



Messages 2018 & 2019

Dianne

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Messages of 2018

Before I begin to write a message, I first settle my mind and say this prayer:

*Open my eyes, my ears, my heart, and my mind to your presence Dear Lord God Most High. Help me to write your words of truth and knowledge that I may inspire understanding and wisdom in those who read this. Help me to write your words of truth, compassion, love, hope, peace, and tolerance for all faiths. O Father, be with me and fill me with your light and love as I open myself to your presence.
Amen*

September Messages

Your True Nature

I am LOVE, a pure vibration that is the most high vibration. You were made by me with Love, and of Love. Love has a vibration that is seen as light, heard as sound, felt as emotion, and experienced with the other senses as well. Just as a prism bends light to make a rainbow with bands of colors with different energy, so are you composed of bands or layers of different energy. This is your original state, a being of energy layers. Your soul, spirit, mind, and other bodies such as the etheric and adamic energy bodies, are each formed of layers with specific vibrational energy which all together form the energy being that is uniquely you. Just as light from the sun forms bands of color when bent by a prism, each band or layer of your energy body can be broken down further into even more levels and each level with sublayers and sublevels which are finite in number.

I see you as light, flames of flickering colorful light. The brightness of your flame is determined by the purity of your soul, spirit, and the other energy bodies. The colors that I see are determined by the frequencies of what is within the layers of your energy body. Faith, joy, love, truth, peace and such higher vibrational energy emotions are all seen as clear, bright colors flickering in your flame. The lower energy emotions such as jealousy, envy, rage, hate, and fear for example are seen as muddy, dark colors. Each of the emotions, both higher and lower, has a specific vibrational energy and can be experienced by the senses of the physical body as a color, a sound, even a smell, and also by the senses of the energy bodies.

I am LOVE and I am eternal and unchanging. Your being is eternal, but it changes every moment with every thought, every emotion felt, every decision made which changes the energy to a higher or lower vibration, thus making the flickering colors of your flame. The flame itself is eternal and the energy bodies retain their organization of layers and levels like a scaffolding holding the emotions, decisions, beliefs and other energy forms. The colors of your flame represent the parts of your personality, your individual characteristics. You can change these by various methods. By choosing to be aware of your emotions, thoughts and beliefs you can change the lower energy ones to higher energy ones which brightens and changes the colors of your flame. Each choice, each decision which leads to love brightens your flame. Praying, meditation, psychotherapy, and forms of therapies which bring peace and calm, understanding and release, all help to clear the energy bodies of lower energy vibrations.

As a mother observes and learns her child's personality and patterns of behavior from the very first day of the quickening within her, I knew you from my first thought of who you would be, what lessons you

would learn, what gifts and behavior traits you would have. Each of what you see as obstacles in your life have are opportunities to choose Love. Each choice for Love removes the dark, muddy colors from your flame and the lower energy forms from your energy bodies- progressing first from your soul then onto the spirit and other energy bodies. No one born on this earthly existence is free of challenges and lessons in which to learn to choose Love. This growth of learning to choose and be Love is part of the evolution of your soul, raising you from the base animal and lower energy emotions, thoughts, and beliefs to the highest, purest LOVE.

Spiritual Realm

Everything I created has an energy body. Animals, plants, even what you experience as inanimate objects have an energy body. Not all energy bodies have as many layers, or the same number of layers, but all have a soul. The soul is the energy body that holds the information of the physical, emotional, mental, and spiritual characteristics of the being while they are incarnate in the physical body. Some of you would think it is the DNA that controls the form, but it is actually the soul which controls the expression of the DNA. DNA is an interface between the spiritual and the physical, a blueprint that the soul uses to construct the being perfect to face the lessons of this life. Some animals have a group soul rather than a singular soul. Once they experience Love their soul develops an individual nature inside the group soul. Just as you will meet again those individuals that you have loved after you leave the physical behind, the energy being of your loved animals and plants will also meet you on the other side of your existence.

I created the spiritual realm as I created you. Just as there are layers and levels to your soul and spirit there are also layers to the spiritual realm. Some layers are known as heaven, some as hell, but, the spiritual realm is just a continuum of energy vibration. The layer that you go to when you leave the physical body is determined by your flame- like calls to like. The energy vibrational level of the layers of the spiritual realm range from low to high and the vibration determines the darkness or brightness of that part of the realm. Darkness and the dark, muddy colors of lower frequency are in the lower vibrational regions of the spiritual realm. Beings with a dark flame go to the region of the realm with lower energy and the muddy colors of hate, fear, rage, paranoia, to name a few. Beings with a bright flame go to the area of the realm that matches their brightness and color. Those beings with a similar energy and flame are together.

Would I, your Loving Father, commit any of my beloved children to the darkest region of the realm for eternity without an opportunity for progression to the higher realms? Would I ignore any of my beloved children and leave them without recourse to leave the darkness? In the physical as in the spiritual realms my Sons and Daughters, those who manifest my Love, have shown the way for progression away from darkness to the Light of Love. I am Divine LOVE. You were all made of my Love, and with Love-would Love not seek out its own? Would Love not want to lift love to its highest form of LOVE in all? There is only one way to LOVE and that is through Love: choosing Love, being Love, acts of Love, thoughts of Love, decisions made in Love and for Love. All of you are my beloved children and all rightfully can claim me as your Loving Father.

Just as each of you is different, the path to Love is different. Not all will choose the same path to Love. Would you know the soul of your sister or brother and their pathway to Love? Would you judge when

you do not see or know their soul, or know what lessons they are in the physical to learn? Know that there is always a purpose and a plan for everyone and in everything that happens in the physical and in the spiritual realms. Nothing of this plan is insignificant, everyone and everything has a role to play, and eternity to learn the lessons.

Everything happens for a reason and to a purpose. Nothing happens by chance or randomly. I created form and structure in your being and in the spiritual realms, does chaos seem as if it has a place in my order? Everything happens for a reason – the style of clothes you wear, foods you like to eat, the religious faith you accept or deny. Every choice you make leads you to Love. The way to Love may appear to be difficult or easy for some, but every choice brings you to facing your limitations to being Love. You have an eternity to learn to choose Love with every choice you make, every thought, every action. You are my Beloved Child and I am your loving, patient, compassionate, merciful, forgiving, kind, generous, faithful, steadfast, eternal, and unlimited Father who watches over you constantly.

October Messages

Way to Love

Do you know the way to me? It is through Love. Love of life, love of all persons, love of all beings. When you open your heart and mind to love, you make a space for me within. Love is kind. It does not focus on the negative in another person or in a situation, but embraces the positive and encourages more of the positive. When you focus on the negative with in you or others, you feed it, increasing it within the layers of your being. Love begets more love, hate and fear beget more hate and fear within your soul. When you judge yourself and others as wrong or inadequate you create or increase the stain of that energy on your soul and flame.

I created you with Love. I watch you with Love, as a loving mother watches her child ready to protect and assist, knowing that as a child you act and think as a child, not knowing yet the truth about who you are or who you are meant to be. Children often act out because they have not learned patience or think only about themselves and their wants. Their behavior is childish and as they are a child it is understood that their behavior is a part of their learning process of becoming a mature person. You, my child, are learning to be Love. I understand that you first learn about the world and how to act and think from your earthly family. This often means that those who teach love have not learned the lesson themselves and that what you see in them and others is their process of learning to be Love. Your existence here and now, as always, is to learn to be Love, to be my LOVE manifest on the earth.

Love is forgiving both others and yourselves. For as you hold anger and judgement against others, you hold that anger and judgment in your soul, darkening your flame as well. Forgive others and release the anger, judgement, hate, rage, terror, disgust, jealousy, abandonment - whatever you hold against them. Forgive the emotion in yourself as well. Forgive the anger, judgement, hate, rage, terror – whatever you feel – and feel it release from yourself. This will both help to quiet the mind and the cleanse the flame.

Examine your thoughts, deeds, and emotions in the light of Love to identify that which is not Love. Most of what you think, do and feel seems automatic, but the energy in your being is the cause. Perhaps at one time you learned to believe that you are not good enough or are inadequate. Everything that happens after you make that decision and incorporate that energy into your being is interpreted

through the lens of inadequacy like wearing glasses with colored and dirty lenses. Without the distortions you are the bright light of Love.

