look at your brothers and sisters and project love to them while talking with them. They will not necessarily understand exactly what is happening, but when you let the love of the Father flow through you to them, they will feel it and it will help them.

Another valuable service we can give to our brothers and sisters is simply to listen to them. Most of the time we really do not listen. We are so wrapped up in ourselves we can hardly wait to gush out all of our thoughts and beliefs about life and about whatever the topic of discussion is.

Try to learn to talk less and listen more. Let the other person talk. This is something most people who are troubled truly need. They have not found God within them, they have not yet begun to develop a relationship with Him. They are still looking for other human beings to solve their problems. Let them talk about their problems. You become their sounding board. By

talking, they can actually hear themselves think, they can hear the echo of their own thoughts.

Through this process they will often begin to see some solutions to their problems. They might find their problems are not as great or complicated as they thought. As they eventually begin to wind down from gushing forth all of their problems, they might even notice how calm you are, that you seem to have an inner peace and love about you. They might even ask how you achieved such a state!

At that point, you can tell them they are a child of God and a part of God lives within them which loves them deeply. Through a practice called Stillness, they can begin to develop a relationship with God. They can find some love and happiness in their life and find the answers to their problems. You can light the way, you can show them how a relationship with God has helped you. It will not always happen this way. But little by little, step by step, you can help others to come to this realization.

Humor is another great method of service. I do not mean the cutting, sarcastic, demeaning humor so common in our culture. Rather, I mean a genuine lightheartedness brought about by learning to laugh at life's problems and at ourselves. Use of this gentle humor can be very helpful to others. It lightens their load.

Laughter relieves much stress. Those who can laugh at life and at themselves will be much happier and healthier. We truly take ourselves too seriously. See life as a learning process. From an eternity viewpoint, this life is but a day's work, so do it well! We

are loved; we are given guidance. What are we so worried about?

It is simply up to us to make the effort to become more loving, to do the best we can. When you make a mistake, pick yourself up. dust yourself off and have a good laugh. Get on with life. No one gets through life without making mistakes. But while you are living it, why not be of good cheer yourself and spread it around?

Your level of maturity is not gauged so much by the quantity or quality of the mistakes you make, but by how you react to these mistakes. Do you let them defeat you? Or, do you turn to God in the Stillness and ask Him for renewed strength and courage to get back on the track, ready to face more of life's experiences?

Life is not easy. But through the Stillness, through learning God is by your side at all times, you can view your life as full of challenges instead of difficulties. You have the opportunity for eternal life. Broaden your perspective to see this life as just the beginning of your destiny.

Nothing can happen in this life that cannot be corrected eventually. Lighten your burden and the burden of others. God has all the patience necessary, and you have all the time in the world.

Giving advice or counsel is another way to serve others, but advice is best given when it is asked for. Rather than endlessly talking about how you would handle a situation, help others explore the best solution by asking them questions about what they are saying.

Remember, the best advice is already within them. Your service is to help draw it out. How do you do that? Mostly by listening which was discussed previously. But if you do give advice, counsel someone about how to solve problems for themselves rather than you solving it for them.

You have heard the saying. "Give a man a fish, and he has food for a day. But teach a man how to fish, and then he has food for the rest of his life." There is great wisdom in this saying. It is a wonderful analogy to seeking inner guidance from God through Stillness. Let's create a new saying to apply to giving advice. "If I give you an answer, you will solve your problem today. But if I teach you how to find your own answers within, you will be able to solve your problems for the rest of your life." The best advice is always to help a person find their own answers within.

Learn to help people in ways they perceive will be helpful to them. However, do not do something which would be harmful to them, even if they think it would be good for them. Otherwise try to help with whatever they think they need rather than what you would prefer to do for them.

If they need help in going to the grocery store, fixing the sink, then help them with that. When you spend time with them in these types of activities, opportunities to help them at a deeper, more spiritual level may occur. And in these moments you can let the Father speak through you and give this other person the words to comfort them.

As discussed earlier, the answers to life's problems can come in many ways because the Father speaks to us in many ways. Answers may come from books, through the words of another person, through our own moments of inspiration, through our

own inner religious experience. Be alert to these opportunities for service. Learn to help in the little ways. In time greater opportunities may come.

I will mention one more way to serve, which is probably the greatest service of all. You don't even have to step outside your house to do it. In fact, you can do it at anytime and at any place.

You guessed it! Prayer. Prayer is discussed so much that sometimes I think we forget how effective it can be. It can be so effective because we are enlisting the help of unseen forces and spiritual beings who love and watch over us. More than anything, these beings want to show their love by serving us.

However, keep in mind what was mentioned in an earlier chapter. If you pray for material/physical level solutions, you may not see results. If it were that easy, we would all pray to win the lottery and all be instant millionaires.

Another way to think about it is if you think God cares about money, just look at those who have it! Are they the most spiritual or deserving?

For what then should you pray? Pray for others to be given a specific insight into their problem or behavior. Pray they be given courage, wisdom, patience, tolerance or whatever other spiritual fruit they need. If the best you can do is to recite some formalized prayer you have memorized, then that is better than nothing because your intent is sincere and loving. But let me try to expand upon an idea to make your prayer not only sincere but more effective.

Suppose your child or a friend came to you and said, "I need your help." What thoughts would go through your mind? Wouldn't you wonder what the nature of the problem was and what specific kind of help they needed? They say, "I'm in trouble." You still don't know what the problem is or what kind of help is needed. Then they say, "Things aren't going well."

By now you are ready to shout. "Just tell me what the problem is and what kind of help you need!" Their response is, "OK, my husband is leaving me and I feel like my life has fallen apart and I don't know what to do." Now you know the problem.

There are many things you can do to serve such as watching her children for her occasionally, being a good listener, and praying for her.

To pray for her, you need to assess what she needs at the spiritual level. She appears lost, alone, insecure, and frightened. She could use insight into a broader perspective which shows her she will survive. Also, an awareness of the presence of God and her angels to let her know she is not alone is helpful. She could use an understanding that, with the help of God and her friends, she has the inner strength to cope with the situation and the courage to walk through this dark valley and overcome her fear.

These are the things she needs most. These are what you could pray for. Also, pray she will be given the awareness to turn to her God within for guidance.

Whenever you encounter another person, ask yourself what they need immediately after you have left them. Then envisage them surrounded by an aura of love you have projected toward

them. Then say the prayer which asks specifically for what you think they need. You say the prayer they would say if they were more enlightened. Also, let them know you will pray for them.

Now the angels, guides and other spiritual forces can go to work. You've given them a job they are able and willing to do. There are so many people in need you can be of service much of the time by praying. You didn't even have to leave your job and move to another country!

The opportunities for service to others are abundant. I have mentioned only a few, but all of these can be done in your everyday life. Service is the key to happiness. As you are increasingly filled with the Father's love and learn to help others, you will become much happier. You will feel loved and loving, peaceful, less stressful and have a more positive attitude toward yourself, others and life. As I said at the beginning of this chapter, these are the ingredients for happiness.

CHAPTER NINE: LOVE

How do we learn to love and be loved? We know we are imperfect. We know we make mistakes. We know we have done hurtful things to people and other people have done hurtful things to us. Where is this love that is supposed to fill our life?

The greatest love you will find in life is the love of our Father. The Father loves you more than any human could possibly love you. Why do you not feel this love of the Father? Because you have not sought it. Because you have not spent time to develop a relationship with the Father.

How can you feel love from someone whom you do not personally know? Can you feel love from another human that you have never met? Of course not. Therefore, to feel the Father's love and love Him in return, you need to get to know Him. How do you do that? Through the practice of Stillness.

As you spend time in the Stillness, ask the Father to feel His love. Give Him thanks and praise Him for the beauty and the goodness that He has created. Over time you will gradually sense His presence, a growing feeling of His love surrounding you. It is as if a protective shield is being placed around you. It feels warm, it feels wonderful. It is there for the asking. You must simply make the effort.

The Father's love has always been there for us. but we have been too busy, too blind or too unwilling to seek it. We have put up the barriers to the Father's love by not recognizing Him by not making the effort to know Him. Once we begin to make this effort, the barrier comes down and the love comes in. We begin to feel it more strongly each day.

It will not overwhelm you. it is subtle. It is something that gradually grows. There will be times in the Stillness when you will feel it more intensely and other times more subtly. But if you continue your practice, over time you will gradually become more aware of this love that is within you. You will sense the presence of the Father within you.

Now you have the love of your life. Now you have the wisest, kindest, and most loving person by your side at all times. Do you know the words. "What does it matter if all things earthly crumble?" Those who build this relationship with the Father and feel the love of the Father in their soul can begin to truly

understand what this statement means. The Father is with you. He loves you. He will help you get through all of life's problems.

And when you finally pass on after experiencing physical death, you will move to the next level of life in the universe. There the Father will continue to guide you.

It is good to fall in love with someone to share companionship or to have a family. But always keep in mind that these are other human beings, these are other imperfect humans just like you. Do not expect they will be perfect or that you will have a perfect loving relationship with these other humans.

The problem is that most people seek only this human love relationship rather than also seeking a relationship with God. Then they wonder why they are disappointed, why love has passed them by. Love has not passed any of us by. It is waiting for us to simply seek it out. But we tend not to look in the right places. We are not told much about the love of God or that spiritual reality is the enduring reality. We do not come to value its existence as being as real as physical/material reality.

But if you give it a chance, if you seek this spiritual reality of the God within, you will come to know it is just as real. In fact, in time it will seem even more real to you than much of what goes on around you in the physical/material world.

In time, the petty jealousy, biting comments, greed, materialism, and self-aggrandizement of humans that you encounter at some level every day will actually begin to seem less real. What you will begin to see is people acting in these ways because they

do not know a better way. They are not yet aware that spirit reality is the reality of beauty, truth and goodness.

This is the permanent reality. This is the eternal reality. The negative attitudes, thoughts and actions you see around you are only temporary. They are there because people do not seek or know a better way. But these negative and immature reactions are all fleeting; they all pass quickly. The love, truth and beauty that is true reality are enduring. You simply have to seek it and learn to recognize it more. Let the Father be your guide.

Not only will you begin to feel more love for yourself as you begin to see yourself as a cherished child of God, but also you will begin to see the presence of the Father in your brothers and sisters.

This can be a difficult change in perception to accomplish because others can act in some very unloving ways. Remember in an earlier chapter we talked about one technique in which you look at your brothers and sisters and picture them when they were little children standing in their cribs. Their eyes were big and bright and beautiful. You could see their wonderful potential to be a loving, kind, truth-seeking human being within them. That potential is still there no matter how distorted or disguised.

Or, think of them as an acorn seed trying to grow in a difficult environment, a difficult climate. Their leaves are withered, their limbs are heavy from life's storms, but the potential to become a beautiful oak tree gently swaying in the breeze in the warmth of the sunlight is there.

To feel love for and to see the presence of God in others, remember to separate their actions from their true selves. If they commit crimes, it may be necessary to put them in institutions where they cannot hurt others. But, never forget whether in this lifetime or as they move on to the next level, their potential is still there. God is still within them.

If they have become so evil or corrupt there is no goodness left within them that can be salvaged, then their fate may be sealed. But we cannot know this. Only God knows them well enough to be their judge. Meanwhile, look at them with compassion, not hatred. Hate the actions, but look at the individual with compassion. Love the sinner, hate the sin.

Do you really believe if people knew God, His love for them, and of the goodness and beauty of a loving and kind universe that awaits them, they would act in the ways they do? I really think they would not. I think they would want to be part of such a loving and beautiful universe. Most people are starving for love while the greatest love of all is waiting within. Let them see the Father's love within you.

There is another approach you might take to learn to love others. Look at another person and realize the God indwells them just as God indwells you. Imagine yourself talking to the God fragment within them. Would you say negative things? Would you say hurtful things?

If you try this, you will find the level at which you relate to this person will be very uplifted. You will try to communicate clearly and in a kind and loving manner. After all, if you imagine you are talking to God, don't you think you will be on your best behavior?

To do this, you must raise your level of consciousness to feel God's presence with you. Then, in a sense you allow the God within you to communicate with the God within them. If others do not respond in a loving way, it is not your problem. It is their problem. Your responsibility is to do the best you can. You cannot make choices for others. They must follow their own path, they must find God in their own way and time.

You should not expect that just because you attempt to act in a more loving and kind way you will always receive this in return. In fact, while on this world, you will not receive this in many instances because most people have not yet awakened to their true nature. The point is for you to do the best you can. You only have control over your own decisions and actions, not anyone else's.

If they are open and searching, you can help them. You will know it and it will fill you with happiness to be of service to them. But if they are not, if they are closed and still very negative, let your light shine. Treat them in a kind way. Say a prayer for them to be awakened to the Father's love within them. Remember the action is your responsibility and the reaction is theirs.

As you become aware of the presence of God within and feel how much God loves you. your love for God and your love for yourself will grow immensely. As this occurs, it is only natural you will want to let this love flow through you to others. It is only natural you will want to serve others. It is only natural you will begin to see the presence of God in all your brothers and sisters.

While we may differ as human beings physically or mentally, from a spiritual point of view, we are all equal. Equal because God loves each of us the same. Equal because we all have a fragment of God within us. No matter how poor or rich, no matter what occupation or status in life, every normal human has this spirit of God within them. Therefore, you should always be respectful of another person because of the spirit within them. Judge their actions if you have to, but do not ever judge their soul, their spiritual status.

As your practice of the Stillness continues, more and more you will be able to see the love of God all around you. Eventually, you will understand the highest meaning of the statement that learning to love yourself, the spirit fragment of God within you and the personality making you a unique child of God, is the greatest love of all.

When you truly have learned to love yourself, all of your human relationships will become more loving. When you feel loved and loving, you do not respond to unkindness with more unkindness. Rather, you let the unkind remarks or actions bounce off the shield of love surrounding you. When the remark or action just bounces off instead of letting it wound you and make you want to retaliate, it is reflected immediately and undistortedly back to the other person. They can now see more clearly what they have said or done.

In most instances they will regret it. This is the meaning of learning to "turn the other cheek." Your impenetrable barrier of love can withstand even a second attack. Eventually, the other person will realize their negative remarks or actions are only hurting themselves.

Can love be defined? The best definition of love I have ever heard is love is the desire to do good to others.

Think about it. When you love someone, don't you want to do good things for them? This could be parents, children, spouses, companions and others. When you "fall in love," don't you try to think of ways to please the other person with flowers, little notes and special gifts? This is what you should feel for yourself and everyone else you meet when you have become saturated with the Father's love.

Can you even imagine what the world would be like if everyone felt such love within them? It is hard to imagine, but yet this is your destiny. This is how spiritual beings live in the universe. One day you will live this way. but why wait? You can begin to feel the love of God today by beginning this practice of Stillness. Make this world a better place now by letting this love flow through you to your brothers and sisters. Let your inner light shine as a beacon to all the lost and storm-ravaged souls who sail upon this sea of life.

CHAPTER TEN: FAITH

In addition to more love, health and happiness in your life, the continuing practice of the Stillness, the continuing development of your relationship with God, will lead you to a greater realization of what faith is.

Faith and belief are different. Belief is ascribing to some set of doctrines or statements about what life and God are supposed to be. Faith, on the other hand, is a living, dynamic process in which you are gradually learning to trust more in the God who dwells within you. As your relationship with God is growing,

your faith in God is growing. You are learning to trust more, to seek inner guidance to solve the problems in your life, to discern what is true and what is not, and to feel more love for yourself and others.

There is a great difference between this living faith and mere belief. Many people attend churches, synagogues, mosques or temples and they have belief in the tenets of their particular religions. But what happens when life brings them a difficult situation? Will belief in these precepts help them?

They are usually told if they simply pray more, everything will be all right. And so they recite the formalized prayers of their religions. Yet things do not usually change and they become disillusioned.

Perhaps it would be nice if it were so simple that we need not take any responsibility for our spiritual development. We would simply have to attend meetings of some religious organization, say we believe the things they believe and everything would be taken care of. We would not have to think about the issues of life; we would not have to attempt to develop a relationship with God. All we need do is follow a few rules and ascribe to a few beliefs.

But, such a secondhand relationship with God will not serve you well. It will not give you the living faith/trust in God you need to feel Him at your side in times of difficulty. It will not provide you the level of love, health and happiness you deserve and desire.

Within you is the most knowledgeable, wise, loving person you can ever imagine. Why not let this person, this fragment of God,

be your guide and your friend? Why not learn to turn your troubles over to this person and let Him help you? Then, no matter what situation you face in life, you have this all-wise and all loving comforter right by your side. And, because you have developed a relationship, you can call on Him any time and He will always be there for you.

This firsthand religion, this firsthand experience of God within you, is what true faith is all about. As you grow, your understanding of truth and God can change because your faith is what grounds you. All this change and growth is allowed because you have this perfect guide within you to help you make these adjustments in your way of thinking and acting. You are not limited to an unchanging, fixed, or circumscribed set of precepts developed mostly by the thoughts of men. Rather, you are open to the inner guidance from a divine source.

Many people may not want to pursue this path because they might think it is too difficult or they simply do not want to make the effort. As you well know, nothing of value comes without effort. To be successful in the material world requires effort. To be successful in mental endeavors requires effort. To be successful at the spiritual level on this world also requires effort.

There can be some anxiety and confusion along the way, but this is present in your life already. However, as you begin to grow in your relationship with God, your anxiety and confusion will lessen because now you have an inner comforter and teacher who is showing you a better way.

Learn to trust this wonderful spiritual Father just as a little child trusts his earthly parents. Go to the Father with all of your

troubles and anxieties and allow Him to guide, comfort, and show you how much He loves you.

It is an easy process when you think about it. You are simply developing this relationship. You already know how to do it - remember, spend time each day with Him! What could be easier? What could be simpler? Is the price of thirty minutes to an hour a day for the wealth of love, health and happiness too much? It seems as though it's quite a bargain. All the love and faith you need is yours just by your willingness to share your life with God.

