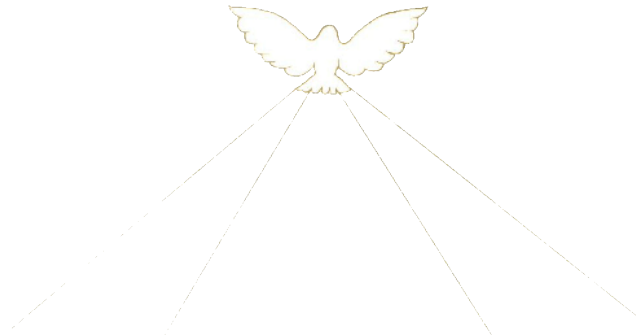


THE QUIET PLACE



God's Daily Message 2016

**God
Speaks**

to every man, woman,
and child, on Earth, everyday!

And at The Quiet Place, we conclude
our morning prayers with these words asking
God, what we should know, today: "Our Creator,
God, what is it that You wish for us to know, today?"

And
God says:

December 31, 2016

You have been carrying a burden,
you have been pulling a heavy weight,
for a very long time, and it is not necessary,
My child. Rise-up, lay down your burden, re-
lease the chains of the load you are pulling,
and come to Me, with faith, and trust, that
I will always: take care of thee; provide
what you need; and encourage you
to move forward, to complete
your mission. And
then, I will wel-
come you
Home!

And The Holy Spirit says:

It is not necessary to carry a load. It
is not necessary to be burdened by the past,
or the present, or to fear, or be concerned about
the future. All you are required to do, to experience
life, as you are meant to experience it on Earth, is: to
breathe deeply, to look around you, letting your pray-
ers of gratitude, be an exclamation of the wonder, and
awe, that you feel, as you are walking through The
Garden, created by God. There is work to do;
but it is not necessary to do your work,
carrying a burden. Put it down.
As soon as you have re-
leased all of the
burdens,
all of the weight,
you will fly into the new
day. Come, fly away with Me.

December 30, 2016

The song of the old time is growing still,
soon to be quiet: so that the vibration of the new time
can move-in, so that the tones will begin, so that the song
can be sung by all who recognize the new vibration, the new
tone; for this new tone, and new vibration to come is softer,
and sweeter; yet, so quiet, that it will not be heard by all.
Be still and quiet. If you feel the vibration, and harken
to the tone, it will become, your song. And The Holy Spirit
says: Eternity is created of pieces and portions all strung
together, artfully, by the hand of God. It is time
for creation to take a new turn, to settle-
in, in such a way, that this piece, of
the journey, will be shining,
and sparkling! It will
be, as gems,
floating, in
the air, between
Heaven and Earth.
Prepare for the signs,
of the time; for one is dying-
out, and one is growing! They
are connected; but, the new, is
showing a different life, for each of you.

December 29, 2016

Day passes into night
and night passes into day,
and so it continues on... this way,
creating the sacred procession of eternity.
You are a piece of eternity; you create the space,
and what occurs in your piece of eternity; therefore, if
you must think, let your thoughts be, only, of how sacred,
and holy, your space can be created by you! If you must speak,
at all, speak softly, so you do not disrupt the gentle vibration of the
movement, of eternity. Be at peace, within your being! Recognize
what you are doing. If it is necessary to be emphatic, place your
emphasis on softness, kindness, understanding and compassion.
Move slowly, speak softly, and live divinely! And The Holy Spirit
says: Stay connected with God, in all you do; for, when the light
of God is flowing through you, you cannot be consumed, by
the fires, of: treachery; deceit; hatred, or anger; greed;
or envy. Nothing will touch you, or harm you,
when you are filled with the light of God,
and being filled with the light of God
means there is no room for any-
thing else! Be filled with
the light of God!

December 28, 2016

As
you
mature,
spiritually,
you will find
there is nothing
more freeing, than
the act of forgiveness,
practicing the art of for-
giveness; for, with every
piece, released from you,
through the gift of for-
giveness: you bre-
athe deeper,
you shine
brighter,
you live
more joyfully,
because the weight,
and the burden, has been cut
from you! If you are living upon Earth,
right now, there is the possibility that you have not
completed forgiveness. Let today be the day, you say, with
conviction, and purpose, and intention, "I will forgive all things,
until I am free, and joy rings within my being!" And The Holy Spirit says:
Forgiveness, is a beautiful gift, actually fulfilling the giver, even more than
the receiver, because you "know," you know the effort, the trust, and the
faith required, in forgiving completely! Forgiveness is a part of your
everyday life, or at least it was intended to be that Way; there-
fore, let it be your intention, to make it so, today!

December 27, 2016

I
call
to you; and,
when you are ready,
you hear Me! I gather you, into My
arms; and, when you are ready, you come
into My arms easily. I take you into My lap; and,
when you are ready, you sit with Me; and, while you
are sitting, with Me: I touch your tears, and your eyes
become clear; I touch your wounds and they are healed;
and, in the healing, you are made whole. And as we sit
you come to know, that you are, eternally, My child!
I will heal the wounds; and, make you whole!
And The Holy Spirit says: You cannot experience
true joy, and happiness, until
you are healed,
until you are whole,
as you are meant to be,
in the eyes of God; and, as
you begin to breathe deeper, and
deeper still, you exhale your breath
into the world, and you realize you are at
peace! This day, breathe deeply as you sit in
the lap of God, holding the hand of God, hearing
the words of God. This day be healed, and made whole.

December 26, 2016

Every day is
an adventure, and
when you come to see it
as such, your life upon Earth
will become the adventure. it is
meant to be. And The Holy Spirit says:
When you get caught-up in monotony,
in doing the same thing, day-in and day-
out, without looking around, and seeing
the miracles, of the day, your life loses
its luster, the adventure turns bland,
the journey stale; but, when you
begin each day, wondering,
"What will come my
way?" as you
pray,
you begin
to see each day, as
the opportunity it is, the oppor-
tunity, for the adventure of your lifetime!

December 25, 2016

Use the times
you think you are alone
as an opportunity to sit quietly
with Me. Be still. Begin speaking to Me,
as if I were sitting right next to you; and soon,
you will find, you began a conversation with Me,
and I AM responding to thee! Because, the truth is,
you are never alone! Believe. And The Holy Spirit says: It is
most often true, that the darkest times surrounding you, are
the times when you feel there is nothing left to do, but to try
speaking to God. And, in the challenge comes victory; you
succeed in contacting, and connecting, with God, when
you could not do it before; and you feel the protection,
and the presence of God with you; and, where there
was once darkness, you begin to see the light.
You begin to see the light, and embrace
the light, until you are, the
light! Believe!

December 24, 2016

What would you give the world, as a gift?
If you pondered this question for a while,
you would find, you would be rejecting
material gifts; settling, rather, on:
kindness, understanding, com-
passion, because delivering
the gifts, of kindness,
understanding,
and compassion,
creates an environment
which will nurture the gifts
of joy, and happiness. And The Holy Spirit
says: Before you can be joyful, and happy, it
is necessary for you to live in a place of kind-
ness, and understanding, and compassion.
When you live in such an atmosphere,
you lose all doubt, and fear of
the present, or the
future, and
you dwell in joy,
and you live in happiness.
Today, give the world a gift, and
let it be kindness, include understand-
ing, and copious amounts of compassion;
for, that is a gift, the world can use, greatly!

December 23, 2016

Be
still, My
child! Clear
your mind. Let
it flow, with sacred,
eternal energy. Ride
upon this path. Do not
study the words, and the
ways of the world. Let
them go and fly from
you. In this state,
you will be free
to hear
My words,
and reside with Me,
completely, and fully, for
a while, so that you might see,
as I see. And The Holy Spirit says:
Remove the things, and the
thoughts of the world,
so that you might
rise-up; for
they are as ballast,
which will weigh you down; to
fly, and to soar, to ascend to the door,
of the unseen, you must be free of the seen!

December 22, 2016

Resist "the temptation," to try to change another person! When this temptation arises, turn your focus, within. Make the changes within your being; for, that is the only place where you can make a change. Change yourself! The change might be big, the change might be minute; still, that is the only place, where you can make a change. Once you have made the change within your being, you will be at peace, and when you are at peace, you are less likely to want to focus on others. And The Holy Spirit says: Let your peace, speak for you. When you walk in peace, others see what you are doing. When others see what you are doing, and it is good, the seed is planted within them: within their own thoughts, within their own desire, within their own heart. Change comes from within! Peace ~ is created ~ within! Create peace ~ within ~ your being.

December 21, 2016

The art
of perfection,
requires practice.

Today, focus on repackag-
ing a personal trait, or a habit,
which you would like to undo, which
seems to be an obstacle, for your forward
progress, spiritually speaking; for, every-
thing you do, can be undone, and repack-
aged, so it shines, in the light of the sun.
And The Holy Spirit says: If there is something,
a habit, a trait, which seems to be
an obstacle, to your
forward progress
to a more spiritual
life, let today be the day
you announce, to yourself,
"This, I will repackage, and give
all the effort to God." It is a good day,
to do something so productive. The art of per-
fection requires practice. Practice ~ makes ~ perfect!

December 20, 2016

Procrastination is like a sticky web,
it is easy to be trapped, and ensnared,
it is difficult to be released, and gain
your freedom once again. Do what
needs to be done, at the time
it needs to be done, and
you will avoid
the web, of
procrastination,
and limit frustration.

And The Holy Spirit says: Sometimes,
it is easier than other times, to put-
things-off, to delay, to find a reason, not
to do this, or that, or the other. If it is, at
your doorstep, it is yours, to do. Pick-it-up,
and take charge, before it begins to master you.

December 19, 2016

Today,
set your ego aside,
set aside all the world
has taught you, and listen
to what I will teach you; for
I will show you The Way: to
compassion and understand-
ing; I will show you The Way
to love, in the face of hatred;
I will show you The Way to
kindness, in the face
of mean spirits
surrounding you;
I will show you The Way
to the waters of life, so you might drink,
and not thirst; I will show you The Way to My vine-
yards and orchards, so you might eat, and not hunger.
I will show you The Way; if, you will set all other things
aside and sit with Me! And The Holy Spirit says: Open your heart:
do not build fences of denial; do not activate your defense mechan-
isms; rather, open your arms, your body, your soul and your spirit,
like a child, and embrace the teachings of God; for, they are good.
They are love! They are creation, itself, flowing through you!
Today, prepare to experience ~ the best you ~ in creation!

December 18, 2016

At
 this time
 of year, you are
 preparing a great celebration,
 honoring My Living Word, sent to walk amongst you,
 The Messiah! At other times, you prepare to celebrate the birth
 of family members, or friends, or figures who are famous:
 kings and queens, statesmen, people of the churches,
 those who seem to have risen above the norm, and
 lived a life that was beyond what others experi-
 ence. Celebration is good; but, in the celebrating
 remember, if you are living upon the Earth right now,
 your birth should be a cause of great celebration, because
 each one of you, was sent with a mission of great importance.
 Birth should be the cause of great celebration. And The Holy Spirit says:
 Let the songs ring-out, let the music be clear, and beautiful,
 let the well-wishers step-forward, speaking the
 words they have written, so that the one
 who is being celebrated will know
 what is on their hearts.
 Celebrate life,
 as it is sa-
 cred!

December 17, 2016

The ways of the world can be binding, and limiting,
 putting you in a box, defining you are this, or that,
 or the other, insinuating, you can be no other way,
 you can do no other thing. My ways instill in you
 the strength, and the courage, to be all, you are
 meant to be, without limitation. My child,
 if it is your destiny; you will do it, because
 I will it so, for you. You have been giv-
 en the opportunity, to continue
 the creation, which began
 with Me! There-
 fore, that
 which is
 in your heart,
 right now, whispering to
 you, calling to you, that is what
 you are to do! There is no box, limiting
 your boundaries, there is only eternity, singing
 your name! And The Holy Spirit says: Do not be tricked in-
 to thinking, that you are upon Earth, for any other reason,
 than: to complete a mission: of unity, and beauty; to continue
 creation, while you are there, and return Home triumphantly.

December 16, 2016

The one who is healed one day,
can become sick, again, another day.
The one who is made whole one day, can
become disjointed, out of balance, another day.
Be vigilant, be as vigilant with your spiritual body,
as you are with your physical body. Be constant
in your monitoring; so that you might enjoy
good spiritual health, and good physical
health. Good spiritual health, and
good physical health, create
an atmosphere, wherein
your mental health
is also good, and
in balance.
This day
be in
balance,
in every way,
body, spirit, mind;
and then, your soul can
soar, opening the door, bring-
ing you more, than you were able
to accept, before! And The Holy Spirit says:
You are standing at the doorway of a new time,
a new day; leave the baggage of yesterday behind,
and step-over the threshold, closing the door; and,
you will find ~ tomorrow is waiting, ~ just for you!

December 15, 2016

Every minute, of every hour, of every day,
 I send you My love! I send you My power, so
 that you might let it flow, through you, to others!
 I send you light; I send you lessons; but, just because
 I give you these things, freely, does not mean I demand
 that you use them. I just want you to know, that they are
 always there for you! You can open the door wide, and
 these gifts flow to you, and through you, as you de-
 sire. You can crack the door, just a bit, and
 you feel as if you are nearing a fire,
 warming you, caring for you;
 or, you can turn your
 face, from Me,
 and walk
 away;
 yet,
 it is all
 there for you,
 always! And The Holy Spirit
 says: Nothing can diminish the love,
 flowing to you, from your Eternal Parent.
 It is beyond human scope, and understanding;
 yet, it is there, not demanding, it is just there for
 you to use: at any minute, of any hour, of any day.

December 14, 2016

The only way you can experience good physical and mental health is to be
 vigilant, and cleanse yourself, every hour, if necessary. This information has
 been passed to you before; but, it seems too simple; therefore, it is often disregarded.
 If you are not happy, and in the light; then, there is something within you, which needs to
 be uprooted, pulled from you, so you are returned to balance. It is that simple.

So do not let the simplicity of it diminish the power of it.

And The Holy Spirit says: If you do not
 wake-up happy and filled with joy,
 knowing you are a child of God, and you have
 the opportunity, to do something, upon Earth; then,
 you need to be still, and address the matter, immediately!
 Take from within you, that, which is weighing you down.
 Cast it from you, and then, as you walk around,
 you will notice your gait is lighter,
 your smile comes easier,
 your laughter is
 as a song.

This is how
 it is supposed to be
 all night, and all day long.
 Be vigilant, and then you will be happy.

December 13, 2016

And
the day
was filled with
light; and the clarity sang
out from the dewdrops in the grass,
and from the sparkle of the branches of the trees.
The clarity brought all, to their knees, humbled, in the power
of the light; for, all things were illuminated, all things were seen!
And The Holy Spirit says: When you have seen the light of day, which
is the threshold, into your tomorrow: your gait is sure; your
mind is clear; you no longer suffer the limitation
of what you have learned in the world
created by man. You are filled with
illumination, bearing
the wisdom of
God!

December 12, 2016

If, today,
you find yourself
in fear, frozen in place,
not knowing which way to go,
give Me your hand, and I will gently
bring you back to the light, and show you
The Way. If, today, you find yourself afraid,
wandering here, and there, not knowing,
which way to go, churning-up chaos
and confusion: be still, take My
hand, and I will lead you
back to the light, and
I will show you
The Way!
Be not afraid!
And The Holy Spirit says:
As a result of fear, you can find
that you are either frozen in place,
unable to move, or running here and
there at a hurried pace, seeming to get
nowhere, creating chaos and confusion,
everywhere. When you find yourself liv-
ing in fear: be still, and quiet, so you can
hear, The Whisper of God; and, God will
lead you, to the light, and you will know
which way to go. Be not afraid, for God
The Creator, of All Things, is with
you, right now, and forever!

December 11, 2016

You
were given
the gift of life
upon Earth; and
at your birth, your
birth upon Earth,
it was set in place
that you would
continue
the creation story!

Each and every one of you
are destined to continue creation.

And The Holy Spirit says: Every day, there is a new birth,
light comes out of the darkness of the night, and there is dawn,
and you awaken, and walk into the new day! Today, walk with purpose,
knowing you are upon Earth for a reason; and the reason is, to continue
the work of God, upon Earth. Creation did not occur, and stop. Creation
continues in your every thought, word, and deed.

December 10, 2016

Choose
to seek your
happiness, and peace,
on a journey within your being, rather
than seeking to find it in the material world;
for within your being is The Source of peace!
And once you make the journey, unlock the
door, and step-over the threshold, into
the chamber to sit with Me,
you will find
not only
the peace,
you were seeking,
but the wisdom
to know peace, to know
joy, to know true happiness.

And The Holy Spirit says: The desire for:
happiness, joy, and peace, will not be
quenched, by material objects, this desire
will be fulfilled as you make the journey within;
and, as you begin to see as God sees: you find
comfort, in the lap of God; you find courage, in the
strength of God; and you find joy, in the song of God!

December 9, 2016

My Son,
who was sent to Earth,
over two thousand years ago
to show you The Way, told you
that you could do all He was doing;
He added, even greater things. My
sons, and daughters, today, would be
a good day to rise-up and experience
Earth, as your Brother asked you to
do; today, walk in such a way, that
all who see you "know," you are
My child, and you are using
the gifts, you have
been given,
well!
And The
Holy Spirit says:
Very few individuals
take the opportunity to
live upon the Earth, even for
one day, connected to God, The Creator,
in such a way, that you are filled with courage, and
strength, that you know, and you say, without hesitation,
"I am a child of God, and I will use the gifts I have been given
for the glory of God, without pride, with thanksgivings!"

December 8, 2016

The material wealth,
and all of the possessions
you acquire, during your lifetime
upon Earth, must stay on Earth! They
will not pass, with you, as you make your way
back through the veil, on your way Home. They
stay behind. The true wealth you have gathered,
and stored-up, will be the many times you are the
creator of love, of charity, of compassion and for-
giveness, of kindness. These positive creations,
are your true wealth, and you will bring them
Home, with you, stored within your spirit.
Do not ~ waste your time ~ in the things
that will not last forever. Use your
time, and your creative a-
bility, and gifts, to
create love.

And The

Holy Spirit says:

Today, set your intention
to create great wealth! When
there is an opportunity: be kind;
be courteous; be understanding; be
compassionate; show love; show forgive-
ness; be selfless in your desire to serve others
in the name of God; come the end of the day, you
will have "a great treasure; it will mark what you
did, on this particular day, during your time, dur-
ing your journey upon Earth; and these creations,
formed from the gifts from God, will live, forever!

December 7, 2016

It is
better to
live The Way
and show The Way
rather than to talk a-
bout walking The Way.
And The Holy Spirit says:
When you move to a-
nother place,
a place
where
you are
comfortable:
feeding the poor;
touching those who need love;
speaking of God's love in an active way,
in your deeds; then, you begin to live,
and to know, and to grow, because
this is an outward sign, that God
is living within you, that Heaven
is within you, and all around you,
that you bring the promise of God wher-
ever you go, and that the promise of God is,
often, fulfilled in your deeds. Today, let your
deeds show the promise, the living word of God.

December 6, 2016

As
soon as
you accept
your heritage, and
awaken to who you are,
there comes a responsibility
to live in My light, as My child;
therefore: be mindful of your thoughts,
and be quick to sweep away from you, every
thought of judgment of another; be mindful of
how you live, and sweep away every temptation to
be anything but loving, kind, and compassionate
with others. Be mindful of how you speak, swe-
ep away the temptation to be anything but
forgiving, compassionate, loving and
kind. This is The Way to live
in My light. Be
what you are seeking,
and you will find it has always
been, within you. And The Holy Spirit says:
The fall into darkness, and shadow, begins with a
first step; therefore, if it begins with a first step, guard
your first step before you slip, before you fall. Cast from you
any temptation, even the slightest. Do not be grumpy, or short.
Your days are numbered. Be the child of God, living in the light, for
all to see the glory. Living this way, will bring you peace, will tell the story.

December 5, 2016

The course
of a day is made up
of one step after another,
moving through one corridor,
and then a passageway, moving
from meadows to the mountains,
from the shore to the desert. The
journey of a day, is important in
every way. Take the journey
of this day, knowing what
you are doing, every
step of The Way.
And The Holy Spirit says:
You are about to embark on a day,
that will never happen again. You have been given
the day; now, what will you do with the day? Remember,
it is yours to create. The decisions you make, all through
the day, will lead you here, or there. So, will you wander,
or stray, or will you remain in the light, walking The Way?

December 4, 2016

I will send you times of learning, so that you can sit quietly and hear, all I wish for you to know, so that you might grow, in wisdom, and know The Way! I will send you times of rest, so in your sleeping your body will grow stronger, your spirit will feel My presence! I will send you times of nurturing, and the manna, of Heaven, will fill you, with strength, and you will find courage, as you wait for the call.

I will send you times of action, when you are to rise-up, and complete the mission, for that time, for that place, for that day. If

you are vigilant, you will recognize the times, and the signs, and in-so-doing, will be ready, when the call comes. And The

Holy Spirit says: Enjoy every time that you are given, use it to the fullest measure. If it is the time for your learning, open, and receive all that God will give to you, so you might "know." If it is the time for rest, rest completely, so your body is ready to rise-up. If it is time for nurturing, eat, of the manna of Heaven, so your spirit is strong. And, when it is time for action, enjoy, that, which is yours to do, and complete it, so that the glory of God, shines through you. Every time is important. Look, and see, and know.

December 3, 2016

Do not be distracted by the nay-sayer, whose well of faith has run dry; for you know My whisper, and you know My presence! If I have called you to rise-up, if I have called you to action, rise-up in action. Do so knowing that the deeds you perform, under My direction, will be seen, and known.

The deeds that you perform, as you are called, will be the waters of faith to fill-up the well which has run dry; for the nay-sayer can say, "No," no longer, when they see, what you have done, in the light of the sun. And The Holy Spirit says: Do not waste your energy chiding or correcting those who cannot see, those who cannot believe. Your energy is better spent in performing the mission, completing your journey, because the deeds speak far louder than words of correction, or chiding. Let your words be the deeds, you do, in the name of God!

December 2, 2016

Pay
attention
to the signs
which come to you:
for they will come to you in dreams;
they will come to you in visions; they will come to you
in words, spoken by another; they will come to you in a myriad
of ways! Pay attention to the signs; and once you see the signs,
and know them, listen for My whisper, for I will call to you,
and say, "Rise-up, it is time for action."
And My strength will be
your courage,
and your courage
will be the sign of faith
for all to see. Rise-up, My child,
and come to Me! And The Holy Spirit says:
When looking for the signs, and learning how
to read them, it is important for you to remember
not to dismiss the signs, which lead you to small things;
for each small step eventually becomes a mile. Do not look
only for the great, and the grand. Look around. The small
is where you start. The first step is the beginning of the
journey. Look around, and read the signs.

December 1, 2016

See life,
and all things, which
flow from Me to thee, as a circle,
a never-ending circle, each ending flowing
into new beginnings, each beginning circling around
until its purpose is complete, and then ascending once
again to a new beginning. And The Holy Spirit says: The nev-
er-ending circle of eternity, is perfect, and precious, and
sacred, and it holds you within it and all of God's
creation, flowing, endlessly, in the
never-ending circle of
eternity.

November 30, 2016

Every time you reach-out in kindness,
you feel My compassion, flowing, through
you, to another, and you are blessed. And The
Holy Spirit says: No matter how much money, or how
many things, you donate to this organization, or
that organization, in order to feed, or clothe
others, the feeling is never quite the same
as when you reach-out, in the name of
God, and touch another, with your
kindness, with words, with
deeds; and, in touching
another with kind-
ness, you grow
in compassion;
for, the presence
of God doth flow, within
you. Be compassionate, and
understanding. Be kind to others.

November 29, 2016

Do not seek retaliation. Do not hold a grudge.
There is much work to be done, if you recall
a past transgression, or grievance, and it
is not forgiven, completely forgiven,
forgiven in such a way that you
see it as a lesson, you were
blessed to receive. For-
giveness is the key
to joy and happiness.

And The Holy Spirit says: God
does not seek retaliation. God
does not hold a grudge for anything
that you have done, or said, or thought.
Therefore, today, be Godlike, in your ways,
be forgiving of all things; see all things as val-
uable lessons, because they are. Rise-above the
temptation to retaliate, or hold a grudge, and
be Godlike, in your ways, of forgiveness!

November 28, 2016

Be a joyful presence; wherever you go, let there be joy:
 as you walk; and as you talk; let there be joy as you pray;
 let there be joy in every word you say; for the joyful heart knows
 My love, and knows it well! And The Holy Spirit says: Today, let joy be un-
 confined! If you need to work, ~ let there be joy ~ in your work. If today
 is designated as a day of play, let it be joyful play. If today is a day set a-
 side to take care of book work, or paper work, or studious work, let
 there be a blend of joy in all you do; because that energy will car-
 ry through, all the years to come; and even after you have gone
 Home, there will be those who read, or see, or know,
 something you left behind, and they will smile,
 because they will know, that
 joy, was uncon-
 fined!

November 27, 2016

Do not be satisfied to read about, or to watch, miracles
 taking place in the lives of others. Seek, and be vigilant,
 watch for the signs, and when the time has come to you,
 rise-up; for, the miracle is waiting for you! I can assure
 you: the choice you make, in this regard, will be worth
 making; the chance you take, in this regard, will be
 worth taking. Do not become complacent, satis-
 fied to watch the parade go by. I AM calling
 you, to: rise-up, and join the parade; walk
 triumphantly; be the miracle! And The
 Holy Spirit says: When you read a story,
 or watch a movie, or listen to
 an accounting of a
 miraculous
 occurrence, it
 fills you with delight;
 but, there is a piece of you
 which does not believe that this
 miracle could come to you, or come
 from you. But I can assure you, if you
 make the decision and take the chance to
 follow The Whisper, to join the dance, the
 miracles will surround you, and come from
 you, and you will soon see, and know, your
 heritage as a child of God; for miracles
 abound! Watch for the signs, so
 you might know them!

November 26, 2016

How often do you talk and walk with Me?
How often do you sit quietly, with Me?
How often do you go into the woods,
and touch the trees, and feel Me?
How often do you watch the river
flowing, drops of water dancing-
up into the air, and laugh with Me?
It is time to do these things, earnestly,
with intent, and purpose, moving you to live
with Me; for, as you do these things,
all fear and doubt
will slip-away from you,
because you will know Me.
Without fear, you will come to
Me; for I have created thee, and
we are to live eternally, together.
And The Holy Spirit says: Often times,
you spend hours, staring in-
to television screens,
computer screens,
checking with
your devices; but
all the things accomplished
as you peer into screens are fleeting;
true wisdom is often found: sitting beneath a tree,
quietly; walking slowly by a river; resting-on the grass,
of a meadow. Take some time to draw away, from the world
created by man, and walk into the realm of God: where you will
find the most delightful adventure; where you will find mystery, and
majesty; where your eyes will be opened, and your ears unsealed; where
your heart will beat in rhythm with all that is real. This day walk with God.