Being able to identify the emotion that you are feeling takes awareness of your thoughts. Learn to monitor your thoughts. Understand also that emotions are usually in response to a belief or decision that may be unconscious. If you feel jealous then forgive the jealousy, and look for the belief or decision that underlies it. Are you jealous because they got something that you wanted, something you thought was yours or that you deserved more than them, or do you believe that you are not worth enough to have it? Follow the emotion to the underlying belief or decision. Forgive the belief as well. As you learn to forgive the other person, the emotion, and the underlying belief, it will quiet the mind and cleanse your flame.

Can you help those who have not learned to be Love? Love is kind, forgives, and has charity towards others. By being Love you show the way to Love for others. By having Love in your being you also help them to resonate to the Love within you and experience that Love in your presence. It may be the first time that they feel Love and be able to recognize it. Be kind, be positive, say positive things to others, do positive things for others, be gentle towards others as they learn to be Love. Hold your thoughts up to the light of Love and ask yourself: Is this thought loving? Is what I feel loving? Are these words loving? Ask yourself: Do my words help them to know love or do my words or actions increase the darkness on our souls? Know that your thoughts, feelings, and words say more about you than the other person, for you look at the world and others through the window of your soul.

***Choose Love**, available on the book page as a free download, gives more information and provides the technique that this message describes.*

Way to Peace

I am LOVE and the Light of Peace. To have peace on Earth, one must be at peace. To be at peace, one must learn to Love- selflessly, unconditionally, and without judgement. The love that is conditional, selfish, or earned is not Love. Seek to be Love and you will come to know LOVE – the LOVE not earned but bestowed upon you, my child, at creation, divine not conditional, without judgement on what you do, think, or act. I LOVE all my children, for even my child with the darkest flame will learn Love and to manifest LOVE. Just as I am eternal you are eternal, my child, and you have eternity to learn to be Love. Do not judge what you cannot know about another's path to Love, accept that all will become Love just as you will. Do not judge but be kind to yourself and others that stumble on some unseen rock or get swept away in the concerns of the earthly world. Know that all will learn to be Love, for that is your lesson and your birthright as my child.

Love yourself and others, for if you do not Love yourself you cannot Love others. To only love yourself is to put constraints on Love, and on your ability to love to others. Show yourself love and forgive yourself, do not hold your perceived transgressions against yourself, but free yourself to love yourself and others by forgiving yourself. To only love others and not yourself denies you your birthright of the Love that you were made to be, of the love that is the core of your eternal flame. Forgive others their perceived transgressions against you, for would you hold a grudge against a child forever? The judgement you hold

against yourself and others is eternally in your flame unless and until you forgive and allow it to release. To practice forgiveness is to practice Love.

I am not a vengeful or wrathful God, but LOVE. I am inclusive, not exclusive. I am Peace, Joy, Hope, and Charity to all, not just to some. I watch over you and guide you on your path to Love and to LOVE. As a child you have times when you fall down while learning to walk the path to Love, you do things which by their outcome you learn not to do, and you do things you already know not to do. This is the process to becoming LOVE. I eternally embrace you with LOVE without any conditions or limitations. Open yourself to LOVE. Receive LOVE. It surrounds you, open your heart and mind to accept it.

Life's Lessons

Inner peace is found when you have learned to trust that all is taken care of for you. Let me lead you to where you need to go and to what you need to do. I will be your guide, your helper, your advocate. You will still need to face your lessons for you are in this world to learn to be love, to trust me and my guidance, to know that you are cherished and watched over constantly, and to help others learn to be love. Lessons are in your path to teach you these things and others. Remember that your physical existence is only temporary, it is your soul that is eternal. The lessons of your soul are your priority – face the lessons that you came into this life to learn. Do not be anxious about physical conditions. They are only temporary. Know that in all ways that I provide for you.

Some lessons will be more difficult than others. Do not despair – you chose these lessons for your soul's growth. Think of them as little more than an exam during the school year. I will help you through them. Try to hold onto the higher perspective that what happens here in this world is an experience that your soul has chosen to learn a specific lesson. You may never know the reason or purpose for a lesson, yet know that it is for your highest good. Trust that it is necessary for the progression of your soul on your journey.

Hand your concerns over to me. Talk to me, I am always here to listen. I am always here to comfort you, to give you guidance, to take your hand. Give me your fears, despair, terror, hate, rage, anger- give to me all that is not love. Ask for help, guidance, and I will help you face them. Bring them to me and lay them at my feet. Release them in my presence- let my love and healing power flow into you. Let all that I am become all that you are.

More on Lessons

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Paths Home

Once you realize that there is more to life than just the physical, you begin to look within and without for the meaning of your existence. You may try various paths to find meaning as your soul leads you to experience different beliefs about me and the world in your search for the meaning of life. All paths that teach love lead to me for your yearning for the meaning of life is what leads you to find your way back to me- to come home. At some point you begin to listen to my Voice which guides and comforts you as you travel your path.

I created each of you as unique individuals. I created all the visible and invisible worlds for your growth and progression. Would I limit you to only one path? Each soul is different and has different lessons to learn. The various paths all have meaning and all have within them lessons. The path that you feel most comfortable with teaches the lessons you came into the world to learn. All paths that lead home teach Love. Being Love is the way to me.

Some paths teach obedience through following laws or rules of specific behavior. This teaches self-restraint and gives structure to thoughts. Some paths teach that my presence is in all that is seen – they honor the sacredness and glory of my creation. Some teach the path taken to me by my manifest Sons or Daughters. Love, Obedience, Charity of thoughts and in deeds, Reverence, Gratefulness, Humility, Transcendence, Meekness, and Service to others – all are characteristics of the Sons and Daughters who have found their way home to me.

Some of you have already experienced changing paths- you learned the lessons and moved on to another path that teaches a different one. All paths exist to provide comfort and an understanding of this world and the world to come. All paths were created by my children within their cultural and historical understanding of themselves and the mystery of my existence. In all paths my manifest Sons and Daughters have shown the way home to me. When my Child finds their way home then their thoughts are my thoughts, their will is to do my will, their love is my Love. They are my presence on Earth.

Prayers

You are here in a physical body to learn to be love, to be my Son or Daughter, and to serve. Serving others is fundamental to learning love as well as being an expression of love. Through service to others you help them to learn love as well as yourself. This is true on the higher planes as well. One way to serve others is to pray for them. As you pray for those in the physical realm or those who have passed on to the other realms you release bindings that limit your progression and the progression of those you are praying for. In praying for others you help both them and you.

If you pray for material things know that the material and spiritual gifts I provide supports your highest good and the lessons you came in to learn. Some of you must learn stewardship, right thoughts, right deeds, as well as spiritual lessons before you are given exactly what you ask for. I answer all prayers in a way that benefits your highest good and your soul's progression. Do you recognize my answer to your prayers? Perhaps it is not in exactly the form you prayed for and you do not recognize it. Perhaps you prayed for an abundance of money as the answer to all your problems. Is your lesson to learn to be happy with what you have? Do you need to learn better stewardship of money to realize you have all that you need? Do you need to learn better stewardship of what you have to get more? Are you praying for things that you want but do not need? Finally, have you asked me to give you what you need in a way that I can do what is best for you? If you pray for a million dollars would you recognize my answer if I gave you fifty and the opportunity to take a class that would change your life and put you on a path that brings financial abundance? Did you thank me?

When you pray tell me what you need as well as your heart's desire, and I will do what is in harmony with your soul's plan. Leave to me the how, the when, and the where. Recognize the time and the form of my answer may not be exactly what you asked. Perhaps you need to learn a lesson first or perhaps the plan to answer your prayer needs time for all the parts of my plan to come together. Be open to recognizing my answer in whatever form it comes. I am your loving Father and I provide for all that you need to be my Child.