One of the most helpful suggestions in this process is to find people who are on a similar path. Try to find others who would like to begin this practice of Stillness. Then, get together with them each week or every two weeks. You can spend some time in Stillness together, but then use some time to talk about your experience. Share the experience of your inner religious life with each other. What difficulties, what experiences, what joys are you having in your practice of Stillness?

You will find this will be very helpful and very comforting. It is very difficult to experience something by ourselves and not have others with whom to share. You need this opportunity to share what you are learning with other people, they need the opportunity to share with you.

No one sees the total picture of life. We each see different parts. But if we pool the vision of each of our parts, we can see a larger picture of the whole. This is the advantage of sharing your understanding about life, the Stillness, and your relationship with God. There are many others who would like to begin this search just as you would. Seek them out. Set up an opportunity

to share with them even if you only find one person. If there are more, even better. If you have many, split into small groups so everyone has ample opportunity to share their thoughts and feelings in discussion.

This faith, this growing relationship that you are developing with God, is the living water Jesus talked about. If you look at Jesus' life you will see whenever He had difficulties or was unsure, He went to commune with the Father. This is the secret of life; it is the key to the spiritual kingdom.

All those who wish to enter must be born again. What does that really mean? It simply means you have decided to develop this relationship with God. You are going to make God a part of your life. You have been born into the spiritual level of reality.

Doing the will of God has nothing to do with what you do to earn a living or other physical/material world issues. It simply means you are willing to share your inner life with God by developing a relationship with Him. It means you are willing to trust His guidance through life.

As you come to know God, you will come to know His will, His way for you. You will freely choose to do His will and follow His way because He is the way of truth, beauty and goodness. Truth is really very simple once you understand it, but you cannot find it without the help of the spirit of God within.

When you became an adult, you left the safe harbor of your childhood and set sail upon the uncharted sea of life. On your voyage, you have visited many islands of experience such as jobs, relationships, religions, social causes, etc. You may even

have temporarily wrecked your ship upon the rocks of drugs, alcohol or other abuses and obsessions.

As the captain of your ship, you have chosen which islands to visit and when it was time to leave and set sail again. You have steered your ship through life's fog, rough waters and even storms. The days of blue skies and warm breezes have given you hope of finding your destination. What is most remarkable is most of us continue to sail without the aid of a pilot. We let the winds of fate and our own limited knowledge fill our sails and determine our course.

What is a pilot? He is the one who knows your destination and has the charts to plot the course to take you there. Who is your pilot? He is the fragment of God, the spirit of God who lives within you. He is always there to guide you, but He can only suggest a course or direction because you are the captain. Only the captain makes decisions.

Are you tired of losing your way, not knowing where you are going and how to get there? Then turn to the pilot within for guidance. You will still encounter islands to experience and rough waters. But now you have a pilot who can also be your tour guide to help you choose the best islands. Now you have someone to help you find the shortest and most direct course to sail through those stormy times. Most importantly, now you have someone who cares about you to sail with.

Why do you insist on making the voyage alone and without guidance? Let the winds of faith, not fate, fill your sails as you continue your voyage to Paradise. Your pilot hails from Paradise, so he knows how to guide you there.

CONCLUSION

While I may have seemed critical of our world's religious/philosophical systems of thought and organized religions because they have not made this personal relationship with God their primary teaching, I am not suggesting you should abandon them. You can find comfort and fellowship in these philosophical/religious organizations.

Your practice of the Stillness, your development of a relationship with God can be done with or without them. You need not give up your beliefs in the particular religious/philosophical system of thought in which you are participating. It is not necessary because the Stillness practice could easily be taught within the structure of all religious/philosophical organizations.

Should not their main purpose be to help you develop your relationship with God and to grow spiritually? Hopefully, at some future time they will begin to recognize this as their true purpose. Then they will develop courses, workshops and seminars geared toward the practice of the Stillness. Until then this is a practice you should develop on your own because it will bring you closer to God. Think of it as your personal religion which will self-empower you to find the love, health and happiness you desire and deserve.

Yes, having a personal relationship, a living faith/trust in God will change your life, but not in a strange or negative way. It does not mean you have to become an ascetic or give up material goods or pleasures. It only means you will have a close friendship and loving relationship with God.

This loving Father will help you be more loving toward yourself and toward other people while you continue your existence on this world in your material body. It is really all quite simple. You now have the key. It is up to you to unlock the door.

How do you unlock it? You set aside some time each day to spend with God. What do you do? Talk with God, give thanks and praise to Him. Still your mind and listen to God. Feel His love. Feel His presence. Know this is what every enlightened religious teacher has tried to convey to humanity.

True spirituality is not about belief systems, rituals or practices. It is about developing a faith relationship with God. What could be more devastating to a parent than for a child to ignore him? God, our Father, loves us and seeks our love in return. God shares His love with you, share your love with God.

You will be rewarded beyond your wildest imagination by your efforts. You will be rewarded by greater love, truth, goodness, compassion, tolerance, faith, courage, patience, inner peace, wisdom, health and happiness. These are the true treasure of life, and yes, you will take them with you when you journey onward.

You must decide after reading these words if what I have said is true. How do you know? How can you possibly assess what I have said unless you begin the practice of the Stillness to see for yourself if it brings the results I have said it will. You can discuss and theorize endlessly, but we are creatures who learn by experience. Firsthand experience of the practice of the Stillness is what will tell you if these words are true. All the discussion about it, who has practiced it and why it hasn't been

taught are all, for the most part, academic. Only experience will convince you. Only a firsthand experience of the God within will assure you of His reality.

Just do it! Just give it a try. You will not be disappointed. But you must be patient. In time it will become a spiritual habit. Just as you would become hungry if you went for a few days without eating, you will find after a while you feel spiritually hungry if you do not seek the Stillness.

Seek the comfort and love of God because you will find great strength, great spiritual nourishment in this relationship. Before long you will not want to miss your time with God. If you have to for some reason, you will feel a little disappointed because it becomes one of the true highlights, if not "the" highlight, of your day. And why not? Why would time spent in a loving relationship with someone as loving and caring as God not be something that is desirable?

But now it is all words to you and so there is only one way that you will know - you must experience this yourself.

And so we conclude with the words with which we began. The Stillness is the practice to help you develop a personal relationship with God. This relationship will bring you the love, health and happiness you desire. These are the words that are the key to unlocking the door to a true knowledge of God, a true living faith: "Be still, and know that I am God".

I thank you for giving me this opportunity to share my thoughts and experience with you. I bow to the spirit of God within you.

EIGHT

LETTERS TO GOD

An exercise to develop spiritual consciousness

by MARY LIVINGSTON

Do you fall asleep when you meditate? Perhaps the moment you try to relax and still your mind a switch is thrown and your mind begins to make elaborate lists of things to do? You are not alone and there is nothing spiritually lacking in you! God responds to the faintest flicker of faith; He/She responds to all our attempts to open our hearts and be our spiritual best.

Being my spiritual best use to be a challenge for me because I did not fit the patterns of those around me with clear spiritual connections and guidance. Sometimes I just *knew* what choice to make but most often I was second guessing what Spirit wanted. I rarely heard or saw in my mind, the words of my celestial guides.

Now, my guidance usually comes while I am writing. Ideas just seem to emerge and I find I can connect the dots more easily when "distracted" by an exercise. For me, I need to get my very active mind engaged in some activity in order to keep it "out of the way" while Spirit ministers to me on higher levels.

I confess I can be too impatient. In the past, while reading material, I would try to jump to the nitty-gritty or my points of interest immediately so that I could skip the research, testimonials and the author's life story. Those things had their place but all that took time. I rationalized that I drove a car without understanding how or why the engine works and that I could spiritually grow without understanding the how or why of traveling a spiritual path. What I came to realize is that, for me, I could be a passenger or wanderer on a spiritual path or I could forge a spiritual path consciously, intentionally, and with incredible celestial help.

Speaking of intentions, in 1999, I got to the nitty-gritty of setting and manifesting intentions. I set some of the greatest, absolutely noble, intentions. By the end of two months, I was manifesting like crazy! I was manifesting exactly the intentions I'd set for myself... *want*. I wanted like crazy. Everything began with the phrase, "I want..." and that is exactly what I got—want. I rewrote my intentions but was frightened of manifesting such power. I wasn't ready! So, in the long run, cutting corners didn't save me any time.

What I offer is a three-step exercise that I call the God Letters. Two things are required. One, you must set aside some time to write and *actually write*! And, two, you must *not jump ahead* to see where the following step will take you. If you chose to jump ahead you will short-change yourself.

STEP ONE EXERCISE:

Write a letter to God, the God of Your Understanding, preferably using the first suggested option below but any one of the options will be beneficial. A tape recording in lieu of a written letter could work if you absolutely cannot bring yourself to sit at your keyboard and type.

1. Write how you feel, from an Inner Child* perspective, ignoring any beliefs about how you *should* feel, regarding your relationship with God. Discuss the experiences that caused you to feel anger, disappointment, insecure, abandoned, betrayed, unprotected, and so on. Children have illogical emotions and this letter is from you as a child so you need not justify any of your feelings. What is important is to clear the air with God. You can include "burning" questions that seem to block a totally trusting relationship with God. (God, where were you when (blank) was turning my life inside-out? Is an example.)
2. If you are logically dominated or having difficulty accessing any emotions regarding your relationship with God then you could write your letter from that perspective. Your letter can be more analytical, comparing your "outside" relationships with what you perceive is happening within you on a spiritual level. You could ask why you feel distant, or not

experience a closeness to God. You could address God as a business partner since, from one perspective, you are spiritual partners.

3. Finally, if the two options above just do not seem to motivate you, then you can take one specific relationship in your life that is challenging you and 'discuss' it with God.

Some people have a difficult time getting started with their letter. They find it beneficial to begin with something like, "Dear God, regarding our relationship, I have to say that at times I have felt..."

If memos are your style then use whatever works for you as long as it helps you access your true feelings which may even be a sense of emptiness or a sense that maybe God went on vacation years ago and no one has been listening to anything you've said.

There is not a 'proper' format nor are there 'wrong' feelings. There are only honest, childlike emotions and what is important is that you allow yourself to access those often buried feelings if possible.

This is between you and God. It is personal and you will not be asked to share what you write.

You now have your assignment. Please return after you have finished Step One and go to Step Two.

EXERCISE TWO:

*The Inner Child is a term used to denote the emotional childhood experiences that we had that are unresolved. Often this is unconscious. Often this is the wounded aspect of yourself that needs to release the old and stagnant emotions and experiences buried deep within.

Congratulations to those who did the Step One exercise. If you have not completed Step One, I urge you to stop reading and go back to do Step One. You are wasting your time if you bypass Step One since each step is built upon the last.

Hopefully we are all on the correct page. Often Step One is an emotional time but it is spiritually healthy to surface and release those long held emotions that interfere with an intimate relationship with God. It is important and there are no shortcuts or I would have found them.

Most people find Step Two interesting after they get into the exercise. Some find it difficult or seemingly impossible. I assure you that this step is quite revealing and will help you tremendously.

Step Two involves you answering your first letter as if you are God. There is nothing sacrilegious intended and a prayer is provided to assist you. This part of the exercise is designed to reveal how well you know God. Most importantly it will reveal what your human mind is capable of when you are "on your own."

STEP TWO EXERCISE:

Please do the following.

1. Say aloud, the following prayer: Heavenly Father, I mean no disrespect as I proceed with this exercise to strengthen our relationship. I ask that you **not** provide any help or assistance so that I may see what my human mind understands about you and your ways. Thank you for this opportunity for spiritual growth and I now proceed.
2. Write as if you are God answering your first letter. Note that you probably cannot say, "But, I didn't know", since most of us believe God knows everything. This exercise is far easier for those who are parents since God often sees us as little children. Just do your best but don't be surprised if you struggle through this step.

You now have your assignment. Please return after you have finished Step Two and click the link to Step Three. Do not become discouraged. This is the most difficult step for nearly everyone. And, Step Three will feel like a cake walk after this!

EXERCISE THREE:

Congratulations to those who did the Step One and Step Two exercises! I hope you feel a sense of pride for the effort you have put forth. If you did not complete Step One and Step Two, you are on the wrong page! Please do not cheat yourself! Please go back and do the work. It is now time to do Step Three—the best part of all!

STEP THREE EXERCISE:

Please do the following.

1. Say aloud, the following prayer: Heavenly Father, I thank you for this opportunity for spiritual growth and insight. I ask that you now provide your magnificent help, ministry and assistance so that I may feel your presence and better understand our relationship. I now proceed with your guidance.
2. Write a response to your first letter, allowing God or his agents to comfort you in body, mind, and spirit. Try to type whatever comes to mind as if taking dictation.

To get you started, You may wish to type the following as a beginning:

My Beloved Child, (your name), I wish you to know beyond all else how precious you are to me; how unique and valued you are. There is no other in all of my vast Creation that is just like you and you are irreplaceable. I cherish you and love you beyond words.

Know that it is common to experience difficulty in direct communication with one another because we are on two greatly different planes. My unconditional love for you, if you are not prepared to receive such love, can overwhelm you and cause imbalances in your material systems.

Therefore, know that I have provided an abundance of celestial teachers, angels, and guides that will act on my behalf from a plane much closer to you until such time as you begin your advanced journey home to me. They will teach you to love; they will teach you how to receive love. They wait in the wings

longing for you to request their assistance. Ask and you shall receive. Trust that this is my plan, my ministry for you, if you so desire.

(At this point you may wish to reiterate any lingering questions that you still feel you need to understand. Many people simply feel God's presence; feel enveloped in unconditional love and inner peace. Some become speechless. Just open your heart to whatever happens. If you cannot write during the experience, you might wish to write what you recall later for reflection.)

It is my wholehearted desire that each person who made the time and invested the energy required to do the God Letter Exercises received the healing, love, and comfort that our Heavenly Parent provides. I hope your life is enriched by the experience.

NINE

COMPASSION: The Critical Element in Growth

by DANIEL RAPHAEL, Ph.D

www.socialsustainabilityproject.com

(The Northern Colorado Teaching Mission group in Loveland has been a creative force in forging new relationships with celestial teachers and combining for co-creative projects involving sustainable institutions. Daniel is a leader in this work and one of the transmitters for this group, for such teachers as Monjoronson, Machiventa, Charles, Rayson, and Serena. All humans and celestials are involved in the Magisterial Mission to our world.)

Compassion is personal. Extending compassion to another person is a deeply personal act that reveals much about our self to another without thought of any return. Receiving acts of compassion is also deeply personal because we humbly know at once that the giver considers him/herself as though he or she were in my place. What is it that motivates our impulse-decision to act in compassion?

Deductively, we know that actions are always preceded by decisions that are based on beliefs – our interpretations of a set of values. Even decisions that are conceived in a millisecond are

formulated from a set of values, values that are often invisibly assumed in our thinking.

Compassion seems to be one of several behaviors that are innate to our species from the earliest of times. Though compassion may be an innate behavior, the will to initiate acts of compassion does not come about unconsciously as some automatic reaction. As with any decision, a set of values underlie the impulse-decision to reach out to another in compassion.

It seems reasonable to accept that the value system that motivates our decision to express compassion is innate as well. It is a part of our heredity that gives us the capacity to act compassionately. Unfortunately, we often see where compassion is desperately needed but none is given.

My intention here is to explore compassion as innate to our being, and to explore what arouses our impulse of compassion. We will begin by examining what we know already about the values that underlie the sustainability of our species long history.

The Values that have Sustained Our Species

Quality of Life — While life is fundamental to survival and continued existence, it is the quality of life that makes life worth living and gives life meaning. Quality of life is the primary value, with personal growth and equality being the secondary values.

Growth — Personal growth is essential for improving our quality of life. To be human is to strive to grow into our innate



potential. Our yearning to grow ensures that our innate potential becomes expressed and fulfilled, and collectively encourages an improving quality of life for everyone – progress.

Equality — Equality is inherent in the value of life. We give equal value to each individual, and we would seek to provide a more equitable opportunity to every individual to develop their innate potential, as we would our own. Symbiotically, each individual is seen as a “social asset” whose contributions to society ensure that society becomes socially sustainable, and society’s contribution to the individual supports their growth to make that contribution.

Characteristics of these Three Core Values —

Self-Evident — These three values are self-evident similarly as those stated in the famous sentence in the United States Declaration of Independence, “We hold these truths (values) to be self-evident, that all [people] are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

Universal — These values are universal to all people of all races, cultures, ethnicity, nations, and genders. Ask anyone in any city or countryside of any nation anywhere on earth if they would like to enjoy a better quality of life, to grow into the potential that they brought into the world at birth, and to do so equally as any other person would or could. The answers are universally

the same. Everyone wants an improving quality of life, to grow into their potential and to do so equally as anyone else.

Irreducible — These three values are the primary values of our species that have no subordinate values to support them. Pursuit of an improving quality of life, growth, and equality provide the foundation for human motivation as interpreted by the individual and express themselves in a hierarchy of needs.

Innate — Even though I cannot prove it, evidence seems to suggest that these three values are innate to our species and are perhaps embedded in our DNA. They have motivated us, individually, to make improvements in our quality of life, whether materially or socially, and have collectively created immense “progress” for societies and civilizations.

Timeless — These values seem to have been innate to our species from its earliest beginnings. We can safely predict that these same values will continue to motivate us forward to enjoy an ever-improving quality of life, and to grow into our innate potential.