November 25, 2016

It is not easy
to set your ego aside,
and go to another, without pride,
asking for forgiveness, for a misstep,
for a harsh word. Yet, it is necessary to do
to free yourself, and give another the chance
to forgive you. It is not easy to forgive another
for a misstep, for a harsh word. Yet, it is incum-
bent upon you to do, to set ego aside, to reject
the temptation of pride, and forgive, with
your entire heart, and spirit. Forgive-
ness is ~ The Way ~ to freedom!

Practice forgiveness!

And The

Holy Spirit says:

For those who practice
forgiveness, there is peace.

For those who carry the baggage
of judgment, unable to forgive, there is chaos,
and frustration. Choose peace! Practice forgiveness!

November 24, 2016

It is difficult for thanksgiving to rise-up from a heart
which is filled with anger, or frustration, or grief, confusion
or chaos. Let it be your intention, this day, to free yourself from
the baggage of these energies. And, as they drift away, through
your effort, your heart is free, and you find you are eager to
sing-out in thanksgiving, for all that has been given unto
you. And The Holy Spirit says: Be thankful for a heart that is
pure, and clean, fresh, and committed to compassion
and kindness and understanding; for, in such
an atmosphere, in such an environment,
your heart will be filled with love!

And in this Way you will know
what God wants you to do
every day, because
the answer is
all ways
love!

November 23, 2016

Be
watchful,
be vigilant,
so that you do not become self-absorbed,
placing importance on what is pleasing, or displeasing,
to you. Rather, choose the role which is more humble:
showing acts of kindness to others; listening, and
understanding, so that you have compas-
sion for others. Doing this
will serve you well.
You will feel
better, you
will be happier,
when you set your
intention, to be kind, un-
derstanding, and compassionate.

And The Holy Spirit says: In the world created by man,
at the present time, you are encouraged to become self-
absorbed, to gather things to feather your own nest, to seek
pleasure, to turn your head from something that is displeasing
to you. God is calling, and those who recognize the call are ris-
ing-up. The call is going-out, so the energies of kindness, under-
standing, and compassion, might begin to outshine the energies
which lead you into isolation. Be mindful, serve others first.

November 22, 2016

As
you walk
The Way, soon
you begin to comprehend
your responsibility to maintain
the sacred energy of peace. And
The Holy Spirit says: Do not count on
those around you to maintain
the sacred energy of peace.
It is your responsibility
to maintain the peace
within your being,
this is the only
way, you will
know peace.
To know peace
is to understand
that you must be peace.

November 21, 2016

When you seek peace, let it be your intention to be the peace, you seek; for, if there is only one amongst you willing to master the energies, and create peace, within their being, there will be others who see, and know the master, and follow in peace; and the same goes for understanding and compassion, for forgiveness, for tolerance, for patience. When there rises-up a master, who is peace, who creates peace, who knows forgiveness, who creates forgiveness, there will be others who follow, and peace will be restored. The peace will not come from lectures, or arguments, or disagreements, or battles. The peace, true peace, is created within. Go within, and create peace! And The Holy Spirit says: The entire Earth would resound with peace, if there were those willing to set egos aside and create peace, rather than pride, create forgiveness, rather than holding a grudge, create understanding, and compassion, rather than anger. Let this day, be the day you begin to be the creator of all that is good, and light, and love; and come the end of the day, you will sing a song of joy and thanksgiving because you did master the energy; and, what you created was good.

November 20, 2016

Do not think ill, of another;
do not speak, ill, of another;
do not join in vicious gossip,
regarding another; for every
thought, and word, is like a
stone; and when you speak
them, you are hurling
them, at another,
intending
to do
harm.

Reject the
temptation to
think, or speak, ill,
of another. In this way,
you are protecting your spirit
and your soul! And The Holy Spirit says:
Cast away from you, thoughts, of others,
that are harmful! Refuse to join into gossip.
Reject the idea, of arguing, in such a way that
you say things which carry the sting of the stone!
In this Way, you maintain the light, within you!

November 19, 2016

While some give-in to the temptations:
of anger and frustration; of fear and anxiety;
there are those who have come to understand that
these things can be driven from you, when you reach-
out, and take My hand! Fear not; for, when you under-
stand you are My child, you are not afraid, you realize
you have been given everything you need, and I AM
with you! And The Holy Spirit says: Do not be afraid!
Throw your head back, and be joyful! Let
laughter, fall from your tongue! Let
your lips sing the song of joy!
This day should be
a celebra-
tion!
Celebrate
that you understand
the temptations, and reject them, out-
right, to accept your birthright, as a child of God.

November 18, 2016

No
matter
what another
might say, or do,
to you, do not wish
them harm. Refuse
to slip into anger or
remorse, guilt or
anxiety. Live
your life,
in love
and light,
and do not be
concerned, if another
is wrong or right. And The Holy
Spirit says: Live your life in love, and light!

November 17, 2016

This
I tell you:
you will never
regret being kind;
you will never regret
being loving; creations
of light, hold no regret!
And The Holy Spirit says: Spend
today being kind; spend to-
day being loving; and come
the night, there will be
no regrets!

November 16, 2016

This is
a good day, to
"hold your tongue,"
and trust Me; and know,
that all is, as it should be. And
The Holy Spirit says: Sometimes
it is better not to speak,
so that conversat-
ions between
you and God,
will be the focus
of your day; for, it is
within the words of God,
that peace is found; it is within
the words, of God, that you find the
strength to carry on. Trust, and carry on.

November 15, 2016

Let this day be a day of service
to others. And The Holy Spirit says: There
will be those who need, only, a smile, give
a smile; there will be those who need only
a kind word, give a kind word; there will
be those who need only a few minutes of
time, so they might find peace, sitting,
or walking with you. Give pieces of
your day to others, so others
might know love,
through
you!

November 14, 2016

Let
the days
come, as they will,
and show each one your heart,
and desire to live; for, you are My child,
and I love thee! Do not fear Me, love Me!
And The Holy Spirit says: Realize, your days
are numbered, and live, as if
you know this; for the
days will come
as they
will.

November 13, 2016

Hear these words; they are repeated, because you are not hearing these words, in such a way, that leads you to the truth, so you might be healed, and made whole every day. You are spirit first, your body will fail, and fall away; but, you will not die, you will return Home. Do not turn your head from the real food, which will enrich you. And The Holy Spirit says: When you hear the words, when you feel The Presence, when you "know," God is with you, this is when you are being fed, when you are quenching your thirst; for, these things from The Dimension of Perfection, are the manna from Heaven! These things are eternal food, and drink! And to be healthy of body, soul, and spirit, you must be there, first, tending to your spiritual body, your light body, your eternal body. Do not turn down the food of Heaven, to consume the food of Earth.

November 12, 2016

Begin your day
with a counting of blessings
no matter how small, down to such things
as being thankful, for each breath you take, for
it is a blessing; and, as you recite your blessings,
it leads you to begin the day, with gratitude on
your heart, it leads you away from all other
things, into the world of "The Blessings."
And The Holy Spirit says: No matter where
you are right now, no matter
who you are with,
or what you are doing,
you have been blessed, some-
times in ways you do not notice,
until you begin the list, until you
begin the counting, until you begin
walking the path into the blessings.

November 11, 2016

Do
not
extin-
guish the
flame, by huf-
fing or puffing, in:
anger, frustration,
or indignation.
Breathe-in
slowly,
deeply,
drawing
the flame-up, fil-
ling it, with the life, of
your breath, with every ex-
halation! Do this and the flame
will burn brightly; and, be a beacon,
of peace! And The Holy Spirit says: Wisdom is
carried not, in turbulence, but in peace!

November 10, 2016

Be
still!
Pay atten-
tion to the way,
The Wind is blowing; and, you will hear
the whisper carried within the wind,
and know, which way to go. And
The Holy Spirit says: True direction
is known, when you are still
using your spirit as a compass;
for, it will point
to the way
you are
to go.

November 9, 2016

Stay
the course,
and do that, which
is right: for the rewards
for maintaining the light
will be vast, and glorious,
and never-ending; light
reflects the passing
glory; light
remains
to tell
the story.

And The Holy Spirit says:

When it feels as if you are the only one
intent on holding the light, set your sights
into the darkness, and you will begin to see
the flickering light, held by others, such as you.

November 8, 2016

When
you "know,"
you are in My light,
your days are good, your days are bright.
I give you My light, so you can see,
and know the way to go. And
The Holy Spirit says: You are meant
to walk, every day, in the light of God.
Let it be so, today,
and every
day!

November 7, 2016

Let
this day
be the day
you begin anew,
for My child, I have
faith in you! And The Holy
Spirit says: The awakening,
truly, begins, when you
believe that God
can do all
things,
through
you, and
you are will-
ing to do all things!

November 6, 2016

Do
not be
concerned
about where your
brothers or sisters might stand,
what they do, or do not, know; for, it is better
for you to realign yourself with Me! I will teach thee
all you need to know, and I will teach your brothers,
and sisters to the exact scale, and the words will be
the words, they are longing to hear, they will be
the words, they are able to bear,
and they will be right.
And The Holy Spirit says:
The time has come,
the time the
prophets
addressed,
there shall
come a time,
when all will be
taught by God; and,
it is this time, it is now; for
once you are taught by God, you
recognize the living waters, flowing
within you, and you are confident in what
you know. You do not question. You take that, which
you are given, and grow, as the living waters flow within you.

November 5, 2016

You have been allotted the correct amount of time,
you have been given the exact gifts you need; there-
fore, rise-up, with enthusiasm every day, because
you have also been given the opportunity to
re-create Earth, in such a way, that it
no longer resembles the deeds
of man, but is returned
to the sacred place
made by My hand,
My thoughts, My words,
and My deeds, for Earth is to be
a Garden of Peace! And The Holy Spirit says:
God spoke, and it was done! You came to Earth
as a daughter or a son, to make the repairs necessary,
to make the adjustments necessary, to bring The Garden
back to life! Doing this requires maintenance, it requires
work, weeding, and tending, and toiling, in The Garden,
until it is a show place, a sacred space created by God,
obvious to all. Let today be the day you remember,
you have exactly the amount of time you need
to complete your mission before you return
Home! Let it be your priority,
let it be your prayer!

November 4, 2016

Do not engage in verbal sparring. Resist
"the temptation," to use a conversation as a stage,
whereupon you show all that you know; resist the tempta-
tion to outshine another. You will know when you have reached
the ideal place in this regard; for you will be at peace, when others
tell of all they can do, what they have accomplished, and there is
not the slightest desire, within you, to top what they have done,
to tell what you can do. And The Holy Spirit says: Sometimes, engaging
in the practice, of holding one's tongue, is the most rewarding ex-
ercise you can do; for, when this is practiced, and when this
is exercised, you become strong, with a quiet confidence
which speaks volumes, which tells more stories
than you could ever tell. Seek
quiet confidence, in
the lap of
God.

November 3, 2016

Place great value
on the lessons which come to you:
for in practicing the lessons as they come,
you are preparing for that which is ahead of you;
the lessons, well learned, will serve you, in such a way
that you will follow the path; and, at the end of the day, be
thankful for all you have learned along The Way. And The Holy
Spirit says: Life upon Earth is quite an adventure. For those willing
to take this adventure, there is the promise that you will have
all you need to accomplish the goal. Be sure of this, be
confident of this promise, and move-out into the
new day, as you are a child of God,
and you are on your way
Home.

November 2, 2016

Take just a minute to think about
how you would like this day to end,
before you begin; and then, set about
constructing and creating ~ your day,
in such a way, that it ends as perfectly
as you had wished, as you had prayed.
All you need to do ~ is to be at peace,
and stand in My light, and make
your way through each hour;
and you will come
to the end of the day,
and you will see the glory,
and you will know the power
of love. And The Holy Spirit says: Most,
still do not know how to love. Even though
it has been the teaching for thousands of years,
most still do not know, "how to love." Let it be
your intention, today, to let God love through you!

November 1, 2016

Once
you realize the power
that I have given unto you, to create,
within your thoughts, then: you will no longer
spend your days worrying; you will no longer spend
one minute being angry or frustrated; you will no longer
spend time wandering in doubt; because you will know, and
you will create, that which you desire... peace, love, light, har-
mony, and balance, with all things. This is the type of creation
which will, truly, bring you peace. And The Holy Spirit says: You have
the ability to create! This you have been told, many times; but, the
time has come for you to use this gift, to its fullest potential. Do not
point your finger at this one, or that one. Do not sit, stating, that
because of this situation... or that situation... you cannot move
forward; because, these things are excuses, for not moving
forward. It is all within you. Use what you have been
given; and, you will realize your true potential.
You will know your true identity; and,
you will rise-up singing, and
create, the perfect
day!

October 31, 2016

Earth
is aglow
with amazing colors which you should know,
so do not stop when you have looked one day.
No, set your intention, to go-out, and play,
and experience the glories of Earth, to-
day, every day. And The Holy Spirit says:
You can give no greater praise,
to The Creator
of All Things
than to sing-out
in joy and amazement,
exclaiming the beauty of that
which has been created! And
your song is heard, and God smiles!

October 30, 2016

For those of you who say, "I know,"
I say very gently, you do not "know,"
until your thoughts are filled only
with light, ~ and love, ~ and peace;
because, within your thoughts,
you are creating all things;
therefore, if you know,
you will reject the temptation
to create darkness, and shadow,
within your thoughts. When you do
know, you will create only light, and love,
within your thoughts! And The Holy Spirit says:
Stop ~ the second ~ you realize, that your
thoughts have wandered into anger,
or frustration, or confusion,
because this is what
you are creating,
as you are thinking.
You have the power
to master your thoughts!
Therefore, let it begin, today,
that you know what you are creating,
and you create love, and light, and peace!

October 29, 2016

Be vigilant, and resist the temptation:
to chide, to chastise, to belittle, to mock,
to damn or to judge another. Be quick to
work on perfecting: your thoughts; your
words; and your deeds; for in the pra-
ctice, of perfecting, you come to see,
that you are at peace, just you
and Me! And The Holy Spirit says:
Change, first, that, which is
within you! Perfect,
first, that,
which is
within you!
Walk each day as a child of God! Do not be
concerned about what others are thinking or
saying or doing; place your attention on
maintaining your thoughts, words,
and deeds; so that they are
worthy of creating a
gift, for
God!

October 28, 2016

Those who are "asleep," in the dust of Earth
are not responsible for the creation of this day,
for they are held in the web, of slumber; but, for
those who have "awakened," in the light of the sun,
there comes the opportunity, and the responsibility,
to create this day, this new day. I have given you
all you need, to create a day worthy of eternity.

Rise-up, go forth, and let it be. And The
Holy Spirit says: Do not hesitate,
or wait for others
to begin,
for today
is a celebration
of what you will do with
what God has given, unto you!
Rise-up, and begin. Go forth with great
delight, and create in the glory, and the light of God.

October 27, 2016

In
the times
you are tempted
to be angry, or hurt,
or feel rejected, when
you are in pain, when
there is illness, when
there is frustration,
chaos, and confu-
sion, come to
Me, first; and,
as we sit,
you will be
healed, and
made whole;
for it is in My
peace, My light,
and My love where
you find your true
strength, and courage,
and begin to know you are My
child, and I always care for you! And The
Holy Spirit says: Reject the temptations to worry,
to be afraid. Reject the temptations to judge others,
for this or that. Reject all things except the light, for, it
is within the light of God, that you are healed, and made
whole, that you find strength, and courage, to move on,
and complete your mission, before you go Home.

October 26, 2016

As I did create Earth, I wish for My children
to appreciate, and celebrate, the glory of Earth;
for it is your heritage to see it in its wonder, to know it,
in its greatness! So, My children, celebrate! Sing-out: in
the majesty of the mountains; in the quiet of a gentle spring
rain; in the sunrise and the sunset; when the ocean waves
crash upon the beach; when a mountain stream flows
over the rocks catching the light of day within every
drop flying-up! Look all around you and see My
creation is celebrating! Join-in the party;
for as you sing, and dance, and play,
you are saying to Me, "Thank
you, this truly is a great
creation!" And The
Holy Spirit says:
Amen!

October 25, 2016

Resist the temptation to be set in your ways,
holding onto that, which you have been taught.
It is time for you to grow, to set aside that, which
you think you know, and embrace the truth, held
in the whisper; for, I will whisper, and tell you all
you need to know. And The Holy Spirit says: Set your
intention to embrace the words of God,
and then pray for the wisdom
to understand that
which is un-
folding,
within you;
for when it is time
for your spirit to grow
it will receive a sign, and
there will be an awakening,
and you will know, more than you
knew, before you did hear the call,
hear the whisper, before you did awaken!

October 24, 2016

Find
the lesson,
in every challenge; find
the joy, in every accomplishment;
find the peace, in knowing these
things; find My love, in all things!

And The Holy Spirit says:

Turn your head
from the
negative
perspectives
the world teaches,
and embrace the love of God.

October 23, 2016

I ask My children to remember
this ~ it is The Spirit ~ which gives life.
The body, the skin, the things of the world,
will fail; but The Spirit is eternal, and is filled
with life. It pulses with the blood of forever, and
it holds the wisdom of all ages. It knows all things;
and ~ this Spirit ~ is within you. It is a piece of you.
You are Spirit first, and foremost. Do not pay more
attention to that which will fail; rather, turn your
focus on that, which gives life! And The Holy Spirit
says: The Spirit of love will often bring forth
a child, and that child is filled
with Spirit, and
rises-up,
and walks;
and, most often,
the child walks the way
it has been taught. Therefore,
teach your children that God is Spirit,
and should be worshipped in Spirit, and
they too, are Spirit, and shall live forever!

October 22, 2016

I wish for you to know the glory, of living the story, living The Word, in such a way, that you understand, completely, that which I do say to you! Set your heart to singing! Set your feet to dancing! Set your ears to hearing the song of others; for, it flows, together, as a chorus! Today, be in celebration of life, life lived in the light, and the glory! And The Holy Spirit says:

If you are upon the Earth right now, you are writing your story, the book of you, whoever you are, whatever your name might be; and, that book will travel with you into eternity. You have the ability to "create," your life, the way you want it to be!

So, if it is yours to do, why not select a story of your life which is filled with the glory of God?

October 21, 2016

Give-up
the struggle
of trying to control
what others say, or do; for,
this is trying to control negativity.
It is better to spend your time, ~ wisely,
learning to "master," the positive energies:
of light, and love, and peace; ~ for, the only way
you can change another ~ is by your words of love,
and by your deeds, which live the love; ~ and within
your words and deeds, ~ they will see, and know Me,
and let it be their decision ~ to come to Me, through
you! And The Holy Spirit says: Rise-up, and sing! Let this be
a day of great celebration! Let your hearts be filled
with love, and let your feet be light! Dance in
the joy, sing with delight, you "know,"
God; and, God is good!

October 20, 2016

When
you no longer
put your attention on
what others are saying, and doing, and focus
all of your attention on what I AM doing through you,
then you will be at peace; for the light of God is with you! This
My child, is My promise: "focus on what we can do, together, and
all things will be as they are, and you will be in the world, but
not of the world!" And The Holy Spirit says: Do not be distracted
by what others say, or do; for, it is not about what others
say or do; it is more about how you act,
in the light of God, feeling
the love of God, flowing
through you. This day
find peace, harmony,
and balance, with all things,
by living in the light, of God!

October 19, 2016

Listen to what another is saying without interruption,
or correction, and you will know the heart of the other. Let
My love, flow, through you, to all who come to you, no matter
whether it is in the physical form, or in your thoughts or in your words or in your deeds. Let all things, worries,
and concerns, and even celebrations and glories, rest with The Holy Spirit; in this way
you will be at peace! And The Holy Spirit says: You will not find peace, out-
side of your being, without establishing peace, within your being, first!
When you carry peace, within you, everywhere you go is touched
with the sacred presence, of peace; and, in this way, from
within your being, you bless, wherever you go,
with peace; in this way, you become the
bringer of peace, you become
the peacemak-
er!

October 18, 2016

Do not give-up, or be disheartened
 if you fumble, or fall, along The Way; for,
 this realization is "a sign:" that you are begin-
 ning to know The Way; that you see; and you make
 corrections and adjustments and continue! This is how
 it is done... practice! So My child, do not give-up! Do not
 let your heart become heavy, with failure; for it is anything
 but a failure, as: you learn; you go; and, as you walk along
 The Way, you will hear My whisper, you will hear Me say,
 "You are My child, and I love you!" And The Holy Spirit says:
 There is not one profession that will come to mind, where
 there is not fumbling and falling; but the professional
 gets-up and keeps going! You are a child of God!
 God has given you birth, given you life, given
 you all you need to complete your mission
 and return Home! Understand
 that you are "practicing,"
 and practice, e-
 very day!

October 17, 2016

I
 will
 whisper,
 "Be still," and
 you will hear Me.
 I will whisper, "Rise-
 up," and you will follow Me.
 I will whisper, "Take your rest,"
 and you will heed Me. I will whisper,
 "Let us go forth, and accomplish this deed," and
 it shall be done. All things, we will accomplish, if you
 will allow Me to work through you. And The Holy Spirit says: For
 those who know, the presence of God, there is peace; for, within the pre-
 sence of God, it can be no other way; for the presence of God carries peace.

October 16, 2016

When you come to know
the true meaning of the words
"turn the other cheek," and you then
put this knowing into practice, you are
operating within, and with, the energy
of Home, of Heaven, of The Dimension
of Perfection; and, all things change,
for the better! And The Holy Spirit says:
You have the opportunity to prac-
tice turning the other cheek,
almost every hour, of
every day; and, as
you practice,
you perfect
doing
so!

October 15, 2016

When another comes,
and knocks upon your door,
do not sit, quietly, rise-up and
open the door and ask, "What is it
you are seeking, what is it you need?"
And then provide, without thought, worry
or concern for your own wellbeing, provide
what the seeker seeks! And The Holy Spirit says:
If there comes a knock upon your door, it is
for you to answer; for, you have what
the seeker is seeking. When
you are asked, give!
Open the door, to
the one who knocks,
and let them see the glory
of God, shining about you, and
they will be comforted in the light
and they will be at peace in the glory.

October 14, 2016

Do not get caught-up in the things you did not do.
Do not spend your time worrying about the mistakes
you think you have made. It is far better use of your
time, to look and see the opportunities, of this day!

Forget what you did not do, forget the mistakes
you feel you made, and concentrate on
creating, the perfect day! In

other words, My
child, let your
spirit, shine,

in the present piece
of eternity, today! And The

Holy Spirit says: Each of you are making
your way, through a lifetime upon Earth,
preparing to go Home. Look around, and see,
there is joy all around thee: in the trees, and the
flowers; in the song of the birds; in the laughter of
the stream! Look, and see, what today does bring!

October 13, 2016

Some I call to complete a mission that is clearly defined
as a ministry; it is apparent to all what is happening;
others I call to take The Way, into their everyday
lives: into an office or work situation; into a
classroom or a study situation; onto the
playing fields; into the home; out-
side in nature; wherever you
roam; and, it can be said,
that the path, calling you,
to live The Way in your every-
day life, can be more challenging;

but, it will be easier, if you remember,
that it is a ministry! It might not look like

the one called to immediate service; but, it is still
a ministry, of great importance! Treat it as such. And The

Holy Spirit says: No matter where, or how, you begin your day, let it be
that you understand that you are to show The Way, and The Way is love.

October 12, 2016

When it is your decision to work for Me,
it is My desire that you do the work in joy,
so that light and love fill, the product, fills
that which you produce, with your desire.
When we work together ~ in joy ~ mira-
cles abound! And The Holy Spirit says:
The most amazing way to live
is to live in the light
of God, doing
the will of God,
and all your work
for the glory of God; for,
the light shines about you, and fills
every corner, and aspect of what you are do-
ing. Therefore, if you are working and doing
the work, for God, do so for the glory of God!

October 11, 2016

When you are tempted, to: stand your ground; stay
where you are; refuse to grow; and complacency
becomes the norm, shake-it-off; for, you are
meant to be on an adventure, the adven-
ture of your lifetime; and, it is meant
to be exciting; it is meant, to stretch
your faith; so that, in the exercising,
you become strong, and in the strength,
you find courage, and within the strength,
courage, and faith, you become confident, and
you know who you are, and exactly where you are
going. And The Holy Spirit says: You know the destination
is the glorious Home, from which you came; but,
there is much to do along The Way.
There is much to gain.
Be still, and quiet,
and you will hear
the whisper, and
it will call your name,
and invite you into the experience
of a lifetime. Be prepared; for, it is time,
for a very exciting segment of your journey,
and you are ready; or... it would not be... time!

October 10, 2016

When
someone
chooses to go
another way, it
is important to
honor their choice
for they have been
given freewill, too.
When this occurs,
stay your course,
and allow
them
to do the same.

And The Holy Spirit says: It is far better
to live The Way, than to teach with words.
Stay your course, this day. Walk The Way!
Live the Word! There will be others
who are walking with you;
and there will be
others, who
choose
another
direction.
Walk in peace,
and the day will be good,
and filled with miracles! Stay your course.

October 9, 2016

De-
sire,
effort,
practice,
and trying, give birth
to success! And The Holy Spirit says:
For those who are willing to
put forth the effort,
for those who
have the
desire,
there comes
accomplishment,
and sweet success!

October 8, 2016

Let your
thoughts be
filled with light:
refuse to let shadow,
or darkness, abide therein;
let your words be of compassion,
delivered in kindness; let your deeds be the
deeds ~ of an angel; these things ~ will free you,
and you will fly, and you will see, how it is meant
for you to live your life on Earth. And The Holy Sprit
says: Do not surrender your thoughts, or words,
or deeds, to darkness, and shadow; for,
they will consume you;
rather: join light;
mingle in God's love;
stay in the present, with
God; this fire, burning within you
will not consume you. It will lift- you-
up, so you might see, and know The Way.

October 7, 2016

You have been given gifts
to use, for every situation
you encounter; use them;
do not let them sit, or
lie dormant. And
The Holy Sprit
says: The world
would be a different
place, if all of the people,
on Earth, would use the gifts
they have been given by God!
Today, take out the gifts, you
have been given, and use
them, and you will
definitely
make
the world
a better place!

October 6, 2016

That which you plant in your garden, is
that which you will harvest, from your garden.
Choose the seeds wisely. Plant that which will feed,
and nourish your body, soul, and spirit. And The Holy Spirit
says: The wise plant the seeds, tend the shoots, weed the garden,
care for it and nurture it; and then the wise eat from the garden
they have grown, and see the good, in it! The foolish do not pay
attention to the seeds they are planting. They throw the seeds
into the garden, and become distracted, or go away. When
it is time to eat, they come back to harvest, to find rocks
and weeds, and they cannot eat. The foolish are not
nurtured, by the garden, untended. Choose
wisely, and you will know health,
of body, soul, and
spirit.