More on Prayers

Pray to me, talk to me and then listen. Listen for the still quiet Voice. You were made of Love, with Love, and destined to be Love. Tell me what stands in your way of becoming love. Identify what is not love and forgive and release it. Forgive others, forgive yourself, forgive whatever stands in your way of being love and having love for others, love for yourself, and love for your Father who has given you life. Accept the challenges in this life as your way to learn love. Face them. Learn from them. Be open to recognizing that each lesson has a purpose and is part of your soul's plan to become Love. Know that each person has a lesson to teach. Stand back from the emotional charge and see this life as a classroom that teaches specific lessons which when learned allows you to move to the next classroom. Each of you in this classroom is both teacher and student. Each of you has a specific lesson to teach and to learn from each other.

Know that I am here to help you. If you pray for patience I cannot override your lesson and just give you patience. I will bring before you the individuals and situations to help you learn patience. I will show you the lessons that limit you having patience. If you pray for help because you hate someone, I will present

this person to you in ways to help you see them as my child struggling with their own lessons. Can you acknowledge the lesson this person teaches? Can you see this person as worthy of my unconditional and divine love even when you cannot abide them? Can you find what is within yourself that limits you? Thank them for the lesson and ask for blessings for them, then move on. If you keep having a response to them then you still need to learn the lesson they teach. Thank them, bless them and move on.

Everyone faces their lessons to be love in the exact perfect time, place and situation to learn it. The lesson repeats till learned. Your soul chose and planned this life because it is perfect for the lessons you need to learn. Each of you has a purpose as teacher and as student. Each of you is in the perfect place and time you need to learn the lessons as they present themselves. That is the plan and the purpose of life – to learn to be Love and to help others learn to be love.

*Note: The forgive and release concept is described in **Choose Love**, a free download in the book section.*

Judgement and Hate

You are here to learn to be love. You cannot fully know and experience love while holding onto emotions and beliefs that are not-love. Start by recognizing what is not-love. Hatred, judgement, fear, anger, rage, fault finding, resentment, worry —these and others are not-love. Examine your thoughts and emotions for what is not-love and forgive it and release it from you. Do you love the members of your family but not your neighbors? Do you love only those of your religion? Of your socioeconomic class? Of your skin color? Of your country? Do not limit love to one group and exclude others, that is not love- that is judgement that may also include hatred, envy, resentment, and fear, among others.

Judgement is finding fault or differences with another that makes them inferior to you. You may find fault with their hair color or hair style, their body weight, the food they eat, the clothes they wear, their religion, their speech, their actions; all of these are just degrees of judgement. Judgement leads to exclusion, bullying, and separation from others. If judgement, hatred and murderous rage are in control, the destruction of property or life may result. Forgive judgment and hate, forgive the beliefs under the emotions before they take control. Release them. See them in truth as not-love. These emotions and beliefs are not evil, yet if they are encouraged to grow and fester they may lead to atrocities being committed.

Forgive those who commit acts of judgement as well as acts of hatred and rage. Forgiving them will help to reduce their emotions and eventually to see the beliefs within their mind and soul. Forgiveness is an act of love and will help clear your own soul as well as theirs. Individuals who are consumed with judgement and hatred of others see others as lacking, as not being the same as themselves, so others cannot be trusted and are not worthy of understanding, forgiveness, kindness or charity. When an individual is all-consumed by judgement and hatred a physical outlet is used to release the pressure building in the mind. Why are some individuals consumed by emotion to the point of committing an atrocity? The degree and depth of their emotions and beliefs, the fervor to which they learned to and were encouraged to judge and hate as children, the stability of their mind, and the condition of their soul are all involved in what the individual does when consumed by these emotions as a way to resolve them. Some factors have more weight than others in determining the person's actions.

Remember that there is a plan and everything and everyone has a purpose. The plan of their soul may have been to place them in the area where and when they could face their hatred. Perhaps the purpose was an opportunity for that individual to learn that there was no basis for hatred, to see others as good and loving, and to find a way not to be consumed by emotion. Remember that all choose what they will face in their life for their soul's growth and the growth of other souls as a service to others. Some souls willingly choose to give the greatest gift for another's growth- their very life.

Note: This message was written after the Tree of Life Synagogue atrocity.

November Messages

Service to Others

You are here to learn to be love, to forgive yourself and others, and to be of service to others so they may learn to be love. Service to others takes many forms. Service does not necessarily mean giving money or things as it can be a gift of time. It can be as simple as the gift of a smile. A smile can work miracles by changing the emotions and beliefs in a person struggling to find love and hope. A smile can say you are loved, I understand you, I would help if you but ask, or I was there where you are and I found a way to love. A smile is such a simple thing but it can have profound results.

Helping a friend, a neighbor, a stranger in need is service. Something as simple as saying "good morning, how are you?" can help them to feel not invisible and not alone. You may never know the extent to what your actions or words do for others, yet know each action has a purpose and is part of the plan for them and for you. Understand that even the simplest thing done for another can have a profound effect such as decrease depression, feelings of hopelessness, helplessness, and isolation.

Perhaps you are thinking that you are not in service to others. Yet, if you look at your 'job' and all the vocations available to you, you would see that they provide a service to others, whether to the physical, emotional, mental or spiritual aspects. If you are having problems with your daily work, see how your vocation is a service to others and has value. Your choice of vocation has a purpose and is part of the plan that all have value and be of service.

One service to others that is important to their and your growth is to see through the temporary condition to the eternal Child that they are. See each person as a child growing into Love. Few can resist the innocence, the softness, and the love of a baby. Soften your heart and mind and see each person as a baby or child learning to love and to be love. See them as I see them – with love and softness, wanting to protect and guide their growth. Without judgement of where they are now, see in others and yourself the same potential a baby has in becoming an amazing individual who has learned to be love.

A New Way of Seeing

See the world and all that is going on as a school yard. Some have walked on into the classroom while others stay in the school yard to play games or fight out within themselves and others that which keeps them from entering the classroom. You may recognize some of these games: king of the hill, the person with the most stuff wins, me first, any way I can, I judge you not important and inferior, and obsession

with shiny baubles. Even when you have passed into the school classroom there will still be issues to be cleared with your fellow class mates. Some of these will be with specific individuals, some will be more general where individuals will represent a chance for you to work through an issue. For instance, do you fear authority figures in general, those with a specific type of authority, or a specific person with a specific type of authority? Or is the issue with the person and not what they do? Each of these requires the identification of the core issue so that it may be removed from you. Notice that the issue is within you, not the other. It is your belief that leads to your response that needs to be identified and removed. You might think of this as disconnecting the wires to your 'buttons', that once the wire is cut the circumstance is still there, yet you do not respond to it. This frees you to be free of the situations surrounding you and to be love, do acts of love, and think thoughts of love for others without judging them. Be in the world but not of the world, detach from the concerns of the world, and focus not on this world, but on the world hereafter as my Sons and Daughters have profoundly taught.

*Note: One way to identify and remove the belief and emotion is described in the free download **Choose Love on the Book page.***

Power of Forgiveness

Know that I am your Father, your Creator. I created you in love, with love, and for love. Each of you is precious to me. You are my child. Your challenge in life is to learn how to love others as I Love you. Look past their lessons to being love, look past your judgement of them and see them and yourself as a child of love. See the goodness and love in yourself and others, for as my child you were created in love and with love. How can you do this? By clearing out that which clouds and darkens your mind and soul. Forgive yourself and others for not being love; have charity towards yourself and others as you all learn the lessons of love.

Each day forgive someone. Forgiveness is the path to love. Is there someone you detest or loathe? Forgive them each moment you think of them. Learn to see them as my child going through lessons to learn love. Forgive judgement if you cannot see my child in others. Remember that you see others through your 'glasses'- if your glasses have lens of judgment you will judge others and yourself; if your lens are hate you will hate others and yourself. By thinking "I forgive and release" judgment, hate and all the not-love emotions and beliefs that you experience, you clear your mind and soul so that the love that is your core being can show through. Your lesson is to learn to forgive and release all that is not love so that you may become clear for love to show through.

Have you met someone who has done this? They glow with love- the love in their core shines out from their soul to surround them in a soft glow. They are filled with joy, peace, and charity (good thoughts and actions) towards others. They accept and love themselves and accept others and their lessons because they have learned to be love. This is your birthright as my child- to be love, to love others and yourself. As you find and free the love in yourself you radiate it out to others to help them find love and acceptance within themselves so they in turn can love others. Your purpose is to learn to be love and to help others learn to be love. Once you have found the love at your core then will know in part the Love that I have for you.