NOTE: Extensive scientific research conducted by the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University reveals a growing body of scientific evidence that indicates that compassion is “hardwired” in human DNA. (<http://ccare.stanford.edu/>)

The Value-Emotions that Make Us Human — Humane: Empathy, Compassion, and “Love”

NOTE: Love is the desire to do good to others. *I put “love” in quotation marks because love is the summation of its secondary

values: Honesty, truthfulness, respect, loyalty, faithfulness, recognition, acceptance, appreciation, validation, discretion, patience, forbearance, forgiveness, authenticity, vulnerability, genuineness, listening, supporting, sharing, consulting, confiding, caring, tenderness and many more.

The reason that all people are so sensitive to issues of equality is that we have the innate capacity of empathy – to “feel” or put our self in the place of another and sense what that is like, whether that is in anguish or in joy. Feeling that, we sense an inner impulse to act in compassion, to reach out to the other and assist them in their plight. We generalize empathy and compassion toward all of humanity with the term “Love” – the capacity to care for another person or all of humanity, as we would for our self.

Our motivation for equality is also stimulated when we compare our own life to that of others and see that the quality of their life is “better” or “worse” than our own. Our sense of inequality then rises within us to motivate us to seek equality.

Empathy, compassion, and “Love” emanate from the core value Equality. It is the nexus of our “head” and “heart” energies that integrates both centers to support and nurture our holistic integration as a person who is “fully human – humane.” This holism enables us to see others as we see our self without being competitive. This is the true essence of “equality.” It is the source of our sense of “oneness” with others, and enables us to extend our compassion to others in the most ennobling expressions, as example with Nobel Laureates for Peace.

To seek to improve our quality of life, to grow and to do so equally as any other person could or would, to have a sense of

empathy for others, and then to reach out in compassion to assist them, and to “Love” the humanity in all others, that is evidence of being fully human. Being fully human, these value-emotions come as a package: When we feel empathy for another, our immediate response is to provide an act of compassion, because we have a connection to all others of our species that we often name as our “love for humanity.”

What is remarkable about these three value-emotions is that while they are subjective in nature, in reality they can be objectively measured when we observe the secondary values they generate: acceptance, appreciation, recognition, validation, respect, loyalty, faithfulness, trust, authenticity, vulnerability, genuineness, self-identity, and identity of others, and many more. These secondary emotional-responses are what make “love” love!

The Three Core Values of Social Sustainability —

Seeking an improving quality of life, to grow into the innate potential we brought into life, and to do so equally as anyone else would or could prepare the stage for the expression of the secondary value-emotions.

When people suffer and their very existence is in jeopardy, when an improving quality of life is not possible, and when growth is put off and equality is absent, it is very rare that the value-emotions of empathy, compassion, and “Love” are expressed. When people are able to pursue an improving quality of life, to begin growing into their innate potential with an equal ability to do so, then empathy, compassion, and “Love” are able to come into expression. The core values that have sustained our species set the stage for the individual’s capability

to express their innate value-emotions of empathy, compassion, and "Love."

When families, communities, and societies have attained a relative state of social, political, and economic stability, they, too, become capable of expressing the core value-emotions similarly as do individuals. To the contrary, though, what we see from observing the behavior of organizations is not consistent with that premise. Something is surely missing when organizations of great means do not act compassionately. Organizations have not come to appreciate these six values as ultimately necessary to support their own sustainability and that of societies, as they have for our species.

Our species will be sustained into the millennia of the far future simply by procreation, invention, and adaptation. For organizations and societies to become sustainable, they must take the extra step to incorporate the three core values of social sustainability into their operations. Social-societal, political-governmental, and financial-economic organizations provide the necessary supports for a functional society. But, that does not assure those organizations or their host societies will become sustainable into future millennia.

One critical element is missing: Organizations do not have an innate set of socially sustainable values to support option-development, choice-making, decision-making, or action-implementation to support their sustainable existence. Has long-term sustainability ever been an intention of the vision and mission or operating philosophy of organizations?

If we want to see an explosion of compassion in our societies, particularly democratic societies, then we must, for example,

convince all organizations, corporations, foundations of all types, and governmental agencies of the necessity of adopting the three core values of social sustainability to assure their long term existence into the far distant future; and to use the three value- emotions as the criteria for decision-making and action that qualify their actions as being empathic, compassionate and “Loving” toward all of humanity as individuals do.

People are Innately Good. Just as the three core values of social sustainability (quality of life, growth, and equality) are innate to every person of every race, culture, ethnicity, nationality, and gender, the three core value-emotions are innate as well, and not learned behaviors. They exist in us as an impulse to do good to others. They are proof that people are innately good. We want peace for others, for example, as much as we want peace for ourselves because we are wired with the values that make us human – humane.

These three core value-emotions clearly identify us as social individuals rather than asocial or antisocial beings. Their expression is evidence of being socialized — to care for others equally as we do for our self — to be humane. The exceptions are those who received bad socialization and learned predatory values as they were being raised; those who developed negative interpretations of themselves and others; those who have chosen to be other than innately good; or are mentally defective.

Quality of Life, Growth and Equality and The Three Value-Emotions —

Conscious application of the three core values of social sustainability is enough for families, communities, and societies to achieve long-term social stability and eventually social

sustainability. However, achieving that status does not automatically assure that they will automatically become more compassionate and humane. Yes, they would surely become “just” societies but that does not assure that they will also become compassionate or humane.

Clearly, if the best of human nature is humane, sensitive enough to be empathic and able to give and receive compassion, then should we not also expect our communities, societies, and organizations to reflect the same qualities? How else can we meaningfully engage widespread problems of social justice, social equity, what is fair, and the common good? Those social problems can only be engaged with fairness and lack of bias when we use the values that are universal to all people of all races, cultures, ethnicity, nationality, and gender.

Compassion as an Expression of Maturity, Social Evolution, and Peace —

In expression, empathy, compassion, and “Love” support the development of a higher quality of life for our self and for others. These value-emotions provide us with the motivating energy to grow into more complete, mature, and functional individuals. They allow us to see the common good, social equity, and social justice as societal rather than selfishly personal. Their expression demonstrates that all others are as valuable (equal) as we are and allow us to express the highest ennobling qualities of human nature at its best — to give example to others that encourages their intra- and inter-personal growth.

With these self-sustaining value- emotions, we have the direction and motivation from which to develop highly positive

family dynamics before the arrival of children; and a loving, compassionate, and empathic means to validate holistic growth in individuals, families, communities, and societies.

When you see evidence of these positive emotions in action, you are seeing evidence of the development of maturing personalities, families, and communities. The positive interpretations of these value-emotions of social sustainability then become constructive to the social and emotional maturity of individuals, families, communities, and societies.

Peace allows us to be more open and engaging within our self and with others. It promotes the inner development, growth, and maturity of our self, leading us to the accumulation of living-wisdom that is essential to guide new generations. Open, confident, socially competent, and compassionate individuals are the essential elements of social leadership, to lead others into actions that sustain families, communities, and societies in peace.

In times of peace, our compassionate acts promote social integration rather than social separation. They are the innate foundations of peace that are necessary to become fully human as socialized individuals, communities, and nations. These value-emotions provide the social lubricant that is essential for the smooth functioning of families, communities and societies, and their sustainability into the future.

Only in times of relative peace can we express the full potential of these six values that urge us onward to achieve a better quality of life, to grow into our innate potential and to do so equally as would anyone else. We hunger for peace because until peace exists, we cannot become fully human. The full

creative expression of the potential we brought into life as individuals and whole societies cannot be accessed and developed until social stability and peace come into existence. In other words, we are not fully human in times of war, conflict, aggression, trauma, or personal conflict.

The three core values of social sustainability provide the foundation for the three core value-emotions to become fully expressed in times of social stability and peace. Peace will only emanate when the innate goodness of others is not only recognized as a potential, but encouraged to be developed. Peace is not possible without these three value-emotions being existent and functioning in reality. These value-emotions are fundamental to what we become as individuals, families, communities, societies and nations, which will not become evident until peace becomes pervasive.

Conclusion —

The three value-emotions of social sustainability are what is needed to fulfill the three core values of social sustainability. This only becomes apparent to us when our acts of compassion actually improve the quality of life of the other and support their growth into wholeness and peace as an equal of any one, including our self, and encompasses them with the generalized form of “Love” that we have for all of humanity, as we do for our self.

Meet Daniel on his personal page: www.teachingmissionnetwork.com.

TEN

Commentary on Matthew Block's Urantia Book Sources Research

*Teacher: MANTUTIA MELCHIZEDEK; Denver, Colorado, July
26,2003*

Student: *Matthew Block is a researcher who has worked at the Urantia Foundation in Chicago; he is finding the human source authors of many of the materials in The Urantia Book and has presented them at the Fellowship Summer Study Session this year, and on the Internet as well. Many people find it very threatening that the human sources ... even though they tell us in the book there are many ...are identifiable, and it's a problem for a lot of readers. I guess maybe they have to do this for themselves; it's a problem for them to adjust that to their feelings and beliefs about the revelatory material itself.*

MANTUTIA: Good morning, this is Mantutia. I was privileged to be a participant in the formulation of *The Urantia Book* and your question is intriguing and I enjoy it and I am glad to engage it.

...Do these revelations, these new discoveries by Mr. Block, diminish in any way the truths of this book? (*Not to me!*) And is there a mortal capable of writing a book of this nature? Having known all the revelations, all the sources, all the individuals? (*No, no way. No!*) Do you still believe that this is a revelation, formulated to clarify and encourage mortals on their course toward spiritual growth? (*Absolutely! Most assuredly!*) And do you believe there will be further mortals who are capable of writing enlightenment materials that will aid future generations? (*Yes, supplemental to this.*) Or perhaps in new tomes, new works? (*Yes. I think it is happening, even now.*)

Exactly! The revelation continues. This has been said by mortal Christian theologians and Buddhists, Taoists, Hindus, all God-Centered religions, have espoused that the revelation continues, and those mortals who are open to this, and write these down, will continue to publish new revelations. For the benefit of the argument, what are the positions of those who are fearful of this man's work?

Student: *I believe they feel it detracts from the revelatory nature of the material, to see where the human sources, those high human concepts come from. Maybe it's just something they will each have to work through on their own, but it seems that many people were very ... even though they appreciate the work ...very taken aback to find this evidence available, and feel it detracts from what they believe about the book itself. And maybe that's good.*

MANTUTIA: Were they to understand the larger intentions of this book, they would appreciate that it was truly a co-creative effort, in the writing, the gathering of the sources, and the formulation of the book, and eventually all through the Forum, to its publication. Many of the foundational intents of this book



were not known early on; only the larger, grossest intentions were known.

This is a historical record, a revelational record of the co-creative intention of Michael to heal your planet, not entombed within a book, but through the living lives of individuals and the expressions of their spiritual revelations in their writings. And gathering that together with Spirit, in this large book, to provide it to all humankind, it is a material evidence of this co-creative intent, and it does not stop with this publication, or its copyright in the mid-fifties, but continues.

We do not espouse a position of preferring the text over the living revelation that this group participates in, but enjoin both efforts to reveal Michael's intent to heal your planet, co-creatively, one individual at a time.

We are glad in some ways that there are oppositions to Mr. Matthew Block's work, as it provides us another opportunity to reveal the larger truths of the writing of this book and the continuing mission of Michael's work, through his celestial teachers, with individuals. As the years and decades pass, many will come to know this as true. For now, there may be tension; for us, it seems to be a natural process of discovery, of inquiry, that this man has attempted and has done well at.

One would anticipate this if they were a writer of the book, would they not? Certainly the human mind is curious, and knowing that, the book has told them that it has gleaned ... it is

the summation of gleaning ... many human writings; it would not be unexpected that inquiry would be made as to what those sources were.

This is truly a natural development of a wonderful work! We know that there will be other inquiries, and these too, will lead to greater truths, new revelations, to the generations to come. Thank you for your question.

ELEVEN

The Inner Journey in Woods Cross

*A root without limbs ... A foundation without floors ...
A mission without wings ... And a replacement called the Magisterial
Mission*

by Jim Cleveland

The Teaching Mission foundation in the U.S. was established in the Salt Lake City area as the Woods Cross Urantia study group. It remains just a concrete floor today, and a few people meet and hear from celestial teachers at a foundational level.

The foundation resulted in no further construction, and has only led to a fragmented Teaching Mission identity within its Urantia Book-based groups.

These Utah readers originally went to New Zealand and brought the Teaching Mission insights and teachers home with them. We discussed it in book one. There is a huge archive of lessons from teachers Ham, a former mortal and ascending personality; the Biblical patriarch, Abraham; and Jesus' friend, Mary Magdalene, a member of his women's corps.

When the group's original human transmitter departed the area, it triggered years of dogged conflict within their own ranks over transmitter credibility, and with other Teaching Mission groups as well. Original transmitter "Rebecca" transmitted more lessons from Ham, and hosted many more interactive TM meetings in Nashville for a few years, then moved on to social activist causes in another arena.

The Woods Cross history is a case study of how a foundation and nucleus for a mission's growth can become stationary and unyielding when its basic conceptions are not broadened.

Telling what happened to bring on the schism is risky terrain for any outside writer, precisely because it is essentially comprised of personality conflicts, inevitable when more than a few people get together. All of the conflict could reasonably be laid to that.

So how can some author make judgments on such conflicts from afar, and why would we? We only see the results, and they come back to me first in an impersonal stream of thought bullets about what did actually happen.

First transmitter leaves and a self-appointed successor transmitter gains no traction and alienates a central personality, who has the spiritual name, Calvin. These 'spirit names' for our personalities are given to active TM participants if they ask what it is.

There is conflict, and permanent separations. After then settling on one transmitter, deemed reliable, and the continued painstaking word-by-word presentation of basic spiritual growth lessons, there came even more conflict. An overbearing human personality shows up and wants to transmit, and winds



up precipitating acrimonious e-mail battling with Calvin, and even setting up his own transmitting sessions in the area.

Calvin also takes issue with other Teaching Mission people who are carrying their lessons forward into service, including the publishing of books, co-creative society-building projects with celestials, and an inadvisable open-mindedness toward various suspicious New Age paths. Calvin loudly says it can't be 'anything goes' in the mission, and egos and human agendas should be no part of it.

At an excellent Teaching Mission conference in Snow Bird, Utah, hosted by the Wood Cross group, Calvin also confronted and had to deal with various troublesome sessions. They included dolphin intelligences discussion with author Timothy Wylie; the Rob Cricket International Ministries, which was interfering with a Stillness workshop next door with loud Pentecostal songs of praise, and even baptizing folks in the ski lodge's swimming pool. At night, many inquirers had great interest in some ET revelations.

Within a short time, Calvin visited the Sedona environs of a cult supposedly based on the Urantia Book. He visited a group of people involved in the Abraham-Hicks channelings. He didn't think much of either. It all amounts to a matter of perception, evaluation and discernment today — our usual human path.

The Woods Cross group continues to meet and receive basic spiritual growth lessons — from the biblical patriarch,

Abraham, and from Mary Magdalene. Calvin takes dictation while the reliable transmitter transmits slowly, so that every word can be written down, right there, and read back for clarity and any discussion that very evening.

When the Urantia Fellowship held its triennial conference in Salt Lake City a few years ago, Calvin orchestrated an after-hours transmitting session to a few interested people. He has no relationship with other groups across the country and relies only on the Woods Cross transmissions.

So with all this history, it was interesting to discover recently that Calvin now has an internet home for the Woods Cross-only Teaching Mission. These are lessons and guidance that he can indeed count on. And he can take the commentary from here with the website homepage.

The Mansion World Teachings
www.mansionworldteachings.com

“Michael’s Correcting Time Teaching Mission began, in our generation, with a few truth-seekers in New Zealand in the mid 1980’s under the administration of Melchizedek and Abraham, and jump-started to some Urantia Book-based study groups in the United States beginning with the Woods Cross (WC) Utah study group in 1991. This website is a compilation of the WC group’s 22 years of transmissions and interaction with our planetary Administration.”

“There were many other Correcting Time groups that ensued following the initial WC group. One could say that some of those Teaching Mission groups stayed the course; others yielded

to being 'out on a limb' of seeming tangentry – "self-aggrandizement and wishful thinking" as Abraham describes. Mortal free will was paramount in each group.

"There are thousands of "Correcting Time Teaching Mission transmissions," which can be researched at www.tmarchives.com – all purporting to be 'of the Teaching Mission.' This, the Mansion World Teachings website, pertains only to the lessons-transmissions and experience of the WC group.

"In early 2012, the WC group was contacted by a man-woman couple in Germany. They expressed that Machiventa (Melchizedek) had directed them to assist the WC group in creating a 'stand-alone' website containing the 22 years of WC Transcripts – transmissions-lessons from Abraham, Ham, Emulan and Mary Magdalene (all from the years 1991 through 2013). This website's transmissions were to be separate from the myriads of other groups/teachers/claims having to do with Michael's Correcting Time Teaching Mission.

"The group gave unanimous approval upon condition that all WC transmissions were to remain available to anyone at 'no charge' and with 'no soliciting' of any kind associated; simply a website freely available to anyone, anywhere. The couple from Germany (who wish to remain anonymous) paid for the web design and the costs associated for the first year. Our gratitude and appreciation is extended to them!

"Our gratitude and acknowledgement also is extended to those initial folks in New Zealand who began the interaction with Abraham and Melchizedek in the mid 1980's; and, to those

initiators of the WC study group beginning 1991– many of whom are now deceased.

“The name Machiventa Melchizedek requested for this website: Mansion World Teachings.”

On another page, the group presents Teacher lessons that explain the planetary Correcting Time.

Correcting Time Goals

“The goals of Michael’s Correcting Time / Urantia’s Teaching Mission: To assist all who desire to enhance their spiritual education and in finding their ‘Father within’ through the example of, and developing a personal connection with, the “Wayshower” – Jesus of Nazareth, otherwise known as Michael of Nebadon. Secondly, that each student increase in love, fellowship and service through the ‘brotherhood of man.’