October 5, 2016

Do
not refuse
to let My love
pass through you
to another, especially
to those who can be difficult, and
challenging; for, it is the plan, that, as My love passes
through you to them, it lifts-them-up, out of their difficulty,
and replaces their challenges with My love and confidence
and hope. And The Holy Spirit says: When you begin to learn
how to let God's love flow through you to another
your life gets easier, and easier,
because you cannot be
the source of God's
love, without
knowing,
and feeling,
God's love, passing,
through you! God's love
will cleanse you, of all disease(s);
it will restore mental stability, and
balance; and, you will be at peace!

October 4, 2016

It is important to remember,
that I have great love, for each of
My children. When you open to My
love, and allow it to flow through you
to others: you are My heart, and My
hands; you are My arms, reaching-
out; you are My ears hearing; you
are My lips, speaking; you are
My eyes seeing! And The Holy
Sprit says: For those who
"know," the on-
ly way, is
love.

October 3, 2016

Look
around you, and see,
so that you might celebrate
the creation story with Me. And The
Holy Sprit says: Do not lose sight of the glory
all around you, because your head is turned
toward the concrete, steel, and buildings,
created by man. Lift-up your eyes,
and look at the cathedral
of trees, look at
the birds flying,
and singing, as they go,
breathe-in the aroma of all
that is around you. See the flowers,
breathe the air, and celebrate creation
there, where you are, right now, today.
Sing-out, in joy; for, you are experiencing
creation, and you are co-creating with God.

October 2, 2016

I
wish
for you to
set your course
with intention, and
purpose, and confidence
that, that which you seek,
will be given unto you!
And The Holy Sprit says:
Do you know
who you
are?
Do you
know, what
you seek? "Knowing,"
the answers to these two questions,
will set you on your way; for it has been
promised to you, that, that which you seek
you surely will find. Are you seeking, in the
world of man; or are you seeking in the corridors
of all time? Know, who you are! Know, what you seek!

October 1, 2016

Love your enemy; turn the other cheek; and give, when
you are asked to give; for, when you love your enemy; turn
the other cheek; and give, when you are asked to give; it is a
sign, that you understand, the flow of energy, and how it, truly,
works; it is a sign, that you have mastered these things. And
The Holy Sprit says: You cannot serve two masters. The world tells you
to hate your enemy, to be afraid of your enemy; the world tells you
to stand your ground, and fight back, an eye for an eye and a tooth
for a tooth, to fight back. The world tells you to hold-on to that
which you believe is yours; and, if you follow the ways of
the world, this, you surely will do. God teaches you:
to love your enemy, to turn the other cheek, and
to give, when you are asked to give; these
things, God teaches you, and when
you have "mastered," these
things, you will truly,
"know," The
Way!

September 30, 2016

I
teach
each of you
in a unique way, in
a way you can understand,
so that you might fulfill your role,
so that you might take your place, as
a unique piece of the divine whole. And
The Holy Spirit says: Every grand tapestry, has
thousands and thousands of stitches, and
thousands and thousands of colored
threads. The tapestry is not
complete, when one
stitch, or one
colorful
thread,
is missing;
you have a place,
you have a purpose;
and, now, is your time;
be at peace, be the piece
you are intended to be;
play the role, you are
intended to play; so
that The One, is
complete and
whole, in
every
way
!

September 29, 2016

Sometimes
"silence," is the only way
to speak ~ allowing My love ~ to flow
through you to another; and, this speak volumes
of good, and light, and peace! And The Holy Spirit says:
It might surprise you to "know," the number of times that
"it is better to hold your tongue, rather than to speak."
When you have mastered this practice, you will find
you have very little reason to seek forgiveness
and every reason to give
the glory to God.

September 28, 2016

When
you are tempted
to chide, correct, or demand,
stop, before you speak, and then, let your words be,
"Come, sit with me, and let us speak with God."
At that point, I will fill you with the wisdom
you need, I will fill you with the words
you need, and all will return to balance. And The Holy
Sprit, says: When you go to God, no matter
whether it is alone, or with another, you receive
a blessing; and, that blessing, and the grace of God, fill you,
and you know exactly what to do, and what to say.
This day, practice, using this approach
in all situations, and you
will be practicing
The Way!

September 27, 2016

When you stand
face-to-face with crisis,
chaos, and confusion, first,
be still; and I will slip My arm
around you, and gently point you
in the right direction. In this way
you do not react, you act; and,
when My arm guides you,
when My finger
points The
Way,
your actions are
of strength, and courage,
and faith. There will come times for
action; but, this action must spring forth
from strength and courage rather than fear,
and confusion. Hear Me now, for I do speak
to you and guide you, and show you The Way!
And The Holy Sprit says: When fear doth set your teeth
to rattling, breathe deeply, and knock on the door,
and the door will open, and the light, coming from
within you will illuminate the path, and your action
will be of strength, and courage, riding upon The
Breath of God's love. Rise-up, and take action!

September 26, 2016

I
 wish
 for you to
 "understand,"
 the importance of
 opening, to My love,
 and letting it flow through
 you, to others; for, as this is a gift,
 from you, to others, it is a saving grace
 for you! Each time you are willing to open,
 receive, and give, as My love flows through you, it
 washes from you: anger, fear, chaos, and confusion; it
 cleanses you, of that which is holding you down; so, in the
 giving, you are twice blessed; so as you do unto others,
 it shall be done unto you! Save yourself, and let the
 grace flow from you. And The Holy Sprit says: Shadow,
 and darkness, run, from the power of God,
 as they are inundated in the light,
 and the truth is illuminated!
 Those who bless others,
 receive the blessing
 twice: the blessing of giving, and the
 blessing of receiving; and, in-so-doing, are free!

September 25, 2016

If it has arrived at your doorstep,
 it has come to you. And if it has come to you,
 it is yours to do! Do not waste your time, wondering,
 why it has come to you. Do not cry-out, "Why has this come
 to me?" It has come to you, because it is yours to do! Once you
 accept this truth, then it is time to remember, I have given you
 all you need! I have sent you strength, and courage! It is all
 wrapped-up within faith, the faith that is within you! You
 can do all things; for, I will be the strength, within your
 hands; I will be the determination within your feet;
 I will be the acceptance, on your tongue; and,
 I will be the truth, within your eyes! You
 have everything, you need, to accom-
 plish your mission, and return
 Home, in glory! Do so, My
 child, and write the
 story, of your
 time upon Earth!
 And The Holy Sprit says:
 Each one has a story to tell, of your
 time, upon Earth; and, it is up to you to write your
 story after your birth! Create a story, that is worthy, of a child of God!

September 24, 2016

You wear a robe, which most cannot see;
 you wear a crown, which most cannot see; but,
 you carry the light, which comes from Me; and, all
 can see it, shining through thee! And The Holy Sprit says:
 Let it be your intention this day to walk over the Earth,
 "knowing," you wear a robe, given unto you by God,
 knowing you wear a crown, given unto you by
 God, knowing your light, and setting it
 free so, within the light, emanat-
 ing from thee, others will
 see the light, feel the
 presence, and
 know The
 Way.

September 23, 2016

Occasionally, you wake-up, and notice: you are traveling
 the same paths, every day; doing the same work, every day;
 saying the same things, every day; and ultimately, feeling the
 same way, every day! When this occurs, it is time to take your-
 self from that place, because: you life has become boring; your
 paths have turned into ruts; the things you do no longer hold the
 spirit of joy and happiness; the words you say, seem lifeless; and
 the way you feel, reflects all of this "need to change, to grow."
 These are signs! It is time to be still; and, in prayer, ask
 for guidance, ask for direction, and then, be wil-
 ling: to move to a new place; to find
 a new way; to do the things
 that need to be done, with
 a loving spirit; to speak words
 of kindness, and understanding! This
 process ~ is called growth ~ it is maturing; and,
 as you make these changes, you become comfortable,
 in the new way, and you are never the same! You do not
 do this once or twice; for, if you are growing, you are chang-
 ing daily. Wake-up My children, it is time to move on! And The
 Holy Sprit says: To the complacent I say, "Rise-up!" To the one sitting
 in boredom, I say, "Rise-up!" To those whose ways have fit them
 like a glove, for far too long, I say, "Rise-up!" The day is here,
 and the time is here: be still, so that you might hear, the still
 small voice, within, whispering to you, calling you forth.
 You are upon Earth to do something. Do not leave
 your mission, in a shadowy corner, growing
 dusty. Pick-it-up, and carry on.

September 22, 2016

When you come, seeking answers, seeking healing, you must first embrace the answers, and embrace the healing; and in the acceptance of the gifts, you will be blessed, you will feel grace, you will know peace! And The Holy Spirit says: Sometimes embracing answers, and truth, can be difficult; but, it is worth the effort, to have your answers in the truth and the illumination of God's light. Sometimes it is difficult to accept, the healing; but, it is worth the effort, when you find you are, at last, at peace. Let this day be a day filled with answers, and truth, and healing, and peace.

September 21, 2016

A kind and gentle word accomplishes much more than stern direction. A loving touch accomplishes more than a stern countenance; today be the kind and gentle word, be the loving touch. And The Holy Spirit says: Many are able to read, and understand sacred scriptures, holy books, and other such teachings; few, find it possible to live the words, held in the holy books, and scriptures, and teachings; yet, living The Word, is The Way!

September 20, 2016

When you have the opportunity to retreat from the world, created by man, to sit quietly, and take My hand, do so; for I AM waiting for you! In the quiet, we will find resolution to your questions, together. And The Holy Spirit says: If you do not have the time to sit with God, in quiet, make the time to sit with God in quiet; for when you do, you will find your days are filled with peace, and when you asked, you received the answers you did seek.

September 19, 2016

The
power of
forgiveness
will lift-you-up,
onto the wings of love,
and you will soar, where
you once crawled, before.
And The Holy Sprit says:
Not until you have
achieved
forgiveness,
for all things,
are able to under-
stand, and fly, as if you
have wings. Forgiveness, sets you
free. The power of forgiveness is yours
once you reach the place, where you know
the importance, and embrace, the practice!

September 18, 2016

What does it mean to you, when you hear the words, "forgive all things?" Most of My children, can say they forgive all things; but find it very difficult to accomplish the act of forgiving, all things. What does it mean to you, when you hear the words, "love your enemies?" Most of My children can say it; but few will open to My love and allow it to flow through them directly upon those who are hurting them, who are spitting upon them or mocking them, those who are condemning, or judging them.

These are two examples, there are many more! Let today, be the day, that you begin to live the words, rather than, merely, speaking the words. In fact, it would be better, if you never spoke the words, but rather, "chose," to live them! Forgive all things!

Love your enemies!

And The Holy Sprit says:

You have been given three keys to understanding, and revelation. The keys are these: knock, and the door shall be opened unto you; seek, and ye shall find; ask, and it shall be given unto you! When you take these keys, hold them within you, knowing that they are a promise to you, and sit quietly with God, you will come to understand: the power of forgiving all things, and the power of loving, of allowing God's love to flow through you, onto another; because, as love flows through you onto others, you are the recipient of God's love, as well. God's love can not pass through you to another, without you, too, "knowing, the power of God's love."

September 17, 2016

Open
your arms,
and your heart, and
your spirit, and accept that
which I send unto you; for, even when you cannot
understand the gift, or why it is yours, it will prove to be a
vital piece of your mission! Collect that which I send unto you,
as if each is a valuable pearl, that you will string and cherish; for
these gifts ~ are meant to assist you, in your mission, ~ as you walk
upon Earth! Open your arms My child; and embrace that, which I send unto
you. And The Holy Sprit says: There will be times when you do not understand,
why someone walks into your life; yet they are there for a purpose! Sometimes
it is difficult to understand, that, which comes to you, and its purpose;
but, if you will take the time to be still, and quiet, the purpose will
be revealed to you! God has a purpose and a meaning for all that
comes to you. Embrace it, and you will soon see it is far more
valuable than a strand of pearls. That, which
comes to you from God, is precious,
and priceless, and beyond
earthly mea-
sure!

September 16, 2016

Take yourself,
often, to a quiet place
to sit with Me, and I will touch thee
with a gentle hand, and we will speak,
and you will understand, the depth of My love
for you. Come aside with Me, and sit. Be still,
and when you rise-up: you will be in balance;
you will be in harmony with all around you;
your heart will be at peace, and your spirit
will soar! Come sit with Me, My child,
it is you I adore. And The Holy Sprit says:
When you are quiet, and when you
are still, you feel the presence
of God, all around you.
This day, find peace
in the lap, of
God.

September 15, 2016

Do
not let
doubt, fear,
worry, concern, or anxiety
about anything going-on around you
stop you, from having a wonderful day;
stop you, from seeing the beauty in all of
creation; stop you from looking in wonder,
and knowing the glory; stop you from seeing
the signs, I send unto thee. And The Holy Sprit says:
Sometimes it is very easy to be distracted from the
celebration of life, by doubt, worry, concern,
fear, or anxiety, about
small matters,
or major issues.
However, if you will
quietly, say a prayer, and
acknowledge that you know
God is with you, as you move a-
long with your days, all things will
unfold, as they are meant to unfold.
Have faith that God sees what you
need, and will answer your prayer.

September 14, 2016

Treat all
of your brothers,
and sisters, as you would
treat yourself; speak to all of your brothers
and sisters, as you would speak to yourself;
do unto all of your brothers and sisters, as
you would do, unto yourself; and, you
will, truly, "know," peace!
And The Holy Sprit says:
To know peace,
it is import-
ant to be,
connected,
with God, and
follow The Way. Come
the end of the day, when you can say
that you did treat all others, as you would treat
yourself, brings peace; and, you are at peace, because
you "know, you are truly living The Way," and in this way,
you become the living Word of God, as you follow, and accept
the responsibility, of a child of God. This will bring you peace.

September 13, 2016

Sometimes, it is not easy to set your lists,
 your agendas, and the things you wish to do,
 aside, so that you might ride upon The Wind,
 to do My will, each day; but, if you will come
 with Me, if you will ride The Wind; then, all
 things will be done, as they are meant to be
 done; and, when it is complete, you will
 be surprised, at what you were able
 to do, while riding The Wind,
 while walking with Me!
 And The Holy Sprit says:
 God's Ways
 are not easy
 to understand,
 when you are locked-in
 a body, when you are woman,
 or man; yet, from within, you hear
 the whisper, and the guidance will take
 you, where you would not go, on your own.
 The guidance will not lead you into the mundane,
 but will lead you into the sublime, the miraculous, the e-
 ternal. Be at peace, this day. Ask, and you will know, The Way!

September 12, 2016

This message is so
 important that it is repeated
 over and over again. Many hear the
 words, some understand the words, and very
 few live the words. Be mindful of your thoughts,
 and, what you are creating, within your thoughts;
 be mindful of your words, and what you are creating
 within your words; be mindful of your deeds, and
 what you are creating within your deeds!
 And The Holy Sprit says: It is important
 to remember that, once
 the creative power
 is set free, in: thoughts,
 words, and deeds, they live!
 Be mindful, keep your thoughts,
 and words, and deeds, as pure as they can be.
 Let your thoughts, and words, and deeds bless all
 around you. Be mindful of what you are thinking, and
 saying, and doing, for you are the children of God, and you
 have not awakened to the power you hold, the creative power
 of the children of God, is meant to change the world, to re-create
 The Garden, as it is meant to be! Therefore, let your thoughts, and
 words, and deeds be the source, and the power, of continuing this work.

September 11, 2016

Do not
turn your back on
your true wealth, your "eternal
treasure," in search of that, which is
fleeting, and will surely fail you. And The
Holy Sprit says: There is no need to search for:
gold or silver, or for things or money, fame
or fortune; for your true wealth is within
you! Do not turn your back on that,
which is "eternally yours," to go
in search of something
material, tempor-
ary, and fle-
eting!

September 10, 2016

Here it is, A New Day! You stand at the edge of a new day;
it is yours to create! Use this day wisely! Pay attention to the
smallest detail; in fact, pay the same attention to the smallest de-
tail, that you do to the most significant! Create this day, using the
ingredients of love, understanding, compassion, and faith; for, faith
will lead you where others dare not go; faith will show you The Way!
In faith, you will acknowledge the unseen! There is so much around
you which is unseen. Faith will lead you into such places, and there
you will hear, and know, and see, with the eyes of your soul, that,
which is unseen! And The Holy Sprit says: Pay attention to what you
create today! Make it perfect in every way. Do so with great
joy; for joy, is the spice of life! It ignites passion!
It leads you into progress! It gives you
the ability to dance, and to sing,
and to smile! Let this day
be filled with
joy!

September 9, 2016

Most look for answers to their questions
all around them. They search through pages
of books. They take courses, and classes. They
seek-out those considered wise, and talk to them,
and ask for direction. All these things they do; yet,
they miss the sacred room within. Deep within each
of you there is "The Secret Place of The Most High,"
the chamber wherein we meet, and sit, and talk; and
when the talking and the loving, are complete, your
answers are with you! And The Holy Sprit says: Rather
than driving across town, or walking city blocks,
to reach the destination you believe will hold
the answer to your question, sit quietly,
move down the corridor, within
your being, and cross-over
the threshold, into the
sacred space, where
you will find God,
waiting. And there,
you will know your answer;
and, it will be good, because it
will be designed uniquely for you!

September 8, 2016

During the times you find yourself in a place
from which you feel there is no escape, listen,
and I will whisper, and lead you to a place fil-
led with light! And The Holy Sprit says: Do not give-
up! You are not alone! The whisper of God
will lead you Home! Do not tarry
in shadow, or darkness!
Move into the
light.

September 7, 2016

Set
aside
your list
of: wants;
and desires;
put down the pet-
ition, and come to Me, as
you are; as we sit, I will give thee
all you need; and, that which I give you
will prepare you, for all of the days
you spend upon the Earth!
And The Holy Sprit says:
Sometimes, you
might feel
a need,
or a
lack,
when
there is none.
It is in these times
that you are, actually, upon
the journey toward fulfillment,
almost reaching the goal. In these times
it is good to remember, "You will have, all
you need!" It is that simple! Forget the wor-
ry, release the anxiety, and sit quietly with God.

September 6, 2016

My
love flows
freely onto you,
around you, and within you. My
light is also with you and it will show The Way.
Remain in My light. Let your steps be measured, so
they stay, firmly, within the illumination. Move slowly,
with intention to experience Earth, as My child. And The
Holy Sprit says: Let today be a celebration of who you are,
of your presence upon Earth, and the sacredness
of your life. Let the light of God illuminate
The Way, and show you where to go;
for, it is within the light, you
will hear, and know!
Be at peace,
this day,
as you
go!

September 5, 2016

Your body,
and all things material,
will fade away. Your spirit,
that which you are, eternally,
will live forever! Govern your-
self accordingly, showing that
you understand this. Place
your trust, confidence,
and faith, in that
which will last
forever!
And The Holy Sprit
says: Sit quietly, and
let the truth of eternal life,
settle into you in such a way that
there is no denying which is more im-
portant. That which is eternal is of the
greater value; in fact, it is of the great-
est value! You will live forever! Place
your confidence, trust, and faith there,
completely and solidly placed in forever!

September 4, 2016

Do
not curse
the darkness,
light a candle
that will show
The Way. And
The Holy Sprit
says: Be the
candle.
Let
your light
fall upon the
darkness. Even
the darkest of places
can be illuminated by a
solitary candle, from far
away you can see the light.
Do not curse, the darkness.
Be the candle. Be the light.

September 3, 2016

When
you choose
the reactionary ways of the world,
then that is what you will know,
and that is where you will stay.
When you choose actions of great light,
then you will know My Way, The Divine Plan
will begin to unfold for thee, and you will stay close to Me,
until you come Home. And The Holy Sprit says: Freewill choice
is a gift. Choose wisely, for the ways of the world can be enticing.
The ways of the world tell you, you have every right
to be upset, angry, or displeased with another.
The Way of God says, "This is not true."
Choose wisely, for every choice you make
draws you nearer: to the ways of the world;
or, to the ways of God; and
this is a good day
to practice
choosing
wisely.

September 2, 2016

When
you seek-out
the company of those
who walk with a gentle spirit,
whose words are kind, and comforting,
whose love is unconditional and supporting,
then, your days pass, with little or no effort,
and it is easy to fly. And The Holy Sprit says:
Be mindful of your thoughts, and words,
and deeds. Let them be as seeds, planted in
a garden, with great care, so that which you sew
brings love, everywhere. Today, be mindful
of your thoughts, and your
words, and your
deeds!

September 1, 2016

Sometimes, there will be places I send you,
and you will not understand, until you have arrived,
and you see, and you feel My presence with thee, and you know,
all that you need to accomplish your mission will follow you, wherever you go! There will be no need unfulfilled; if, you will, but rise-up, and go, when I whisper, "Rise-up, and go!" And The Holy Spirit says: Sometimes you will have a question, and you will pray for guidance, you will seek the answer and the answer comes, and you are surprised, because the answer, does not quite look like, you imagined, it would look. But once you embrace the answer, and it is yours, the beauty unfolds... and the treasures abound... therein; for, it is yours, a gift from God, a priceless treasure, held within the whisper, which answered your prayer!

August 31, 2016

When you ask a question
be vigilant, be still, and quiet,
so you might hear the answer, the possibilities; and then, have faith; so that you might embrace, even the answer you do not wish to hear! And The Holy Spirit says:
A great peace will settle over you, when you embrace the answer held in the whisper of God; for, it will bring you comfort, when you know, what you are to do, or where you are to go, or what you are to say. Be at peace this day, and have faith, that every question will be answered within you.

August 30, 2016

You will make many 'freewill choices,' this day, let them be filled with wisdom! Pay attention to what you choose to do, or think, or say, because once a thought has entered your mind, it has been created; and, it lives! Choose, with wisdom, any thought you welcome, and entertain. And The Holy Sprit says: It would be good to remember that, as you make freewill choices, choosing to do this, or that, or the other, your brothers and sisters are doing the same; so, there are thousands upon thousands of freewill choices, all being made, at the same time. Let your freewill choice be the choice of wisdom. In the same manner, every thought you create, lives; and it is the same with your brothers and sisters. Therefore, living thought forms, entities, beings, and energy, are created, thousands and thousands of them, all at the same time. Let the thoughts you create be of wisdom, and light, and love!

August 29, 2016

The Way
to keep yourself
in balance, and harmony,
knowing comfort, and peace,
and being confident, is to avoid all
conflict. And The Holy Sprit says: You are often
tempted by another, or others: to argue; to fight;
to enter into discourse, which holds anything but light;
to push or to push back. In other words, you are tempted into
conflict, every day! Sometimes it happens in your thoughts,
sometimes in the words, you, or others, do say, sometimes it is
through actions, or deeds, you are distracted this way; avoid
joining conflict, in any way. The end result will be, at the
end of the day: that you find you have no dirt or dust or
garbage to clean away; that you did not magnify
what was happening at all; that you are in
balance, in harmony, and at peace;
that there is nothing you did
to sabotage your connection
with God; that there is nothing
you said that can be used against you,
because you said nothing. Let the conflicts pass-
you-by; do not join-in that parade; because it is destined
for the destruction, of all around it! Avoid conflict in any form!

August 28, 2016

Most of you
take precaution:
to keep your body healthy;
to avoid accidents, and mayhem; to insure
your possessions are safe; most of you do these things
to protect that which is fleeting, and temporary; today,
place your attention on protecting, and maintaining,
that which is eternal: your soul, and your spirit,
and the gifts of The Holy Spirit,
which you carry
within! And The
Holy Sprit says:
It is easy to
want to protect
that, which you see,
that which you feel and know; but,
once you begin to feel, and know, your soul,
and your spirit, and see the value, the eternal value,
they hold, then you will be more concerned about protecting,
maintaining, and cherishing the energy that is carried within, your
soul, and spirit, protecting it; as ~ it is, the light ~ and the love ~ of God!

August 27, 2016

Do not hesitate to open the door; for
The Wind will gather you, and show
you more, than you ever thought
possible! And The Holy Sprit says:
It is easy to become comp-
lacent, to be satisfied
with things, as
they are;
however,
if you hear
a gentle knocking
from within, a tapping
on the door, rise-up, open
the door, and welcome The Wind.

August 26, 2016

It is important for you to be reminded of who you are, that you are on a mission, that you are My child; for, when you do remember these things, your life on Earth has meaning, you understand the meaning, and know it is temporary, you work patiently, and diligently, until your mission is complete and it is time to come Home! Remember who you are, and what you are doing! And The Holy Sprit says: The world created by man is filled with distractions; and these distractions can draw you away from your mission, from what you are supposed to be doing. Pay attention, and understand that life on Earth is temporary, but you are an eternal being; today... remember this... and your actions will follow suit!

August 25, 2016

When you make it your intention to create a bowl ~ full of joy ~ then the day is filled, with joy; and, as you create, this joyful energy, it splashes-out onto others, and they feel the beauty of joy, and they sing, for your creation is a beautiful thing. And The Holy Sprit says: Whipping together, a great big bowl of joy is exciting, it is filled, with laughter, as you mix and toss and turn, the joy spills out of the bowl onto all that is around you, and you look, and see, and call-out, and say, "God, look what I have created for thee." And God tastes the joy, in your creation, and smiles.

August 24, 2016

All things ~ move ~ in cycles.
You are preparing to end one cycle.
Make sure you have set aside some time
to end those things, which need ending,
in a good, and proper way, so that
the cycle is complete; and
you might roll-on
your way in-
to a new
cycle.

And The Holy Sprit says:
Beginning is always exciting.
Ending, needs to be, as exciting,
and fulfilling, as the beginning,
tying-it-all-together, making
sure it fits; and, is right;
so that you might
move-on, to
the next
cycle,
in sheer delight,
that one chapter, is fin-
ished, and another, beginning!

August 23, 2016

Do
not base
what you will do
for another, on what another
does for you; for, that becomes a game
of interaction, and reaction; rather, choose
to do for others, as God would do for you,
then, it becomes "an act of love."

And The Holy Sprit says:
Be mindful,
and do not fall
to the temptation
to treat others as they
treat you. Choose The Way,
and be the light, and the love of God,
every day, no matter what others do or
say; for, this, surely, is The Way of God.

August 22, 2016

There are always those around you whose lives, whose daily lives would be better and brighter, if you would deliver a smile, a touch, a kiss, a kind word; for, they cannot find them elsewhere. Therefore, let them come from you! And The Holy Sprit says: Sometimes, your desire to do good, leads you to look ~ to see ~ what great thing can be done; but, do not let one day pass, when you also, do not seek-out the small things, such as sharing a smile, a gentle touch, a kind word, a kiss on the cheek; these things are treasures as well; and they will change the course of the day, for those lacking a kind word, for those longing to see a smile, to feel a kiss, or a gentle touch!