Each Day

Begin each day with thanksgiving for this day with all its opportunities for growth. This day is perfect for who you are and where you are meant to be. This day is created with love for you. Today, begin to be aware that every lesson brings a choice and eventually teaches you to become love. This is truth of the highest order. Everything and everyone in your day is brought to you for your highest good of learning to be love. Can you thank them for their gift to you? Let this be the day that you forgive and release hate, envy, self-blame, grief, self-torture, control, rage and all the other emotions and beliefs that are the darkness in your mind and soul.

Begin each day with thanksgiving for the opportunities to choose love and light. Ask for guidance. The Voice will lead you. If you have faith and trust in the Voice it will make itself more obvious to you. It will show you what blocks you from choosing love and will help you forgive and release those blocks. If you feel lost or overwhelmed, forgive and release them and listen for the Voice. This is the beginning of clearing the darkness that blocks you from hearing the Voice and being love.

Begin each day with the decision to stay aware of lessons during the day. As you listen for guidance be aware of the choices you make. If you choose the path with love and light, then each day will help you become who and what you were created to be. Don't ignore the gifts this day provides by coasting through on 'autopilot', become aware of the choices you make. This day is my gift to you. In the physical realm choices lead to changes within your mind, soul and spirit faster than while in the spiritual realms. Use this day to learn. This day was given to you so that you may learn to be love.

Limitations

I created all that is, the visible and invisible. I am your unlimited Father. I am unlimited until you limit me. When you expect me to do things a certain way or by a certain time in response to your prayers you limit me. I could change things in your life, yet you face issues in this life because of the lessons you chose in this life. The people around you are to help you learn and to learn from you. Can you acknowledge there are lessons for you to learn, and lessons for you to teach others? As you learn a lesson you teach that lesson and as you face a lesson you may also teach that lesson. An impatient person teaches the results of impatience as they learn the results of being impatient. Each moment brings a new lesson. Try to see that each issue is a lesson and the worth of that lesson. You may not be able to identify what the precise lesson is, but trust that it is important to you and others. Learning brings change that ripples through you and others as you face and learn from each lesson.

In your life what you create depends upon how you limit yourself. Limitations do exist in the physical world. Some of these limitations you yourself create by your thoughts. Other limitations exist in order that you, a spiritual being, learn how to exist in physical form in a physical realm in order for you to learn from the lessons you face. You can remove some limitations by changing your thoughts and beliefs. Some of these beliefs you learned from experience or from others such as: I can't do math, I am ugly, I am not important, I am not good enough, I am not worthy of happiness, I am not worthy of respect; I am not worthy of a good job. Each of these is a limitation that prevents you from being all that you were made to be. As you believe so you create in the physical as well as the spiritual realms. Would you cage yourself in your beliefs, put up a wall to freedom and success?

The work book *Choose Love* has information to help you identify and release non-serving beliefs.

Give Thanks

Giving thanks for all you are given, for all you have is a way to open yourself for more to come. Give thanks for the tangible things and as well as the intangible. Do you have food to eat, good air to breathe and water to drink? Do you live in freedom in a country at peace, have family and friends that love and support you? Do you give thanks for the gift of this life and the spiritual Gifts you have been given? Do you give thanks for what you do have in times of scarcity? Not everyone lives in a place of peace, has enough food and water, is surrounded by friends or family, or feels they have things to be thankful for. Yet if they but look they would find there are always things to be thankful for. The situations and conditions they are in result from the lessons they have chosen to face in this life; perhaps gratitude is one of the lessons. Give thanks for this life that is perfect for you. Give thanks that you are working through your lessons with the guidance of helpers, both the physical and non-physical ones. Give thanks for the Voice that is always there to lead you in the perfect way for your highest good.

Try to make giving thanks everyday a habit. Allow it to become an integral part of your personality so that you give thanks for all things in all times. Having gratitude for what you do have in times of scarcity opens you so that more can be given to you. You have been given everything you need to face your lessons: the perfect time, place, people, situations, the Voice and other helpers. As you face your lessons with gratitude for all that you have it will open you to understanding and appreciating the lessons you face, being more respectful of all that you do have, showing love more easily, and becoming a light for others. Giving thanks, praise, and glory uplift your energy and help clear your core flame to reveal the light of Love.

Giving Thanks

Giving thanks releases darkness and allows light to flow into your being. It opens you to receive and be even more light and love. If giving thanks is a foreign concept for you, start by finding one thing that you can be thankful for each day. What are you thankful for? Your job? Your pet? Your spouse? Your friends? Your life? The food on the table? After a while you will feel more comfortable giving thanks and can expand the list. You will find a multitude of gifts on your list, for each of these is my gift to you. Dedicate this time of thanksgiving to focus on what you are thankful for rather than making it into a request or plea for more or something else. Focus on what you have, not on what you want. Once you can give thanks for what you have, you will recognize that you have all that you need for who and where you are; then even more will come.

Why give more to someone who is ungrateful for what they have especially, when they have all that they need? Do you keep giving to someone who does not appreciate what you do for them? What lesson are you teaching them? What lesson do you need to learn? I Love you and want you to be the best you can be, yet even I am limited if you are not ready and open to receive my gifts. The lessons you have come to learn also limit what I can give you. Most importantly, learn what you came to learn. The lessons you do not learn remain till they are learned. When you learn a lesson, it clears your flame to be

light and love. It opens you to receive more gifts, just as gratitude can open you to receive. Giving thanks will also help you learn your lessons faster.

What You Think Causes Change

Your flame is your core true self. It is a flame of light and love. All that you think, say and do creates more of the same in your flame. If you think or say words of love, compassion, or kindness to others and yourself then your flame grows in light. If you think or say words that reflect the dark emotions such as hate, resentment or rage, your flame becomes darker and muddy. Acts of kindness and mercy increase the light in your flame while acts of spite and jealousy darken your flame. It is your flame, your inner being or true self, that we see from the spiritual realm, not the physical body. Like attracts like, so the clear bright light of your being draws others who are also bright to you as friends, helpers, spouses. As you grow brighter you may find that some of your friends do not reflect your true self anymore and may drift away. Your physical environment may also change. Recycling and rehoming things that no longer feel right to you also reflects the new person that you have become. Your clothing style or color choices may change as well as some physical attributes. These all indicate the new person that you have become inside, manifesting on the outside.

With thoughts, words and deeds of love, mercy, and compassion you transform your flame to one of clear, bright light. As your flame becomes more and more clear you would begin feeling joy, contentment, compassion, and charity for all people and all things. Peace would abide within in you and around you. The peace and love within you would radiate out to those around you, influencing them to change as well, bringing peace to the world through peace within.

Note: The core flame is described in Your True Nature.

Ascension and Progression of the Soul

As your flame becomes more light and love you ascend as if climbing a ladder. Remember that your being and the spiritual realm are made of layers and levels of energy. As your mind and soul hold more light you ascend into the next level of higher vibration while still staying anchored to the physical body. With each increase in light your spiritual bodies function on a higher level and at a higher vibration – this is ascension, this is the progression of your soul, spirit and other spiritual bodies into the higher realms as they release everything that is not love. The higher you go on the ladder of ascension the more light and love in your flame and the more powerful your thoughts. As you believe so you create. You will need to watch your thoughts and words to avert all that is negative. Thinking ‘Avert’ is similar to taking an eraser to what you have created in energy in the spiritual realm before it can manifest in the physical. Your thoughts can more easily affect your emotional and mental layers than the physical, and your creations will manifest first here. As your flame becomes clear light and love your being will hold more power to manifest in the physical realm what you have created in the spiritual realm. By this time you have become adept at monitoring your thoughts and forgiving and releasing all that is not love. Stray negative thoughts need to be forgiven and released and their energy form averted to prevent creating that which is not love.

As your core flame becomes more light your energy bodies become more light and love as well. You will become aware of the energy patterns in the various layers and the beliefs, emotions and decisions in the layers. Use the same pattern to release their energy, "I forgive and release", in the higher layers as well. What has been hidden will be revealed. Continue to clear away all that is not love.

Note: To read the earlier post with the description of the spiritual realms: [Spiritual Realms](#).