“I have spoken to you on your part in this family of Father, and I have attempted to bring forth your sense of family togetherness within this group and other mortals you have contact with. It is my goal to bring to you the early lessons that you discover on the Mansion Worlds. I have said these teachings are to propel you forward in your spiritual learning that you may teach others. I say, signs of a world stepping forward into Light and Life are beginning to shine. I rejoice and give my gratitude to a Father who is so watchful of every universal detail. Many mortals have yet to learn that they belong to this great ocean that is the Kingdom of God, or the Father’s family.” [Abraham 1/2/1996]

"We, the Teaching Staff, prepare to begin more in-depth studies of the Mansion World teachings. We endeavor to bring these teachings to those who are spiritually prepared. Those that are ready will absorb much spiritual learning. Those that need more time to develop spiritually may not find these lessons particularly interesting or helpful. [Ham 6/10/1996]

"It is my desire and assignment to lead you further into the Mansion World teachings. It has been my goal to assist you in the discovery of your true selves, your true origin. It is my goal for you to discover your real self is of pure spirit. For that reason I have attempted to teach you morontially." [Abraham, November 13, 1995]

"We would like to teach our mortal students to better relate with their mortal contacts. It is our goal to help teach you that you, my children, are not only human, but also divine. It is our goal to help you discover your true selves and the personalities that created you. It is our goal to teach you the skills to relate with your fellows and send you with these skills out into your immediate world." [Abraham, November 20, 1995]

"I say, Father surely is the source of all spiritual strength. I also say that in the brotherhood there is assistance in understanding this spiritual strength, and greater capacity for reception of it. Know that here you have created a family of sorts in which you can draw strength from. Also can you give strength. It is our goal to envision this concept worldwide." [Abraham, June 30, 1997]

"Our Mission has been long in the making. We have already accomplished a great deal of small goals to get us closer to our main goal. I usually think not of the main goal, but focus more

on those small steps that take us where we need to go. My associates and I cannot step into Urantian reality and come forth saying, "change and be corrected," no. We cannot feel anxious for our goal to be pushed into completion. We are joyful that our small steps are most of the time successful; and, even sometime disappointed at things unsuccessful.

"My associates and I were informed from the very beginning that the Correcting Time was to progress at Father's pace, which is a natural evolutionary pace. We expected not to simply awaken those spiritually sleeping and proclaim the good news that Urantia is well loved and cared for. We were informed step by step on how to proceed in the assisting of evolution.

"Our Mission at first was directed toward letting mortals know of our existence, and, of Father's love for them; and then the disillusionment exercises came into play. And finally the spiritual teachings went out – which was our goal for many years. Many of our small goals have been accomplished. Of course the main goal has not been reached, nor are we disappointed by that fact, no." [Abraham, July 27, 1998]

"Our goal is to bring our children—all of our children—closer. You are my children. I am in you and you in me. We have naught to fear, only love to gain from our co-creatorship." [Michael, September 23, 2002]

"Over these years we have made it our priority to understand the Fatherhood of God and Brotherhood of Man. You, my friends, are beginning to see the importance this has in directing us toward Light and Life. Love is a nutrient which causes growth. Kindness is a producer of healing chemicals. You each are endowed with a spiritual power that can create tremendous

change. Our goal is to create change toward the good for the whole." [Abraham, March 15, 2004]

"My friends, you live by faith and hold fast to common sense; this moves our Mission forward. Your minds are not in the clouds while the tread of logic is barely visible, no. You are not so firm in the written word that your tread is well-worn and living revelation is not to be found. You are most definitely clearing a path for those ages to come, grounded in faith and common sense. Indeed something for all to strive for.

"This Correcting Time must be based on those who seek not recognition for self; not special seating next to the Master, nor names written down in the historical books. The Correcting Time moves forward because you each desire to be corrected individually and also serve anonymously. I wanted you to know how I felt, and to know of my appreciation.

"You make my ministry to you so easy – for that I am grateful. For your varying personalities – I am grateful. For your willingness to learn and serve – I am grateful. This Mission requires not bright and beautiful fireworks for it to be noticed by the masses, but simple good works by good people like you." [Abraham, September 6, 2004]

"Our Mission is a mission of action and immediate readiness. Our Mission is learning to tune into the informational wave of intelligence that is easily accessed through practice." [Abraham, August 3, 1998]

The Melchizedek Schools

[March 3, 1997] **Question from human:** *"Father Abraham, it has been a little while back, but you, in answering another question for me, mentioned that it is well known that the Melchizedek Schools were in place already. Did I hear you correctly or am I misunderstanding something?"*

"ABRAHAM: The Melchizedek Schools do operate now in this, what is known as the Correcting Time. Our students are those who choose to assist us in our cause, to be responsible to the growth of the God of time — the Supreme Being. Our kingdom is not material, no. Our Teachers will not teach with the latest material technology. We will not wait for prestigious buildings in which to gather, no. Our schools are fully functioning and our tools wherewith to teach are already existing within each of our students."

[November 25, 1996] **"Machiventa Melchizedek:** Greetings to you my friends. It is always my honor and great joy to speak with you. I am aware of your educational itinerary. It is wonderful that you are so receptive to Abraham and that you take his lessons seriously. It is wonderful to witness your dedication to your position in this Mission. I would say, in our Mission there has been many unintentional miscarriages, misunderstandings, miracle-seeking. This is not bad; this is natural evolutionary growth.

"In our Mission there has been a great many obstacles to overcome. I can say, down through history there have been those well intentioned individuals who desired to create change

for the better and somehow defaulted through hidden agendas. This is not to cast judgment, no.

"I come tonight to perhaps clear the record, to bring some light to those topics in which you have wondered on [*a discussion earlier this evening was regarding the March 30th 1992 announcement from a Florida TM group*]. As most of you know by now our Melchizedek teaching schools which we have endeavored to establish are indeed established – this is no surprising announcement to those who already have felt this, no. Our schools are to assist in the upliftment regarding meanings and values for our responsibilities as universe citizens.

"It is with great joy that I say, Michael is our Headmaster and He sees to your educational curriculum. Michael is aware of your spiritual necessities and has designed our program to meet your needs, as well as the needs of the universe. I am happy to assist in your morontial training and I turn this time over to Abraham.

"I am Abraham. On behalf of my students and I, we would express our thanks, Machiventa. Many of us remember a time when Melchizedek Schools were believed to be built materially. Deep within our Mission we endeavored to surpass those human thoughts that were so cemented in materialism, in wish-fulfillment. I would not call this prediction error, no. I would not blame anyone for the misunderstandings that occurred. I would however bring this topic into the light for a purpose.

"Within a few short years your thoughts have been slowly molded to embrace the greater realities of the Kingdom. Many have exhausted their hopes for actual material dwelling places

to learn spiritual realities. I say, many now know that Father's Kingdom is not material. Our Mission is led by Spirit and built on spiritual foundation. Our schools contain no instruments wherewith to teach, no. Our schools are spiritual and mindal.

"I do not mean to cast judgment or ridicule, no. I am joyful to expose the truth that you, our mortal students, have surpassed your desire for physical proof that our Mission exists. You have come to accept that our Kingdom is spiritual. Our Mission is spiritual and with that I can assure you that spiritual information is forthcoming.

"Universal broadcasting messages are able to reach this planet and I can say with authority that you are welcomed back into the universe. It is as though you were never isolated. I do not say there has been no learning from this isolation, no! I say, although the Father has never forgotten you it was necessary at one point to isolate our rebellious world – we have lived through this and have learned, and it is over. Yes, you are fully welcomed as Nebadon citizens.

"Do you see how far you have traveled in your thinking? Do you see how your growth has affected the whole of the planet? Thoughts are pliable and if Father is allowed to teach then does beauty result. You are learning that Father is at hand. You have endeavored to understand your position in this universe and give thanks for it."

[**Emulan**, February 13, 2000]

"I am fortunate though to be included in this time where these social challenges will be modified to bring the greater realities of a spiritual Kingdom. Our Teaching Mission, which will embrace many generations to come, is a wonderful platform from which

to create social change. By your personal correction you live an exemplary example of how each mortal is viewed as a child of God, and that we all are welcome to participate. Yes, we show that we can care and be cared for."

The State of Affairs on Urantia

HUMAN QUESTION: *Abraham, could you give a ball park comparison of where we are now compared to when Caligastia joined the Rebellion and when Adam and Eve defaulted?*

ABRAHAM: "I can try. With the Correcting Time we have had to 'un-teach' certain beliefs. We have had to de-mystify and disillusion the old understanding to make way for new understanding.

"With the Rebellion and the Default there was less universal communication with Urantia's inhabitants. With the severing of the circuits there was not the influx of spiritual understanding there could have been, and therefore the world's peoples had an 'anything and everything goes' attitude. Religions were built from the dust and not from actual, practical application of inner Father-fragment guidance.

"Without my wonderful friend and mentors' assistance (Machiventa Melchizedek), and of course the highly successful bestowal of our Creator Son, this world would be in total chaos. These two epochal events did much to keep Urantia on track, but these times now are newly occurring for the first time. The circuits are allowing a greater influx of information and as individuals are disillusioned, perhaps some in a negative way, there is new room made for new information.

“It is difficult to say where you are now because this re-incircuitment has only occurred a few times in all the history of the universe. I believe though that you, as a civilized society, are not so much moving backwards or in circles, but at least now in a forward momentum. This is wonderful and all the more reason to rejoice in the awesome works of our Father. “

While Calvin and this handful of folks have drawn a strong line in the sand, and actually enclosed it in their meeting rooms, we know that the world continues to burgeon with spiritual influences, of which I see no need to be fearful.

His ideas of self-aggrandizement haven't worked out that way with me, at this point with 11 CDs and 10 books and every one of them in the economic red. Who cares? I enjoy the work. There has never been a profit on any Teaching Mission related book over two decades, except perhaps a few dollars earned by *The Center Within*, when it broke even after being on the market for over 10 years.

Writers write; people use their talents. And when spiritually inspired we want to share with and even influence others — to the inner joys we have found. There is nothing wrong with book and music publishing which feature the freely-given lessons of the Teachers, and the values they seek to instill in us. The Mission has to get outside of living rooms.

I don't believe that there is clarity either in the role of transmitters. If a seasoned, experienced transmitter sounds like his own ideas, insights and projects when he transmits, even reflects his life's work, this doesn't mean the transmission is off-

base. It means that the teacher and transmitter are well aligned, within their minds and their desire for service, using the incentives and talents at hand.

It appears that Teachers can teach a subject much more deeply if the willing secretary-conduit at hand has a rich lode of learned and stored information on these particular subjects. The main factor, of course, is a willingness to serve spirit and our fellow man; with this commitment, celestial teachers will indeed be communicating with humans as best they can to help. They are here for this purpose.

And good oral transmitters simply take dictation; no need to analyze it as it comes. The goal is to turn off the incessant human mind and release to Spirit. There is no agenda, but we can and should be using our talents and skills and building upon them with celestial help.

I have debated with Calvin over the years regarding some of his judgments, a reluctance to accept our outreach and cooperation with others, and the very real need to move beyond just hearing lessons on values and working on serving them — forward proactively in service. The Teaching Mission teaches us Worship, Prayer, and Celestial Connection. Then the immediate and urgent need is to go out and use our talents in a world beset with conflicts and needs — opportunities for service.

I can personally see the Woods Cross group as trapped in a redundancy. But their lessons remain strong and true, and perhaps tailor-made for what they need. Perhaps it is okay that Calvin and friends believe it will take a lifetime to just work on their own personal spiritual growth, and they're secure and

satisfied with that, and their skepticisms of what else might be out there, are just healthy concerns that we should all share.

Calvin's warnings of going awry with 'anything goes' also came into open conflict on e-mail discussion, in which he even warned of a lawsuit against anyone using the "Teaching Mission" name for their own enterprises. Perhaps this is one reason why his main protagonists came to be called something else, namely the "Magisterial Mission."

First, Calvin clashed personally with George Barnard from Northern Australia who came to the U.S. representing his own communications with spirit entities. He has reportedly seen them since childhood and today he remains a clinical hypnotherapist using their assistance. On his U.S. visit, he was promoting CDs featuring his Akashi Construct form of meditation.

Barnard could not accurately identify these personalities until he came into contact with *The Urantia Book* and immediately saw them as the 1,111 Primary Midwayers from the text, who live midway between being spiritual entities and being material. They are also resident citizens of our planet, but invisible to us due to a separate reality ... another dimension, some say ... maybe a few seconds of difference within time ... all still just speculation to me.

Barnard can recall them being around the family dinner table as a child, and had thought of them as 'dead spirits.' He was inspired and motivated to visit several TM members and groups.

The conflict with Calvin seems to have spawned from CD sales — the collection of money for a meditation system. But both of these gentlemen are strong-willed personalities and other issues were no doubt in play. Result: an estrangement from what Barnard considers to be the Teaching Mission, which is leaderless and rudderless in his view, as he himself tends to a global network of channelers and published lessons from Midwayers and other personalities via the 11.11 movement. He has historically exhibited a strong level of autocratic authority.

The other major thorn of conflict surrounding the Teaching Mission has been the appearance of a teacher named Monjoronson, identifying himself as our Magisterial Son, leading a mission of service to reclaim the planet Urantia for the spiritual hierarchy. Teaching Mission teachers had already reported the end of the critical trial in the Lucifer Rebellion against God. The rebels were gone, and no more.

From this event in the early 1980's, the approval had been given to incrementally increase spiritual energies on the planets of the rebellion world and send waves of celestial personalities to begin adjudicating the planet of evil influences and building new societies with spiritual values.

Monjoronson, the leader, was announced at a retreat conference in Florida and was soon being transmitted by several groups of TM believers. His body of transmitted lessons is already large and is growing in the archives.

But one branch of the grandly-announced Magisterial Mission began causing troubles after awhile. Established in the 1990s, the new Starbridge Foundation negotiated the continuing flow of thousands of pages of transcribed Teaching Mission lessons

from across the country — all through a Teaching Mission e-mail discussion group. They were known as the TM Archive. Soon, however, grander dreams showed up with various outreach efforts by Ron Besser, in York, PA., a “National Intelligencer” publication with imaginative excursions into a variety of spiritual phenomena. It failed but other such things kept springing up there.

It seemed demeaning after a time to relegate TM lessons to simply personal growth issues, and somehow make them seem less important than world-changing events on the horizon. The Magisterial Mission was quickly the driving force of the website and our lessons were in the archives.

The celestial teacher lessons stand on their own, and should not be used for validating and supporting anyone’s efforts, no matter what they are. There arose a massive controversy over whether Monjoronsen existed or not and the Teaching Mission’s most vocal conversants were sorely split on the matter.

How could an avid explorer discover the truth of this new Magisterial Mission? For months and years, we have followed the transmissions themselves. And as we have followed the pronouncements from the Monjoronsen mission, there emerges the idea that it has all fallen off the track and even with that nagging thought: This could be right! It’s surely written well.

Here, at this writing, at this juncture in the continuing stream of grand announcements, we know that a spaceship didn’t appear at the Super Bowl, the Yellowstone National Park volcano didn’t go off in February, 2015, and we are doubtful about that celestial rescue mission which found huge numbers of frightened children somewhere on the planet, Holocaust victims too scared

to move on and get off the planet. At least they were taken away to safety, the story went.

It also seems unlikely that the Eternal Son has deposed Christ Michael in the planetary correction project, being dissatisfied with progress. I don't believe that the Spiritual Hierarchy now holds the Urantia Foundation in cosmic default for failing to adequately spread the Revelation. I am not sure that this high-ranking celestial has actually materialized and decided to live in upstate New York, near Poughkeepsie. I don't know about the impending grand cosmic announcement that is to come shortly. There always seems to be something profound on the horizon, a cosmic threshold or photon belt to go through.

I do know that none of this has anything to do with the Teaching Mission personal growth teachings we have now received for over 23 years. We have a huge archive to prove it.

I agree with Calvin, who sees Starbridge as verification of his sincerest concerns, wrapped around egoistic free will misadventure, personality disorder, overactive imagination ... it's all a question.

Several of our most dedicated and active TM adherents joined and worked on the archive and with Starbridge for a time, but ultimately decided that they couldn't abide by Mr. Besser's autocratic style. It surely might be difficult working with a leader who professes 24-7 constant connection with his Thought Adjuster, which is Urantian terminology for God the Father's indwelling spirit that lives within us.

By the time Starbridge reached its current place of being, Calvin had no need to argue about 'anything goes' any more. He

considered it on full display. We all wait for the next prophecy of profundity to just come and go on the calendar.

The distaste spread into Urantia Book study circles where fundamentalist readers consider channeling unreliable and distracting to scripture study. I'm sure that Christians, Jews and Muslims would make the same assessment — this dangerous matter of hearing voices! Of course, they would disdain the Urantia papers too. It's a partisan world that too strongly deifies enforced ignorance.

Recently, Mr. Besser, on his web lists, noted he has sometimes been too slow to realize that the celestials are talking in terms of an entirely different time frame. Just because a prophecy didn't happen yet, doesn't mean that it won't and he is imperfect in his assessment of time in the matter. But it seems to have all deviated downward into prophecy.

Our Teaching Mission teachers prophesy nothing. They do discuss planetary changes and environmental dangers, with deductions and probabilities, but they say that the planet's future is up to us. We're the residents. We have the minds, the bodies, the free wills and the spirits to live and act and co-create on behalf of our Home. If we will develop a personal relationship with the Universal Father and his legions, we can best sustain ourselves.

We should follow neither Calvin and his tiny band or Besser and his cosmic mirages, or anyone else who proclaims anything. Follow the Spirit within. Access your own spiritual guidance, and not through someone else.

At this juncture, what are we to make of unresolved issues, conflicting personalities, and uncertainties of truth and credulity involving the Teaching Mission?