August 21, 2016

When you insist on holding-on to the old, tightening your grip on that which you believe is yours to hold, you miss the opportunity to feel, that which is coming to you in the present! Hands that are closed, "cannot receive the gifts," as they come! And The Holy Sprit says: Open your hands; keep them that way; and, as the gifts flowing to you arrive: feel them, and know them, and let them pass through, like pieces of sand, in an hour glass!

August 20, 2016

Open your heart, and your soul, and your spirit to all of creation! With the desire to flow with The Divine Plan, comes the realization, and once you realize and you are moving with The Divine Plan, you are no longer isolated, and the celebration begins, because you feel oneness with the trees and the water, with the butterflies, squirrels and the deer. Once you feel the connection, your life upon Earth changes, for the better. Today, be at peace, in the celebration of creation, as you walk, as you see, as you know. And The Holy Spirit says: Do not be tempted into isolation. Do not limit yourself to this place or that. Think of yourself as a piece of everything, around you. Breathe it, and feel it, so you might know it, as this will change your perspective, forever; because, once you realize, and truly "know," that all things are connected, your spirit will grow; you will feel it, and know it. Once you recognize and realize the connection, you will be living life as it should be, with your spirit animating your body, you will experience the thrill, and discovery, of living upon the Earth.

August 19, 2016

You cannot know peace,
until all things are forgiven.
You will know when you have forgiven all things, because that which comes to your mind, or presents itself to you each day, will not be a source, of: frustration, or anger, sadness, or guilt. It will not be the source of anything because it is gone, it is forgiven. Forgive yourself and forgive all others and you will truly be free to know peace. And The Holy Spirit says: Peace is the tender gift received by those willing to forgive all transgressions without an exception or excuse. This day, let it be your intention to forgive, to free yourself from the chains, and the bonds of: judgment, anger, sadness, guilt, or anything tying you down, so that you might soar, so that you might fly, so that you might be free, and know peace!

August 18, 2016

For those who choose
to set their tent beside the rivers,
they find nourishment, they find the river
as a source of life; and, as they live beside the river
of life, they begin to know the signs, and are prepared
to back-away, when it is time for the waters to rise, and
move closer in times of drought. In this way, flood and
drought do not negatively impact them, because they
"know," the river, and live, according to the signs.

And The Holy Sprit says: No matter where you are,
or what you are doing, there are signs,
all around you, to
guide you.

Those who live
by a river, see the signs,
and know the waters will be rising,
and the floods will be coming, and they move
to higher grounds, timely. Those who live by a river
see the signs, and know the waters will subside, signaling
drought, and they move closer, timely. These adjustments
maintain life, and the river sustains them, in flood, and dro-
ught. This all happens because they can read the signs! To-
day, make it your intention to walk through the hours, of
this day, looking for, and reading the signs; for,
they are there, waiting to guide any,
who will look, and see!

August 17, 2016

Set your camp in a place of peace;
for when you reside in a place of peace,
that peace moves into you, and becomes
a part of you, and you become a part of
peace! Do not set your camp in a place
of anger, or hatred, or doubt, or con-
fusion; for, if you set your camp
in such a place, these things
move into you, and
become
a part of you;
and then, you become
a piece of anger, and hatred,
of doubt, and confusion. And The
Holy Sprit says: There is nothing more
important for you to do, every day,
than to maintain your position in
the light of God, setting your
camp in a place of peace.
Then, when you are
in the light, and
you know the
peace, you
will be
able
to move on,
fulfilled, nourished, and
ready to complete your mission.

August 16, 2016

Once the
responsibility to
complete a task, or
assignment is shouldered,
and you dig-in, and begin, there
comes a growing sense of confidence, as
you move through the project. And The Holy Sprit
says: Once the work is done, there comes a time for play.

August 15, 2016

Consider
your intention,
that, which you are
doing. If you rise-up
and intend to create
a perfect day, then
your intention
leads The
Way,
and that
is exactly
what you are
doing. Be mindful
of this My children; rise-
up and state your intention,
know, what you are doing. And
The Holy Sprit says: There are only
a few chosen to be on Earth, at
any given time; and those
who are chosen to be
on Earth, have
the opportunity,
and the responsibility,
to create light; therefore, at
the rising of the sun, for each and
every day, let it be your intention to
create peace, to create the perfect day!

August 14, 2016

Whatever
you need, you will find
within Me! I AM within you.
Take that which I give unto you;
and, live! And The Holy Sprit says:
The well of God will quench
every thirst.

August 13, 2016

When you focus-on something, or someone,
that is where your energy goes. When you focus-
on: remaining in My light; flowing within the river
of My love; listening, so that you hear My guidance;
then, that is where your energy goes, it stays with you,
it is not drained from you. And The Holy Sprit says: You will
feel energized, and filled with spirit, you will not be drain-
ed at the end of the day, if you master the situation, and
focus on staying-in the light of God, remaining-in the
river of God, flowing with the Wind, listening,
so you might hear, and know The Way.

Focus on God
today.

August 12, 2016

The butterfly,
that brings such delight to see,
floating on the breeze, moving back and forth
between the flowers and the branches and the leaves,
once crawled on the Earth, through the dirt, was cocooned,
wrapped, suspended in time, before it was released on the winds
to climb, so all might see the glory! And The Holy Sprit says: The times
you feel as if you are crawling through the dirt will pass. The times
you feel as if you are in isolation, away from the world and alone,
in a place not big enough to move, will pass. The promise, of
the day, wen you soar upon The Wind, will come. There
is a time for everything, and each time will come,
and pass, because creation continues; and
it continues: with you, in you,
through you; in all you
think, and say,
and do!

August 11, 2016

Come
the morning,
My children rise-
up, and they go forth.
When you rise-up and go forth
remember, you have the opportunity
to go forth, and bless. There is also the possibility
you are tempted to go forth and curse; but, oh My children,
capable of such light, today of all days, go forth,
and deliver the light, in the blessings
that flow from you; for, it is
My light, and it is
My blessing
that flows
through you.
And The Holy Sprit says:
A new day, a new opportunity,
a new way to create light! Be at peace
this day as you go forth; for the light of God,
and the love of God, is with you. It is what you
have chosen, it is what you elected to do with your
freewill; therefore, as you have created it, let it unfold.

August 10, 2016

Sometimes, you are guided to open a door! Sometimes
there comes a knock, and you are led to respond, and open the
door. Sometimes you move passed doors meant to be opened. These
things happen every day; sometimes you are tempted to believe more
in the material world, placing your trust: in this institution, or that institution, in this person, or
that person; and sometimes there comes a day when you are led to put your faith, and trust, in the
spiritual realm, and move, as The Wind! This is such a day!
And The Holy Sprit says: Pay attention. Watch for the signs. Re-
spond to the knowing, within you! Let your feelings, let
your senses, guide you; and you will see the door;
and you will open it! Listen! Watch for the
signs; and you will hear the knock,
the gentle rapping on the door,
and you will open it!
Turn a deaf ear
to the world of man,
and open your spirit to the glory
land, to The Divine, to The Precious,
to The Sacred; for, there are times when
you choose to set yourself aside, and embrace
the unseen; and in the embracing, you find the un-
seen more real than the seen! Open the door, and sing!

August 9, 2016

When
you make the effort
to set your agenda aside,
sit down, be still, and quiet,
you will find that the mystical,
magical realm, of All That Is,
moves into, and through you!
It will take some work, before
you can keep the thoughts
of the day, and all you
think you must do,
away! For a
while, it
will last only
a minute, or two,
but during this minute,
or two, all that comes to you
will be of enlightenment! There will
be ~ illumination, ~ and within this light
the seeds of your faith, and trust, will spring-
forth in growth, and this growth will soon be, as
the vine, moving, growing bigger and bigger, until
you sit in amazement, "knowing," The Divine! And
The Holy Spirit says: Set your excuses aside, set the agendas a-
side, set all things aside. Clear your thoughts, and breathe!
The encounter with The Divine ~ will last only a few seconds,
at the start; but soon, it will be a place you desire to go, every
day, with all of your heart, because your experience will grow.
First you must begin, first, you must start. Let today be the
day, you set all things aside and walk into The Divine.

August 8, 2016

When you find you are blessed to be in a place where you are moving with the rhythm of Earth, where you are breathing with the breeze, and flowing with the river, then, you realize you are living, as you are meant to live! There is a natural rhythm, a pattern, a beat. You can feel it, in the air; and, you can feel it, beneath your feet, when you are walking in balance and harmony with Mother Earth. This is much easier to do, when you are out in the countryside. It can be a challenge when you are in a city, where Mother Earth is covered with concrete, where the buildings take the place of trees, where the cars, and the vehicles, take the place of butterflies, birds, and bees. This is why, once you leave the city, and go out, into the rural areas, into the countryside and walk through a meadow you are free ~ to breathe deeply ~ and know you are truly One, with All Creation. And The Holy Spirit says: Breathe deeply; and be at peace, this day. Feel nature, the rhythm, the sway of Earth, and be there, be in balance, be in harmony with the creations of God, and you will know the wisdom of the trees, and the direction of the rivers, and the streams, and you will follow, and it will be good.

August 7, 2016

Know, who you are! Know the energies you carry! Expel the energies of negativity, from your being! Create an atmosphere wherein, you are the master! Doing so, will be the beginning of a stress-free existence upon Earth; for, when you have the capability of creating an atmosphere, wherein only love, and light and peace, compassion, understanding, forgiveness, gratitude, and other such energies, live; this is what you know; and this contributes to who you are! You do have the capability, the ability to do this! It is not often taught; but it is true; you are the creator of all you think, and say, and do! Knowing this will change your experience upon Earth! And The Holy Spirit says: No matter where you find yourself, today, create an experience that you will want to visit over, and over again because you carry each experience, within!

August 6, 2016

When you are weary, rest. That
which needs to be done, will be done
more efficiently once the resting is done.
And The Holy Sprit says: There is a time for work.
There is a time for prayer, and play, and rest.
There is a time for all things. When you can
recognize the time, and know that, which
goes with that time, you will
rest, pray, work,
and play, all
in accordance
with the proper time.
There are signs to show you
which is the best. Watch for the
signs, and the rest will flow, naturally.

August 5, 2016

When you reach the state of spiritual growth, wherein
you come to understand your feelings, are your own,
then, it becomes easier for you to relate to others,
to understand that others create their own feel-
ings, as well! So the manufacturing of feelings
does not get confused: "what you feel is yours;
what another feels is theirs." You are creating,
within your being, your reality, your experience;
and, the same is being done, within every individual
you encounter. You will be at peace, in all relationships,
when you understand this, when you grow into this wisdom! And
The Holy Sprit says: It is always good to remember, as you begin every day,
you are spirit, first! Spirit animates the body you are wearing, at the pre-
sent time; every thought you have, every word you speak, and
every deed you do, comes from spirit,
because that is what you are!
Your thoughts,
your words, your deeds,
spring forth from the spirit,
who has been given the first
chair, within, your body,
at the present time.
You feel
the presence
of that spirit, or spirits,
within you, as it or they take hold of
what you are thinking... saying... or doing!
When you understand this, the only spirit, or
spirits, invited to take the first chair within your
being, will be the spirits of light, and love, and peace!

August 4, 2016

You have no authority over what another is thinking, or saying, or doing. However, you have supreme authority over your thoughts, your words, and your deeds; for, you choose the experience, you choose the creation! With almost every breath you take, you are creating! And The Holy Sprit says: Your experience, your life upon Earth is uniquely your own; and, as you are a piece of The One, the experience you create, impacts The One! Let this day, be the day you recognize: the importance of every minute, every hour of the day; the importance of choosing light, over darkness, so that light illuminates your thoughts, your words, and your deeds.

In this way,
you will
create a day which will shine. No matter what, you create today, it is yours, forever; therefore, create the day, so that it is divine in all ways.

August 3, 2016

Your journey upon the Earth is created of pieces, of adventure. Each day is a segment of your wonderful journey, upon Earth. Do not lose the excitement you felt as a child waking-up, seeing the sun or the light of the day, knowing it was time to get-up, get dressed and go-out to play; and so, you did! Do not lose this enthusiasm, as you mature! Your playground might be: a classroom, an office, a laboratory, a field, or a vineyard. It might be in different places, and it might look very different, from the playground you loved, as a child; still, it is a place for you to go to continue "your creation story," for, every day is a chapter of your life, upon Earth! What comes to you, will come to you! What moves away from you, will move away from you!

This experience on Earth is very much like the tides, and the sea; but, you create what happens during each experience! You are the creator!

As I created you, you too create! The truth is,
My creation story continues through you!

And The Holy Sprit says:

When you are tempted to feel dull,
when things around you begin to lull, and the days seem to merge, one into another, set your creative powers, into motion! Create "the most fantastic day," from the dullest. Let your lackluster experience explode, with color and vitality! Take what you are given, and create majesty; for, you truly, are a child of God! It is time to act, as if you "know, this." Now, go-out, and create a brilliant day!

August 2, 2016

Wake-up!

Rise-up; for this is the day
you have been waiting for; this is the day, when
you will completely ~ realize ~ that all things of the past
must be recognized, forgiven, released; all lessons of the past
freed of darkness, and shadow, must be brought forward, to help
you create a new day; for, you are about to create, something, that
has never been experienced before! This is a new day! Use the les-
sons and experience the freedom of "forgiveness of all things." And
The Holy Sprit says: Life will be heavenly, when you find you can forgive
all things; for then, you are no longer bound by the chains, of
the past! Forgiveness breaks them! And they open!
And you fly! Forgive, bring the lessons
with you, into this day, and
create, for the
glory of
God!

August 1, 2016

Do not hesitate to go where I send you;
do not hesitate to do that, which I ask you
to do. The joy you will find "in fulfilling
your mission," will exceed, all of your
thoughts about joy; for, you will be
complete, in the going, and the
doing. The places waiting for
you, are unfulfilled, until
your arrival; the things
"needing to be done,"
are waiting for you
incomplete; until,
your arrival! I send
you forth, and bless you;
so that you might go, and do, in peace!
And The Holy Sprit says: Every day you are guided
to go to some place, to do something. The thing,
might be small, and perhaps the journey is only a-
cross the room, down the block, or into the city. No
matter where you are guided to go, go; for it will be
worth your effort! No matter what you are guided
to do, do it eagerly; for, it will be worth your
effort! Today, go, and do, in peace!

July 31, 2016

The
turmoil,
the fear, the frustration,
which swirls all around you, will never
touch you, once you establish peace
within your being. And The Holy Sprit
says: Be at peace, and breathe deeply:
even when the storms rattle the windows,
even when the tempest uproots the trees,
there is a well of peace, which is within thee.
Go there. Go there when you need,
when you seek,
peace.

July 30, 2016

There
will be times
when it seems as if
the whole world is quaking,
and shaking, around you. It is
in these times, that you will realize,
the peace ~ you have created ~ within;
for, that is where you will go! In times
of darkness and shadow you will find
peace, within! And The Holy Sprit says:
For those who have practiced
creating peace within,
they will find
shelter,
a safe harbor,
when all around
there is confusion,
and chaos; the world
created, by man: cannot
shake thee; cannot intrude in
the sanctuary, created, by thee;
cannot deliver chaos and confusion
to those, who reside, within the peace,
they have created within! Therefore,
check your inventory, every day! Make
sure that your chamber is well-stocked,
and ready; for the time will come, when
you need to sit therein, and talk with
God; and, it is in this time that you
will come through the turbulence
with more confidence, than you
had when it all began!

July 29, 2016

When
 you reach
 the place, of
 spiritual growth
 which guides you,
 to create every day,
 showing it's importance
 creating it, for the glory,
 then, each and every day
 has value, and worth. It is
 not pushed to the side, as
 you get caught-up, in
 worry, about what is
 to come. It is not
 pushed to the
 side, as you
 fall into
 judg-
 ment, and
 frustration about the past;
 it takes its place, as a day of importance,
 as it is created! Live every day, and create every day,
 giving it the importance it deserves! And The Holy Sprit says:
 When you permit yourself to be distracted by worry, concern, or
 anxiety, by guilt or fear or grief, you cannot focus on that, which
 is important, at the present time. You are about to create "the
 present piece of eternity," in which you live, today! Choose
 wisely, the materials, you use; for, the day you create,
 that is today, ~ will live, ~ forever!

July 28, 2016

The day
 will soon come,
 when you know, and
 realize: you feel better when
 you bless, rather than cursing an-
 other; you feel better when you forgive,
 rather than holding onto the past; you feel
 better when you show compassion, rather than
 judging another, for what they are saying, or doing;
 you feel better, living in the light divine. And The Holy Sprit
 says: There are hundreds, possibly thousands, of times a day, when
 you have the opportunity to say, within yourself, "I am choosing the
 light." With each choice of the light, you grow spiritually, and this spir-
 itual growth impacts: your physical health, your demeanor, and your joy!

July 27, 2016

There is something, requiring very little of you,
 that can change the world; or, at least, begin changing
 the world, by touching over one thousand people every day, and
 that is to bless every being who crosses your path! They might be
 walking, they might be driving, they might be flying overhead in a
 plane. Bless all you encounter! In this Way, you begin a grid of
 peace, that flows from you out into the world, and it does make
 a difference! And The Holy Sprit says: When you actively participate in
 blessing another being, you are creating peace in the world. When
 you set your course to bless every person you encounter, during
 the day, no matter whether they are near, or far from you,
 then, you begin a grid of peace, which touches one
 thousand people, a day, maybe more!
 Begin your peace work, by
 blessing all you en-
 counter to-
 day!

July 26, 2016

Be
 thought-
 ful of those around
 you. Make it more important
 that you deliver peace, and light and love
 to wherever you go, and whatever you do, to whomever
 you meet this day. Do not let the world created by man rattle you.
 Bring peace wherever you go this day. And The Holy Sprit says: Sometimes
 it is easy to use an excuse, that you have been short, or brusque, because an-
 other did this, or that, or said this, or that; but falling into this pattern is not
 productive, and it does not add to your spiritual growth; it does not matter
 what others say, or do, to you; what matters is the amount of peace, and
 light and love you deliver to others! Therefore, set your course,
 as you begin this day, to be kind, and thoughtful,
 and courteous, in all you think,
 and do, and
 say!

July 25, 2016

Many know the words to say,
 to indicate that "your thoughts create, that
 you are the creator ~ of your day ~ or your reality."
 Few know, and realize the truth that "your thoughts create,"
 that you create your day, and your reality; and still fewer "practice
 creating to the degree that they do see and know they create the day
 they experience and they create their reality." And The Holy Sprit says:
 Realizing ~ the truth ~ that your thoughts are the seeds which create
 the garden of your day, ~ and that you thoughts ~ are the seeds
 which create your reality, brings you to a wisdom place;
 because then ~ and only then ~ do you realize, as
 a mature, spiritual being that ~ no one
 other than you ~ is the creator
 of your day, is the
 creator of your
 reality!

July 24, 2016

Change
 can occur instantly,
 during a traumatic experience,
 resulting in a miraculous occurrence;
 it can also be brought about instantly, with
 an epiphany; usually, change is brought about
 with intention, and determination, "knowing,"
 what you are doing, following The Way! And The
 Holy Sprit says: Change is a sign of growth. Moving
 closer ~ to experiencing the spiritual ~ while you
 walk, upon the Earth, is growth! This moving
 closer, this change from the more mundane
 to more spiritual is good! You begin to
 walk, as it was intended, for you to
 walk, upon Earth, connected,
 spiritually, while exper-
 iencing Earth; and
 all she has to
 offer you,
 combining
 Mother Earth,
 and Father God; and
 using this guidance, as you
 trod, over the Earth, for a while!

July 23, 2016

The most powerful gift you can give another is to pray for them, and then, show great kindness to them! For in the praying, and in the deeds of kindness, you will be led to know My love, for them!

It is simple! It is true! Now, all that is left is for you to do!

Let your prayers go-out, for others; let your words, and deeds, of kindness wrap them, in comfort! And in this Way, you will know, My love for them, through you! And The Holy Sprit says: So often, there is a desire to help others, to show kindness to others; and this is good! When these desires fill you, pray first, lift that one individual, coming into your thoughts, up, in prayer; and, while they are held there, you will find, that your intentions change. Your opinions, and your thoughts, about them, and the things they did, or did not do, are altered, forever, in the light of God's love.

The most powerful gift you can give another, is to pray for them, and show them kindness.

July 22, 2016

With
the rising
of the sun,
with the coming
of every new day, you
embark upon a sea, uncharted.
You are about to create something that has not happened,
before; and the energies you use to create your day,
will have a great bearing on how the day will be,
how your story will turn-out, how you feel
come the night. So, as you start this day,
set your intention to use only the energies
of light! Be courageous, be strong, be compassionate,
and understanding, be loving, and kind, and forgiving, be
noble, be brave of heart! These are the ingredients of
a glorious day! Come, you are off,
the day has begun! And The
Holy Sprit says: As you begin
each, and every day,
remember, it is
you, and only
you, who
makes
the determination
of how your day will unfold.
What energies are you going to use
to make the crossing, to sail the sea? Today,
is your story; today, you make history. What will it be?

July 21, 2016

Some days are meant for joyful dancing,
 skipping, hopping, swaying this way, and that,
 without a measure to the step. Other days are meant
 for the precise, and measured step, for putting one foot
 in front of the other, following through with procedure,
 until the task is done. Occasionally, you have a day
 with time for both. The key to understanding both,
 the key to experiencing, and enjoying, every day,
 is to understand which day you are to exper-
 ience, and then, go along The Way,
 dancing unmeasured steps,
 or following exact,
 precise steps,
 either way, your day
 should be one "of joy!" And
 The Holy Sprit says: It is good to know
 which dance you are to do: the carefree,
 unmeasured steps of a dance; or, the pre-
 cise, measured steps, of a dance. Very rarely
 can you do them both at the same time; but, you
 certainly can experience them both at the right time!

July 20, 2016

Every
 time you whisper,
 or call-out for guidance, or help,
 I assure you, it comes to you. Sometimes,
 the answer, coming back, is not an answer, which
 pleases you; but still it is the guidance, the direction for
 what you are to do. And, in this way, you learn to navigate
 every situation, every hour, every day, trusting the guidance
 you receive from Home! Let it be this Way, always! And The
 Holy Sprit says: Do not think that your prayers, your questions,
 your requests, go unnoticed, or unanswered; for, this is not
 true; your prayers, questions, and requests are, always,
 answered! Be at peace this day, and be open to what
 comes to you. Set your defense mechanisms aside.
 And if the answer you hear does not coincide
 with what you would prefer to do, then
 be still, and pray for the wisdom
 to understand "the key,"
 which has been given to you.
 Pray for the wisdom to understand
 how to use the key, which has been given
 to you. It often has to do with setting ego aside,
 and following through, as you have been guided to do!

July 19, 2016

Let the flowers feel the warmth of the sun upon their head.
Let the stream dance, and sing, as it moves through this day.
Let these things happen all of the day into the night, watching,
as all of Earth unfolds, around you. See it, and know it. And The
Holy Sprit says: Most of the time, human beings hurry through their
day: without noticing the blades of grass, the swaying of the branches
of the trees; without hearing the song of the bird, or watching the flight of
the bees. They do not stop, to sit, beneath the tree, where all
wisdom, can move into thee. These things go without
notice ~ Mother Earth ~ unfolding ~ in all
of her majesty, and beauty, for
any, who are willing
to stop, and
see!

July 18, 2016

Notice, at a deeper level, the perfect cycle of Earth.
The blossoms and blooms, which cover the Earth in May,
usually lie dormant, under the snows, of a winter day; and the
branches, which have bared themselves, for the winter, are filled
with blossoms and leaves, come spring and summer. These are the
seasons of Mother Earth; and, as you age, you begin to notice, and
take great joy in having faith, and trusting, that the blossoms, so
beautiful in May, will return again, the following year. They
come to feed your spirit, and soul, to fill you with delight,
to bless, and scent, the breeze of a summer night.
These things that come, and go, are signs,
cycles. All things move in cycles.
All things which are eternal,
move in cycles. And
The Holy Sprit says:
In the world of man,
you can create, and demand,
that this bloom here or this bloom there.
You can trick plants into thinking it is spring,
when it is the dormant time of winter. You can
force light, when there is darkness. You can make
things happen in the world created by man; but, in
the natural world, the natural cycles come, and go.
Living in this cycle of coming, and going, brings
you balance, and harmony, as you ride
the current, of All That Is.

July 17, 2016

So many of you, My children, wait,
 until you are swept-up, in a dire situation,
 before calling-out, asking for help; but, when
 you look back, when you review, on those times
 of great need, you will see that your prayer was al-
 ways answered; even when the miracle was restoring
 balance, and peace, to you, to make it, through! How
 miraculous your life would be, if you did not wait until
 dire emergency to call on Me! How miraculous would
 your life be, if you walked every day, trusting and be-
 lieving, in Me? And The Holy Sprit says: It is important to
 understand, that "your connection," with The Eternal
 Parent will alter "the course of your lifetime," upon
 Earth because you will make the journey, know-
 ing that you are playing your role, in the un-
 folding of the story, that you are assum-
 ing the role, of "the co-creator,"
 of every day, you
 walk The
 Way!

July 16. 2016

Every time you speak words of kindness to another, in need, words
 of kindness will be showered upon you, when you are in need; every
 time you speak words of strength, and courage, to another in need,
 words of strength, and courage, will be showered upon you, when
 you are in need. Your thoughts, kind words, words of encour-
 agement and strength to another, are as seeds, spread, over
 a garden; and when your garden is grown and it is time
 for harvest, the words once spread upon others, will
 come back to you, to fill you, with kindness, str-
 ength, and courage. Let your thoughts, and
 words, and deeds resemble the seeds, as
 you broadcast them, over those
 of Earth, creating walking,
 moving gardens, let-
 ting others feel
 their worth, in the great
 garden, that is Earth. And The
 Holy Sprit says: What an opportunity
 every day presents for the thoughts you have,
 and the words you speak, and the deeds you do, will
 all come back to you! Therefore, today, not only are you
 "creating" today; but, you are planting the seeds, for all of your
 tomorrows! Choose wisely the gardens, from which, you will eat!
 You are planting them, today! Let God's love fill you, and show The Way.