Revealing Your Gifts

As you clear your flame your gifts for service will be revealed. With service to others your gifts will blossom as you learn to use them. Service to others is part of your progression or growth. Some of you already have dedicated your lives in service to others- you have served others most of your life. Others are just realizing what their gifts are and how to use them. There are so many and various ways to serve, even the smallest act helps others and yourself to progress. Some of you will be called to serve perhaps through providing a loving foster home, working at soup kitchens, providing a means for others to travel to doctors or hospitals, providing food or clothing, working at refugee shelters or pet shelters, assisting at schools so that all can read and write, or being in service at religious centers. There are so many ways to be of service to your brothers and sisters. Remember that you are all my children, so everyone is your brother or sister.

As your flame fills with love and light, it will flow from you as acts of compassion, mercy, kindness, and love. Perhaps you love to read books and you discover a gift for reading to others or teaching others to read the books you love. Maybe through your love of music and musical skills you provide a lift to those in need- even just humming a cheery tune can bring light when it seems all is lost. Perhaps listening to others is your gift- being heard is a universal need. What do you feel called to do? What you love to do will give you a hint at your gifts and what your soul plans for you in service to others for both your and their soul's progression and growth.

During this time of prayer and thanksgiving there is a layer of peace, harmony and heightened spiritual energy around the earth. Use that energy to remove that which is not love from your flame, listen to the Voice and your soul for guidance, ask that your gifts be revealed, and that you are shown how to use them. Find your niche, for it will be tailored to your gifts and will reflect the purpose that you have chosen for this life. The more you use the gifts you are given, the more you are given to give.

Remember to ask for help along the way for the Voice is always there to guide and answer your questions. The angels wait to serve you. Give thanks for the gifts and the help you are given to learn to use your gifts. Look for those opportunities to serve others for therein lies the progression of your soul and the soul of others.

Note: Written this second day of Hanukkah, during the first week of Advent and in the month with many celebrations of light, love and enlightenment.

It feels as if this is the end of the introductory material, and I await the revealing of the next chapter.

December Messages

Spiritual Energy from Prayers

Many religions have days of prayer in this month- celebrations of love, faith, peace, good will to all. Can you experience the difference in the world around you? There is an upliftment of the spiritual energy around your world from the prayers for enlightenment, light, peace and love. This energy provides an opportunity to bring change, not only to those who pray but for everyone it touches. It provides energy for healing of all kinds: physical, emotional, spiritual, and mental healing. It loosens old beliefs and emotions to bring them to the surface to be forgiven and released. It increases clarity of thought and perception so that what was hidden comes to the light of awareness. Great personal shifts can occur from this uplifted spiritual energy during times when large numbers of people are praying, focused on light, love, truth and good will. The religion of the people praying does not matter. All prayers for light and love uplift and heal. Use the spiritual energy this month and at the other times of prayer during the year for your healing and soul's progression.

Join in with your prayers. Ask for wisdom, enlightenment, guidance, light and love. Pray in the tradition that you know. Or sit in silence and listen for guidance. Ask to be filled with light, love, wisdom, healing, truth, peace, joy, mercy, and good will towards all. You can ask for these individually or together. There will be thoughts that come from your undisciplined mind. Learn to recognize those that are not-love. Forgive and release them to make more room for light and love in your flame. This is a time of great spiritual energy for change around the world. Many flames will glow brighter.

Note: A protocol to identify not-love thoughts and emotions, and steps to forgive and release is described in the free download Choose Love.

Creating in the Spiritual Realms

When you listen to the Voice there are times when everything falls into place- you call it synchronicity. What you focus on appears easily because you are in line with the Voice and your plan for this life. You first created in the spiritual realm what you focus on, and the people, conditions and physical objects needed were drawn there as well as in the physical realm to create your thoughts. As you think so you create, or in other words, as above in the spiritual realm as below in the physical realm. Creating in the spiritual realm takes focus and clarity. Angels and helpers may assist you but your energy is the foundation, the power used to create and manifest. If your energy is clear of negativity your creation is made of clear sparkling light, a wondrous creation of joy and life. If your energy has negativity or darkness your creation will be formed of this same energy. Positive energy creations allow for a complete manifestation in the physical realm, while negative energy creations may manifest as twisted or incomplete, or may form complete but collapse from within. Not only do your creations reflect your energy, but also your plan for this life. If the plan for your life is to learn to trust in my provenance, then you may be unable to create financial success from your own labors even by focusing on it. Financial success would depend on first learning to trust in my provenance.

You create in the spiritual realm your spiritual home for your use now and later. Your energy of your flame is the brick and the mortar that holds it together. Your energy state as well as your beliefs determine the design- whether an open design for light to enter or a closed one with only tiny openings

for light or friends and helpers to enter. Your favorite places on earth become part of the design as well. Whether you love the forests, oceans, mountains, or plains, they will be a part of your landscape design as well. Those homes in the higher levels have peace, light and bright colors. To create a home of light and color, learn to be more positive now. Focus on being more positive by having gratitude, generosity to others, and more love and compassion for yourself and others. As you become more positive each block of your spiritual home increases in light and love. The design will also change to reflect the change in energy. With an increase in light and love in your flame, the energy of your physical home will also have more love and light. Some of you in service to others have created 'offices' in the spiritual realm as well where others meet with you for healing, guidance, counseling, rejuvenation, or replenishment. Your focus of service to others continues in the spiritual realms to bring light, love, and healing there as well.

Messages 2019

January Messages

The Voice in Your Dreams

What you normally and most easily hear are the sounds in the physical world around you. You must listen closely to hear the still quiet Voice from the spiritual realms. To hear the Voice, quiet your mind, your thoughts, your body. Invite the Voice to guide you and then listen. For some the Voice will use your dreams to communicate with you. It may show you a scenario with an emotion or belief that you need to forgive and release. Begin to pay attention to your dreams. The Voice will speak to you through your dreams using words, emotions, and familiar scenarios and items in your life. Some of the dreams will have a literal meaning to you, while some will be symbolic. Some dreams may be a warning, some may be prophetic, and yet all will have healing in some way.

You may want to journal your dreams or keep a list of what was in the dream and how you interpreted it. By regularly doing this you will learn how to interpret your dreams. The Voice is using the words, places and people that mean something to you, to speak directly to you. Your dreams may include scenes from a movie that you have seen, or book that you have read. What does this character, place or situation mean to you? What was your reaction when you first saw it or read it? Remember that the Voice is communicating to you using the words, emotions and beliefs familiar to you and exposing those that you need to be aware of. Your dream quite easily could mean something else to someone else.

Pay attention not only to the content of your dreams, but also if you should wake suddenly from a dream. It may be the Voice telling you that what is in this dream is important to you. With it still clear in your memory, or while you are still feeling the emotions, distill the dream to reveal the message. Identify the emotion or the belief in the dream. Forgive and release them to clear them away. Some dreams will contain memories of situations or people that need to be forgiven and released. Some dreams may replay past events. The emotion or feeling you had in a dream maybe the only thing you remember from the dream. Forgive and release these. The more you practice paying attention to your dreams the easier it will become. The Voice won't use every dream to speak to you. Some dreams are just your normal dreams helping you to process the events, emotions, and thoughts of the day. The dreams with a message from the Voice will have the strongest feelings, the greatest clarity, word fragments or sentences that stand out in your mind, situations or people that mean something to you, and the dream will stay in your memory longer than your usual dreams. There may even be flashbacks to the dream during the day. These are the dreams important to you to evaluate for the message. Also know that if any dream seems to repeat, something in this dream is very important to you and the Voice is sending again for you to act on.