We should know that the greater challenges we face, the greater our spiritual growth potential in the Universal Father's ascension plan. It is, in fact, ideal that we have to grapple with all the issues of both the material and spiritual world, and learn how to make an effective interface. And no personality in God's vast hierarchy learns these lessons for us. It is our own souls that we are growing and we had best do it by making good decisions on critical issues that abound around us.

If the Teaching Mission seems like a floundering mass of confusion, perhaps you aren't identifying it as an interplanetary mission to raise spiritual consciousness on the rebellion planets and help us redeem ourselves and move toward an Era of Light and Life. This is not limited to a few thousand Urantia papers readers or any other scripture adherents.

As personal Spiritual Consciousness is heightened from developing a personal relationship with Spirit, you can come to realize more clearly that dogmas are human-driven by institutions. Dogma divides and limits spiritual thinking, stifles spiritual growth, constricts human expressions. We should stay out of these corrals.

The Urantia Book is not intended to be dogma, nor are the Teaching Mission lessons. They present an impressive collection of cosmological truth, but that isn't dogma and should not be molded into that by its core of readers. It suggests no limitations to spiritual exploration and living a full life of creative wondering, thinking, experiencing and working toward a

loving oneness for all humankind, connecting with personal spiritual guidance in quiet times of worship.

Urantia reader organizations should not work to corral and control that, and contain it within a supposedly higher level of scripture, or consider that the full understanding of that scripture is their highest calling on the planet. Spirit is intended to bear fruit, in experiential service, each of us using our unique array of talents.

And by the same measure, the Woods Cross isolationism should not be a mandate for the global Teaching Mission, which deserves a full expression in the unique lives of its every participant. Each of us understands and serves in our own way with our own strengths and limitations, and that's the 'Be ye perfect' plan.

TWELVE

UPDATES on the conflict with Urantia Book organizations

WRITINGS by Jim Cleveland — 2015

ONE

In the beginning, some 23 years ago, we were hardly prepared to defend ourselves. We were flushed with the excitement of taking dictation from sources beyond this world, with scores and then hundreds of pages that cut to the heart of personal spiritual growth.

We explored the practice of Stillness and journaling, so-called automatic writing. We exchanged transcripts across the country, with similar messages delivered at the same times in various locations through various teachers. We studied the overall curriculum.

But our open minds and hearts didn't gravitate to the two organizations which published and monitored usage of their copyrighted Urantia Book, upon which the celestial teachers were building a foundation. We were branded nefarious,

undermining the sanctity of an epochal revelation with spiritist nonsense. To them, the word 'channeling' is anathema.

Over the years, I've debated two generations of critics on Internet groups and sometimes have risen to the level of new insight as the celestials have informed my writing. But I've likely learned more in the expressions I've sent than most of my readers, who maintain their misconceptions despite any and all efforts to amend them. I've seen little but a wall of resistance to my responses, such as this one I made to a critic:

Hello Martin, my brother, and others,

Your post gives me a great deal more clarity on the roots of the hanging tree built by our Teaching Mission critics. I do appreciate your thoughtful analysis and willingness to keystroke your arguments to the list. Many of your points are well taken, but are flung in other directions than the Teaching Mission I've experienced for some 20 years.

You are simply looking for the wrong teachers in the wrong locations at the wrong times, and I expect you're misreading the curriculum as well.

We are working with Melchizedeks and many morontian teachers, who are serving in their ascension plan, not angels, midwayers or your dead uncle. Urantia speaks at length on our constant and continuing education in our ascension careers, including within the Celestial Overseers section. Seeking our authenticity within Urantia, we ourselves have large collections of quotes that support us from the Revelation itself. The whole universe is a school.

We're not talking with midwayers in the Teaching Mission and, to my knowledge, no one has ever heard an 'audio hallucination' message by a 'chosen person' in all these years. Midwayers have many roles other than teaching us a curriculum of basic spiritual values, such as helping mightily to save our butts from a near nuclear war. But that story has a lot more to do with Urantia politics than it has to do with personal spiritual growth with teachers sent by Christ Michael, following the adjudication of the Lucifer Rebellion in the early 80s.

The right location to find the Teaching Mission is within yourselves. It's not about going to meetings and hearing a fellow spirit who is bold enough and gracious enough to be a group transmitter. This is social growth. The real growth is in one's willingness to go into Stillness time and throw yourself in front of God. Dump the world, clear your mind. Worship God and develop that real, personal relationship with the Universal Father that the Revelation extolls. Stillness is deeper than meditation and requires the complete release to Spirit in faith and in dedication to being perfect in the plan. If you have fear of this, your own mind, then this is your first problem to overcome.

Guidance from spirit can only lead to a service venue. Knowing and feeling the spirit inside, Teaching Mission folks are serving well in many places. The place they went to begin the journey was into the Stillness, to consciously take a step of faith, to embrace the Thought Adjuster, embrace the Mother Spirit, embrace the Spirit of Truth, embrace the Guardian and Service Angels, embrace the teachers, artisans and spirits of your own Melchizedek University, a Church Inside.

Critics may also be looking at the wrong time framework to identify the Teaching Mission. We have group sharing sessions but the real connection is made between you and your Thought Adjuster, and the teachers that are assigned to you, for your specific needs to grow in spirit. This is a connection that every free will individual can make, and no one else can make for you. This can eventually lead to making the time of connection anytime that you walk the earth, in the balance of character that Jesus himself represented as a mortal day after day, as he passed by.

A wrong reason to seek the Teaching Mission is to get prophecies of doom or resurrection, of planetary cleansing or evacuation, or renaissance. Our morontian teachers would like to reach every soul on the planet first of all with basic foundations for personal spiritual growth, not changing the world but changing ourselves, so that we will ourselves go out and do it, the Father's Business, our contributions on a quickening planet quivering on the brink of great changes. After 20 years absorbing thousands of pages of spiritual growth lessons, along with the Urantia Book's prior foundation, I am like so many others, motivated to service in a world where needs are critical everywhere you look.

Once connected to Spirit, you can more satisfyingly enjoy little moments throughout your day, mini-stillnesses because you are open to spirit, open to giving a kindness, open to hearing bursts of insight through your vitalized and energized Thought Adjuster, who is now more radiantly alive because you made the connection and became more greatly aware of this Inner Light.

Some of our more experienced transmitters have learned to bring forth inspirations from their own Adjusters that are well worth the reading and consideration, and that's all they ask. Teachers help facilitate

Thought Adjuster contact, and midwayers help facilitate many things which have to be down-stepped to mortal comprehension.

What do the teachers do then, and why do you need them beyond the Urantia text? To bring your inner spirit alive and to recognize and embrace Christ Michael, the Melchizedeks and a wave of loving morontian teachers. If a critic wishes to remain logical, he may now read tens of thousands of pages of teacher lessons in libraries and archives. If a critic wishes to actually have personal spiritual guidance, he must merely ask God about it and RELEASE oneself to the messages by turning off the analytical buzzbomb in your head.

This is what Faith is all about. Christians, too, may equate it with going to meetings at God's house. They spend a lot of time building them, often for modest use.

But you are God's house. You are his child. God has not just built a house inside you; He has built a Home, a family that can grow together.

Be Still, and know that I AM God.

This is the opportunity of the Teaching Mission.

Do it otherwise if you wish.

And it is pointless to criticize us, the humans who are participating in the spiritual phenomenon. We only know what we've learned by hearing and experiencing the Teachers. As with the Urantia Book, we are students. There are no human experts on either. We have been guided well, plain to see, and we still love the Revelation.

One of our most prolific teachers, Rayson, once noted that the behavior of humans in going to other humans for spiritual guidance is "baffling."

In time, I think we will all learn this truth.

I WROTE THIS in April, 2012, at a time when many of us had finally come to understand the Teaching Mission more fully, and getting prepared to defend ourselves against misconceptions and false charges. However, no one that I know in the Teaching Mission has any desire to do that at this time. I think they see it as fruitless and have become very adverse to such human-soaked conflicts.

But I enjoyed debate now and then. Here is a narrative in which I responded to the idea that the Teaching Mission is an external movement that deleteriously distracts Urantia readers from a genuine Epochal Revelation, in return for listening to channeling fluff.

So much rhetoric, so little understanding.

Jesus tried very hard to convince his listeners that the Kingdom of God is within.

So is the Teaching Mission.

If you asked people today, however, where they could find the Kingdom of God, I don't think most would know. The message isn't understood, even in 2012. Neither is the Teaching Mission. Lack of understanding generates a lot of rhetoric.

But many who are anchored in Urantian facts or other basic spiritual truths today and have heard the call into daily Stillness practice do, in fact, now know this. I know and you know that the Kingdom of God is within and we can be a genuine part of it every day, every hour. More people are learning all the time.

The Teaching Mission is about helping people with the insights, confidence and techniques for making contact with newly available celestial guidances. This is a necessary part of our re-integration with Michael's Kingdom and that Kingdom is within. At least now, as we sojourn on this backward planet and can't fully experience the glories of his creation.

Of course this mission is for all souls on the planet, not just Urantia readers. Many people on the planet today are more fully appreciating the values of going into personal communion with God regularly, and most still haven't discovered this particular book. Doesn't matter. The disgust level concerning the outer world has gotten very high and our thought adjusters and other spiritual forces are urging us within to learn what we want to know and feel what we want to feel. The outer world is largely untrustworthy.

People within this Urantian-based circle have argued for years over what the mission is and what it isn't, and whether this is new information or if it conflicts with an epochal revelation in print, and whether this or that TR is full of themselves and their own agendas and imagination. Arguing factions have worked like splitting wood to keep us from ever achieving an organization of any impact.

But Jesus didn't leave any organization behind either, and no writings whatsoever. What he would teach to us we can find within. And what the Teaching Mission is, can be found within.

... In retrospect we can see that all the dissension of the years was bound to happen given the bewildering state of mind of baggage-oppressed Urantians and the concerted attacks of UB establishment figures who don't even realize how counterproductive it is to cling to their scriptural perfection as an oasis in the world. It isn't; the world is now full of powerful and beautiful spiritual writings. And the world is full of people who are looking for a deeper spiritual connection within themselves, not a book of information to read.

... I hope that one day all of us will know who we are and what we want to do on the planet. My friends, it is still as basic as that.

And so is the Teaching Mission and a wave of Correcting Time spiritual personalities who long to work with you. Basic truths, basic guidance for basic soul security and growth. Contact is real, simple, too simple to believe in a world where we have all come to believe in baggage and don't believe in ourselves any more.

A confused planet indeed. That the fact of Stillness contact is disbelieved by millions, even as millions seek to achieve it at the same time. So isn't there work to do, the Father's Business, the Son's mission?

The times are pregnant for a new birth of Jesus' central message. That's exactly what the Urantia Book says. That's what the

Teaching Mission IS. And yet people fight for infantile territory, not grasping that The Kingdom of God is within.

SUCH a sermon I delivered, and more or less worthless without a pulpit. And so in 2015, at this writing, the conflict between the guardians of the highly-touted Urantia text which would be a foundation, and the celestial teachers who would represent it with personal teaching continues on with little progress. A specially-formed committee of the Urantia Fellowship actually banned our first volume from appearing in the Jesusonian Foundation bookstore at their international conference in 2014. I was pleased to respond:

July 7, 2014

Hello Special Committee and Namaste. Know that I am always in good humor when I respond to issues. I also allow my Spirit to control my ego. And I appreciate your willingness to hear my concerns.

Your rejection of our Urantia movement history book was puzzling when I read the lines you wrote. You requested the book be 'consistent with Urantia teachings' and have 'verifiable authors.' I can respond to this as well as other privately-held conceptions that you might have.

First ... When you say 'Urantia teachings,' this seems to imply that it is a doctrine. The papers are intended for individual readers who will learn according to their own spiritual path. It is not a group doctrine. I have heard many serious disagreements about what these 'teachings' say and what they mean. In studying the book we need to apply the 'unity, not uniformity' concept in regard to human interpretations.

As an example, I have heard for two decades the incidental Midwayer note in the Urantia Book that they are not involved in the seance

scams of the 1910-20 era as refuting the validity of our celestial teachers in 2014. There are absolutely no similarities with such dead relative seances in our sessions, which are 99% prayer meetings where actual celestial connections are made. It involves worship, prayer, spiritual intention, and listening.

The Urantia Book is literally packed with sections on universe teaching, a plethora of universities, celestial overseers, courtesy colonies, Morontian teaching service on our ascendant path, specially formed Michael projects, visiting schools of universe students, unfathomable Mansonia teaching methods, and impending spiritual awakenings on our planet as we 'quiver on the brink.'"

But I find a blind eye to all of this from the same critical, cancerous voices within that have always opposed the spiritualization of the Urantia movement. They confounded Christy and questioned her 'alleged' connections. They undermined and destroyed the Family of God. They ushered in a decade of paranoid legal horrors. And when some of us began introducing the elements of spiritual upreach and embrace in our meetings some 23 years ago, they attacked us immediately as if they had some lordly authority to disdain our Stillness practice and even to proclaim it as a possible devil's workshop. When you call up to the Universal Father, does Caligastia answer the door? This is nonsensical.

These and other examples, to me, show a startling lack of spiritual acuity ... spiritual wisdom. Given these observations, I personally don't accept anyone's presumed authority to judge, condemn and block Christ Michael's Teaching Mission on Urantia.

I have watched the movement divide itself into bickering factions. Additionally, we have moved toward inbred disintegration every time these angry ego-centric voices rise up to block us out of the world's

altruistic global communities. We are not part of any of it today. We must move from fearful protection mode into active service for a new religion of Jesus. This does not involve disdaining judgements of anyone's spiritual path or practices.

I also believe that this freedom of human spiritual expression should be the case with Urantia secondary works. We need a rich array of inspired creative work and we should always respect the views and visions of the creators if they aren't mean-spirited, as we expect them to respect ours. Who would begin to censor these expressions as invalid according to our book, when their censorship itself violates Urantia principles?

In the second case concerning a need for consistency with "Urantia teachings," I believe that a history book, a compilation of numerous writings, over some 23 years of Urantia's history should be centrally concerned with accuracy and objectivity, and not to support an admittedly amorphous belief system. These contributors just said what they said.

In one chapter, we make an effort to explore the conflicted Urantian mindset regarding celestial connections and we use already published quotes and narratives from Vern Grimsley, David Kantor, Sara Blackstock, John Hales, Carolyn Kendall, Hoite Caston, James Mills, Sarah Marshall, Nancy Grimsley, Meredith Sprunger, Larry Mullins, Harry McMullen, Byron Belitsos, Mo Siegel, Clyde Bedell, and two psychologists who examined Vern. These authors express their own opinions.

The book is a huge collaboration. There are over 40 other contributors who have had experience with personal celestial teachers and wanted to talk about it. They include Dr. David Schlundt, Dr. John Wormeck, Gen. Duane Faw, Dr. Bob Slagle, John Creger, Jo Ann Wiedman,

Linda Buselli, Michael and David Painter, Gerdean O'Dell, Fred Harris, and others. There is Mary Livingston's research study of the pineal gland and receptivity. Again, their views are their own, and I've simply compiled them.

I see this book as an important part of Urantia history and find it inexplicable that you would deprive Urantia readers of even considering it. Can you just accept the fact that these authors think for themselves without any mandated intent to reflect someone else's dogma? Do you think the bookstore should sell only dogma, or is there freedom of expression? Are you intending to invalidate the experiences of these contributors as if they didn't happen? This would be an uncannily presumptuous intention. There experiences are real, our history is real, these authors are real, and the issue that has divided Urantia for decades is also real. We deal with it.

With this view, I will now, in fact, offer a free e-book of The Teaching Mission: A New Foundation of Spirituality for a Quickening Planet to the Fellowship website. We can work out the details of getting it there. This is nearly 550 pages with 24 photographs. I can offer it free for a limited time frame.

I will also offer volume 2, nearly ready. This includes a complete book on the Stillness by Michael Painter; Spiritual Sutras from celestial teachers compiled by Rob Davis and the Daynal Institute; topical collections of Teacher transmissions on spiritual connectivity, lessons on global preparedness in the Correcting Time by Teacher Solonia, and further explorations into the phenomenon of celestial contact. We can produce some more of the book's content right here.

For the matter of 'verifiable authors' I am certain that everyone knows this concerns copyright issues, and nothing else.

I believe this deals with what is written on the lines of your letter that you asked Paula to pass on.

But as I begin to look between the lines of what you've said in that letter, I am concerned that you may possibly be misapplying these rules to include these more than 70 celestial teacher personalities that we include. There is still a core of people who argue loudly against their existence and our sanity. Are they verifiable 'authors?'"

In respect for that question and point of view, I would only reply again that this is a history book. By simply applying the word 'purported' in your considerations, you are no less respected by me or the Teachers.

Speaking historically (and not evangelically) several hundred dedicated Urantians have purportedly interacted with celestial teachers for over 20 years and have amassed a huge library and archive of purported lessons, while its members learn and grow outward into many spiritual service projects.

This is not purported; it is a part of our history that should be explored. Since Urantians can't come to grips with what they believe and are widely divergent, then these issues are clearly subjects that should be taken on. And I am always looking for contributing authors as we continue.

As far as your sanctioned books in the store, I might expect to find works that are critical of the Teaching Mission, but I hope not. Should you showcase critical material from people such as Mullins, Sprunger, Caston, Kantor, Moyers, Rob Reno or his many aliases, or others who presume the authority to condemn our spiritual practices as unsuitable for the Urantia movement, then these works, by your ruling, should be unsuitable for my Fellowship's store too. Please make sure the store is cleansed before the IC.

By your standards, you may wind up stripping down the store when you should be expanding it.