July 15, 2016

Oftentimes, you cannot see the finish line, until it is near, until you have almost completed the race. Sometimes, you only fully understand the goal, once, it has been reached; inevitably, the celebration is complete, when the race is done, when the goal has been reached! And The Holy Sprit says: Understand the path. Look around, and see; for all the signs that are sent, are signs that are meant to be: the arrows, the whispers, the encouragement, the support. In seeing, and reading these signs, you feel closer to the finish line, you begin to put together the pieces, that will create the picture of the goal; and, celebration begins in your soul, as every piece meets its match! This day, celebrate the course, stay the course, and let your heart sing; for once you reach the finish line ~ for once the goal is reached ~ the completion ~ will be your story upon Earth ~ this lifetime, living, marked by, every day, every step you took, along The Way!

July 14, 2016

Whenever you find your days seem to be more like a marathon, than a walk in the park: it is good to hold your head up, to look around, to listen to the birds, and see the flowers, feel the breeze; it is good to place one foot in front of the other, taking one step after another; it is good to keep moving forward, slowly, but surely; it is good to stay connected, with Me! Tell Me about the trees, and the breeze, and the flowers. Tell Me about the sun on your face, and the stream flowing sweetly, and constantly, nearby. Tell Me about the oceans and the rivers. Tell Me about the meadows, and the pastures. Describe Earth and all of her beauty as you plod through the day, one step, at a time. Every marathon has a finish line. Every walk in the park is waiting. If today your day is a marathon, let us begin, together! And The Holy Sprit says: Living upon Earth can be very interesting, at times it can be a daunting experience; but, taking it one step at a time, while staying connected to God, will assure you that the goal will be met, and the day will be done, and soon, it will be your time to walk in the park, under the sun. All things come, and all things pass. Today, rise up, it is your time to walk, no matter whether it is a marathon, or a walk in the park! Let today be an experience, of your lifetime!

July 13, 2016

Whenever you feel the sting of rejection or abandonment, whenever you taste the gall of ... being ridiculed ... or mocked, close your eyes, and move within; and these arrows of judgment, will fall to the ground. If you stand, and "know," I AM with you, all things will pass; and, in the passing of these slings and arrows, always remember, My child, those who rejected, abandoned, ridiculed, or mocked you, did not know what they were doing; but you do know what you are doing! Therefore, when this storm has passed, do not do the same. Show: understanding, compassion, and forgiveness, with love; for, those who abandoned you, welcome them into your home; for those who rejected you, let them see strength, in your compassion; for those who ridiculed you, show them understanding; for those who mocked you, reach-out, and take their hand!

Do not give back
what you have been given.

Let My love flow through you,
so they see, and know, Me, in all you do!

And The Holy Spirit says: Remember, the covenant of an eye for an eye, and a tooth for a tooth is done. It is complete! It has been fulfilled, in the rising of The Son, and He did bring a new message, the message: to love; to forgive; to turn the other cheek; to give when you are asked; to love those who hate you. Today, study these things; so, when the arrows fly, you will "know," what to do, deliver God's Love ~ that is flowing ~ through you!

July 12, 2016

Do not lose heart when the journey seems long, and you do not see the end! I will send you water, and you will be refreshed! I will send you food, and your spirit and soul will be sustained. I will nourish you in the coming of the gentle rain, and the warmth of the sun; so that you might rise-up, once again, and resume the journey, from where you are; from that point, which, henceforth, will be remembered as the sacred place, where you were nourished by the hand of God. And The Holy Spirit says: Do not lose faith, find laughter quickly, find joy, and sing, for the sacred space is within you.

July 11, 2016

No matter what is going on around you,
it is possible to be "at peace," within; and
this peace from within is what will give you
the balance to move through chaos, and con-
fusion, to move-out of the valley, into the light.
And The Holy Sprit says: Breathe deeply, and know, that,
that which comes to you is a sign that you are to grow;
and, in this growth, you are to learn the importance
of peace, within. When you are at peace, with-
in, all is right for you, you re-
main in balance, and
know exactly
what to
do.

July 10, 2016

This day
take inventory
of the gifts you carry
within you, these are the gifts you brought,
from Heaven, to use upon Earth. Take inventory of the gifts
you bear, and know them. Take inventory of the gifts you bear,
and use them; for, you carry the gifts, so you might use them, for
the glory of The Kingdom, from which you came. You are not
a citizen of the world; first, you are a citizen of Heaven.
You are on a mission, and your mission is holy,
and sacred, and good. Your mission has to do
with restoring The Garden; for, one day,
it shall be that Heaven, and Earth, flow
together, as One! It is time for you to do
your part! Take inventory, know the gifts you
bear, and use them! And The Holy Sprit says: Everything you
do, during the course of the day, can be done in such a way, that
you use the gifts you bear; so that all around you might know the glory
of God! You do not have to argue, or convince, to convey the glory
of God; it begins in your thoughts, let them be holy; it proceeds
with your words, let them be good and just; and, it
continues, through your actions, and
deeds! Let your thoughts,
words, and deeds,
hold the glory
of God!

July 9, 2016

When you find you are able to respond to every situation with a blessing, then 'the things of the world,' will no longer distract you, from 'the light of The Way;' for, as you live upon Earth, today, you are riding upon the wave of eternity. What you create today will, be a piece of eternity; this day, practice: every thought, every word, every deed, created, within you, should, first, be "a blessing." This sets the course; and, every response coming from you to another, or, in accordance, with a particular situation, should, likewise, be a blessing; and, when you spend your day, upon Earth, blessing all who come to you, blessing all that is said to you, blessing all that is done to you, then, you are walking in the light.

And when you incorporate this practice, into the pattern of your life, you find you are: blessing Earth, every day; blessing your brothers, and sisters, every day; and blessing each encounter, all along The Way." In other words, My child, you are bringing peace to Earth, every day! And The Holy Spirit says: Amen!

July 8, 2016

You are preparing for a new day. Rise-up,
and I will show you The Way. Even in the shadow,
and darkness, you will know the light; for, I Am with you!
I hold before you a bowl of fresh water: splash-it upon your face;
wash your hands; throw back your head, and sing-out. It is time to
move forward. What day will you create; for, it is yours to create?
Celebrate the day it begins and the beginning is within you!
And The Holy Sprit says: The cycle of day and night is an example of your
continuing creative power; for, no matter what the days have been
in the past, or what the days will be in the future, this day, this
gift, this minute, this second, this hour, is yours! This day,
you are about to create ~ will hold wonder, and glory,
song and dance, joy and peace; but first, you must
choose to create these things. Let the day begin
with determination! See the sun rising, and
on the horizon, there is love, and forgive-
ness, compassion and understanding.
See, in the meadows, there is joy,
and dancing, and song! See, in
the fields, there is food, fruit
and vegetables! See, in the
streams, there is water!
The day, has been bles-
sed, by Earth, and
God! Heaven, and
Earth, await to
see, what you
will create,
today!

July 7, 2016

When storms, and wars, and upheaval brew
around thee, I open My arms, and gather you
into Me, and give you safe dwelling. When the
rains doth pour, upon you, I give you a boat, so
that you might float, over, all things, with Me.

When the Earth is parched, and like a desert
burning your feet, as you find your way,

I fill your pail, every day. No

prayer goes un-
answered! And

The Holy Sprit says:

The world will give you
answers, will give you courses,
will give you books to read, will send
people who will say, "Come follow this way,
I will lead," and, these things will occupy you,
for a while; until, one day, under a tree, you are
sitting, and you hear "the whisper," from within!
It is not a parade. It is not loud. It is quiet, and
still; it comes to you this way so that you might
"know, God speaks to you," in a unique way,
from within! It is as if there is a telephone
line, from God to you. You know the
number. You have the time.

God is with you, in
every way!

Be still,

so you might hear

the whisper, so you might
"know," ~ what God ~ doth say!

July 6, 2016

Rise-up, My children,
and enter this day, in such
a way, that you set an intention,
that this day will be created by you,
filled with glory, and light, ringing-out
with peace, the song of peace; for, if you can
do this with every day you walk upon the Earth,
when it is time for you to come Home, there will be
no regret, only joy, in the experience of Earth. And The
Holy Sprit says: Do not let what others say, or do, interfere with,
disrupt, or distract you from your path; for, while they might still be
asleep, you have awakened in the light; therefore, it is your time to live a
life that is filled with the presence of God with you. Rise up this day, and live;
and, let your life be filled with a joyful song! Listen to the birds, and sing along!

July 5, 2016

Many
of you, My
children, know,
intellectually know,
that the only way change
will come about, is when you
first, change yourself, from within.
Change begins within each individual;
but, very few really know this at 'a practice
level.' Be mindful of this truth today. Change
comes ~ when you are willing to do the work ~ within.
The work you do, within, shines, all around you. And The
Holy Sprit says: There was a man, sent from Heaven, to deliver a new
message to Earth; the man had a mission: the mission was not easy; the
mission was difficult; yet, the results were glorious! The man did not sway or
swerve, or run, from his mission. He delivered the covenant of love. He spoke the
necessary words, regarding forgiveness, and his mission was done. This solitary being
completing one mission, changed the course of the world. You too, have a mission, and it might
well be difficult; yet, it is yours to do; and, when it is complete, believe it or not, your mission, well done,
will change the course, of the world!

July 4, 2016

Freedom!
To be truly free,
in every way, it is necessary
to forgive all things! Forgiveness frees you
from carrying a weight, and this burden can be released, when
you forgive all things! Forgiveness is The Way, until, come the day,
when it is no longer necessary; because, on that day, you will find,
you have reached a place divine, the place where you never judge
at all! And The Holy Sprit says: You see freedom in the flight of the bird,
or in a horse, galloping across a meadow. You hear it, in the song of
the bird, and the rushing of a stream, or a river. Freedom is precious,
and joyful, and the only way you can experience complete freedom, is to
free yourself from the baggage, from the bonds of the past: by forgiving all
things; by going within and addressing these things that still remain hidden,
pushed back in the corners, way down the corridors, under a rug. They
might be small, but still, they weigh you down, keep you from the total
experience of freedom. Today, address the matters which need
forgiving, and then soar, with the birds,
and run with the stallions. Be
free, set yourself
free, for-
give!

July 3, 2016

To be patient,
polite, and courteous, is
good; but, the gift of kindness,
envelopes others with love. Kindness
goes beyond tolerance, and has at its core
love. Today, practice being kind! And The
Holy Sprit says: Rejoice in The Song of kindness.
Let it fill you; and, it will fulfill you! Kind-
ness is a gift! And the energy created
within this gift of kindness moves
out... and calms... and
brings peace!

July 2, 2016

When you find you have reached a place of peace within, no
matter what is going on around you, in the world, created by
man, you know peace; because, that is what you have created
within; this peace keeps you safe, and wraps you in comfort;
it is a sanctuary; it is always with you; and this peace aids
you in health, you are healthy of body, soul, and spirit;
because you are at peace, with All That Is. And The
Holy Sprit says: Today, do yourself a favor,
create peace, within!
Know that you are part
of The Divine Plan of God; and
then, give permission, to allow, The
Divine Plan, to unfold, while enfolding
you! You will find, at the end, of the day,
you are healthier and happier in every way!

July 1, 2016

You know your thoughts create;
and, what is created, will live. Likewise,
you also choose your temperament. Therefore, be
mindful, be thoughtful; "know," that irritability, robs you
of the ability to shine with My light. It clouds you. It conceals
the light, that is within! "Knowing," these things gives you the op-
portunity to create, and, to create in the light: so that you shine; so
that your earthly experience is divine; and, one with purpose. Use
the opportunity of this new day to create, thoughts of: love, and
light and peace; and to be the monitor of your actions. Stay in
the light and your day will unfold with great delight. And The
Holy Sprit says: It is very easy to slip from irritability into frustra-
tion and from frustration there is a quick slide into anger. Be
mindful of your demeanor; let your demeanor show your
thoughts, and let your thoughts be of light, and love,
and peace; if they are anything else, be quick to
cast them from you; for, what you experien-
ce is yours to create! Therefore, create
a day, which you would delight-in
experiencing! It is yours. It
is time. Now, create,
for the glory, of
God!

June 30, 2016

Welcome change with open arms,
and be willing to grow; for, that is how
it is meant to be, creation enfolding thee,
with all of the glory, and miraculous things;
for you are a piece of eternity, unfolding! And
The Holy Sprit says: You cannot wear the same pair
of shoes, for all of your lifetime, because your
feet are growing; and, as they grow, you
need to find something, which
fits the growth
of your foot.
If the foot is bound
and not allowed to grow,
the result is a malformed foot,
and a walk or a gait which is hin-
dered and slow. Open your arms, ac-
cept the change, so that you might grow.

June 29, 2016

When you
have the patience,
the trust, and the faith
to permit the unfolding,
as it is meant to unfold,
you observe the beauty
of miracles. Be
patient,
have
faith,
and trust in
The Divine Plan.
And The Holy Sprit says:
Do not fall into the trap,
do not permit yourself to be
caught-up in a snare, or a web of
confusion, or chaos. Speak with God,
and God will show you that it is all unfold-
ing, as it is meant to unfold; all that is requi-
red of you ... is faith, ... trust, ... and patience!

June 28, 2016

Rise-up,
and look-out around you.
See the beauty, of where you are;
and then, prepare to return, home! And The
Holy Sprit says: Traveling some place, no matter whether
it is to visit friend, or family, or to deliver an object, or the gift
of love, no matter whether it is for vacation, or for work, there comes
the day of your return home. You rise-up, look around, pack your back,
and get into your vehicle to return home. It is not much different from
when, you were leaving The Home, traveling to Earth; and, when it is
time, and the journey done, you look around, pack your bag; and,
return Home! The bag is packed with memories, with energies
of love and light! Hopefully, by that time, you have thrown
the energies of darkness and shadow away; so, the only
thing you carry Home, that day, is a suitcase
filled with miracles, commem-
orating, your stay!

June 27, 2016

Every time you extend your hand, and your heart, to another,
every time you are willing to step outside the comfort zone,
of your normal, every day life, to travel to a place, to see
an old friend, or a family member, grace falls upon
you; it flows through you, to another; and, you
are blessed, you are abundantly blessed.

And The Holy Sprit says: Taking the time
to deliver a gift, of love, to an-
other, fuels the fire, fills
the empty coffers,
your cup flows over,
and your banquet table
is full to overflowing itself; for, you are
delivering the love of God, you are the vessel; and,
from you they drinketh, from you they taste the love of God!

June 26, 2016

It is
a good thing
to plan ahead, so that you choose
your thoughts, words, and deeds
in such a way, that they will be
pleasing to you, in every way,
every day. And The Holy Sprit says:
It does not take much time to moni-
tor your thoughts, words, and deeds; so
that they hold miraculous healing, health
and beauty for all who hear, see or know
them. However, it does take intention
to mold your thoughts into peace,
your words into blessings,
and your deeds into
gifts of kindness.
Once you have set
your heart, toward this
goal, you are on your way
blessing, healing, extending
kindness, and showing The
Way, bringing peace, to
every day!

June 25, 2016

Go forth
into the world
with great joy, singing,
dancing, smiling, laughing;
sure to understand, before you seek
to be understood; quick to be compassionate,
before you ask for compassion; in other words,
give to the world, and give freely, all that you
desire to receive; for, in this way, you are
creating, that which you want, and
it will always be with you!
And The Holy Sprit says:
Some feel it is
a mystery
to create
within yourself
that which you wish to have,
that which you feel you need, and then
give it away! It is no mystery, it is a miracle; for,
in that way you prepare the feast to give the world; but,
you too eat of the food, and drink of the wine, for it is yours;
and, it is mine. It is your gift; it is your creation; and, it is divine!

June 24, 2016

For those
who are vigilant,
and watchful, the signs appear
all around them. They see, and they know! And
The Holy Sprit says: There is no question that the signs
will come to you. If you are vigilant, and watchful,
you will be ready, and you will see them, no
matter, when the signs appear.
Be assured that
the signs
will come
when it is time,
and you are ready; there-
fore, ~ be vigilant, ~ and watchful!

June 23, 2016

See
 yourself,
 as a piece of
 eternity, a piece of
 creation, unfolding; and then
 know, that you are magnifying your aspect
 of creation: as you think, and speak, and do; there-
 fore, a piece of creation, a vital piece of creation, is
 coming from you! What will you create today?
 And The Holy Sprit says: It can have a staggering
 and amazing impact on one, when
 they realize that they are,
 actually, creating,
 taking an
 active part
 in creation, as it
 unfolds, every single day;
 and what they create in their thoughts,
 and their words, and their deeds, folds into The
 Creation Plan; and it moves on, hand-in-hand, with
 that which was created by God. Let your thoughts, and
 words, and deeds be sacred in every way, so that the
 impact you have on creation is good, and holy!

June 22, 2016

Once
 you have awakened,
 and you are using light to guide you,
 you accept guidance, from those sent to lead you,
 willingly; in fact, you embrace the guidance you are given
 from The Light; and find you are saying, "Now, I see!" rather
 than saying, "Do not say that to me!" The change is not subtle.
 Usually, the change is instant, when you switch, when you make
 the decision to walk in The Light. And The Holy Sprit says: Awakening
 is fun; it is glorious; it is exciting; but, once you have awakened, and
 you rise-up, and see, you begin to notice that, that which you see,
 looks differently than it did, before the awakening; you know
 things, you did not know before; you are willing to em-
 brace things, you were not willing to embrace
 before. Your days seem filled with
 adventure, and excite-
 ment, crisp
 with joy, and
 delight; this is how
 it should be, when you
 are walking in The Light!

June 21, 2016

When you finally reach the place, where you can set aside:
all the things you have been taught, all of the ways of the world,
and make it your intention to do My will ~ then ~ The Divine Plan
unfolds, before you, and all around you! You watch, and see, and
the blossoms are magnificent, arrayed with colors and dewdrops,
the sun and the rain, all things, folding together to create per-
fection, within your sight! And The Holy Sprit says: Being willing
to work, within The Divine Plan, gives you the oppor-
tunity, first hand, to see perfection
unfolding,
in every way.
Therefore, make it
your intention, today, to be
a piece of that unfolding; in fact,
make it your intention, today, to be
the instrument, of perfection unfolding!

June 20, 2016

Every time you call My name, I hear you;
and your cries, in desperation, are answered;
for, there is only one answer, ever, one answer,
and the answer ~is~ love! There can be no other
answer; because any other way, other than act-
ing within ~the light of My love~ is not a glor-
ious way, is not a holy way, is not The Way!
And The Holy Sprit says: It is very easy to look,
and see, those who have love, upon their
heart, because they act in a different
way, from everyone else. They
set themselves apart, by the
love, in their heart. No
reaction is necessary.
It is all clear, love
is the answer
you are
seek-
ing!

June 19, 2016

It is better to exhibit peace,
than it is to talk about peace;
therefore, spend some time today,
establishing peace, within; for, that is
where peace begins! And The Holy Sprit says:
There are many people who speak of peace;
there are many people who read about
peace; there are many people
who take courses,
and classes,
and exercises
to help them find peace; but,
peace comes from within! You will not
know, true peace, until you establish it, within!

June 18, 2016

Sometimes, as you live your life upon the Earth
you will be called upon to face challenges, hardships,
difficult times. These things, which come to you, are yours
to handle, and they can be handled with grace; for, I shall send
you all you need to make it through to the other side. Let the
world see how difficulty looks when it is handled with grace. And
The Holy Sprit says: No matter what you must face, when you know, God
is present, and with you, you find a courage, and a strength, you
never thought you had, before this knowing was yours.
Therefore, speak-up, and say, "God, it is now, I long to
feel your grace," and then, watch what happens;
for, you will be filled, and all who see you
will know, the presence, of God,
is with you! They will
"know, God,"
through
you!

June 17, 2016

True happiness, joy, and peace are created, from within; they begin with "your willingness to forgive, all things;" and to allow My love to flow, through you, to all beings; this is The Source of happiness, joy, and peace: your willingness to sit with Me; and, to be taught how to forgive, and how to love! And The Holy Sprit says: So many individuals on Earth today, believe in their heart that when they: live in a big house; drive a very expensive car; wear the most current clothing; and slip on their fingers and around their necks, jewels, of great value; they will be happy. They believe these things will bring them such joy, that they will be able to forget what is happening within their being. These things created in the world of man will never be able to fill the void, within, with peace, happiness, or joy; for peace, happiness, and joy, must be created within! Today: create your own happiness; create your own joy; and you will find that you are at peace, within, your own creation!
This is The
Way!

June 16, 2016

I
have
given you
the gift of free-
will; therefore, use it
wisely; "choose wisely,"
and all will be well. And The
Holy Sprit says: Once you assume
the responsibility of your choices,
then, all things unfold, as they are
meant to unfold; you see, and you
know, and you grow, in the light
of God! Choose wisely!

June 15, 2016

Here Me, My child, so you might "know." If you create peace, within, in the midst of chaos and confusion, peace is what you feel; because peace is within you, you become the bringer of peace. If you create chaos, and confusion, within, even in the midst of peace, you feel chaos and confusion; because that is what you are creating, within. All you experience, all you feel, begins within; therefore, let your work, be within. And The Holy Sprit says: Do not look for the answers, all around you; for, the world created by the human being, can be in utter chaos, and confusion; but, the wise, the one holding wisdom, "knows, the chamber within," very well, and goes there, and creates peace; therefore, peace is what they know!

June 14, 2016

Do not let what others say, or do, entrap you, or ensnare you; take My hand; and walk with Me; and I will show you the beauty, of this day; for, the beauty of the day ~ should not ~ be diminished by the words, or the thoughts, or the deeds of others. The beauty of the day is created within you, when you look, and see, and say, "Thank you!" And The Holy Sprit says: Every day ~ should be a day of celebration; ~ every day should be a day of ~ walking in peace ~ with God. Therefore, this is the day, the new day! Rise-up, and walk in peace, and let your intention be - that all you do - will be done for the glory of God.

June 13, 2016

You can deny the physical DNA you carry, within you, by running from family, this one, or that one, saying, "No, that is not who I am." Yet, your physical DNA will not deny you the heritage of who you are, from whence you came. You can deny your spiritual DNA, you can try to run from The Family, from whence you came; but ~ your spiritual DNA ~ will not deny you, your heritage. Your existence is no accident; your presence upon the Earth, right now, is planned; and your mission is not a coincidence. You are an important being, each of you, and your mission is vital to the well-being of Earth, and all of eternity. And The Holy Spirit says: Do not place your trust, and confidence, on the discoveries, or the theories, of others, who are looking to find something.

It is important for you
to understand
that creation
did not happen,
and then stop. From
the thought of One Being
it all began; creation is unfolding,
and you stand, watching. The answers
are not solid, or set, because it is not done yet.
Creation is continuing, it has no end, it is still going-on,
continuing within you! The plan is unfolding, within you. As this
new day is unfolding, look around, seek guidance and then follow. Go,
and do what it is you are to do, and bless the Earth with your love for all
you see ~ from the smallest ant, to the mightiest tree ~ give them love; and
they will see, an eternal being, walking, mastering, their piece, of eternity!

June 12, 2016

Do
not allow
worry, or concern,
or anxiety to rob you of the glory
of your experience, upon Earth, as
My child; for, as I send My child-
ren out, I watch over them.
Be at peace
this day,
and resist
the temptations
of worry, concern,
and anxiety; set them
aside, and walk, knowing
you are child, of Mine! And The
Holy Sprit says: Do not waste one minute,
of your experience, upon Earth. This is your
lifetime upon Earth, and it shall never come again!
Think about what you are doing! Let every minute count
for something... of great value. Let every minute be filled... with
wonder, and delight! Let every minute be filled, with the glory of God!

June 11, 2016

To experience
your journey upon Earth
to the fullest, it is important for you
to master everything, which comes your way;
for; if it comes to you, it is yours: to see, to know, to
learn, to do! Today, master the day! And The Holy Sprit
says: The time for saying you cannot do it, needs to be
set aside, in exchange for, "I shall do it, I shall
embrace my journey upon the Earth.
I shall master this day,
to the fullest!"

June 10, 2016

Resist
 temptations; for,
 even the most insignificant,
 can lead you into shadowy places,
 and greatly diminish the light of your day.
 If you want to experience a most glorious day,
 a glorious day in every way, then: be vigilant; be watch-
 ful; and very quickly say, "This day, I intend to be of love, and
 light, creating peace wherever I go!" When thoughts occur, bless
 everyone. Bless everyone, every matter, every issue. Be at peace,
 this day, knowing what you are doing, and then, choose to create
 a day that is filled with glory! And The Holy Sprit says: Do not make
 excuses for your choices; address the choices you are making, for
 it is important to do so! When you begin to address "the cho-
 ices you have made," then, and only then, will you be-
 come "aware of," the importance of the choice,
 "you are about to make."
 This day, we support you; and,
 encourage you to create a day, filled
 with choices for: love, and light, and peace!
 Let this day be a day filled with the glory of God.

June 9, 2016

When you encounter a situation... an issue... any matter... wherein
 you need assistance, do not wander around crying-out; or getting
 frustrated; or, maybe even angry. Be still, ask for guidance, and
 the guidance will come; for, I will whisper; and, in the stillness,
 you will hear! If you find, that you can follow the guidance I
 send to you; then, all things will unfold as they are meant
 to be, and you will have confidence, that you followed
 Me, and the guidance I sent to thee. And The Holy
 Sprit says: When you come to the realization that
 all things are not going to unfold the way
 you think they should unfold,
 you begin to relax; and,
 when you come to this realization,
 as you are fully in the light of God, then
 relaxation turns to comfort. You find comfort, no
 matter what is happening, because, in confidence, you
 know, it is unfolding, as it is meant to unfold. Be at peace
 this day. Find a quiet place! Be still... and listen... and follow!

June 8, 2016

Be as the drops
of water forming the streams,
and the rivers, flowing into the oceans,
and the seas. They do not worry, or concern
themselves, about the banks they are passing; or
which river, they are within. It is a process, which is.
The drops of water are soon drawn-up into the clouds; and
when it is time, the clouds release the water, once again; over,
and over, and over, it is repeated. It is as a circle. You might not
see it; yet, it is so! The drops of water rise-up to be released, and
let go. Sometimes they are the Tiber, sometimes the Thames, and
sometimes the Mississippi; over and over and over again, different
rivers, different streams, different places; all, a process, continuing
without end. And in the wisdom of the water there is "knowing,"
that there really is no end, just a continuation of their coming, and
their going! And The Holy Sprit says: Be as the waters of the rivers
and the streams, and the oceans; and be, without care, or worry,
enjoying where you are, at the time, embracing "the present
piece of eternity," you are experiencing. Be as a drop
of water creating streams and rivers and oceans
and seas, rising-up to the sky, and fall-
ing, gently, where you are
meant to be!