Evaluate your dream: What is the emotion? Rage, hate, frustration, fear- any and all emotions can be cleared by forgiving and releasing them. Is there a phrase or statement that stands out from the dream? Is there a belief? Perhaps you heard someone tell you that 'everything is going to be ok'. This may mean that whatever stress you are under currently will work out in your favor. Perhaps you heard 'I'm not important'. The belief 'I'm not important' could be stopping your growth and advancement and needs to be forgiven and released. Are you or other individuals doing something in your dream? How is their activity important to you? Perhaps you are in a car accident, or in a car being pulled over by police near

a school in your dream. This is a warning dream to be careful when you are driving or in a car with someone else especially in areas such as schools or other areas with very low speed limits. It could also be a warning that someone close to you needs to be careful when driving. The person driving may indicate who the warning is for. This warning may help you or others reduce or avoid an accident or ticket. Are the primary individuals there for literal or symbolic purposes? For example, if a doctor is giving you advice perhaps you need to schedule an appointment. Perhaps you heard the doctor say you need to eat more greens or take vitamin C. Doing so could help you avoid health problems. If your mother is trying to talk to you over the phone but her voice is garbled, perhaps you need to talk to her to understand what she needs to tell you, or talking with her may help her find clarity on an issue for herself. Or perhaps it means that you did not hear or truly understand what she said to you when you talked last. In a more generalized form it may mean that you have not been hearing or understanding the love others have for you. From this last example, the belief to be cleared may be 'I am unlovable' which would stop you from hearing the love others have for you, or it could be 'I do not hear/believe/understand that others love me' or possibly 'I do not allow myself to hear that I am loveable'.

Tonight, as you lay down to sleep, invite the Voice to speak to you in your dreams. Perhaps there is something important that the Voice will communicate with you using your dreams. Making this invitation open ended allows the Voice to communicate with you in your dreams in the future as well. Perhaps you never remember your dreams. Maybe dream communication is not the best way for the Voice to speak to you. The Voice will find another way to communicate to those who invite it to speak to them, to those who listen, and to those who act upon what is communicated.

Note: The procedure identifying, and then forgiving and releasing beliefs and emotions is discussed in the free download Choose Love. <https://progressionofthesoul.com/books/choose-love/>

Working with the Voice

My Voice is also known by other names such as the Holy Spirit and the voice of your Higher Self, Inner Wisdom, or Inner Guidance. Invite the Voice into your life and it will work with you to develop a relationship based on trust and love. Some may say that the voice of your Higher Self, Inner Wisdom or Inner Guidance are not my Voice. At first, these other voices are on a different plane of existence, but as you invite and work to hear my Voice you elevate to a higher plane and these voices join with my Voice. Quieting the mind, inviting the Voice into your life, asking for guidance and then listening, and clearing away the energy constructs in your flame will lead you to hear or experience guidance.

For some you will hear a still quiet voice during times of quiet reflection. The Voice will get clearer the more you listen. For some it may work through your dreams or intuition. Have you known something before it happened? Learn to recognize, pay attention to this type of information and to act on these insights. Every time you hear the Voice or work with the Voice, and act on what it tells you, you develop a partnership with the Voice. As the partnership grows stronger so will the Voice in your life. The way the Voice speaks to you may change as well. Do not despair if you are not aware of the Voice in your life at this moment. The invitation you made to the Voice to come into your life was heard and acted upon. The Voice is working now in the background to become your partner and then a part of you. The Voice will lead you to those activities that help you to become familiar with it. There are many Holy

manuscripts in the world that teach ways to seek Me and my Voice or to hear my Voice. Try the ones that you are familiar with first, then listen for the Voice to lead you. Seek help from those who already have the Voice leading their daily lives. You will recognize them by the love they have for all people and the acts of love they perform.

As you develop your relationship with the Voice, it may teach you to look at things differently. It may give you strength in areas of your life and ask you to use this new strength. For example, the depth of your love and compassion for others may grow. Perhaps this gives you new insight into how you could bring more love into your present job such as changing your teaching style, being more friendly or open with colleagues, or making more time to play with your children. Perhaps this translates into a new desire to learn to heal, to work in a soup kitchen, at an animal shelter, with refugees or the homeless. The gifts that come with my Voice are meant to help others. My Voice will always lead you to do works of love. It would never lead you to be cruel or unkind, to harm anyone including yourself, or to speak or do acts of judgement, fear or hate. The gifts of the Voice are meant to transform the world and all those in it to manifest my Love.

The Maturing Child

As your flame grows brighter and clearer you mature from child into adult. Growth takes time, experience and patience. The mature individual with a clear, bright flame demonstrates thanksgiving, gratitude, and praise. These three behaviors form the foundation of the adult life on the physical and spiritual planes. These are a result of maturity, yet practicing these also assists one in growth and clearing the flame. Balance between the three is needed as they are equal components of your foundation.

Give thanks for this day and the life you have been given. Give thanks for the love and guidance you are given every moment of everyday. If giving thanks is new to you, then begin by dedicating one minute, just one minute each day to focus on giving thanks. At first it may be difficult to come up with a minute full of things to give thanks for. Some things on your list may be general like the gift of health, family, or they may be very specific. Some things may seem minor or even insignificant to others, like the size of your nose, but these are what you recognize as a gift to be thankful for at the moment. As you practice thanksgiving your list will change. You will begin to be aware during your day of things to add to your list. Even better, give thanks for them at the moment you become aware of them. Let your awareness of your life change your list.

Now some may say I give thanks all day, is this not gratitude? Giving thanks is not the same as having gratitude. Gratitude is a feeling. Have you ever told someone thanks for a gift that gave you no joy or positive emotion? You may know that every day is a gift and give thanks for it, but what is the emotion behind the thanks? Is there a feeling, or is there emptiness behind your words? I hear your words and emotions as you talk to me. Your emotions are just as important as your words. Remember that your flame changes color with your emotions. Gratitude gives your flame a rosy glow. Feel the joy, the awe-whatever the emotion as you give thanks. Don't try to force the feeling, try to experience how wonderful it makes you feel to know you have been given the perfect gift.

The third characteristic is praise. As a parent you give praise to children to reinforce good behavior. It is a way of acknowledging the good that was done. Does the child praise the parent? Does the parent need the praise of the child? Can the child understand the parent's thoughts or actions other than through its own limited perceptions? Giving praise does form a bond between us and increases the brightness of your flame. Giving praise also opens your thoughts and awareness to something greater than yourself. It expands your awareness of the world from what immediately surrounds and concerns you. It allows you to recognize that there is a greater force in the universe than your actions or will. Giving praise switches you from egocentric to God-centric. You, the maturing child, can then focus on learning that which is good and right while bonded with your loving Father. As you mature you understand that you can never fully understand the greatness of your Father, the Creator of all things, so give praise recognizing that your Father is greater, even more awesome than you can comprehend.

By maturing into the person who gives thanks, has gratitude and gives praise you open your mind, heart and soul to being the person to fill your niche in the grand plan for the world and the universe.

Quiet Mind of Maturing Child

At some point as you mature, you find inner peace and life no longer seems a huge battle. You are at peace with who you are and where you are in your life. The words and actions of others do not affect you as they once did. Once you are at peace then you are able to recognize and respond to the insights and nudges coming to you from the Voice. Can you hear a whisper in the chaos of a hurricane, or beside the still, quiet lake? Find ways to quiet your mind. There are various practices that quiet the mind such as meditation and prayer. There are as many forms of meditation as there are forms of prayer. Praying using chants, singing, rituals, or beads help quiet the mind. Singing the Psalms, saying the Our Father (the Lord's Prayer), reciting from the Koran, or saying the Rosary are a more formal way to focus, still, and elevate the mind. All paths Home teach some way to focus and quiet the mind. When thoughts of others or emotions appear while you are meditating or praying, forgive and release them.

Thank you for being patient as I recover from the flu.

February Messages

Developing a Friendship with Your Father

As you mature you will find comfort in talking with your Father. You determine the degree of closeness or type of friendship. The more you sit in conversation and the more you reveal your inner self, the closer and more intimate is the friendship with your Father. Nothing in your life is insignificant, nothing is too small or too mundane to include in your conversation with your Father. Share both your successes and your concerns, your joys and your fears, your dreams and your failures, and the good that he has provided you and your needs. Speak of how He has helped you, the perfect opportunities brought to you, the perfect person to help you or to answer your concerns. Thank Him for his help and his guidance. As you do this you will begin to recognize the ways he provides for you, and begin to feel his presence throughout the day as a wise friend or mentor always there to help, to listen, and to give you guidance.

As you spend more time in conversation also take the time to listen. Perhaps the answer to your concerns will come as a brief image, you might hear the answer directly, or you might recognize the answer as you talk about your day and concerns. Being quiet and listening allows you to be open to feeling the love that He has for you, his Child. Being quiet and listening allows you to be open to the guidance your Father has for you.