And I suggest ... If you can't believe that 'Christ Michael' or some other personality actually provided a lesson in this book, you may be like the doubters who can't believe the Urantia papers are a Divine Revelation in which every paper is authored by a (purported) celestial being. I believe it is time to reconsider what we believe in this new century and realize that a massive Correcting Time adjudication is quickening this planet. It is a raging battle of Values everywhere which will surely determine our survival. We need to bring Urantia to the world, not protect it from unseen and disinterested forces.

So, finally, on the lines you wrote and my suppositions on the space between, I maintain that the alleged and purported personalities with whom we interact are as much a part of our Urantia history as anything else. I have found the wisdom of their teachings and their spiritual Attitude to be on a higher level than any humans I know, including myself. Readers of this book are only asked to consider the messages they present. Fruits of the Spirit are recognizable to an open mind. And for many, many reasons, mankind should have learned long ago: Don't ban books!

The entire point of this book can be summed up thusly, if readers get nothing else: Your spiritual consciousness can be greatly expanded with Stillness practice, and you can cultivate personal guidance on an unlimited range of issues. Go to Inner Spirit to understand the world and your place in it.

This is the most important thing in the world for people to know.

(I followed this with a commentary on each of the books and CDs rejected, and my refusal to submit the CD, The Joys of Stillness, for review, as follows ...)

-- CD: Joys of Stillness: Where Meditation Meets God. Narrations on Stillness practice and how Eastern style meditation can be cohesively adjoined with Western-style God worship and prayer. Explores this fascinating bridge to understanding called Stillness.

You asked to review it for appropriateness and I decline to offer it. You don't know the subject. You are not qualified to compare it with what the Urantia papers say. And it doesn't matter what the Urantia Book says, anyway, since the book does not address a vast number of subjects, including this one. It was produced in 1955. Joys of Stillness is being produced for 2014 and includes music tracks from such artists as Pato Banton, Antoinette Hall, Michael DiMattia, Beth&Cinde, Diane Irwin and Ron Cohen, an excellent narrator. It is based on Michael Painter's Stillness book.

This covers my products. I won't need the vendor code and hope you will all have an uplifting, illuminating and wonderful time at IC.

Should you wish to discuss these matters further, I am open to speaking engagements, panel discussions, presentations to the Fellowship Council, essays in your publication, and any other means of public discussion or publishing -- not privatized wrangling. Our writings need to be for publication and not flushed away.

I am Co-Chair of the Teaching Mission Network. We have over 40 outstanding members and Stillness facilitators. Co-chairs are Mary Livingston (Ebben) and Deborah Goaldman.

I am also a member of Orvonton Society, and I can speak on behalf of several other spiritual organizations with visions for Light and Life, ranging from our Pantheists and Pagans at Lothorien Sanctuary in Indiana, to the "Correcting Time" global activists at Uncut US, Zeitgeist, Occupy, TruthOut, MoveOn and also other revelatory works at Pathwork, Humanity's Team and ACIM.

Urantia needs to reach out to all these people. They have more open minds and open hearts than we do.

They are individuals with souls at any rate; not movements. In terms of numbers and potential, I am connected with more than 10,000 individuals exploring earth-based spirituality and less than a thousand who express interest in Urantia.

On most Urantia lists, we are beholden to a clique of venomous name-calling know-it-alls, and folks who argue incessantly, mostly about the relative reality of spiritual connections. It scrolls out of the bottom of the discussion list pages into gibberish oblivion, only to resurface again and again over the months and years as the same old redundant, infantile posturing with no resolution. Some of the loud ones cloak themselves on a self-created Urantia site as a platform to bash liberal thought and the President. Some use Mr. Mullins' ill-conceived 1991 document to launch a list called "Urantia Under Attack" or something like that to defame us. They defame themselves. They defame us all.

They are killing our growth. They are killing us. They, in effect, speak for Urantia, for they haven't been expunged. They are very judgmental on matters of which they have no right to judge. They proclaim knowledge which they don't have on matters which they haven't explored. They just jerk up their knees and knock over tables. Newcomers are invariably looking for loving community; they find

rancor and scripture thumping. They disillusion almost all new visitors.

I believe the Fellowship Council should issue a global statement professing our commitment to working with any and all spiritual forces on Urantia that promote truth, beauty and goodness and not defend ourselves against any of them. I have written an 8-point statement on behalf of a Urantia Universal Society, which builds bridges, not fences.

In my various other affiliations I see large clusters of people, with only a fraction who know and appreciate the Urantia Revelation. There seems to be some kind of Invisible Fellowship barriers to keeping them all away -- as if they are close-minded or would be close-minded to Urantia. This is patently ridiculous! Urantia is more close-minded than any movement to which I belong. This needs to change.

I close in the same good humor, and grateful that this new episode has shown me the need for a dynamic new Urantian Vision that will reverse our precipitous decline and ignite the candle power of Love from within. I hope you enjoy my writings.

The stronger our Love for our beleaguered planet, and our oft-confused, baggage-laden people, the stronger the urge and empowerment for active service.

I am in service, even as I am ever a student, and I thank you for reading my views.

OF COURSE, my tome was considered overwhelming and provocative and received no reply, as is often the case, unless one of my missives provokes a frontal attack on some singular point in some paragraph where a perceived error might be

gouged. That's when I get righteous indignation and insults. From an overall context of what I've said, replies are non-existent.

Teaching Mission participants, as a rule, had just as soon do away with all vestiges of conflict over these matters. We choose not to give up celestial contact or the Urantia papers, but don't believe Urantia hardliners will ever change their minds about resisting us, and know some will attack us the least mention. Let it be. Just a very few of us are on missions to broadcast its potential and we can handle the attacks.

In our activism, however, we are also accused of sabotaging the precious revelation which is considered complete and finished on paper, with all else being damaging distraction. This attitude itself is more damaging to world acceptance of the book than we are. We all recommend it, but we respect a number of other paths as well, and we know the greater truth of God-centered Personal Religion, communion with Spirit.

For Urantia papers adherents, who believe it as scripture, there are a number of quotes that discussions on Facebook recently uncovered and a logical line was drawn that helps answer the question: Is channeling real?

First consider this Urantia paragraph:

"You must cease to seek for the word of God only on the pages of the olden records of theologic authority. Those who are born of the spirit of God shall henceforth discern the word of God regardless of whence it appears to take origin. Divine truth must not be discounted because the channel of its bestowal is apparently human"

It says there are channels of communication from the spirit world.

2nd paragraph: *“By opening the human end of the channel of the God-man communication, mortals make immediately available the ever-flowing stream of divine ministry to the creatures of the worlds.”*

There is a channel of ever-flowing ministry to us.

3rd paragraph: *“Today, and as you are, you must discern the invisible Maker through his manifold and diverse creation, as well as through the revelation and ministration of his Sons and their numerous subordinates.”*

Continuous ministry to us is from our Maker, his sons and many other personalities.

4th paragraph: *“In the contacts made with the mortal beings of the material worlds, such as with the subject through whom these communications were transmitted, the midway creatures are always employed. They are an essential factor in such liaisons of the spiritual and the material levels.”* (p. 865)

Urantia readers believe it was received by mind communications. The Midwayers did this and can do it today.

5th paragraph: *“These mortal reservists are chosen by the corps to which they are respectively attached and are likewise trained and rehearsed in the deep mind by the combined technique of Thought Adjuster and seraphic guardian ministry. Many times numerous other celestial personalities participate in this unconscious training, and in all this special preparation the Midwayers perform valuable and indispensable services.”* (p. 1257)

Many humans are chosen and receive advanced 'deep mind' education to prepare them for roles in planetary progress, and it is most often unrealized by them. Numbers of celestial personalities participate in this advanced education.

6th: "On many worlds the better adapted secondary midway creatures are able to attain varying degrees of contact with the Thought Adjusters of certain favorably constituted mortals through the skillful penetration of the minds of the latter's indwelling. (And it was by just such a fortuitous combination of cosmic adjustments that these revelations were materialized in the English language on Urantia.)"

So the Midwayers do work with our indwelling spirit of God, called a 'Thought Adjuster' in the Urantia papers.

7th: "The Adjusters accept a difficult assignment when they volunteer to indwell such composite beings as live on Urantia. But they have assumed the task of existing in your minds, there to receive the admonitions of the spiritual intelligences of the realms and then to undertake to re-dictate or translate these spiritual messages to the material mind; they are indispensable to the Paradise ascension."

Our internal Thought Adjuster, identified by other names in other belief systems, exists in our minds. They relay educational messages to their indwelt mortals in the form of admonitions. These have to be translated into the human, material mind in the quest for understanding. This is how personalities ascend to Paradise, by listening, learning and serving.

8th: "Successive planetary revelations of divine truth invariably embrace the highest existing concepts of spiritual values as a part of the new and enhanced co-ordination of planetary knowledge."

Accordingly, in making these presentations about God and his universe associates, we have selected as the basis of these papers more than one thousand human concepts representing the highest and most advanced planetary knowledge of spiritual values and universe meanings. Wherein these human concepts, assembled from the God-knowing mortals of the past and the present, are inadequate to portray the truth as we are directed to reveal it, we will unhesitatingly supplement them, for this purpose drawing upon our own superior knowledge of the reality and divinity of the Paradise Deities and their transcendent residential universe."

Why do they want to communicate with us? They want to supplement the Urantia revelation and provide new concepts not contained therein.

9th: *"Jesus had an unerring ability for the recognition of truth, and truth he never hesitated to embrace, no matter from what source it appeared to emanate."*

Jesus never dismissed sources of truth. At the first Pentecost, he imbued us all with the new Spirit of Truth.

It's disappointing when some Urantia readers consider the book as their only source of real truth and do not actively communicate with celestial teachers because they fear or distrust a celestial connection in their mind. In some cases, I think they have to overcome a fear of their own minds.

Our greatest gifts from God are Mind, Body and Spirit. It is inappropriate to fear any of them. The Intent of Evolution is that we explore them, to learn and to grow our souls in the Be Ye Perfect mandate.

TWO

DEATH KNELLS AND DEAF EARS

by JIM CLEVELAND (June, 2015)

Urantia cultists define the Teaching Mission within the narrow concepts that are leading them into stagnation and isolation in a world where new Spiritual Consciousness abounds.

In 1993, I told a gathering at the Urantia Book Fellowship's international gathering that they needn't worry about the Teaching Mission intruding upon book study. It's not part of the Urantia movement, and conversely the Urantia movement is actually a part of the Teaching Mission, I said to their confounded faces.

I didn't fully understand the celestial teacher guidance that had led me to this conclusion at that time, and more understanding has developed over time as it is known to do. It was recalled and enhanced recently by a post from an old friend and colleague. It's in response to our publication of volume one of *The Teaching Mission*.

"....You're creating documentation of a movement that is now receding into the past. It is a very good thing to have this documentation for future historians who will wonder how the Teaching Mission made such a small splash, then disappeared under the waters because of suppression, misleadership, and misunderstanding, and also because the Teaching Mission itself never found a method of self-governance that could make its movement sustainable and capture the imagination of the next

generation. I salute your efforts to keep the thread going against odds. Love ... “

Just when we needed support for our Teaching Mission history volume, with over 40 human contributors and nearly 80 celestial teachers, I get this virtual death knell for the Mission and likely become part of the historic ‘misleadership.’

Pretty discouraging until I realized that my friend had always spoken from within the Urantia movement and has been a vocal part of it for decades. He was speaking from this context, missing a radically different truth. And I made note that our being poles apart on even defining the Teaching Mission has been a longtime barrier to more collaboration.

According to the Urantia text I read and the 23 years of celestial teacher lessons, I see the Teaching Mission as part of the ‘Time of Correction’ for the Lucifer Rebellion planets, ours included. Christ Michael, who incarnated here as Jesus, is the spiritual force behind the reclamation, redemption, awakening and spiritual energizing of these planets — bringing us back into the comfort and security of God’s spiritual hierarchy, and bringing the planet forward toward an enlightened new world of Light and Life.

This interplanetary movement involves vast numbers of personalities, including Melchizedeks and Morontian teachers, who are former mortals ascending through the evolution-ascension plan.

The key is to: Raise Spiritual Consciousness on the planets.

Whether this is actually happening on the planet is a matter of debate for mortal minds. Whether the mission is being successful is also debatable. I believe that, since we have the knowledge of the world literally at our fingertips and we are all globally connected, I see the world as finally coming to grips with massive problems of inequality, religious madness, environmental corruption and disruption, endemic animosities ... much disintegration and rebirth.

It is an ideal time for Spiritual Awakening — applying a higher level of spiritual consciousness to address these challenges — and one that is obtained through a personal relationship with Spirit.

It's hard to see how such an interplanetary mission could be derailed by Urantia organizations on one of the planets. Indeed, they have an epochal spiritual revelation in their hands, but over the years since 1955 publication, they continue to remain a cult in most eyes. While they aspire to be a synthesis of science, philosophy and religion and a perfect foundation for the world's spiritual and cosmological growth, the percentage of readers among the world's population continues to go down every year.

The Urantia Foundation is autocratic and will tolerate no relationship at all between its network of reader groups and 'nefarious channeling.' Theirs is an outright condemnation of any interactive conversation with celestial teachers. Study the book instead; it is the one and only true revelation and none of the so-called New Age spiritual paths should be considered. Our Revelation is true and real; all else is suspect and mostly the kind of thing they relate to early 20th century spiritism and

mediumship. They have the mind of academics, certainly not mystics.

The Urantia Fellowship also has its network of reader groups, book study in living rooms, and a conference every three years. They compete for members and money with the Foundation's counter-movement. This organization has sometimes been tolerant of the Teaching Mission as a 'special interest' group, but it has its hard-line opponents as well.

At the 2013 international conference, our books relating to the Teaching Mission were at first approved for the Jessonian bookstore, but a 'special committee' was formed to consider them and after a meeting marked by conflict, they banned these books.

It was a repudiation of the 42 dedicated Urantia Book readers who contributed a chapter based on their personal experiences and really thought it was worth sharing. Guess not, to the autocratic mind that wants to stamp out all mention of 'channeling.'

This, then, is a wider repudiation. The organizations want nothing to do with personal celestial teachers, consider it competition to book study, and truly denigrate the exemplary practice of being able to work interactively with these wonderful personalities. They say it's fraught with danger, from an untrustworthy mind, an uncontrolled imagination, even the threat of devilish intrusions when one seeks the Stillness.

Can the Urantia organizations actually survive as a fortress against new spiritual thought and the very concept of connecting to spirit with the new energies that are developing? I

think not, and they aren't doing well. Membership is severely declining and aging; an international conference every three years now draws less than 500. Two networks of readers compete. They don't seek community with other belief systems. They would likely not even consider affiliating with Humanity's Team or any other Oneness spirituality. Too many are in a mindset to protect their revelation from the pollution of other ideas and not spread the pure joy of it.

That joy is to be found in the new and accurate religion of Jesus that the Urantia Book urges us to establish. The Urantia groups have no mind at all to do this and are conflicted whether there is need for 'another church.' One would not have to create just 'another church.'

So as we consider the real identity of the Teaching Mission, how could my friend believe that the floundering Urantians — who admit to having no current connections with celestial teachers at all nor even a desire for a deeper relationship with spirit — could suppress anything at all, although arguably they do a good job of suppressing themselves.

They have even lost the thread of communication with the Midwayer personalities whose efforts are largely responsible for the existence of the Urantia Book in the first place. Their apocrypha indicates the Midwayers left without even saying goodbye, which is strange considering they live here, and also have a big stake in the success of the book.

The Urantia Book needs a ministry, and those ministers need to have a personal connection to Christ Michael's Teaching Mission. Perhaps Urantian insiders can't really work toward

this, but even if they can't, they certainly can't suppress the rising spiritual consciousness in the world.

Urantia readers are only a small fraction of the world's population, whereas every individual has a soul and indwelling spirit. The Teaching Mission includes them all; the Urantia organizations include just a fraction of the fraction of people who have read the book. People read many other things today, and the media is burgeoning with spirit-related issues and views, many of them enlightened by spirit.

Individuals worldwide are looking for new, more illuminating, more intellectually satisfying, more altruistic paths for spiritual growth. The old dogmas fighting the older dogmas in the world just isn't tolerable anymore. God lives within each of us, and has the answers we need to guide us in using our talents for service.

When the Urantian movements work within these greater realities instead of their own narrow contexts, they will open to Oneness in spirit that builds no fences or fortresses, but bridges to a rich discussion of insights and ideas with a community of humans who have open hearts, open minds and the great wisdom of selflessness.

The Urantia movements do indeed need a higher level of Spiritual Consciousness. But it's true that all other human institutions need this as well — including the evolutionary religions. In this Time of Correction on Urantia, we now see the leader of the Catholic Church encompass those higher spiritual values that can change the world even as it grows the mind and spirit of God's children everywhere. It appears to me, personally, that his appearance is part of our Time of Correction.

No doubt the Teaching Mission has needed a higher level of Spiritual Consciousness as well, especially difficult when you have little idea of what you are really dealing with when you begin to receive celestial messages. All we humans started from zero, with little or no understanding of the phenomenon of transmitting, and only the transmitted lessons themselves to analyze. Our movement has been rift with personal conflicts over motives, intentions and trueness to what we are supposed to be. Arguments toward understanding have abounded and sometimes commonalities were not agreed upon.

As my thoughtful friend with the death knell reminded me, even our definitions can be divisively different, and determines whether you think the Teaching Mission is interplanetary or just an offshoot of the Urantia movement.

It has been my idea that Michael's teachers come to support the text in the continuing Revelation, which didn't end with publication of the Urantia Book. This was the beginning of the Revelation, finally published for the public.

How we serve the Revelation in raising the Spiritual Consciousness of the planet is up to us. Certainly not by disdaining the Teaching Mission celestials who are here for exactly the same purpose, recommending their foundational text all the while, representing the essential truths of a new Jesus religion, a ready-made curriculum starting at the elementary level and going as far as you strive to go.