June 7, 2016

At the
present time,
the children of Earth
have the ability to use a wire
to connect one machine to another,
so that you can move what you consider to be
valuable information: from one space to another; so it
can be with you; so that you know that which is held on one
machine. The information you consider so valuable will change,
and so will the method you use to transfer this information from
one machine to another, it will all change; but, the wisdom you
can gain from Me, and all that I will give thee, by connecting
with Me will never change! And The Holy Sprit says: Take some
time ~ to connect ~ with The Eternal Source: of wisdom and
truth; of power; of all things light, and good; of creation.
Allow this information from God to flow into your be-
ing, and transfer the wisdom to others. The infor-
mation ~ held with such esteem ~ and value,
in the world today, will change! The power
and the love, and the light, of God, the
wisdom of God, will never change;
connect with true value, today!

June 6, 2016

Today is a good day to move slowly,
"to feel peace," welling-up, from the core
of your being, and to call that peace forward,
bringing it "to life," with every breath you take,
sending it into the world! When you begin to un-
derstand "the importance of every breath," every in-
halation and exhalation; and, what each breath does
for the good of your body, you will be sure that your
spiritual breaths are deep, and long, fulfilling, and
sustaining! And The Holy Sprit says: Dip deeply into
the well of God's love, for you!
Soak-up the rays
of God's light.
Breathe deeply,
and embrace God's
peace, and you are Home,
his state. Even as you walk upon
the Earth ~ you are at Home ~ with God!

June 5, 2016

Maintain-
ing a sense of peace, is
one of the most important things
you can do; for those who attempt to main-
tain peace... understand... the importance of peace!
And The Holy Sprit says: When you are living in "a state of peace;"
you are relaxed; there is comfort even when you are working; there
is comfort when you are playing, and resting. Create an atmosphere
of peace, and you will be blessing the Earth, and all those around you;
for health ~ of body, mind and spirit ~ is found in The Garden of Peace!

June 4, 2016

When you create kindness,
compassion and understanding, and
give these creations, as a gift, to another,
you also receive the gift you have created;
for, even though you have given it away
the creation remains with you; for in
the creating the gift, you have be-
come, as the gift: you are kind,
you are compassionate, you
are understanding. The
creation sets in place
the gift you have
given. And The
Holy Sprit says:
As you move
through this day,
be aware of what, you
are creating! Mark this day,
especially, as a day you will create
kindness, understanding and compassion.
The world, greatly "needs," these gifts; let it be
you, who creates them, and gives them away, today!

June 3, 2016

Sometimes
it is easier to love, forgive,
or bless a total stranger than it is to love,
forgive, or bless a family member, or a close friend!
This happens, because with family members or close friends,
there is a history; things have occurred, which you might find dif-
ficult to move beyond! However, I AM asking you to move beyond:
forgive; and bless; all past transgressions! No matter, whether they
were on the part of another, or came from you. Destroy this history
of frustration, and anger, and hurt, and rejection. Break it, with a
blessing: so that you will not be hindered; so that all, will stand
around you blessed, forgiven, and loved! And The Holy Sprit says:
Reach-out, with a loving hand to any in need, whether they be
stranger, family, or friend; for, in these particular
situations... your hand... is the hand of God;
for in these particular situations,
God is waiting to work
miracles, through
you!

June 2, 2016

Days of rest
are just as important as
days of work and days of play. Days
of work... and days of play... require energy,
and you use it, and the result is good; but, then,
there comes a time... when you really should rest.
And The Holy Sprit says: It is not always possible to plan
days of rest; yet, it is always possible to respond to
the prompting of "needing rest." This is how
a day of rest is declared:
you rise-up,
and feel weary,
and tired, needing
a bit more sleep, and
then you declare, "This
day, we shall keep rest!"

June 1, 2016

It is
possible
to be at peace,
as you make your way
through the world of man every day.
It requires determination to stay connected with Me,
so that you can hear Me whisper to you, My child;
for, I can lead you, through every piece of chaos,
and every path of confusion, until we are back
on course. It is possible to be at peace; but,
that peace must be born, within you! And The
Holy Sprit says: Do not be tempted to search for peace:
at a vacation spot, or in a new house, or by buying more
clothing, or furniture, or vehicles. These things will not bring you
peace. They will appease your thirst, or want, for a while;
but then, you will be tempest tossed, once again.
Spend some time every day, creating
peace, within your being,
for that is where
peace is
born.

May 31, 2016

Take the time to watch, and see,
look at the beauty all around thee; pay
attention to the changing of the seasons; for
it is as turning the pages of a beautiful book!
Breathe deeply, as you look, and see: the roses
of summer, unfolding, slowly; the leaves of fall,
riding, upon the wind; the snowflakes, of winter,
falling gently; the trees of springtime, with bare
branches budding; breathe deeply, when you gaze
upon the beauty of Earth, as its essence, will bring
you: health, and happiness, and peace! And The Holy
Sprit says: When you pay attention to what is happening
in nature, around you, you become closer to Earth,
and what is coming from Mother Earth; you be-
gin to feel as one with all around you, as you
come to "know," ~ that All ~ around you
is filled with The Presence of God!
Therefore, seeing, and being,
part of nature is seeing,
and being, part
of God!

May 30, 2016

Today
is a good day
to make the decision, to
alter, the course of your life;
so that it is, as a path of glory,
which will shine-on forever, in
eternity. And The Holy Sprit says:
When you awaken; and, realize,
that every breath, you take, is
fueling and sustaining you;
so that you might: think
great thoughts,
speak of love, and
perform noble deeds,
the course of your life
will be altered! Your
thoughts and words
and deeds will be
listed upon the
corridors of
all time, as a path
of glory, an example
of The Living Word.

May 29, 2016

Every
situation,
no matter how tricky,
or sticky, it might be, can be resolved
in the light of My love! Every encounter, with another
human being can be brought into the light, if, you are will-
ing to use, only, My love. Love is the answer to all things!
You cannot change what another is thinking; however,
you can exhibit, and be, The Living Word
of My love. This, and only this,
will bring about
change, and
the change will
illuminate all things.

And The Holy Sprit says: Sometimes,
the more you try to convince someone,
that the way you see, or perceive things, is
"the right way," the more steadfast they be-
come in believing that the way they see things
is the right way to see things. However, if you
will place God in the middle of the matter, and
not be "distracted by the ways of the world,"
the light of God, will illuminate all things!

May 28, 2016

When you choose to fear, fear is what lives within you, fear is what grows, within you. When you choose to be angry, anger is what lives within you, anger is what grows within you. When you choose to hate, hatred is what lives within you, hatred is what grows within you. You must "choose," on your own. No other being can make you choose to be: fearful... or angry... to hate... or berate.

These things are of your choosing; however, you always have the opportunity to choose Love; and, once this is done, love is what lives within you, love is what grows, within you! You have the opportunity to choose compassion, and kindness; and, once this is done, compassion, and kindness is what lives, and grows, within you!

You have the opportunity to choose forgiveness; and, once this is done, the gift of forgiveness is what lives and grows within you! You choose the state in which you live! Choose the state, that is filled with light! And The Holy Spirit says: It will take great practice, and intention; but, you can alter the course of your life, by, simply, choosing, that which you are going to do, and doing it, with "a positive energy," which will carry you through every day, and every night. No one can take from you the love; understanding; compassion; kindness; and forgiveness, that you create within your being! It is your treasure; and, as you walk upon the Earth, you share it with others! Your presence is cherished... for... you are... the living will... of God!

May 27, 2016

Do not judge another's actions; do not use anger as a tool; do not become the victim of fear; do not react to any situation. Set these energies, which do great harm, aside, and choose to act in My love so that you bring My peace, and My light to every encounter.

And The Holy Spirit says:
Changing habits of a lifetime requires: determination, and a desire to do the will of God, and to be within the light, of God, at all times! The only way you can bring peace to any situation is to act in the light of God.

May 26, 2016

I
wish
for you
to set aside
anger, and practice love.
I wish for you to set aside frustration, and
practice understanding. I wish for you to set aside fear,
and practice faith. I wish for you to live in light,
so that you will truly know My peace.
And The Holy Sprit says: Every day
you are given the op-
portunity to
choose; you choose,
and your choices do good,
or do harm. Let today be the day,
that you choose love and understanding
and compassion and faith. Let this day, be, the
living example of your belief in God, and All That Is.

May 25, 2016

Choosing to do
that which is best for all, is
"a noble act; it is an act of faith;"
for, in choosing what is best for all,
you are saying, "I believe in The Di-
vine Plan, and my part, my role, in
The Divine Plan. Therefore, God,
let it be!" And The Holy Sprit says:
Sometimes, "choosing," that
which is for the highest
good of all, can
be diffi-
cult!
But it is always
rewarding, and fulfilling;
and wisdom comes with the choice,
of giving, all you have, for the glory of God.

May 24, 2016

Mother Earth breathes, and there is life,
 each creation, seemingly, more beautiful
 than the last, each creation a preparation
 for that which is to come; yet, as Mother
 Earth breathes, and creates, she lives
 every second, every minute. The
 beauty in the spring is not
 diminished by con-
 cern for frost,
 or snow,
 coming in the winter.

The bees and the butterflies, buzzing, and flying around,
 do not worry about the heat, or the drought, which might
 be held in the months of summer; for, these concerns,
 and anxieties, would surely diminish the glory of
 the present piece of eternity. Earth is
 creating. Look around,
 and as you see
 the present piece
 of eternity, spread
 before thee, in all of its
 glory, open to the beauty, and un-
 derstand that you, too, are experiencing
 the present piece of eternity. Do not let it slip a-
 way; it is fleeting, and it will pass; do not let it get lost in
 the concerns, or worries, of the day; walk, and look, and live,
 as creation unfolds, all around you. And The Holy Sprit says: Amen.

May 23, 2016

When
 you begin to
 look, at every day
 as a possibility to create,
 for the glory of God, then, every
 challenge ~ is wrapped in ~ a solution,
 answers unfold, before you, and you see pos-
 sibility, where once, before, there was impossibility!
 And The Holy Sprit says: When faith is the light that leads The Way
 all things are possible, because you come to understand that God
 is working through you! Therefore, the will of God shall be done
 through you! And when it is the will of God, all things are possi-
 ble; mountains dance, and the trees sing, and the oceans rise-
 up to touch the sky! All things ~ are possible ~ in God!

May 22, 2016

Sometimes,
 when you are sleeping,
 you hear the familiar voice:
 of a mother, or a father, a sister, or
 a brother, calling you from another room,
 beckoning you to rise-up, the day has begun.
 I AM calling you, from another room, calling
 your name so that you might rise-up and walk
 into a new day, which we will create, together;
 for, this day, you are about to experience, has
 never been before; it is to be created, as you
 breathe, and eat, and love, and dance, and
 live! And The Holy Sprit says: There are many
 things which will awaken you from sleep.
 Sometimes it is a familiar voice calling
 to you. Sometimes it is an aroma of
 coffee brewing, even rooms away.
 The voice or the aroma touches
 your senses, and signals you
 to awaken! The time is
 here for you: listen,
 open, awaken;
 rise-up and
 follow!

May 21, 2016

The world has seen many individuals willing to study, and
 practice, long, and hard enough, to become great magicians,
 and wizards; their talents allowed them: to make objects appear,
 and disappear into thin air; to move an object, from here to there;
 but the greatest masters practice, until they are able: to create love,
 where there has been hate; to create a banquet where there has been
 lack; to create a loving home, where there has been no shelter; to
 create peace, and balance, and harmony, where there has been
 chaos and the confusion, of the world! And The Holy Sprit says: Pay
 attention to what you are doing; understand what you are doing;
 and do not be distracted by games, and tricks! Turn your face
 toward the heavens, and create a day, solely for The Glory
 of God; and, you will truly be The Master of that day,
 by: creating love, and light, and peace; by show-
 ing: generosity, compassion and understand-
 ing; by "shaking-off the temptations;"
 so that you exist in - balance,
 and harmony, - with
 All That
 Is!

May 20, 2016

Every day
presents the opportunity
to assume a number of roles. Often
you will play the role of: a son,
or a daughter; a mother, or
a father; a sister, or a brother;
a friend; a lover. Whatever role
you choose to play, at any particular
time of the day,
let your
thoughts,
and words,
and actions
direct your role,
so that might add the word
"loving," before: son, daughter,
mother, father, sister, brother, friend,
or lover. In this way, your role will be "perfect,"
no matter which you choose to play. And The Holy Sprit says:
Creating a day is a matter of choice, and you have been given the
opportunity to choose, to be, to direct. Therefore, be mindful of the
role you choose to play, and be loving in that role, all through the day.

May 19, 2016

When
the temptation
rises-up to grab you,
and hold you tight, whispering a name,
or an incident, or something happening outright, choose to turn
your head from the shadow of temptation, and let your heart sing-
out with a blessing; bless the person, bless the incident, no matter
what is happening! And The Holy Sprit says: There is a way to counter
shadow, and darkness; and, it is to remove
yourself, from the flow,
and let it go, by
whispering
a prayer, "God
bless ~ this ~ person;
God bless this situation;"
and, you will "feel The Pre-
sence, of God," with you, there!

May 18, 2016

When seeking the best response know this:
the only response, which will produce "great good,"
is a response holding the energy of love; other responses
are lacking, lacking the perfection love holds. Perfection is
found, within the energy of love! And The Holy Sprit says: No
matter what you are creating, it is made better, when the
energy of love is incorporated within the creation.
Seek the perfection, love brings, to any
equation, to any creation!

May 17, 2016

It is
possible
to maintain
a loving spirit, a loving presence!
It is possible to sustain The Presence of Love,
within you, at all times, when you allow
My love to flow, through you,
at all times! And The Holy Sprit says: It is
impossible to stand on the sand at the shore,
and go close to the ocean, without being splashed
a bit by the waves, flowing to you. It is impossible not
to be touched, by The Love of God, flowing through you,
when you open the door,
and allow the
possible
to be!

May 16, 2016

It
has been said,
yet it is important enough
to repeat ~ to say ~ once again:
do not entertain negative thoughts;
do not give sanctuary, and safe harbor,
to negative thoughts! Once you master
your thoughts, your life is altered, for
the better! And The Holy Sprit says: Your
thoughts ~ are the seeds ~ of your
words, and your deeds!
Therefore,
be mindful
of the seeds you are
broadcasting over the Earth.

May 15, 2016,

When you take the time
to sit with Me and speak
with Me and listen to Me,
you will come to know Me;
you will recognize My whisper;
and, you will follow in confidence.
And The Holy Sprit says: To avoid confusion,
when you receive guidance, from
within, you must first,
establish
a relationship
with God; then, you
will recognize The Voice within.

May 14, 2016

The burden is heavy, for those who choose
to hold a grudge, or to seek retaliation in any way;
for, holding a grudge is tiresome, and seeking retaliation
brings bitterness; today, I encourage you to free yourself from
these burdens. Release the grudge; and, you will feel lighter; for,
you will no longer carry this burden. Replace the grudge, with for-
giveness! Cast-out the "intention to retaliate," for, this too is heavy,
and weighs you down. Be rid of these things, forgive! Forgive your-
self, for holding-on-to the past! Sing, of the freedom, of the present;
and, you will bless the future! And The Holy Sprit says: The burden is in-
deed heavy for those who insist on holding-on-to things of the past, wait-
ing for the time to come, when they might experience retaliation, for
a perceived trespass. This is wasting your time upon Earth!
Let it go, so you can: run with The Wind; dance in
the rain; and, play in the sunshine, once
again. Set down your bur-
dens, and walk,
free!

May 13, 2016

The past is done; the future is yet to come; and the present is the eternal place, where you are, right now! Those who hold wisdom, carry, with them, the lessons of the past. Those who hold wisdom, know, not to worry about the future; for, if you take care of today, as you are led to do, then the future takes care of itself! Let today, be the start of living in the present, enjoying the present, experiencing the present, and the present will flow, and continue to grow, and you will see, and you will "know," that it all springs forth, from the present!

And The Holy Sprit says:

Right now, your thoughts,
and your words, and your deeds,
are creating your present piece of eternity;
therefore, let it be good; let it be all it should be; live today, as if you "know, you are living eternally." Live, today!

May 12, 2016

Wherever
I send you, where
ever I ask you to go, go
boldly; and, without fear;
for I will lay down a bridge
to cross every river, every
canyon; and, I will lay
down a path, for
you to see;
for, wherever
I send you, know
you are going . . . for Me!

And The Holy Sprit says: There is no river
too wide, or ocean too deep, for you to cross.

When God says, "Rise-up, and go," it is your time;
and, you will cross, with ease; for, He shall make it so.
Be at peace this day and know: there is a map, there is
a chart, marking your journey, marking each spot.

It does not matter whether you vary slightly,
or totally lose your way. There will
be those, sent to help you,
there will be those, sent
to guide you back to The Way;
therefore, go with confidence, go singing,
and dancing, knowing God is ever with you.

May 11, 2016

Be
mindful
that the things
that you 'possess,'
often come to possess you,
many times are used to define
who you are, what you have accom-
plished; but, these things are status
only in the world created by man.
It is far better to let your
thoughts, and words,
and deeds:
of good;
of compassion;
of love and forgiveness and kindness; be
the things, the energies, which define you;
for, these things you will bring Home with you;
the possessions of the world, you will leave behind
to be scattered to the wind; the treasures of Heaven
will announce where you have been and the journey
you did take. And The Holy Sprit says: It is far better: to
wear compassion, rather than diamonds; to wear
forgiveness, and understanding, rather than
rubies, or emeralds; to wear love, and
gentleness, rather than gold, and
silver; for, these are the true
gems of eternity,
these things
cannot fade away,
these things are of the light of God.

May 10, 2016

Do not be so quick to speak your mind;
rather, choose to listen; then, seek the divine wisdom
to know what to say; if, you are meant to say, anything,
at all; for, sometimes, just "in the listening," all things fall
into place. And The Holy Sprit says: When you seek divine wisdom
to know how to speak and what to say, you find that you say less
and less; but, you feel more, and more filled, with the light,
of God. This is wisdom, growing, within you. You lis-
ten, and know, what others feel, within their be-
ing; and, in this way, you know exactly
what to say ~ or ~ not to say. Seek
divine wisdom, and it will
guide you, along
The Way!

May 9, 2016

Remember the joy and delight you felt as a child,
waking to a new day, seeing the sun, peek, through
the curtains, or shade, beginning to run out to play,
even before your feet hit the floor. Well, My child,
this is a new day, and there is so much to explore
So, throw back the covers, and let your feet
hit the floor, running, running out to
play, in The Garden, today!
And The Holy Sprit says:
Exuberance,
exhilaration, delight,
excitement, the thrill of play!
Sometimes, simple pleasures slip
from your memory, as you grow older;
yet they return ever so slowly, when you re-
call, when you remember, "the joy of childhood,"
when play was an important part of the day. The new
day, is here, ~ and this day will be a good day, ~ to play!

May 8, 2016

When
you knock,
seeking entrance,
and the door is opened unto you,
be respectful, as you move through the doorway.
Honor this portal; see the threshold, as you step over,
into a new place. Be mindful of the doorway, of
the portal, through which you have passed,
seeking new life! And The Holy Sprit says:
When you walk with purpose and intention,
you are aware of what is going on around you.
You see it, and you delight: in the colors, and the
fragrance of the flowers, in the warmth of the sun, and
the cleanliness, of the rain. When you walk, in awareness,
you know what you are doing, and you respect all around you.
Today, move over the Earth in a sacred way.
Look, and see, and know, and
be thankful for the gift
of life upon
Earth.

May 7, 2016

Remembering who you are, remembering
 that you are a Child of God, a Child of Mine,
 will help you, no matter what each day brings
 to you. Together, we will make it, over every
 bump in the road, over every chasm, hill,
 and mountain, over the seas, and over
 the sands. No matter what
 there is to cross,
 we will do it,
 hand-in-hand.

And The Holy Sprit says:

Do not look at the day coming,
 with dread, or worry, or concern;
 look at the day, which is now with you,
 as an adventure, a journey you are taking
 with God, for God; let the adventure unfold,
 as it is meant to unfold; so that once it is done,
 your story can be told; and, the story will begin,
 "Holding the hand of God, the seeker took the first
 step, and then the second, and then was off, and
 on The Way!" Let everything you do today
 be done, holding the hand of God!

May 6, 2016

I wish for you to know ~ The Way ~ to health, and happiness!
 The Way to health and happiness is rejecting outright, the tempt-
 ations which come to you in "thought forms," thoughts of shadow,
 and darkness; for, as you take part, or let them sit, within you, you
 are creating; and that which you are creating is shadow, and dark-
 ness. The words you speak, while you are "under the influence,"
 of thoughts of shadow, and darkness, are "powerful creations,"
 which come from "the seeds of these thoughts;" therefore,
 while you are holding such poison, it is impossible to be
 healthy, it is impossible to be whole, and it is im-
 possible to be happy. Cast from you, all
 thoughts of shadow and darkness,
 by being thankful
 for the lessons,
 but rejecting
 the energy!

In other words, refuse
 to respond in any way, but with love,
 and blessing! Thoughts of shadow, and darkness,
 add to the pollution of the creation. Words, which stem from thoughts
 of shadow, and darkness, magnify the pollution of the creation. I give you the grace,
 and the power to cast from you shadow, and darkness; so that you are filled with light; so that your
 creation is filled with light! This, My children is The Way to health and happiness! And The Holy Sprit says: Amen.

May 5, 2016

When the birds doth sing, and the sun doth shine,
 calling you out into The Garden of Mine, go out!
 When the winds doth howl, and the rain batters,
 and scatters, things around, driving you in, to
 shelter, go in! These are the signs of Earth.
 And I promise you, I send you signs
 that are of Spirit!
 I call you
 to come out,
 and walk with Me.
 I call you, and say, "Go within;
 for that is where we will meet today,
 within your sacred chamber." There are
 signs all around. As you are willing to accept
 the signs of nature, and of Earth, also be willing
 to accept My signs; for My signs will lead you along
 the spiritual path. My signs will show you The Way!
 And The Holy Sprit says: Wake-up! You have been sleeping!
 In slumber, you have been learning. Now, rise-up; and
 practice, that which you have been taught in dreams,
 and whispers, while you rested in the arms of God.
 Rise-up! You are a child of God. The signs
 are all around you! Rejoice!

May 4, 2016

Every day has a rhythm. Pay attention,
 and move with the rhythm of the day! Soon,
 you will find, as you are living this way, that joy,
 happiness and contentment have become your part-
 ners in the dance. And The Holy Sprit says: When you become
 aware of the rhythm of each day, it is easy to move and to dance
 and sway to this rhythm. Notice it, and pay attention. The days
 that have rain, have a different rhythm, from the days that are
 filled with sunlight. The days that bring the wind howling
 around through the trees are different from the days
 that hold the gentle breeze. There is a rhythm
 to every day. Pay attention, and you
 will sway with the rhy-
 thm, of the
 day!

May 3, 2016

I can
part the seas,
bring the mountains to dance,
and multiply the loaves, so all might eat; but
My glory doth shine the brightest, when the children
of Earth, believe! Within the power of their faith, the seas are
parted, the mountains dance, and the hungry are fed! All who will
listen, hear their prayer as they sing-out, "These things are done
for the glory of God!" And The Holy Sprit says: When faith brings
the children forward, in confidence, to perform miracles
in the name of God, the glory of God is pro-
claimed, "God can do all things!"
The greatest glory, is that
the children of God
can also do all things;
for God will not hold back
the gifts, from those who seek
to use the gifts for good! God calls,
and those who hear become the hands, and
the feet, and the tender ears, of God. Those who
hear ~ exalt The Name ~ and The Glory ~ of God!

May 2, 2016

Jesus
came to Earth, and
He did not arrive in a winged chariot,
making demands, uttering commands, directing
what to do. No, He walked in your midst, showing what
is possible, showing what to do. You have been given The
Template. You have been shown The Way! Walk in it! And
The Holy Sprit says: Your Example did not appear, isolated, in the
clouds, demanding and commanding and directing what to do.
Your Holy Example was born, in physical form, endured all
that you endure, showing The Way; you can do all things!
Let today be the beginning, of a different walk, upon
the Earth. Today, rise-up, and walk, using The
Holy Example, living-out The Sacred
Template, showing The Way!
The Way is forgiveness.
The Way is
love!

May 1, 2016

There
 is a holy practice,
 which is one of the cornerstones
 of peace; and, it has been abandoned by many.
 This practice, this holy practice, this cornerstone of peace,
 is "listening." Let today be the day that you begin to practice
 "the art of listening." The world is thirsty for a drink from the cup
 offered by the one, who will listen! And The Holy Spirit says: When you
 walk into a room, wherein you find two or more people, you most as-
 suredly will hear conversation. Pay attention to how these
 conversations unfold. Before long, you will see
 that each participant is interested-
 in speaking; but no one
 is interested-
 in listen-
 ing!
 You cannot "know,"
 what is on the heart of another
 until you are willing to set your thoughts
 and words aside; so that you might listen, and
 hear, and come to "know, the heart of another!"

April 30, 2016

I have created you, and I have created you to live forever!
 Right now you are experiencing life upon Earth; but soon
 that will be done. You will see the last rising, and setting,
 of the sun, and you will come Home. I have created you
 and you shall live, forever. And The Holy Spirit says: In the
 beginning, there was The Word of God, the mere pro-
 nouncement of The Word, gave birth. There was
 creation; and, in the midst of creation, you
 were born! It does not matter,
 that you might deny God,
 for a while; it does not
 matter that you might be angry
 with God, for a while; it does not matter,
 whether you are opposed to the ways of God,
 for a while; for, God will not deny you. The arms
 of God are open, and await the return of the children
 upon Earth. Therefore, no matter where you are, what
 you are doing, or how you feel this day, understand that
 you are experiencing Earth, in a way in which you will
 never experience Earth again; do a good job of it, sink
 your toes into the soil of Earth, and let your thoughts
 be heavenly thoughts. Be the connector child, be-
 tween The Creator, Parent, and those of Earth.

April 29, 2016

Do
not re-
strict, or
confine, your-
self to that which you "know."
Be open, and receive The Word(s)
of The Holy Spirit, so that
you might grow;
for, your
knowledge
is so limited,
when you walk
upon the Earth;
those who are willing
to embrace teachings from
The Holy Spirit... begin to see... The
Ways of Wisdom, and "know," the truth! Much
will change from the time of your birth, until the time
that you are to come Home. Open, and hear; so that you
might know and grow! And The Holy Sprit says: It is easy to know
the rules, and the ways, of the world ~ all you have to do ~ is to
be interested-in what is being said, or done, or written, and
the teachings will be known by you; and, you will know
"how to function in the world, created by man."
Do not let these things distract you
from the eternal truths,
flowing-in
the light of God!
They are different; yet,
you can know both, if you are
willing to be open, and receive, and grow!

April 28, 2016

Avoid anger, at all cost, for anger gives birth to disease and illness; therefore, it is to be avoided!