March Messages

Finding God

Lent is a time of searching for God, searching both outward and inward. Do you see the glory of God's creation around you and in yourself? We, along with all on this planet and all of the planets and galaxies, are awesome examples of creation with the mind-boggling power of God's will and love. Both the seen and unseen are perfectly made for our growth and the development of our body, mind, soul and spirit. We are perfectly made for this life, our gifts and service to each other and to God. God is good, infinite Good and Love, and he has shown us ways to embrace love and be that love on earth for others.

Can you find God within yourself? He is manifest in love, the love you have for yourself and others, and in the good will and charity you have towards others. Recognize that you are a child of God, that all individuals are children of God, and that you can bring this Love to earth to make heaven on earth. Be love, kindness, acceptance- see not the speck of sawdust in the eye of another child of God and ignore the festering wood splinters in your own eyes (my paraphrase of Matt 7:3-5) for we are all children of God. Search your heart and mind for that which is not love. Ask for guidance for ways to remove that which is not love so that there is more room for love. Ask to be shown how to be love on earth.

Lent and Spring

Lent is very much like Spring. As the earth turns closer to the sun it warms the air and land. New growth appears and soon a gorgeous blanket of color invokes joy and wonder. Just as new growth pushes away the old, we clean our homes of the remains of winter, organize, and rehome items that no longer reflect who we are. During Lent, as we search our minds and hearts for God, we clean out the old thoughts, the cobwebs and the dust bunnies from within much like Spring pushes away the old, winter dead plants. New thoughts give us a new awareness and appreciation of the beauty of life, the Love of God, and the presence of God in our lives. As we clean our minds and souls of the old thoughts, beliefs, and decisions about ourselves and God that no longer work for us, we make space for more light. With more light within, we may glimpse an understanding of God's limitless love for us.

Take this time of renewal to sift through your thoughts about yourself and your relationship with God. Find those thoughts that limit God's presence in your life and keep you mired in a limited relationship with God, Your Unlimited Loving Father. Socrates once said that the unexamined life is not worth living. Perhaps your unexamined beliefs about yourself and God limit you from fully accepting the love and full life that God has for you.

One way to examine your thoughts and beliefs is described in the free download Choose Love:
<https://progressionofthesoul.com/wp-content/uploads/2018/09/Choose-Love.pdf>.

April Messages

The World Within

Your Father wants His children to be happy, full of love and at peace. That is what you were all created to be- love and peace. There will always be external circumstances that work against love and peace for that is the nature of life. The mature child maintains an inner presence of love and peace even when the external world of hate and terror surrounds them. The love and peace within are the presence of your Father and thus are the kingdom of Heaven on earth. Hold fast to love and peace. Let this love and peace be your strength, courage, and life itself.

Know that everything that happens has a purpose and is part of the plan for your highest good and growth. Know that in this plan sometimes you will be the teacher and sometimes the student. It is your classroom so that you learn and become all that you have been given to be. To become love and peace detach from the external world so that you remain at peace within no matter what surrounds you. For is it not written *be in the world but not of the world (John 17: 14-15)*? Others have also taught detachment as the way to growth and peace and to focus on the world to come not the physical world. Only by detaching from the external world can the inner world grow. Be in the world physically, but detach from it; do not let the concerns of the physical world disturb the inner world. Do not let the concerns of the external world become the world within. Only the internal world of peace and love is everlasting.

May Messages

Patience in the Maturing Child

Patience is a necessary quality for the Maturing Child to develop. While the spiritual realms function in the 'now', the physical reality is quite different. The Maturing Child needs to be aware that for answers to their prayers to happen there are qualifiers to be met. Is the person ready for what they have asked for? Can their physical, mental, emotional and spiritual bodies support the changes? Have all doubts and other interference been removed? The manifestation of very few prayers depends only on the state of the Maturing Child. Often an answer to a prayer depends upon the actions of other individuals for completion. Are all the key persons at the right place and time for their role in answering the prayer?

When more than one person is involved it requires that each person be in the correct place, at the correct time and do what is needed. When all these conditions are met, then change ripples outward throughout all involved to manifest the prayer. While your Father can cause immediate change – a miracle- He prefers to act through many lives, for each person has a role to play and reaps a benefit from performing their role. Think of what a sports team needs to do to score a goal. Each coach, player and member of the support staff has a specific set of skills and a role to play. When you pray, you ask for a specific goal. The coach's plan leads to the goal when each person on the team is in the right place at the right time and completes successfully their part in the play. No one has an insignificant role to

play, everyone has a role and a purpose in the plan to the goal. Your Father is your coach, those around you are your team, and your prayers define the goal to be met. Nothing happens by chance. Your coach brings the right person to the right place at the right time for the goal to manifest. Praying for a new job? Think of all the people and conditions involved to bring this about. The good news is that you do not need to orchestrate all of these components, and, in fact, it works better if you step out of the way. Your job is to define the goal- describe it to the best that you can, the more details the better- then turn it over to your coach, your Father. Your coach knows where each person is in their life, what role they play, what needs to happen to manifest that new job, and in what sequence. In order to allow the play to run without interference, step back and watch the play unfold. Sometimes it takes practice for the play to run correctly, sometimes a player needs to be switched out, and sometimes a misstep causes a new plan to be made. Patience and trust are needed. Patience for the plan to complete correctly. Patience when you cannot see that the play is already in motion. Trust that your Father has the plan and players worked out behind the scenes for you.

At some point the maturing child will begin to experience things falling into place- everyone and everything in the right place at the right time, all acting quickly to manifest the prayer. Learn to be patient. Your Father and the angels can nudge players to line up to take their place, to be in the right place and to make the choices needed to take the plan to completion. Learn to trust that there is a plan and purpose and that each person in your life is there for a reason. Even those you have never or will never meet have a role to play and no role is insignificant in any plan. Know that at some point your prayers will be answered bringing you an opportunity for your highest good for growth and development.

Acceptance and the Maturing Child

The Maturing Child learns to accept himself and others for who they are. Do you judge yourself or others as wrongly or poorly made? Everything about you is perfectly made. Everything you are is perfect for your lessons and gifts. Even traits you would prefer not to have such as stubbornness are perfect for you and your lessons. You would need stubbornness to work through lessons that others would avoid or walk away from. You would need stubbornness to learn to use successfully the gifts given to you. Learn to see your unloved traits as valuable or in a different context, for instance seeing stubbornness as perseverance.

Have you wished to be someone else, to have what they appear to have? You do not know what lessons they are here to learn and how their lives enable them to learn their lessons. Their lessons are not yours, only your traits and gifts enable you to learn the lessons in your life. Perhaps you wish to be free from a health condition. Learn to look at health conditions from a different view point. Can you find the lessons to learn in having this condition? Perhaps to speak up for yourself to others in authority over you? To stand up for your beliefs? To take responsibility for your health? To learn compassion for others? Perhaps the lesson is to learn love and acceptance of all conditions, that life is but a blink in time before you return to peace and love. Perhaps as you contemplate these conditions you find peace for yourself and others.

Learn to accept who you are, and the lessons you have come to learn in this life. Where you are in your life is the perfect place for you. In the same way, learn to acknowledge that others are exactly where

they need to be. Give them space to be who they are, acknowledge their pain, their anguish, but know that they need to go through the lesson to learn what they have come to learn in this life. You may need to distance yourself from them, or they from you, yet you can still keep them in your prayers asking that they listen to guidance from their Father and the angels that surround them. By going through these lessons, they learn to seek and listen to the source of all love, patience and true healing.

The lows of this life teach how to reach the highs of the next existence. Without the ups and downs of life there would be no growth, no development, no progression in the soul or spirit, and no reaching the ultimate goal of being love to all in all situations. Remember that you have a lesson to learn and to teach. Your job is to persevere to learn the lessons of your life and be the example of the lesson learned so that others may learn it from you.