Urantia simply can't repudiate celestial connections in this critical time of planetary quickening, for the wisdom and clarities from Spirit are needed more than ever to make good

decisions and take fruitful directions in a time of confounding confusions. We need continuing spiritual rejuvenation more than ever, and it needs to be a minute-by-minute interaction with our Indwelling Spirits and those minions of teachers who are here to help us find a greater Peace on our world.

My friend's note that we have failed to put together a viable organization to firmly establish the Teaching Mission and the concept of celestial communications reminds me of the various failures of other duly-organized, non-profit, corporate-type, bylaw-laden organizations with mission and goal statements that have gone nowhere at all. Global federations come and go, sometimes confined to a hunchback on his computer. Irony proliferates with the number of Oneness movements.

The Teaching Mission is interplanetary and provides its own leadership.

It seemed to suffice for the Teaching Mission Network that we organize like apostles for Christ Michael, to be advisors and facilitate Stillness practice for a deeper spiritual consciousness and interactive communications with celestial teachers.

The Network offers positions on our Council of 24, inspired by the Urantia Book, for its administrative activities. We can also have any number of Contact Personalities throughout the world. How many Stillness champions does the world need?

Our two Co-Chairs are elected by the Council. Each member has one vote. We serve as long we wish to serve and are able; there is only a modicum of politics. We are not patterned after U.S. corporations or charity organizations. We are affiliated with Christ Michael. He is our mentor, advisor, friend and colleague.

I am sure that both Urantia and the Teaching Mission need greater and more dynamic human leadership. Most organizations do.

I am sure also that I need to grow into a more spiritual person with greater clarity of spirit mind. So do we all. But one cannot even comprehend an end to this path that we share in any epoch to come. The universe is that vast and glorious and the human ascension plan is strong, and proven by Jesus' incarnation.

Steps of faith lead to steps of growth. When we open to Inner Spirit, we find the Joy. We find teaching and service coming to us from across the universe. This is the kind of joyful teaching and service that our Urantia organizations need to provide the humans of Urantia.

Christ Michael's celestial teachers stand ready to advise you, comfort and inspire you with new insights. But they are not intrusive. You have free will. And they must be called upon.

This is not in the book. It is in your lives.

THREE

THE URANTIA BOOK and THE WORLD

Breaking the bonds of cult denigration; Integrating an epochal spiritual revelation into the mainstream thought of science, philosophy and religion.

by JIM CLEVELAND (August, 2015)

URANTIA WORLD INTEGRATION NUCLEUS (UWIN)

Shared with nearly 8,900 names on 10 Urantia Book discussion groups on Facebook, July, 2015

We need to bring the Urantia Book Revelation into the 21st Century of New Spirituality. It doesn't need a protective shroud; it needs a dynamic ministry.

This new era should be explored, fearlessly, in quest of fuller truths, greater beauty and the joys of goodness. It's all there for the discovery. Revelation is as constant as the inner presence of our indwelling spirits and the outer presence of a vast spiritual hierarchy, starting at the First Source and Center, and ministering education to all the worlds of time and space.

The new wave of progressive spiritual thought today strongly represents altruistic love between all people, a celebration of Oneness of Spirit — no dogmatic dividing lines and competition between institutions. Answers to our spiritual search are all found through our Inner Spirits. It is an embrace of all that the Urantia Book extolls as Personal Religion — the only real one.

Yet, while the Urantia Revelation remains the perfect centerpiece for all this New Spirituality, resplendent in its synthesis of science, philosophy and religion, it remains an occult document without a defining movement, and one which stays away from all other paths, be they new age or traditional.

I have loved the 196 papers in the Urantia Book for many years, and have always yearned for it to be truly relevant in the world. Somehow, after all these years, it isn't. And the movement has always been beset with disappointing political and personal inner strife.

The Urantia Book is not a ministry; some members are fearful of ministry. But the adherent Urantia Foundation and the Fellowship do indeed tout the 2,100 page book as spiritual revelation, scriptural in that every word is correct, every expression true. They officially disdain any relationship between their perfect prose and any form of purported communications with spiritual teachers who speak to us from within. If you are a 'channeler' you're not very welcome within their circles.

These judgments against celestial contact have their history within the Urantia organizations, and we explored them in *The Teaching Mission*, volume 1. In later weeks, it now appears to me that there are more endemic reasons why there is so little progress being made in introducing, nurturing, ministering and serving the Urantia Revelation. Through all these years since its 1955 publishing, the book has barely made a dimple of impact and remains an occult object to most. Memberships are declining and aging dramatically. The triennial Urantia Fellowship conference in 2014 drew less than 500 souls.

The Fellowship remains a divided house with the Urantia Foundation, which sponsors its own competitive network of book study groups across the country. At one time, they were together, but then came an acrimonious break-up in the 1990's and they've been groping at ways to work together again for well over a decade.

In the beginning, the Foundation was established to keep the text inviolate, make translations and market the books. The split left its related Urantia Brotherhood for socializing the Revelation out in the cold, literally evicted from its Chicago building. It became the Fellowship and has persevered with organizing societies across the country, which are represented by a governing Council. The mission is basically to build readership for its study groups.

Both organizations maintain websites, produce periodicals, offer study aids and hold conferences. They have recently cooperated on some educational activities.

All this activity is commendable and productive, but the world is quickening and facing critical decisions relating to our very survival. The superb cosmological knowledge of the Urantia Book, and its illuminating insights into human evolution and ascension are needed more than ever.

The central evolutionary religions continue to cling to outdated and ill-informed scriptures and long-standing animosities that effectively hamper their abilities to move forward, with Pope Francis apparently an exceptional man who is able to overcome those barriers.

Urantia Revelation, however, is resplendent with wisdom and should be the anchor of truth for everyone who grapples with today's issues, including the evolving religions. Yes, I believe the book is that good.

So how can we enhance the Revelation, make it more than a cult object, paper over some of the historical mistakes that have left the book languishing, embrace the realities of our current times in terms of what we've learned from the book?

This has led me to write a set of principles to integrate the Urantia Revelation into the world at large, honoring and ministering it as higher truth, but also compatible and complementary to all human spiritual paths.

Seven Steps to Enhancing the Urantia Revelation:

1 — Embrace the Oneness concept of 21st century spiritual energies. Join and partner with other movements that support Urantia's personal religion concepts. Explore world spirituality as it recommends, learning to make critical decisions with the guidance of cosmological knowledge and inner spirit.

2 — Embrace and promote Stillness time with the Universal Father to include worshipful appreciation, meaningful and specific prayers and upreach for spiritual guidance. This is the central practice of personal religion and the one unifying principle that can join East and West. By this practice, humans develop personal, guiding relationships with their indwelling spirits.

3 — Establish the new Religion, Jesus of Urantia, as the book is hopeful that humans will do. This can greatly magnify his love,

mercy, compassion and all-unifying principles by giving them a world voice.

Jesus' mission has been hijacked from the beginning, from the advent of the evil Popes and unholy Romans to the bigot Christians of today. We need to assert the true Jesus and utilize the most powerful document ever produced on his incarnation. Waiting for a world that is more 'ready for it' smacks of perfect nonsense.

4 — Understand the realities of our own history. The book may have, in part, mysteriously materialized , and part may have been channeled through an oblivious human personality, the means seem of little importance to the end result.

And we must accept that Dr. Sadler, in liaison with Midwayer and celestial personalities, added material to the manuscript for many years — so that the 'highest human expressions' would be included as mandated at the 1955 publication.

We should understand that the Spiritual Hierarchy can and does work in a myriad of ways and quit arguing about the applicability of conduits. The Midwayers and the Celestials are ultimately satisfied with the finished book or it wouldn't be here.

We should know also that it doesn't include information that evolving humans should and will discover on our own, through the evolution-ascension plan. Know also that it is co-created with humans, as is everything else that comes to mind in our world. We need to understand our book's origins and we will be at peace with them.

5 — Provide a leadership voice that always represents Truth, Beauty and Goodness, as does the Revelation. Call down internet name-calling blowhards who speak for the book. Refute the Gabriel of Sedona cult which uses the Revelation to lure people and then supplants it, who uses it to take away people's money and put them into servile positions to his purported divinity. Conversely, seek alliances, partnerships and projects with other spiritual movements of true worth. They need our help.

While our Jesus of Urantia ministry needs to be activated, our protection of the Revelation is needed more than ever. But we need to provide our own institutions to represent Urantia, and avoid being subjected to usurpers who want to it scaffold their own ends. After all these years, Urantia doesn't have a piece of land or a meeting center where readers can enjoy their own community for development.

6 — Celebrate and support human expressions of art and literature that, in turn, celebrate and support the Revelation. Create grants and venues for musicians, artisans, poets, performers and orators and allow them their own interpretations and ideas from the cosmology. Art shows us that it is the quest that we must embrace, the learning and growing experiences as our vessel can hold them. We don't make the text into dogma constructs; we give it to the people of Urantia.

— Action plan: Launch an ever-moving Urantia Love Bus, with miles sponsored by supporters. Orators, musicians, poets, jugglers and other entertainers hit local communities for concerts in parks, library meetings, jail visits, free Urantia Books, to perform a community service, connect with Urantia,

churches and other spiritual groups on each stop. All could follow the tour on an interactive map and blog. Tour and road managers orchestrate an ever-changing cast who join the caravan for a sojourn.

7 — Create and present a World Summit on Spirituality, anchored around the Revelation and honoring the quests of numerous movements to enhance personal Spiritual Salvation. Speakers relate their beliefs with Urantian ideals. Seek co-sponsors such as ACIM, Unity, Humanity's Team, Pathwork, Interfaith Council, others.

While we have dedicated people working to expand readership, there really is no framework within the Foundation or Fellowship to get any of this done — or even to discuss doing it. Those opposed will say none of this subjugation to false doctrines is needed, that the Revelation is simply in incubation until the world is ready for it. This could even take thousands of years to their minds.

I suggest that we adapt our growing minds to a quickening planet which is, according to Urantia, "quivering on the brink" of massive social change. The sum total of human knowledge is now doubling every few months. Nature us under siege. Corruption is rampant. War weapons is the biggest business going, so we can kill each other. Some readers may have the patience for another few thousand years to redemption, but the world doesn't.

We do indeed need Foundation-sponsored translations and book study groups, and we also need the two organizations to work out their differences so that they don't undercut each other's efforts. More proactively we need to make Urantian

wisdom an embedded and highly appreciated part of our evolving lives and that of our public institutions. I worry that too many have shrugged at the world and resigned ourselves to cult status, out of step with reality.

In this quest, we don't need timidity or equivocation about embracing the personality of Jesus. We must not worry that we would be deleteriously associated with the false teachings promulgated by others in his name. That would be a capitulation. The Jesusonian religion should require a full embrace of his personality and what he really and truly represents. Our new Jesus Fellowship would be no respecter of human ideas and agendas associated with his personality, nor would it be patterned after other purveyors of dogma.

I am incorporating the Seven Values above into a nuclear discussion that begins now.

- Oneness
- Stillness
- Jesus Religion
- True History
- Dynamic Leadership
- Human Expressions
- World Summit

From these concepts, we can open the

URANTIA WORLD INTEGRATION NUCLEUS

U-WIN is not an organization but a NUCLEUS — where people of good can turn their minds and energies to these 7 principles, and make their own spirit-guided decisions.

We need the book's lovers to emerge from these thoughts, and work in their own creative and sharing ways to forge a major upsurge in Urantia Book readership, each armed with a truer understanding of what the book represents and its great compatibility with all paths. We don't look at the Foundation and Fellowship, both with full plates, to do that; we work on it from where we are, and with the souls in our circles and invite those who represent those organizations to join in.

Would you like to express yourself about this Nucleus? Then you are part of it. Do you accept any or all of the 7 principles to grow Urantia Book relevance in the world? Can our Nucleus grow into a Network?

You can argue, as some do, that the book itself is too much for people, that we should know this and just spread the principles we've gleaned from it. This energy is within the Urantian Nucleus as well. You can argue that some of us are being too impatient, a bane to mankind, and the Revelation will be assimilated as the world is ready for it.

We need to air out those long-standing arguments against public ministry and interactive celestial connection. In fact, the naysayers to the above ideas could actually turn out to be the nucleus of Urantian thought. Protect and Defend. This will be useful to know, and spiritual Oneness ideas can be pursued elsewhere.

A Nucleus is ever-moving, ever in motion. It is dynamic. It can grow. But it can only grow as we do. The same is true for the Urantia Book.

It seems to me, after my nearly 40 years of study, that we Urantia Book readers stand ALONE in the world.

If we add one L for LOVE as our motivation then we can aspire to be ALL ONE.

This NUCLEUS project is sponsored by the Teaching Mission Network and our network of Stillness advisors and facilitators. We support the Urantia Papers as celestial revelation and Christ Michael and his Time of Correction celestial teachers.

www.teachingmissionnetwork.com.

Understanding the Time of Correction

How can we understand the conflicts within the Urantia movement? How can we understand the conflicts within the Teaching Mission ... the whole world for that matter?

As I pondered the issues as an appreciative Urantia Book reader, and as one connected to celestial teachers, I wondered if there were not some higher understanding, a universal view, that would explain the conditions within our microcosm.

I came again upon the website of the admirable Fred Burks at www.wanttoknow.com. He is a powerful force against world corruption based on his long insider experience, including service as a translator for U.S. Presidents.

Fred knows that 24/7 muckraking is good service to society, but he knows the mind must be cleared and brought to spiritual center to keep the personality in balance. And so his www.weboflove.org site and others in his network present the most essential and overriding mission in all the world: Strengthening the Flow of Love Between Us All.

The site showed me the following excellent presentation of how the world and all its inhabitants are today straddling a precarious chasm, across to a New Age ... A New Paradigm ... A Time of Correction ... A Higher Reality ... A Higher

Consciousness ... Known by various names, it is, above all, an Experience, and many people are cognizant of this critical passage as we live it these days. We know also that chasms can be fearful and can encompass confusions and even chaos. Paradigms can battle one another., and our world is far from being at Peace.

Here is how the Web of Love stages them.

Our world appears to be making a profound shift to a new paradigm. The old paradigm served humanity for many, many years, and in some ways serves us still. Yet this exciting new paradigm is paving the way for a more loving, harmonious way of living and interacting with all around us.

The below comparison is an attempt to capture the spirit of the old and new paradigm without the intention of making one better than the other, yet also inviting us to join in welcoming inspiring new ways which can support us all in being the best we can be and making a difference in our lives and world.

New Paradigm Comparisons

Old: Man is born into sin, essentially corrupt at the core.

New: All people in their core essence are beautiful and **worthy of love**.

Old: Hatred and vengeance are justified for wrongs suffered. An eye for an eye.

New: Love is the most transformative force. Forgiveness is an act of courage and compassion.

Old: Don't show real feelings, or you will get hurt. Create a convincing persona to present to the world.



New: Welcome **authenticity and vulnerability**. It's all about being honest and real with each other.

Old: Emphasis on hierarchies. Focus on competition so that the best rise to the top of the hierarchy.

New: **Emphasis on equality**. Focus on cooperation in order to support the greatest good for all.

Old: Tend to avoid personal responsibility by blaming those above or below them in the hierarchy.

New: **Take personal responsibility** for actions and learn from our mistakes.

Old: People need to be led or controlled by those believed to be better or more capable.

New: Each individual is a **powerful creator** capable of meeting their needs with the help of others.

Old: The mind and science is supreme. The scientific paradigm supersedes God and religion.

New: The heart and personal relationships are of paramount importance. The deepest essence of life is a divine mystery to be welcomed and explored.

Old: Don't question the accepted scientific paradigm. Focus on three-dimensional, five-sensory world.

New: Foster **fluid intelligence**. Explore the **edges of consciousness**, especially other dimensions and capabilities not believed to be possible under the old paradigm.

Old: Categorizing and dissecting nature allows us to better control it and to profit from it.

New: Recognizing the [interconnectedness of all life](#) leads to greater growth and harmony.

Old: Focus on order, discipline.

New: Welcome flexibility and even occasional chaos and disorder as means to see new possibilities.

Old: Value boundaries, borders, and divisions. These give security, safety, and comfort.

New: While respecting and honoring differences, look for shared vision and ways to work together. Take risks in order to grow. Short-term pain can bring long-term gain.

Old: You can't trust anyone.

New: Surrender to and trust in a divine force greater than our egoic selves.

Old: Focus on defeating and conquering the enemy, us versus them. War against evil.

New: Committed to transforming and integrating life's challenges. The [external reflects the internal](#).

Old: Focus on details, complexity.

New: Remember the [bigger picture](#). Identify [simple principles](#) behind the complexities of life.

Old: Look outwards for guidance. Don't trust self. Have rigid rules and beliefs.

New: Look inwards and outwards for guidance. Develop intuition. Have flexible guidelines and beliefs.

We all have our feet in both paradigms. How much we live in each paradigm is but a matter of degree.

The old paradigm is not necessarily something to be shunned or avoided. There are times when principles of both paradigms can be useful and beneficial. Yet overall, the new paradigm invites more love, support, and deeper connection into our lives and world. In every moment we can consciously choose the paradigm to which we give our focus, time, and energy.

Remember that all of us to some degree are afraid of our shadows. At times we avoid looking at the [disturbing parts of ourselves](#) and [our world](#). Yet consider that a willingness to explore and even dance with these shadows can be a potent catalyst to a new paradigm. And when we set a clear [life intention](#) to choose and support [what's best for all](#), our lives can't help but become richer and more fulfilling.

THANKS, Fred. It's time to understand that our ideas and attitudes are fluid and flowing if we are healthy in the stream of life. The PEERS Network of websites is highly recommended for reliable investigative reporting and for inspiring explorations into higher spirituality.

We may be Urantia readers but we are still subject to the quickening tides of human thought and experience in a quickening world.

END NOTES

“The act is ours; the consequences are God’s.”