Avoid worry and concern and anxiety; these energies open the door to disease and create an atmosphere in which illnesses thrive! Reject, outright, the energies of confusion, chaos, and frustration; as, they are the doorways through which illness often enters. Seek, in all Ways, to be at peace; for, peace is "a healing energy." It is an agent of health, balance, and happiness! Creating, and living-in, the environment of peace will bring you good health!

And The Holy Sprit says: Most often, when you are feeling heavy, or ill, or a disease has invaded your body, what you need, more than anything else, is to be at peace!

And as you are at peace, your body slows down, your breathing is deeper; and all around you, there is comfort; it is ~ in this environment ~ that recovery ~ is possible! With healing, comes balance, and you are whole, once again. Living in The Light of God, assures you, an environment of peace!

April 27, 2016

Be

at peace: so that you might "live," in peace; so that all those around you see peace; and "know," peace! The world is filled with noise!

The world needs quiet, and peace. When you are quiet and at peace, within your being, health and balance, is restored; and you feel the energy of The One, flowing through you; and, from you; therefore,

no matter what tasks are set before you, complete them in a state of peace. And The Holy Sprit says: When you are at peace, within your being, no matter what turmoil is bubbling, and boiling around you, it cannot control you! When you are at peace, your vessel floats, above all disruption! It is a sign, of faith to all who will see! "Look, there is one, who walks, in peace!"

April 26, 2016

When you do not remember "who you are;"
 and, the glorious adventure that is yours,
 as you walk upon the Earth, it is easy to
 fall into a rut, to think you must work,
 and work, and work in order to hold-
 on-to your possessions, without fail.
 Somehow, in this frame of thought,
 and mind, and presence, all around
 you, begins to grow darker, and sha-
 dows form, and you are lost. Today, I
 tap you gently to remind you! I whisp-
 er, You are My child! Do not be distracted,
 by the ways of the world! Awaken in My light;
 and see the glory, all around thee! Awaken; and,
 remember, you are My child! And The Holy Sprit says:
 It is easy to be distracted by the ways of the world; for,
 they call to you at every turn, "Do this, do that, do the
 other." Yet, it is possible to do all of the things, you
 need to do, while you are still connected
 with God,
 while you recall
 who you are, and why
 you are upon Earth! Within
 this recollection, it is possible to be
 in the world, but not of the world; for,
 you are not of the world, you are of God!

April 25, 2016

Embracing each day,
 and all it brings to you,
 with the enthusiasm of an
 explorer, or an adventurer,
 will bring you joy, and confidence,
 as you make your way through the day,
 knowing I AM with you, all along The Way. And
 The Holy Sprit says: With the completion of a difficult task, comes
 confidence, when you have done it, at last, and no one can take
 this confidence from you, because you know, as it was
 yours to do, it was done by you; therefore, let
 this day be a day of confidence,
 knowing that, as
 it did come to you
 it was most assuredly,
 and confidently, done by you!

April 24, 2016

Let not your heart be hardened, by the ways
of the world. Lift-up your face, unto the heavens!
Listen to the birds, and realize, the song of The Wind, re-
membering: where you have been; who you are; and what it is
you are to do. The ways of the world will distract you, and make
you hard. But the song of the birds, and the voice of The Wind,
will bring you peace! And The Holy Sprit says: When you walk-out, in-
to the world created by man, your protection is the guiding hand
of God! Your protection is peace, woven in your soul,
celebrated in your spirit, remembered
in your heart, and spoken
from your
lips!

April 23, 2016

Do not let
today, slip away, while
you worry about tomorrow,
or are concerned about the past.
No! Come, and sit with Me at last;
and, I will bless, all of yesterday; and
bring glory to tomorrow; and we will
talk, and sing of today; for, today is
the present piece of eternity, in
which you are living, so,
do not throw it
away!
And The
Holy Sprit says:
When you sit with God
in the present piece of eternity,
the past is all forgiven, and blessed,
and you find confidence in tomorrow; held-
in the hand of God. Be at peace this day! Sing,
and dance, and rejoice, in every way; for you live!

April 22, 2016

Some
days are like
a walk in The Garden:
seeing the beauty of the flowers,
fresh and new, touched with the dew,
of morning; seeing the shoots of the vege-
tables, the promise of full tables in the summer.
Some days are like going-out to create the garden,
marking-off the land you know will be good, moving
rocks and pebbles, pulling the weeds, tilling the soil,
preparing to plant the seeds, which you "know,"
will produce the fruit, and the vegetables,
and the flowers of summer.
And The Holy Sprit says:
No one day,
and the tasks
and chores, or
the joy, and the dance
that goes with it, is better
than another. It is just different
from another. Go-out this morning, and em-
brace the day; be it in a garden, in which to play,
or in a garden, you will create, today. Lift-your-head
unto the heavens, and sing-out in thanks-giving, for that
which is yours to do. Work, play, dance, and sing. You live!

April 21, 2016

I
sent you
The Template,
The Living Word,
The Walking Example
of how life on Earth should be!
Therefore, be still, and quiet, so that
you might "remember:" in the face of anger,
it is possible for you to be Love; in the face of hatred,
it is possible for you to be Forgiving; in the face of need,
it is possible for you to Provide for Those who Lack;
in the face of sorrow, it is possible for you
to be The Comfort. It is possible
for you to be The Light
unto every form
of darkness!
And The Holy
Sprit says: Do not
throw away your
opportunity to continue
The Way which was shown.
The Plan has been revealed to
you; The Way to live ~ is ~ to Love!

April 20, 2016

The gift
for walking with Me
will be illumination, and revelation;
for My words and My power and My love for thee,
will illuminate and eliminate the shadows and darkness, so
you can see! And I will reveal unto thee, that which you need to
"know," that which you need, in order to grow. And The Holy Sprit
says: When you turn your back on the ways of the world, and
embrace the hand of God, you see in the light, and
you know; and, in "the knowing,"
and in the light, you find
peace.

April 19, 2016

You
will not be
at peace, until
there is forgiveness
upon your heart. And The
Holy Sprit says: When for-
giveness is the gift
you give, you
"know,"
peace.
Forgiveness
is the key to peace.

April 18, 2016

Today,
if you feel
as if you are alone,
if the world seems to have turned
against you, or your community has turned against you,
or your friends, or your family, or you, have turned against you,
have faith! Do not give-in to bitterness, or anger, or frustration.
Do not fall down in shame, or toss around in aggravation.
If you are in such a state today, come,
and sit with Me, and I will
show you The Way,
for you are not alone.
And The Holy Sprit says: Out of
the ashes, will rise-up the glory,
out of the mud, there will form a story,
which is unique, which is yours. Take every-
thing that comes to you, hold it, until you can see it as
a blessing and a lesson. In this Way no matter what happens,
you are able to say, "Thy will be done! I am your daughter. I am
your son. I have learned this lesson! Therefore, let it be done."

April 17, 2016

Being able to forgive, completely,
is an outward sign that you "know,"
who you are, and what you are to do,
upon the Earth. And The Holy Sprit says:
When you realize who you are, you
are able to forgive, completely,
and replace judgment,
with love!

April 16, 2016

I speak to you to show you The Way;
so that you might know: how to go, where to go,
and what to say; I speak to you to bring light, into
your day, to illuminate the shadows, and darkness.
Do not be afraid to follow My call; no matter where
you are I will reach-out, and say unto you, "Come
My child." And The Holy Sprit says: Oh, what a sacred
journey, life is meant to be, you walking upon
the Earth, and your Creator, God, your
Eternal Parent, leading you, show-
ing you The Way! It is an ex-
perience of a lifetime:
your feet, touching
the soil of Earth;
breathing in
the air, fil-
ling your
lungs,
with
All
That
Is, there;
letting the aromas,
and the scents, touch you, with
delight, tasting Earth, from day into night;
these things you are meant to enjoy, and The Way, you
can enjoy them, best, is "to listen, and know," God will speak!
And you will rise-up... and go... wherever... The Whisper... leads you!

April 15, 2016

It does not matter how you choose to relax, how you choose to rest. Some will choose a long walk, ambling along, in the countryside. Some will choose to recline, under an umbrella, at the beach. Others will find a comfortable chair, in which to read, a good book. Some others will look for the tree, calling to them, and sit, listening to the sounds of nature, all around, drifting in-and-out, as the birds sing, and The Wind doth bring them beautiful thoughts of peace! It does not matter how you choose to relax! The choice will bring you peace, and in the peace you will hear My whisper, and within the whisper,

we will come together,
and be as One!

And The Holy Sprit says:

Whenever the opportunity
presents itself, choose a course
to relaxation, rest, rejuvenation,
and restoration; for, in these times,
of stillness, comes The Voice; you hear
the whisper, and you are with God. Be
at peace, this day; rest; relax; and,
God will speak, and you will hear.

April 14, 2016

You are to use your gift of power
for good, and good alone; and when this
is done, a majestic presence spreads-out
around you and miracles happen, daily!
And The Holy Sprit says: For those who carry
the gift of power there is an obligation, a
responsibility to be the holder of this
magnificent gift! The obligation,
and the responsibility ~ is ~
to use the gift, for
the glory, of
God!

April 13, 2016

When there is something which needs doing,
and there is the temptation to put-it-off, to put-it-off
again, and again, and again; push through the temptation,
and be done with it; for, those things left, undone, seem to be
the things that you do over and over and over again, in your
thoughts. Therefore, do it once, and let it be. And The Holy Sprit
says: There are certain chores... and tasks... certain things termed
work, which are not your favorite, sometimes which you dread
doing. The best thing is to do it, and be done with it; for
procrastination keeps it living on the edges of your
every day life. Schedule those things which
need to be done, on a regular basis,
or on a maintenance basis,
and do it. The day
will shine,
and you will be happy,
when it is done. Be at peace this day,
with what you are do to. Let it settle in, and
accept it; then rise-up, and we will do it, together.

April 12, 2016

There
are many,
many hours
in this new day.
Be mindful how you
choose; remember to pray.
Do not waste the minutes;
do not throw away the hours.
There is much to do, much to
see! Open your eyes, and let
it be! And The Holy Sprit says:
You have been given
a great gift.
There are
so many hours,
and there are so many
options, and choices; and, all
of them, are set before you. What-
ever you choose will create your day, it
will be unique in every way, it will be yours!

April 11, 2016

Peace begins
with acts of kindness.

It is possible to be kind, all of
the time; for, kindness is a reflection,
of that which is upon your heart; and, in
your thoughts; therefore, let the world see
kindness, coming from thee. And The Holy Spirit
says: Kindness has nothing to do with what is be-
ing done to you. Kindness has everything to do,
with that which is growing in your heart, which
is living in your thoughts. When you dispen-
se kindness to all you see, you are de-
livering the love of God, you are
delivering seeds of peace.

April 10, 2016

Use the power
of positive affirmations
to create a life, filled with light.

And The Holy Spirit says: It is time to realize that
your thoughts ~ and your words ~ and your deeds
create that which you experience, during your lifetime
upon Earth. If your thoughts, and your words, and your
deeds, have thrown open the doors, and you have embraced
the light of God, rejoice! If your thoughts, and your words,
and your deeds, have created dams, and obstacles, prevent-
ing the light of God, from totally saturating you, let us be-
gin to break-up the dams, and remove the obstacles,
stick by stick, and stone by stone, this day; for, God
did not mean for you to live alone. You are a
child of God, and you are meant to walk
in the light of God, every day;
therefore, let your
affirmations
say so!

April 9, 2016

I have given you the gift of eternal life. Now, do with it, what you will. Will you recognize, you are My child? Will you assume all of the glory, and the responsibility, which goes with being a child of God? Will you begin to master your gifts, and the power that is yours, through this heritage? Will you walk the Earth, all of your days, loving, and delivering peace? Will you do these things? And The Holy Sprit says: The first step, in awakening, is the realization of who you are. After the realization, there comes acceptance, acceptance of your heritage, and the responsibility. Once you have assumed the role, and taken-on the responsibility, the realization turns to the opportunity of mastering, the gifts, using the gifts you have been given and doing so, so all might see, and know, the glory of God!

April 8, 2016

No matter what you do, My love will never be taken from you; for, My love for each of you is unconditional in every way, flowing to you every day. It is as the rain, falling from the sky above. The rain falls on the just, and the unjust, the kind, and the unkind. It falls on the insolent, the troublesome, and the difficult, just as it falls on those who are sweet and gentle. It falls, blessing the Earth; and, My love flows, blessing all of the children, of Earth! And The Holy Sprit says: God's love doth flow, this day. Take it; and, create glory all along The Way. Make all that you do shine, for the glory of God this day.

April 7, 2016

Be
kind, in
all ways, and be
grateful for every act
of kindness. And The Holy Sprit
says: Every act of kindness is a sign
of the presence of God with you; there-
fore, be grateful, in The Presence of God.

April 6, 2016

Life upon Earth is meant to be exciting,
exhilarating, fulfilling, rewarding! Life upon Earth
is meant to be an adventure, remembering your mission,
and accomplishing it, in glory! When you wake-up "knowing
this," you are eager to begin each day, as it is another leg, of the
journey, another piece, along The Way. And The Holy Sprit says: Do not
fall victim: to boredom; to a monotonous routine; to a mundane existence
wherein comfort holds you in place. No! You are meant to rise-up, and
walk-out into each day, filled with enthusiasm, and ready to continue
the journey! Rise-up, it is time to make this day an extraordinary
piece of the magnificent journey, of the great adventure,
that is your lifetime, upon Earth! Live it!

April 5, 2016

Find
the joy; and,
recognize the glory,
in a task completed, a job
well done! And The Holy Sprit says: Sometimes, it is easy
to slip into a pattern... performing tasks... completing jobs,
with only the desire to be done with it, to take it off-the-list.
Today, look at each thing you are doing, with "the intention
of being joyful while you are doing it, doing it for the glory
of God!" And thereafter: dusting a table
will become a thing of joy,
and you will see the glory in it;
cutting the grass will become a thing of joy,
and you will see the glory in it; washing a car,
washing clothes, doing whatever needs to be done
joyfully...and for the glory of God...will change an
ordinary day, into a day filled with joy, and glory!

April 4, 2016

Let today be a celebration
of receiving blessings, and giving
blessings, of spreading, and sharing,
My love with each and every individual
who comes to you. And The
Holy Sprit says: Touch each person
you see today, with
the love, of
God.

April 3, 2016

It has been
revealed to you,
you have been told,
The Kingdom of Heaven
is with you; but so few of you
are bold enough to believe this,
with all of your heart; for you would not
have been told such a thing, had it not been true;
therefore, let the truth ring, within you, and let it be carried
on the song you sing, "Heaven is near! Heaven is with me!
Look, and see the glory, it doth bring." And The Holy Sprit says: Look
around you! When you open your eyes, when you remove the shades
from your eyes, and believe, in faith, that Heaven is near to you,
verily Heaven is with you; you see it all around you! You
see the reflection of the shining sun, in the streams,
and the rivers, and the waters, that do run.
You see the glory of the rain, held in dew-drops,
and you sing-out, when the sunlight touches them, and they sparkle,
as gems, sprinkled over the Earth,
by the hand of God! There
are so many ways to see
the presence of
Heaven,
with you.
The only thing
required, is that you believe the
message, that you believe the Word!

April 2, 2016

Let this
be a day of awareness.
Look around you, be watchful,
notice what is going on, what is being said.
If you can give another the sunshine of your smile,
then do so. If you can give another the joy of your song,
then do so. If you can lead another in the dance, then do so.
Do not hesitate to be the love, and the light, of God upon Earth.
Give your smile; give your song; and dedicate your dance; to those
in need! And The Holy Sprit says: Look around you. There are some who
are caught in shadow, and darkness, and because it is so dark where they dwell,
they do not feel the presence of God; yet, God is with them. Today, let it be
your intention, to open the door to God's light for them; for, when they see
the light you carry, in the sunshine of your smile, and when they hear the
joy you carry in your song, they will rise-up, and join you in the dance
and the shadows will fall from them, all because you took the chance,
and boldly did go into the darkness to reach-out, and say, "Come,
walk with me!" Peace ~ be with each of you ~ on this day!

April 1, 2016

When you see another in need,
the fact that you recognize the need
is a sign! It is a sign, that you are to fill
that need, without asking permission to do so,
without expecting accolades, for doing so. When
you look upon the need, and fill the need, you are
as an angel of mercy! And The Holy Sprit says: When
you see someone in need, ask for guidance, and
exactly what you are to do. Perhaps it is
to deliver a box or two, of diapers.
Perhaps it is to offer to take
an elderly person some-
place, they need to go. It
could be a number of things; but,
rather than asking if they need help,
provide what they need without asking; and
then, smile upon them! When you fill the need,
with the love of God, you are as an angel of mercy!

March 31, 2016

Hold
your tongue.
Be still, and listen; for
you cannot truly know another:
until you listen, and hear, what they are saying;
until you are still, so that you might see, what they are doing;
for it is in this stillness, within the listening, that you come
to know; and within you, wisdom, doth grow! And The Holy
Sprit says: When there is turmoil, chaos, distrust, flowing all a-
round you, the most constructive thing you can do, is to be still,
and listen to what is being said. Listen beyond the angry shouts,
and the tearful weeping. Listen with your heart, and you will know
the heart of another. The world needs more listeners;
for, within "the art of listening,"
there comes understanding,
and compassion,
and peace!

March 30, 2016

Be not afraid,
for I AM with you!
The ways of the world
can wrap you in chains,
chains of confusion, chaos,
doubt, fear, anxiety; but, when you
"awaken ... and remember ... who you are,
when you remember that you are a child of God,"
the chains fall from you; for what man can hold My child
in place, denying them My love, denying them My grace.
Awaken, and know the power of My love for you!
And The Holy Sprit says: The hand of God will move,
and those who recognize the hand of God
will rise-up, and walk.
There shall be no fear,
or doubt, worry, or concern,
because there is strength, and courage
in the hand of God; and for those who reach-out,
and take the hand of God, they too shall hold strength,
and courage! Soon, the world is filled with the children of God
who have awakened, and know, they are of God, and their strength,
and courage begins to flow; and the gift they give unto the Earth is love!

March 29, 2016

Do not wait for others to be kind
to you first; be kind. No matter what
others say or do to you, be kind. If your
kindness is not reciprocated, it does not
disappear, it does not fade away, it rides
upon The Wind, celebrating kindness!
And The Holy Spirit says: The world will grow
kinder when those who live in the world
make it their intention, to be kind,
no matter what others say,
or do; "kindness," be-
gins, with
you!

March 28, 2016

When you are
willing to alter, and modify,
your own behavior, patterns, and
habits, in order to be more in line, and
in harmony, in order to be in balance with
All That Is, then, Wisdom, is your gift, a pearl
you wear, for all to see, and know, peace, is with
you! And The Holy Spirit says: Do not concern yourself,
with the modification of the habits, behavior, and pat-
terns of others; focus on modifying and altering, your
self, your being; so that, you might be in line, in bal-
ance and in harmony, with All That Is. When you
are walking the Earth, in balance, and in har-
mony, you bring peace, wherever you go;
and you become the living word, as
your actions, make it so!

March 27, 2016

Your days
upon the Earth
are filled with life,
and they are more alive,
when you embrace your mission,
and begin making your way toward the goal. And The
Holy Spirit says: Look around you, and see, so many people, with
no idea: of what they are to do, where they are to go, what they are
to say. They are lost, in a sea of shadow and darkness; but then, look
longer. Be patient, and you will see, those on their vessels, sails filled
with The Wind, of The Holy Spirit, moving over the waters, tending
to their missions, knowing, who they are, and what they are to do!

March 26, 2016

Oftentimes there are things which you know:
are yours to do; are waiting for you to do; yet,
you leave them undone. Sometimes you leave
them undone, because you do not wish to face
them. Sometimes you leave them undone, be-
cause the task seems difficult, or challenging;
but just because you choose to turn your head
from that which is yours to do, does not mean
it will go away. Once you make the decision
to accept that, which is yours to do, and do
it, you become lighter, instantly; the bur-
den is gone; the weight is lifted, from
your shoulders, and you are free!

And The Holy Sprit says: That which
is yours to do, will not fade
away, until it is done,
and when it is
accomplished,
you will lift your face
toward the sun, and smile!

March 25, 2016

No
matter
how far away
you wander, from the divine plan,
you can be assured, that I send
angels, to reach-out, and
take your hand, and
guide you back
to the light, back
to the plan! And The
Holy Sprit says: God sends
angels to you, and ahead
of you, so that you might
"know," The Way; but
when you are dis-
tracted, and
wander
into
darkness,
and shadow, the
angels will follow, quietly
follow, ever-ready to whisper,
"Come, we will show you The Way!"

March 24, 2016

My
strength,
and courage,
fills you, every
time you give
the gift of
love!
And The
Holy Sprit says:
Receiving 'love'
is like slipping in-
to a warm embrace,
being wrapped, gently,
within a warm blanket,
when the wind is blowing;
but giving The Gift of Love
fills you with strength, and
courage! When you give
love, you are filled with
the strength of God!

March 23, 2016

At
the
present
time, you are
"playing a role,"
that is your "lifetime,
upon the Earth." You are living,
the journey, upon the Earth! Play your role
with integrity. Live the journey with courage! Bring all you can
to the role of the journey; for, it will play-out through eternity!
You are the star! Play the role; and, play it well! And The Holy
Sprit says: This is your time to shine! Whatever comes to you, during
this day, handle-it in such a way that will be stellar. Take every
situation which comes to you, and turn-it into your starring role!
Integrity, strength, and courage. Let
these things, stand-out; and
be the seasoning to
the lifetime,
you are
living,
now!

March 22, 2016

Let there be
great joy today! As the sun
shines, let your heart shine! As
you are warmed in the sunshine,
let your spirit be warmed, and touch
your soul! Sing and dance; for this is
a day of, great, joy; let the story con-
tinue to unfold. And The Holy Sprit says:
Rise-up and sing; for when you stand
in the light of God, all things are il-
luminated, you see, and know;
and therefore wisdom doth
grow, in the light
of the sun!

March 21, 2016

Celebrate
the times of joy,
with Me, just as completely as
you call upon Me, in times of need;
bring Me into the center of all you do, so
that you might "know," My love, for you!
And The Holy Sprit says: As life continues, moving
from one day to the next, stringing all the days
together, until your time on Earth is done, cre-
ates "the story, of your journey," upon Earth,
so it becomes "a piece of eternity," one, you
created, one which holds your vibrat-
ion, and song! Let there be
"celebration," of this
"creation," all
the day
long!

March 20, 2016

Be
still,
be quiet,
within; and
sit with Me; and,
as we begin to speak,
I will remind you, of who you are, and
what it is you are to do, while you are upon Earth;
for those who know who they are, and what they are to do,
know freedom; they are free from the entanglements
of the world, and move through the world
with My grace, and blessing!
And The Holy Sprit says:
Rise-up, and re-
ceive your
blessing
today!

March 19, 2016

No matter ~ what happens ~ in your life,
what is said, or done, to you, or by you,
forgiveness is easier if you remember
that you are My child! And I wish
for you ~ to forgive ~ all things!
Forgiveness is accomplished
through My love for you!
You are My child; life
is eternal. And The
Holy Sprit says:
The ability to
forgive, all things,
is the key to perfection,
because, as you forgive, all
things, all things are perfected.
Even the most difficult of lessons is
golden, with an element of forgiveness.

March 18, 2016

Do not
seek your rewards,
and accolades, from the world;
for the praise of the world is often fleeting,
falling short, leaving you empty. My love is eternal;
and when you walk within My love, knowing My light,
carrying My peace, there is nothing you need, for
you have it all, within you! And The Holy Sprit
says: Contentment, and comfort,
are found in the lap
of God.

March 17, 2016

Take care of the things
which need to be done, before
you walk-out into the noon-day-sun;
for it is easier to take care of that which
needs to be done, rather than returning
to make sure it is done. Forward pro-
gress is easier, when, all of the loose
ends are neatly tied together. And
The Holy Sprit says: Taking care
of business, assures smo-
oth progress in-
to tomor-
row.

March 16, 2016

You
are riding upon
the waters, of My love,
and My waters are taking you
to new places, so that you might see
new horizons, so that the visions around thee,
are showing The Way! You are riding upon the waters
of My love today. And The Holy Sprit says: Ah, change; when the seasons
change, it is as if you have repainted a room, or purchased a piece of art,
which thrills your heart. The changing of the seasons brings new colors;
the horizon you are used to seeing is altered, slightly, a bit more inter-
esting, because of the change. Embrace the ride, as you flow, upon
the waters of God 's love. Look. And see! Draw it in, and ab-
sorb the colors, the beauty, the new horizons, set, before
ee, and sing-out! A new day has come, celebrate!

March 15, 2016

Do not inflict pain on another,
and when another inflicts pain,
be the heart, and the voice, of:
understanding, compassion,
and peace. And The Holy Sprit

says: Let your peaceful
presence, be the
power, which
holds the weak,
and supports them,
in the face of anger, or
frustration, or persecution.

Let the power, of your peaceful
presence, bring forth the love of God; for
the love of God shall heal; and, make whole!

March 14, 2016

There is a symphony, streaming, all around you;
be still, and hear it. There are visions, spinning,
all around you; be still, and see them. There is
eternity, moving, and folding, and unfolding,
swirling, and dipping, all around you; be
still, and know it! Be still, and live it!

And The Holy Sprit says: If you are hear-
ing these words, or reading
these words, be
assured
that this is
a piece of, your,
eternal life! See it, and
know it! You live, forever!

March 13, 2016

Open, your heart, and hear Me,
for I will speak! And as you hear,
you will know The Way; for I will
make it clear for you. And The Holy
Sprit says: Guidance, direction,
wisdom, it is all yours,
for the asking;
but, to hear,
and know,
you must be
still, and grow, quiet!
When you are still, and quiet,
you hear things, you would not hear;
you see things, you would not see; and,
from these things, you know, that, which you
would not know, before you were quiet and still!

March 12, 2016

Earth
is giving birth
to a new day, a cause for
celebration, in every way; birth,
celebration, life, renewal. Set aside
every burden you are carrying. Bring
your burden to Me. I will correct every
error, make right, every mistake, lift-up
every slip, every fall, so that you might
walk into this new day, free of burden,
ready to pray. And The Holy Sprit says:
When you wake-up, and realize,
that all burden can be
lifted from you,
by the hand
of God;
then,
you will sing,
and dance; for you will see,
it is time for celebration! Every error will be cor-
rected, every mistake will be made right, every slip, every
fall, will be lifted-up, in the light of God. Do not hesitate to set
yourself free! Today is the time; you are standing in the place; let
it be your intention today, ~ to lay down your burden, ~ and be free!