Discipline and the Maturing Child

The Maturing Child of God needs to cultivate discipline. Discipline of thoughts and actions is important to the maturation process. Listening to your thoughts takes discipline. Winnow out those thoughts that are not loving. Can you remember who taught you those beliefs, or how you made those decisions? Your beliefs and decisions come from your experience of this world, the not-perfect world. For you to become part of the perfect world of your Father you must mature into the being of love that he made you to be. Begin this by having the discipline to listen to your thoughts, and recognize the beliefs and decisions behind them. Are the beliefs grounded in love or not-love? Once you listen to your thoughts you develop discipline over your mind.

Discipline is needed in other aspects of your life as well. Do you set aside time each day to speak to your Father? Do you set aside time to focus on Him and learn what he wants you to do? Do you have discipline over what you eat so that you may be healthy? Are you sleeping the hours you need to have a clear mind and healthy body? Do you do the things that need to be done even though you would prefer to avoid them? Each of these is some aspect of the discipline that a Maturing Child needs.

Maturing child as a temple

Know that as you mature you become clearer and hold even more light and love. As you clear away the negative thoughts and beliefs you also clear away the blocks and barriers to being light, love and peace. You are taught that your body is a temple, but do you take this literally? As you clear away the false beliefs and darkness you open yourself to receive even more light and love. As you clear away the darkness from your mind, it also clears from your emotional, spiritual and physical bodies, allowing your very being to hold more of the essence of your Father- light and love. You are like a vase that the old and dirty water is emptied out to be refilled with clean fresh water. As the vase holds more light and love the vase also becomes light and love, changing its structure and form. You, like the vase as you clear and clean out the old dark beliefs and decisions, change into the light and love that you hold. This is the progression of the soul into a being of light and love.

All the levels of your being need to be cleaned and cleared of darkness. In the mind the darkness is made of those beliefs and decisions that are not love and light. In the emotional body the darkness is

made of those emotions that are not love. In the rest of the bodies likewise it is anything that is not light and love. For example, by not eating the right foods or getting the right amount of sleep or exercise, the physical body is still enslaved to darkness. The darkness in the spiritual bodies remain by holding onto thoughts and beliefs that limit your Father or his children. As you mature you will notice that as all the aspects of your being change into light and love you treat yourself with gentleness, acceptance, and spend more time in peace and joy. Your physical surroundings will also change to reflect the changes in of your being.

You are a temple made to hold the love and light, the joy and peace, the truth and beauty of your Father. That is your inheritance as a Child of God. Just as human babies mature into adults over a period of learning and experience, so is your life that time of learning and experience for your soul to purify and to learn what it means to be the Mature Child of God with all the gifts and responsibilities that it entails.

August Messages

Purpose and Plan of world events

When you are surrounded by hatred, rage, or fear those around you - do not fear. Try to step back from the fear and take the greater view. There is a purpose and a plan in all that happens. God's plan is the way for everyone to reach their Highest Good, and the purpose that each one has in this plan is critical for this to happen. He knows your role and supports you. Look to him to find meaning and understanding, for the world is only a school to learn love and to be love. Believe that your Father LOVES you and provides all that you need. Seek His Love and protection, His understanding and peace. Believe that you are surrounded by his angels to guide and help you; you are never alone, for He and His angels watch over you each and every moment. He knows your fear, and would comfort you and keep you safe if you but look to Him rather than to yourself and to the world to provide safety and comfort. He knows your fear, hate, and rage and would help you release it so that you become love, compassion and peace. Remember that you are an eternal being with the free will to learn to choose love as your response to others and the events in the world around you.

Look to the events happening around you in the world as evidence of the thoughts and beliefs of the individual and of the people in the world. These events are part of the plan to change the beliefs of those individuals. What is your response and the response of those close to you to an event such as a bombing or shooting? Does it evoke hate? Fear? Does it cause you to look within and challenge your beliefs, or does it reinforce what you already believe? Is that belief love? Understanding? Compassion? Does it challenge you to make changes to remove the cause, or does it just reinforce your understanding of the cause of the event? If change does not happen within and without, similar events will continue to occur till individuals understand the truth and make changes to remove the cause of such events.

Believe and trust that all that happens to each and every person has a purpose and a reason, and is part of God's plan for that person, city, country, world, and universe. Also understand that you may never know the entirety of your purpose or your part in the plan, and especially not the entire plan for it involves all of humanity and all of creation. Remember that each person has a critical role to play; for some it is to show goodness or hate through their actions, for others it is to be the reason for change to happen or to cause change to happen. Changes within each person need to be made in order for each

person to be love and to do only acts of love. Do you teach love? Compassion? Do you teach hate? Rage? Peace? Examine who and what you are, find the goodness, the love within, but also search for the darkness. Challenge your understanding of love, of the events around you. Look within and find the darkness within you.

Ask your Father

When you are afraid, angry, in pain- anything that is not love- then go to your Father and ask Him for what you need: peace, protection, love, hope, mercy, forgiveness, truth, revelation, healing power, His Light to rid you of darkness, guidance, compassion, humility, gladness, knowledge, faith, understanding, and other gifts such as redemption and atonement (at-one-ment). He loves you and provides for you. Go to him for what you need. Talk to him. Develop your relationship with Him. Don't let the belief that your request has to be in specific form delay you; it can be simple and straightforward. The more you can focus, the stronger the connection and the better the outcome. So to start, you might need to find a quiet place, sit or lie down, close your eyes and relax as much as you can.

Start with Thanks

First give thanks to your Father for all that he has done, something like: "Father I thank you for all that you have done for me. I know you love me and provide for all my needs". You can be specific in your thanks as well: "Father, I thank you for the peace/ protection/ the job/ the car you have given me." Tell Him how much you appreciate the gifts He has given you; express your gratitude for His gifts.

Then ask for what you need

Ask for what you need. A general request could be something like: "Father, I am afraid/ sad. I need your peace/ protection/ love". A more specific request: "Father, I hate (name the person, people, race, my life, my family). Help me to release my hate. Please fill me with your Love and Light/ revelation/ truth/ understanding and help me release this hate". Sit with that awhile- asking for Love and Light to release and replace hate. Tell Him everything that comes to you while you form your request. Ask for guidance.

Asking for healing

When you have pain or need a healing, specify the location or organ in your body and ask for his Healing Power: "Father I am in pain. My ___ hurts so badly. Father, I need your healing. Please fill my __ with your healing power and your healing light. Please release the pain from me." Usually with pain, and especially chronic pain, there is a mental component, too. You may need to ask for hope, peace, understanding, or guidance to the best therapist or treatment option for you to bring healing. Perhaps you need to ask for forgiveness as sometimes guilt can lead to physical as well as emotional pain. You will probably need to sit with the request for a while so that the Healing Power can saturate you. Also repeat this prayer request over time to fill you with Healing Power.

Filling with Love and Light

Another practice is to ask for the Love and Light of your Father to fill you. Again, you can ask in a generalized way: “Father please fill me with your Light and Love”. Or in a more specific way, you can ask “Father please fill my ___ with your Light and Love”, or “Father please fill my mind with your Light and Love. Please fill my head and all the structures and organs in my head with your Light and Love”. Then continue on down your body: neck, chest, arms, abdomen, thighs, legs and feet. For each part of your body, allow time for Light and Love for fill it. Remember that this is going to be cumulative – the more times that you ask for Light and Love, the more you receive and retain, as well as the greater the darkness that is released from you.

Always end with Thanks

Always end with Thanks and gratitude for what you have received such as: “Thank you Father for all that you have given me. Thank you Father for _____”. Even if you don’t feel it at the moment, your Father has given you a gift that is working within you. You may need to do the prayer request several times to get rid of deep-seated darkness or pain. Remember it is cumulative – each bit of Light removes darkness. Sometimes it takes a while for us to feel or notice the changes in us.

This just a way to get you started. Make this simple pattern yours by expanding, changing, modifying it as you feel the need. Perhaps this is your first attempt to go directly to your Father. Once you have formed a connection with Him, then you will get more comfortable asking your Father for what you need. At first you may need to start by sitting in a quiet place to help focus your thoughts, but later you will be able to connect anywhere and anytime. Sometimes you will know exactly what you need, other times you may just need to ask for Light and Love to clear away the darkness to help you identify what you need help removing. As you talk with your Father you will get more comfortable being with Him and understand his great Love for you and for all His Children.

Thank you for your patience as I continue to learn patience and to wait on God’s plan.