This enigmatic statement from the Urantia papers may, at first, smack of arrogance.

How could God bear the consequences for anything we humans do? God is above and beyond our meager actions.

Yet the truth is in another simple statement that humankind has yet to grasp: God created Evolution. There is no conflict between the Creator and the Creation — worlds embedded in time and space, featuring the glories of nature, and populated by evolving and ascending finite material beings with unique personalities.

This universal path is altered when humans destroy rather than build, kill rather than nurture, and live spitefully and contemptuously in the face of such grand opportunity.

A single human with a match can destroy a magnificent forest. A cretin can kill a person of great and continuing achievement who could have altered history.

Conversely, persons of supposedly modest means can achieve great things when they are spirit mind endowed.

These two volumes about a wave of celestial teachers and their influences upon some human spiritual seekers are now

published, and whatever consequences are to come are not particularly visible to me. The future continues to deliver surprises after all these years, and new directions show themselves without being sought or expected. I have little idea how many people will discover, read and benefit from these books but I have been inspired from within to create them and make them available.

If the consequences evolve up into an ultimate spine of Higher Spiritual Consciousness in the world, that will be grand. That summarizes what the Teaching Mission seeks to do.

Spirituality is personal, not institutional.

Soul growth comes from within, learning spiritual values from the spiritual side. It then leads surely to outward service from our worshipful gratitude to God, and from the realization that love given is received almost instantly in return.

May we all find peace, pleasure and power in our service to the higher ideals of Spirit.

Celestial Personalities in this Volume

Aaron	Ham	Welmek
Abraham	JarEl	Will
AhmaNiden	Klarixiska	Zarath
Altern	Lantarnek	
Ambraisa	Legion	
Ambrose	Light	
Anastacia	Machiventa	
Anatolia	Malvantra	
Andronason	Mantutia	
Bakim	Mary Magdalene	
Beloved One, the	Merium	
Bob	Monjoronson	
Bzutu, a Midwayer	Nathaniel	
Chief	Nebadonia	
Christ Michael	Norson	
Charles	Olfana	
Coronas	Ophelius	
Daniel	Parsonel, a	
Elisha	Midwayer	
Elizabeth	Paulo	
Elowain-ha	Rayson	
El Tanere	Serena	
Elyon	Signa	
Emmanuel	Solonia	
Emulan	Tarkas	
Eregon	Tomas	
Gorman	Veronica	

THE LESSONS IN THIS VOLUME

Purpose of the Mission — Emmanuel
Our Planetary History — Norson
Interplanetary Correcting Time Q/A— Rayson
Relationship with the Urantia Papers — Signa
End of the Lucifer Rebellion — Rayson
Expanding Energy Circuitry in the Correcting time — Tarkas
Being An Apostle of Christ — Christ Michael
Soulful Maturity and Character — Christ Michael
How to Manage our Lives in the Correcting Time — Nathaniel
Time Alone With God —Ophelius (11.11 Progress Group)
Stillness: Instructions and an Experiential Exercise — Bob
The Experience of Worship — Malvantra
A Lesson on Stillness — The Beloved One (11.11 Progress
Group)
Stillness Promotes Loving Empathy — Daniel
Stillness is Sharing Time with God — Welmek
Receptivity to Spirit — Bakim
Connecting Humans and Celestials — Tarkas
Conflicts over Celestial Connection — Machiventa
Mini-Meditations — Christ Michael
Stillness to Quell Egomania — Christ Michael
Self-Restraint over Self-Indulgence — Ham
Prayer Connects Us to the Universe — Welmek

Prayer Moves Us Toward Perfection — Welmek
Effectiveness of Prayer — Nebadonia
Christ's Abiding Presence — Christ Michael
God, Our Caretaker — Ham
Fill Your Body with Spirit — Olfana
Changes in Our Spiritual Lives — Ham
Embracing Light; Suppressing Fear — AhmaNiden
God Lives Within; God's Son Lives in Service — Ambrose
Oneness with the Universe — Malvantra
Connecting with Teachers; Direct Relationship with God —
Legion
The Miracle of Life is You; The Moment in Life is Now — JarEl
Dance with the Universe to Enhance your Life Experience —
Nebadonia
Nature of the Spirit of Truth — Monjoronson
Believing in Unity — Christ Michael
Have Faith in the Father's Plan — Tarkas
Draw the Line on Past Sins and Past Generations — Paulo
Rising Above Self-Denial — Tomas
Letting God Serve You; Serving God Willfully — Tomas
Resurrection and Rebirth of the Spirit — Tomas
God's Eternal Presence with You — JarEl
The Security of Self-Forgetfulness — Aaron
Don't Block Your Human Experiences and Growth — Ham
Hindsights and Foresights of Growing Spirituality — Tarkas
Spirit Contact to Ease Depression — Elizabeth
To Be An Artist — Bakim
Worship is a Uniquely Created Experience — Malvantra
The Power of Worship — Abraham
Resurrection of the Spirit — Abraham
Baptism of the Spirit — Abraham
Christ Michael, a conversation about spiritual contact
Vast Change; Steady Faith — Ham

Living with Good Intentions and Without Fear — Andronason
Let God of Fear; Live in Faith — El Tanere
Dawning of a New Age — Serena
Personal Spiritual Experience — Ham
Spirituality and Belief Systems — Elyon
The Power of Faith in Action —Machiventa
Overcoming Fear — Light
Living Beyond Fear — Gorman
Finding the Greatness Within Yourself — Christ Michael
Defining Happiness — Elyon
Relationship With Your “Real Self.” — Ophelius
The Enduring Quality of Patience — Gorman
Living a Life of Faith — Klarixiska and Daniel
Interpreting Life’s Meanings — Daniel
Serving God or Man —Abraham
The Universe as a School — Altern
Gratitude — Aaron
Be Conscious of the Path You Forge in the World — JarEl
Create Your Own Reality with Awareness — JarEl
Differences in Stillness and Meditation — Elyon
The Truth and Revelation Dynamic — Elyon
Values of Individuality — Aaron
Relieving the Burden of Guilt — Tomas
Human Rituals — Elyon
Acceptance of One’s Self — Tomas
Acceptance of Your Life Experience — Tomas
Acceptance of the World — Tomas
Friendship Destroys Misery; Beauty Conquers Fear — Christ
Michael

Your Ego, Your Mirror — Christ Michael
Ego Management — Tarkas
Cultural Diversity, Opportunity — Christ Michael
Tolerance — Veronica
Learning to Balance Fear — Monjoronson
Learning to Control the Mind — Monjoronson
The Spiritual Glow of Humanity — Christ Michael
Spiritual Generosity — Christ Michael
Begin Where You Are and Grow — Elowain-ha
Sustainability and Growth for the Planet — Elowain-ha
Self Examination Rights and Wrongs — Ambraisa
Defining and Finding Truth — Tomas
Choose to Be Your Own Reality — JarEl
Judgment — Aaron
Joy for the Times — Elisha
Accenting Your Human Ascension — Veronica
Love — Elyon
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Transmitting-Receiving Precautions — Ham
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Working with Energy — Parsonel, a Midwayer
Being the Word of the I AM — Christ Michael
Presenting Stillness — Lantarnek
Showing Our True Colors — Christ Michael
Sharing Your Spirit — Abraham
Rising Consciousness; Greater Service — Elowain-ha
Faith, Love and Perseverance — Welmek
Building Awareness to Build a Network of Love — Eregon

Eternal Love; the Only Sin — Elizabeth
Spiritual Energies for Healing — Anastacia
Relating Your Experience with God — Anastacia
Helping Those With Tender Feelings — Anatolia
Divine Love with Sincerity — Will
A Tone of Reinforcement — Elyon
Patience and Tolerance — Christ Michael
A Prayer — Olfana
Prioritizing Your Life — Tomas
Follow Your Inner Guide for Soul Growth — Daniel
Finding Happiness in the Moment — Ham
Facing Uncertainties and Incomplete Information — Coronas
Personality and Place — Tarkas
The Gleanings of your Life — Tomas
Treasure Chests of Memories to Share — Olfana
Be The Change You Wish To Be — Charles, a Mighty Messenger
Prayers in the Aftermath of 9.11 — Olfana
Transition and Progression Through Death — JarEl
Choose the Highest Path — Will
Understanding the Spirit and the Soul — Midwayer Chief Bzutu
The Master's Voice — Christ Michael (as Jesus)
Preparation Lessons for Mankind — Solonia
Commentary on Urantia Book Sources Research — Mantutia

CONNECTIONS

The Teaching Mission Network

www.teachingmissionnetwork.com

A network of global friends who help individuals make contact with celestial teachers. Co-chairs in 2017 are Jim Cleveland of Deerfield Beach, FL, and Deborah Goldman of Bakersfield, CA. Contact personalities are located across the country and in Costa Rica.

The network has published volume 1 of *The Teaching Mission*, and also a CD, *The Joys of Stillness: Where Meditation Meets God*, featuring instructional narrations and musical guest artists such as Pato Banton, Antoinette Rootsdawtah, Michael DiMattia, Ron Cohen, Diane Irwin and Beth & Cinde/Wild Roses. www.cdbaby.com/all/lightandlife

MANDATE for the Teaching Mission Network

MANTOUBE transmission in Salt Lake City, Utah, 2011

(Transmitter: Jim Cleveland)

I am a Melchizedek, of course, working here in this Correcting Time. I want to note to you today a special connection that is being forged in order to bring to you the considerable help that you need, creating something from this wondrous idea, wondrous but incredibly simple.

Michael asked that you help his sheep make connection in the stillness. Just please, believe this and let that essentially be your by-laws. From here there is an amount of legal accreditation which you must have; if you do not have the name, someone might take

it from you. This can be done expediently, but the real work is within your heart and in your willingness to take this basic, elementary mission to task and fulfill it where the rubber meets the road.

In recent weeks, you have heard of grand plans to adjudicate this Planet, and to bring it forward with a comprehensive plan, into the era of light and life, even into a full resurrection of this planet, as an example. This makes your work all the more important to find individuals who will step forward, fortified by this connection to spirit.

You can go further inward to find a lasting ecstatic relationship with your Thought Controllers, and that is what I ask of you in these pivotal times. *How would you make sense of all that happens in such a flurry before you? I believe the true answer is to align with your Thought Controller. Are you willing to say to your spirit that whatever spirit wills, whatever is the Father's business, I will be there? This is the fruit of the Teaching Mission, from our basic learning of worship and forgiveness and love and service.*

These burgeoning interplanetary fields of service may be just exactly what you want to do. But I urge you to bring these basic and everlasting truths to a new wave of people, who will come to understand the power of the stillness.

And I want to announce today that having been assigned to work within this sphere of influence, and knowing of your plans and many questions, you are being assigned myself and a large class of Morontian Teachers, who will each day come to find within you common aptitudes and reasonings in which you are personally attuned to that Morontia Teacher who addresses your needs.

In like manner, each person that comes before you becomes a person of great interest, an individual, a soul whom you must take seriously.

They will come to you in various states of mental disarray, which will only grow in the coming problematic months and years just ahead of you, as this planet struggles to right itself and find again the path to light.

These individuals will come with cynicism and all-knowing prejudice; they will come to you in tears of despair, finding no true light in this helpless world, and will even hope to drag you into their dark hole with them for solace and comfort.

*But you, you will be armed with this mission, which I implore you to take seriously, please. **I urge you to consider if you will be that light of goodness to which this network can refer.** Can you send your light all across this land and others, bringing new workers into the field to harvest new fruits and growing.*

As you look before you, you will see other avenues of growth at this conference: Young people seeking the truth; older people finding legacies to pass on. Service is in the foremost and service in these breaking times of quickening realizations and clarifications all stand before you. You must truly be excited.

Please be attuned to these teachers as they speak to you gently. Please be attuned to the energy of Michael, who himself brought Morontia Teachers, following his resurrection. He brings them now in great waves.

Do not turn your back upon these worthy servants who would bring you light. Your book is replete with proof that the world is full of education. The local universe is education—all is a matter of growth in the “be perfect plan.”

I applaud you for taking these first steps. I urge you to make your presence known throughout the world and each of you, in your sphere of influence. Once your organization is firmly established, the Internet is a marvelous tool and can be used to great advantage within your marketing plan, lists of people ready-made for your use, and each of you is unique and is a pearl of wisdom and spiritual grace that must be shared.

In the weeks ahead, find your center, and if you choose to work with this burgeoning—I should say “budding”—network, then please do so. Fully democratic, fully your views and your expressions are appreciated as we build this together and seek to do so in Michael’s light. I urge you to find your place in the Correcting Time. There is much work ahead; you are all gifted, you are all empowered with the spirit. Go forth.

qfff

The Center for Christ Consciousness www.ctrforchristcon.org
Donna D’Ingillo

The Center nurtures people in their spiritual journey, helping them access their own Indwelling Divine Source, and develop an intimate and healing relationship with our Universe Parents. Transformational tools provided are books and CDs.

Light & Life Publications, An Exploration of the Spiritual Universe www.lightandlife.com

Contact JIM CLEVELAND for download writings and music: jimcleveland@me.com

12 poetry and music CDs with MARK AUSTIN at www.cdbaby.com/all/lightandlife and music services such as iTunes and Napster.

- * *Jesus of Urantia: In His Own Words*, with co-narrator Stephanie Gjerde
- * *Celestial Fusions: Realities of the Teaching Mission*
- * *Grinning through Apocalypse: One Armageddon at a Time* (humor)
- * The *Soul Series* of poetry/music: *Souls Pouring, Souls Blooming, Soul Struggles, Souls Restless, Soul Stories, Souls Rising, and Soul Synthesis*.
- * Producer: *We Can Be*, music collection of guest artists for the *Association of Light and Life*
- * Producer (with Ron Cohen): *The Joys of Stillness: Where Meditation Meets God*
- * 11 Books at www.authorhouse.com and at Amazon and other booksellers
- * Novels: *The Alien Intimacies, Edge of Dark Light, Dark Riders, Lucifer's Gardens*
- * Poetry & Lyric: *Celestial Songbooks 1 and 2*
- * *Beyond Cynicism: Liberating Voices from the Spirit Within*
- * *Celestials over Cincinnati: Lessons of the Planetary Correcting Time*
- * *Sauntering Through Apocalypse: IN-sights, OUT-rages, and Idiocies*
- * *The Teaching Mission: A New Foundation of Spirituality for a Quickenning Planet* (editor-contributor)

- * The Teaching Mission volume 2: Living in the Aura of Love (editor-contributor)

Harp of God Foundation (<http://www.harpofofgod.org>)

Marty Greenhut's outstanding spiritual networking center, with books and spiritual transmissions, and a world spirituality e-mail list. Teacher books include *Welmek on Prayer* and *Fruits of the Spirit* by Teacher Tomas. Features *Spirits of Promise* by Gerdean O'Dell-Bowen.

ORIGIN PRESS: <http://www.originpress.com> owned and managed by Byron Belitsos and publishers of:

- * *THE CENTER WITHIN*: Lessons from the Heart of the Urantia Revelation, with Fred Harris.
- * *THE SECRET REVELATION*: Unveiling the Mystery of the Book of Revelation with a Urantia Book perspective, by Stella Religa.
- * *THE ADVENTURE OF BEING HUMAN*, transmissions from Christ Michael and Mother Spirit Nebadonia by Jerry Lane in Marin County, CA
- * *THE ADVENTURE OF BEING HUMAN II: MOTHER SPIRIT SPEAKS*, transmissions from Nebadonia
- * *HEALING A BROKEN WORLD*: The Grassroots Guide to a Socially Sustainable Future, by Daniel Raphael

EVOLVING SOULS, created by Byron Belitsos, is at www.evolving-souls.com. Site includes audio presentations from a wide-ranging 2014 spiritual conference in San Francisco. Community based on 'Epochal Revelation and Inner Illumination.'

A community of friends sharing their spiritual ideas and insights. www.livinglofefellowship.org

The Daynal Institute and The Nordan Symposia

<http://www.daynal.org> Rob Davis

A network of persons from many walks of life who, in the course of exploring the heart of cosmic reality through communion with its Source, have discovered Trinity Teacher Sons as the architects of spiritual education administered throughout the Master Universe. A large archive and library of celestial transmissions.

THE URANTIA BOOK FELLOWSHIP:

A global organization of readers and study groups,
www.ubfellowship.org

THE JESUSONIAN FOUNDATION, Boulder, CO

A huge collection of Urantia-related media.
www.truthbook.org

TRUTHSEEKERS www.truthseekersquest.org

An independent nonprofit educational youth organization that emphasizes character development through continuously cultivating higher values.

THE CHURCH WITHIN

Pastor Daniel Megow – www.churchwithin.org

THE 11:11 PROGRESS GROUP

George Barnard's site, based in northern Australia, is dedicated to introducing the character and the services of the secondary Midwayers on the planet. They are described in the Urantia papers. www.1111angels.net His organization includes a network of teacher channelers, a message board and e-mail discussion. He promotes his Akashi Construct

method of making meditative connection to Spirit and has published books of his experiences.

WEB OF LOVE.

Fred Burks and friends carry on a mission of strengthening the love that flows between us all. www.weboflove.org

URANTIA UNIVERSITY INSTITUTE

UII is online for study of the Urantia papers and training its teachers and leaders of tomorrow.

www.urantiauniversity.com. An incredibly power experience for those that want to go deep into The Urantia Book topics. says James Leese, Florida.

SQUARE CIRCLES PUBLISHING www.squarecircles.com

Urantia Book Sources and Resources presented by Saskia Raevouri and Matthew Block, including extensive research into Urantia text origins, and publication of the five volumes of *The Sherman Diaries*, which chronicle much of the early history of the Urantia papers, before publication.

The Magisterial Mission. www.magisterialmission.org

The 11.11 Midwayers. www.11.11correctingtime.org