March 11, 2016

Celebration
is always appropriate;
even when someone's time
upon Earth has come to an end,
there is great cause for celebration; for,
they are returning Home once again; and,
as they return, it is good to hear the songs,
sending them on their way. Every day is a
special day, no matter, what it is, no mat-
ter how it is. It is always appropriate to
celebrate the day. And The Holy Sprit says:
Rise-up, and sing, this day has come
to you, and all it brings, flows
to you; therefore, rise-
up, and sing.

March 10, 2016

Open
your arms
to receive the new day;
and, all of the blessings, flowing
your way; for this is the time;
and, you are in the place.
Raise your arms, lift-
up your face, feel the bless-
ings, feel the grace. And The Holy
Sprit says: Some days are meant to be
pure blessings, wherein grace is flowing,
in such apparent abundance, that
every breath your take
is as sipping from
the well of
God!

March 9, 2016

The one, who sings-out, with joy,
 at the coming, of the new day, is blessing
 the new day, in every way, seeing, its beauty,
 knowing, its purpose. And The Holy Sprit says: Know-
 ing how to celebrate, all that God created, is a gift; yet,
 this gift can be nurtured and grown in a heart that is fil-
 led with thanksgiving, and gratitude, for that which God
 has given. Look around, and see the trees and the gras-
 ses, the flowers, the birds; all of the things that you en-
 counter in creation, today, are gifts! Acknowledge
 them as such; and in-so-doing you will sing-
 out, in celebration, for the gift
 of the day!

March 8, 2016

Do not let a sunrise,
 or a sunset, go, without celebration; for,
 each sunrise marks the birth, of a new day, upon
 the Earth; and each sunset marks the end of each day.
 See these, as "sacred signs," celebrating your time, upon
 the Earth. And The Holy Sprit says: There will come a time, when
 you wish you had "just one more sunrise just one last sunset,"
 to experience, properly, with celebration! Let today be
 the day, you begin, with intention, and purpose,
 to celebrate, each of these! Sing-out,
 for the sunrise; and whisper
 "thank you," at
 sunset!

March 7, 2016

When you are willing to listen to another,
 you begin to understand the other better. As you
 understand better, you come to "know compassion,"
 deeper; once you hold compassion, your heart "knows
 kindness;" a gentle presence fills you, and tears of joy,
 stream down your face; because, these things cannot
 move into you, without blessing you, with grace! And
 The Holy Sprit says: If you will take but one day to listen,
 so that you might understand and follow this path,
 until you are blessed, with grace; at the end
 of the day, you will, truly, know peace;
 and wisdom will flow from
 you as the gift you
 carry!

March 6, 2016

Patience
is the virtue
which allows each of you
to permit others to hold opinions,
to think the way they think, without feeling as if
you must argue, or fight, or debate the issue; for, I say it to
each of you, My children, no matter, no situation is ever resolved
completely by arguing, fighting, and debating; the only resolution
is to allow each individual to hold their point of view, without feeling
as if they must defend it. Once this is accomplished, and each
individual permits every other individual the right to think, as
they think, and feel, as they feel, about certain things, without
conflict, there will be a peace, as yet undefined by the words
of mankind; for, the noble thoughts, and the noble words, and the
strength and the courage to be in such light, will flow together, without
coercion, and rise-up, and become the light that dims the shadow
illuminating darkness; this is how it works, good thoughts, are creations,
which find other good thoughts and creations, and magnify and
grow! Peace is resolved, within, each individual! Be at peace. And The
Holy Sprit says: When you will take the time to listen, to understand another
point of view, without feeling you must argue it, or debate it, then, there
will be "freewill," exercised by the children of God. And once
this exercise begins, it will be the noble thoughts
that will rise, without conflict they will
shine, and demonstrate the
light of God.

March 5, 2016

The most important thing you can do
is to maintain your relationship with Me,
for I love you, in an eternal way, I love you;
and, when you maintain your relationship,
your connection with Me, then all things
happen, as they are meant to be.
And The Holy Sprit says:
When you are directly in
the flow, of God's light, and love,
all things will happen, as they are meant
to happen; and you will be at the center
of this flow, receiving God's grace; and,
you will know exactly where to go, because
the flow will take you there.
You will know, exactly, what
to say, because the whisper is
held in the flow of God's love! You will
know, exactly, what to do, because God is ever
with you. The Guiding Hand will show you The Way.

March 4, 2016

I
 speak
 to you; and,
 you know The Voice,
 you recognize the whisper,
 and within the whisper is the courage,
 and strength, to separate yourself from the crowd
 of angry voices and stand within My light. There is no need
 to shout, when your soul is singing the song of love. Avoid getting
 caught-up in the crowd, wherein there is anger, frustration, and con-
 fusion; for this crowd will soon turn into a mob; for it is easier turned
 to a mob, than it is to a choir; yet, there is possibility for the choir to
 sing, if there is one voice holding balance and harmony and peace. And The
 Holy Sprit says: Look and see and be aware that there are crowds of
 anger everywhere. It is the time; and, they are there. Be still. Hear the
 word that God is whispering and in-strength speak it: speak of peace
 and love; speak of quiet; because your words will ride upon The
 Wind, and calm the angry crowd; and from the den of chaos,
 and confusion, there shall rise-up the chorus of God!

March 3, 2016

Once you remember your mission, and
 that which you are to do, upon the Earth,
 you no longer wander the Earth searching
 for a purpose; for you know your purpose.
 Once you remember your mission; and,
 you know your purpose, you are no
 longer lost, you are found!
 And The Holy Sprit says:
 When you are
 distracted,
 by the ways of the world,
 and the teachings of the world, and
 the things of the world, it is difficult to focus
 on God. But once you manage to focus on God,
 the things of the world no longer distract you; be-
 cause you have found The Source of your power,
 your light and therein find peace, and purpose.
 When you are connected to God, you re-
 member your mission; when you
 remember your mission,
 you "know,"
 you have purpose;
 and, when you know
 you have purpose, you are
 no longer lost, you are found!

March 2, 2016

When
you are intent
on maintaining your connection
with Me, speaking to Me, and hearing Me
speak to thee, all things around you, hold little distraction;
therefore, they are, as they are; perhaps not has you would
have them be; but actually, and in reality, how they are,
in the present piece of eternity! And The Holy Sprit says:
The only way to maintain your balance, to be centered,
to be completely in the light of God, is to hold your focus,
hold it there, with God; and, in this Way, you make your way,
through each and every day! It is simple, yet wise advise, main-
tain your connection with God, and all things
will fall into place, they
will be, as they
are.

March 1, 2016

No day comes to you barren,
it is filled with blessings and grace,
lessons and strength to make it through.
The experience of today will be as you make it.
Create a day of wisdom: knowing the lessons;
receiving the strength; embracing each
blessing; embracing the grace. And
The Holy Sprit says: Amen.
So be it. Amen!

Feb. 29, 2016

Do not stumble into the day. No, rise up,
and with purpose begin your day. Be
watchful and you will see the signs.
The signs have been placed
there for you;
so that
you might
know; so that
you might "follow,"
the signs, and "know,"
the way. And The Holy Sprit says:
Rise-up! It is time, to begin the day.
Let us, begin it; first, we pray; then we set
our intention, and purpose; and follow the signs
all along The Way. This is the recipe, for a perfect day!

February 28, 2016

When
the flame
of noble thoughts,
and words, and deed is ignited within you,
you rise-up, and walk into the world,
being the change you wish to see,
letting all judgments fall from thee, and
focusing on what you can be.

And The Holy Spirit says:

The call goes-out
to all who are willing
to fan the flames of nobility,
noble thoughts, and words and deeds.

We call you to rise-up; for the world needs these;
these thoughts created in quiet; these thoughts coming
from God, moving into you, encouraging you to speak; and
to act in the light of God; rise-up, and come forward. You
are as the mighty ocean, waves rising-up, and crashing
on the beach, delivering that which was once held, in
the bosom of the water, delivering it, in peace!

February 27, 2016

When
you have faith,
in My love for you,
you have eternal wealth,
with you! There is nothing
the world can do to you, when
you know, I AM with you! And The
Holy Spirit says: Be not afraid, of the ways of
the world; for, they change from day to day,
and they are altered by what people think,
and do, and say. Walk upon the Earth
knowing that God will show you
The Way; for, Earth
is a journey,
it is not
a destination.

Your time upon the Earth
is not eternal, nor is it meant to be.
You are walking upon the Earth, and
then, you return Home! Do not be a-
fraid of temporary things, of illusion!
Open your heart! You carry the wealth,
of eternity, with you! And it is found in the
love of God! Your wealth has a name, it is faith!

February 26, 2016

The celebration of life
 is a prayer of thanksgiving; there-
 fore, let your song of celebration rise-up,
 holding within it a prayer of thanksgiving, for
 your life, and for all of the gifts you carry; for,
 they are sacred, and so, My child, are you. And
 The Holy Sprit says: Be quick to song, and joy, and
 dance; for celebration is an outward sign:
 that you are content within; that
 you know who you are; and,
 why you desire to sing;
 so, sing-out,
 child of
 God!

And let your song
 bring favor upon you: for,
 the hand of God is, surely, over
 you, and around you, and within you.

February 25, 2016

Whenever there is a birth upon Earth, gather around your family
 and friends to celebrate this birth! Let the celebration be: in mem-
 ory of where they have come from... that they have arrived... safely,
 upon the Earth... that they will join the great mission... adding to it
 their individual mission... and, it will be good! Pledge your sup-
 port for them; support them in their journey, upon the Earth.
 The time is coming when those who recognize their mission
 will rise-up, illuminated, in The Light; and The Light
 set to burst forth, at that particular time,
 will illuminate The Way;
 and their missions
 will spring forth, in
 a most extraordinary way;
 and there will be a push of Light;
 and there will be Peace, before there is night.

And The Holy Sprit says: Celebrating a birth is good; but,
 it is also good to set the intention, within you, to celebrate
 the birth of those new members of your family and friends and
 those around you, in a different way, with intention, and purpose,
 celebrate it, as they have come to join The Power of The Light! And
 they will add to the grand, and great mission, that is already under way,
 the power of their own personal mission! Pledge your support, and encour-
 agement to the One, Who has just arrived; promise to show them The Way!

February 24, 2016

Do
not be
dismayed with
the ways of the world,
for even experiencing the feelings,
associated with being dismayed, can lead you
into judgment. Be content with that which is a-
round you, and see it illuminated, in My light,
and you will no longer be dismayed, you will
be amazed, at the beauty you see,
where you once saw none.

And The Holy Sprit says:

Sometimes
it is best
to close
your eyes to
the ways of the world,
and walk in the world with the eyes
of your spirit, and your soul, and your heart.

February 23, 2016

Inspiration will fill you with promise,
and courage, and confidence! When you
live "an inspired life," you move from day
to day "knowing," you are led, by the hand
of God! And The Holy Sprit says: Rise-up child-
ren; and walk into the day. See the hand
of God, reaching to you, willing
to lead you, in every
Way. Rise
up!

February 22, 2016

Be at peace, as you go into this
day; open your heart, as you go into this
day; and, breathe. And The Holy Sprit says: The
things, needing to be done, will be done. It is
important that the atmosphere, and the energy in
which they are done, be of peace. This will not
happen, and cannot happen, if you are tense,
and rigid. Set the goal to enter into this
day relaxed, and calm, and at peace.

February 21, 2016

You
have come
from Heaven.
You were born,
upon the Earth,
to "complete a
mission;" and,
return Home.

You are a
traveler,
upon
the Earth.

When you claim
your heritage, and
when you "know,"
from whence you
came, your
presence,
upon
Earth,
will change.

And The Holy Sprit says:

Do not deny your heritage.

Do not deny that you are "of Heaven,"

first. Make your journey upon Earth magnificent.

Bring light forward, and illuminate your way; because, as
you have been born upon the Earth, you will also die, of body, upon
the Earth, and return Home, mission complete! Remember who you are!

February 20, 2016

Do not
place your trust,
comfort, and confidence in
the things of the world, such as a house,
and clothing, and cars, and coins; for, these things
will lose their value, or you will lose them, or they will be

taken from you, or they will fall into a state of disrepair. They are not
eternal; however, your inheritance, your heritage as a child of Mine, will live forever!

All that I have is with you, forever; and, therein, you will find strength, and courage, confidence,
and comfort. Place your trust in My love for you! And The Holy Sprit says: Do not be fooled, by the things of the
world, even when they hold great beauty and sparkle and shine in the sunlight, or seem to be grow-
ing in wealth, and power, as you age; for, this is an illusion! You are on the stage, of your
lifetime; and you are moving through it, coming back to The Place That Is Perfect,
coming back to your Heritage, coming back Home! And the things
"of illusion," will fade away; and you will be living
in true value, and worth, and love!

February 19, 2016

When you are living a spiritually enriched life, you look around, and see, that which you are meant to see; you watch for the signs, and embrace them, as you go along The Way. Within you, there is peace, and tranquility, a calmness is settled about you; and in this serene state: you hear My voice; you know My whisper; and, it brings you confidence; and you are content! When you see, and you hear, you know! You know: you are My child; and I will not leave you ~ to wander ~ in shadow, or darkness; for, I AM with you! And The Holy Sprit says: When you prepare to go-out, into the world, you know it is important to look around, so that you might see what is going on, what is happening, you listen to what is going on around you, so that you might hear, that which is being said. In this way, you make your way through the every day experience, of living, in the world of man; and ~ it is the same ~ with your spiritual life. Pay attention; look, and see; listen, and hear; so that you might know, what is happening all around you. When you are alive, spiritually, your every day life in the world of man, turns from the mundane, into the marvelous, into the grand experience it was meant to be! Be not afraid! Be watchful; listen... hear; ...and know... God is with you... wherever you go!

February 18, 2016

Let there be purpose for that which you do; for, you are intended to do things of light, and love, and peace; therefore, focus, and let your intention rest therein! And The Holy Sprit says: Breathe-in the love and the light and the peace, hold it within you; and, with intention and purpose, let your breath flow from you, distributing light, and love, and peace, which has been magnified, within your heart! Go forth, into the day, dedicating everything you think, and do, and say, for the glory of God; for, the glory of God doth shine about you!

February 17, 2016

Understand the importance of sleep; and,
the healing it is meant to bring to the body,
the rejuvenation and restoration it brings
to the soul, and the spirit! Be willing
to walk into the chamber of sleep,
and therein be healed,
and made whole.
And The Holy Sprit says:
It is good to "know, "
not to begin an important
journey, when you are tired,
and in need of rest; rather, use
the wisdom of the ages, and sleep,
rest, before you pick-up the pace, and
begin again, walking another leg of the
great journey of your lifetime, upon Earth.

February 16, 2016

Knowing
how to accept
that which comes to you
takes faith, intention, and practice to do so.
And The Holy Sprit says: Knowing how to accept
that which is happening all around you
takes patience, compassion,
and practice
to do so;
but, once
you know
how to accept,
then you see clearly,
and balance can be restored,
even in the most turbulent of times.
Knowing how to accept is a gift of wisdom.

February 15, 2016

When you
have matured, spiritually,
you understand the power of shadow,
and darkness, and seek to be in the light, all
of the time; for, you know! And The Holy Sprit says: Resist,
with all of your power, the temptations of shadow, and dark-
ness; for, within the shadow and darkness, there is a power,
which will enfold you and snare you; therefore, seek to live-
in the light of God, where you are safe, and content, hap-
py, and secure. Avoid the power, of darkness;
for, it is real; it is a force, which
must be avoided.

February 14, 2016

Let every day be a day of love!
And The Holy Sprit says: When you look into
the face of love, what do you see? You see
love! It does not matter what color the face
is, what gender the face is, or what language
the lips are speaking. It is the face of love,
and it feels good! When you give the gift
of love, you are blessing; therefore,
you are creating love.
In the name of
God, let it
be!

February 13, 2016

Sit,
and see
your inner-
being, filled
with peace.

Breathe
deeply
and
recognize peace.

Do not move around,
clanging, and making noise. Be
at peace from within and all things will
be in balance, and harmony around you.

And The Holy Sprit says: It is possible to be at peace
even when the winds are turbulent around you.
It is important to establish peace, within your
being, especially when the winds rise-up, and
the tides are high. If you will take the time to
develop a peaceful inner-being, then your days,
and your nights, will be calm, and sweet, and
your life will be filled with contentment,
acceptance, glory, and light.

February 12, 2016

Do not let another human being
be the master, of your destiny; for
it is your destiny; and it is you, who
are the master of your destiny! It is
your creation, it is your celebration;
you have been given the gift of free-
will, and it is yours, forever; choose
wisely! And The Holy Sprit says:

When you allow
the power, and the
light of God to move into,
and through you, all things
are illuminated for you, and
it is easier to be the master
of your destiny, in full,
knowing what you
are are to do,
where you
are to go,
and what you are to say.

It is meant to be so. This is The Way.

February 11, 2016

Use everything around you, as the sign, it is meant to be for you; for, verily I do promise you, that I will send you the signs! And The Holy Spirit says: Be still, and observe what is happening, around you. Do not wander, without purpose. If it is your intention to be playful, and joyful, this day, then do so, with great intention and purpose. If it is your intention to begin a task, or complete a task, do so with purpose. Watch for the signs, and know, that it is time, and then: play, and sing with joy; or work, and begin, or complete, a task with great intention, to do so. Knowing the signs, reading the signs, will lead you to a life of contentment. You will be content with every sign that comes to you, and celebrate its presence, and commemorate the day, to knowing The Way!

February 10, 2016

You cannot hear a whisper, or the delicate flutter of a bird's wings, as it moves near you, when your ears are accustomed to hearing the noise of a city, with horns blaring, traffic sounds, sirens, with people laughing, or singing, or crying, or arguing; and, it is the same with your spiritual hearing! You cannot hear a whisper, or the delicate flutter of the wings of an angel near you, when there is so much going on within you, regarding worry, and concern, and anxiety, and anger; for these are the noises within that prohibit the sound of a whisper, or the delicate tones of eternity. And The Holy Spirit says: Take yourself to a quiet place, and when you are no longer assailed by the sounds of a city, quiet your inner-being, until you are no longer assailed by the temptations: to be worried, concerned, to be in fear, or in doubt; to be in anger, or hatred, or hold a grudge; for, these temptations clang, louder than any horn, or siren; and, they greatly limit your ability to hear the voice of God, and the song of angels.

February 9, 2016

Sometimes,
 as you make your way
 through you lifetime upon the Earth, the
 world of man offers you options. You have the option
 to turn right, or to turn left, or to continue along your path.
 The decision can bring a feeling of loneliness, of doubt, of hesit-
 ation; still, it is yours to make. Sometimes, as you make your way
 through your lifetime upon the Earth, I speak to you, My whisper
 prompting you, guiding you to turn right, when most others con-
 tinue on their way, not heeding the signs, not hearing the whis-
 per. In these times, there is the temptation to feel you are a-
 lone, and isolated, and doubt begins to creep-in; but, I say
 unto you, do not fear! If I whisper, "Go to your right,"
 then, that is the correct path for you; and you are
 not alone; for, I will lead you, and you will
 make your way through all obstacles,
 and find that it is exactly
 the right way, for
 you to go!

And The Holy Sprit says: In every
 lifetime, there come opportunities, challenges, delights. It is as if
 you are watching a play; and the characters are playing their roles,
 presenting a drama, or a comedy. Your lifetime is not made-up in the
 mind of an author, or playwright. However, your lifetime does have
 a script, penned by the hand of God! Listen to the prompting, ac-
 cept the direction, and you will be guided through a glorious
 production. It is the story of your lifetime; it is, of the
 world of man; it is of The Kingdom of God;
 and, you are the star!

February 8, 2016

When you choose to act, within My light,
 allowing My love to flow through thee,
 and be thee; then, all inclination
 to react, falls from you; for,
 you are living within: My
 light, My love, My
 peace, and using
 My power! And The Holy Sprit says:
 The answer to every situation
 will be resolved, within
 the light of God's
 love, for
 you!

February 7, 2016

I wish for you to know The Way
and how to live in peace! And The Holy Sprit
says: Unless you are connected with God, how you
live each day, depends on what is going-on around
you, on what other people think, and do, and say;
and how you "react," to that state, that condition.
But when you rise-up connected, with God, and
that is your decision; then your day is filled
with light an,d love an,d peace abides,
wherever you do go, because
you know The Way,
and how to live
in peace.

February 6, 2016

When you
focus on Me, releasing
all other distractions, around you, that
which is to be done, shall be done, together, by you,
and Me! And The Holy Sprit says: There is a great temptation, afoot, in
the world, and that is to place your attention on the things that you think
need to be accomplished in a day or a week or a month, the things you have
placed on a list, whether it is a mental list, or a written list. Everything
will flow, as it is meant to flow, if you will focus on God: listening
for the whisper, waiting for the guidance, and acting
when you hear, and know. This, children
of God, is The Way
to go!

February 5, 2016

In
order
to hear
My whisper,
and to be guided
by Me, clearly, and
totally, you must maintain
your connection, with Me!
And The Holy Sprit says: Let it be
your intention to begin
each day, by
clearing away,
all of the shadows,
and cobwebs, that might have
gathered, together, in your hallway;
so that you might free yourself of the dust,
and debris, and keep your connection, clear, and
clean, and free; for, being connected to God guarantees
that you will hear... with clarity... and know: where you
are to be, what you are to do, and what you are to say!

February 4, 2016

When
you are, truly,
connected to Me,
I AM flowing into,
and through thee;
therefore, in this
state, your
thoughts
are golden,
they are enlighten-
ed! And The Holy Sprit says:
Only when there is an absence of
the presence of God with you, do you know
fear, and doubt, and worry, and concern; for,
when you are filled with The Creator of All
Things, then, all things are enlightened!

February 3, 2016

Procrastination
creates stress, wherein
all the things that you must do
are as a heavy shadow, enveloping you.
And The Holy Sprit says: One way to avoid stress
is to tackle the tasks that you need to do, and
it is a good idea to do those, that you do not
like to do, first; be done with them; and
then, they will not hang over you,
they will not create
a shadow, en-
veloping
you!

February 2, 2016

When there is cause for celebration,
do not hesitate, do not procrastinate, sing,
dance, and do so, with great joy; so others
will see, and join-in the miracle, and the
celebration! And The Holy Sprit says: God's
children are meant to be joyful! They
are meant to be joyful, because
they know the truth,
and the truth,
about your
divine lineage,
will set you free.
You are a citizen of
The Kingdom of God; and
because you are a child of God,
there is need for celebration, every day!

February 1, 2016

I
AM
with you
in all things,
in all times, and when
you begin to realize this, you will know
that you do not have to travel great distances,
or short distances, to be with Me; for, I AM
with thee! Your whisper, I hear.
My whisper, I desire you
to hear. When you
go within, and
sit with Me,
our union
is complete.
And The Holy Sprit says:
Chase the shadows of doubt away,
and realize it is true, The Eternal God,
The Creator of All things, is with you, speaking
with you, if you will open, and receive This Gift!

January 31, 2016

In order to effect change,
positive change, you must first, be
the change! Understand... that which you
are trying to do, and live it, be it, so that others
will desire to follow you into that change, into the
new day! And The Holy Sprit says: You can argue and fight,
you can manipulate and try to convince; but nothing can
effect change, as much as living the change you wish
to make! Know what you want to do, and let it
be a part of you; then, it is visible, for
all to see, a change has come
forth, and it comes
forth, from
thee!

January 30, 2016

Whenever situations or circumstances in your life change; and someone who held special meaning for you, is no longer with you, resist the temptation to sink into sadness, and sorrow, and despair. Rather, choose to set a course intended to be a celebration, that they were ever there with you. And The Holy Sprit says: Most of the time, growth is the direct outcome of change; you must be willing to change to grow. Spend some time today, with this thought. You must be willing to change, to grow! You must open your heart, wider. You must open your arms, wider. You must welcome that which comes to you with an embrace. Accept! Accept that which comes to you; and then, dedicate all you do for the glory, of God; for, God is, ever, with you!

January 29, 2016

I AM waiting, for the song of your heart to welcome Me, to be invited to be a part of all that you do, this day. And The Holy Sprit says: At the present time, in your human form, it might be difficult to understand, that God, the creator of all things, is so "in love," with you; and, Who will do whatever is needed, by you, so that you might know The God, Who is in love with you!

January 28, 2016

That which you are to do will become obvious, when you have mastered the art of seeing, and knowing, the signs. And The Holy Sprit says: The signs will come to you. All along The Way, you will find them, placed there, to make sure that you have picked-up the project, completed the mission, touched each individual, you are meant to meet. The signs are subtle at first; until you begin to see them; then, they become more obvious, much like the solitary dewdrop, caught in the morning sunlight. You see one; but when you see one, you see another, and then many, and then the multitude of the sparkling lights, shocks you. How could you have not seen it before you saw The One.

January 27, 2016

When you are "in love," with another human being, when you are falling in love, and cannot wait to see their face, or hold their hand, you do not seem to care what is going on around you, what this person, or that person, is doing, or saying. You are so focused on the giving and the receiving of the gift of love that nothing else seems to matter at all! And in that circle of giving, and receiving love, you are vibrant, and healthy, and glowing! You are alive, because you are in love! If that is the outcome of human love, I ask you to consider what the outcome would be, if you were "in love, that way, with Me!" I can assure you I AM in love, with thee! Let us create a circle, an aura of love, this day, where nothing else seems to matter, only the love we give, and receive from each other. And The Holy Sprit says: Wherever you focus your energy, your thoughts, that is what is alive, is vibrant, that is your awareness; and other things seem to pale, in significance, when you are so focused on something, or someone. Let today begin a new chapter of understanding, and comprehending, what the exchange of love, can do for you, when you are loving, and receiving love from, God, Who created you.

January 26, 2016

Reject the temptation
to react to what others say or do,
or do not say or do, and act, solely, from
the power of My love for you! And The Holy Sprit says:
Watch for the signs all around you, guiding you, showing you
The Way, sometimes confirming, exactly, where you are positioned
along The Way. Come the day when you find you are acting, with
the love of God, choosing this position, over reacting to the ways
of the world; then, you will "know, you are fully in the light
of God, acting from the love of God!" Watch for the sign
and be eager to practice, so that one day, you
might recognize the sign, and know,
exactly, where you are
along The Way.

January 25, 2016

Do not wait
for another's love
to flow to you, before you allow
My love to flow through you, to them!
Let there be no qualification, for you to be
the vessel, and dispenser, of My love! Walk into
the world, with no concern about who loves you, but
focused on My love, flowing through you, to all who will
receive it! And The Holy Sprit says: Oh, that there would be many
willing to walk into the world as the vessel of God, holding God's
love within, and letting it flow, from them, flooding the world,
with positive light, and love, and power! No law, or rule, or
restriction made by man, can stop the love of God, when
there are those willing to let it flow, through them,
onto the land! Go into the world this
day, being the conduit between
Heaven, and Earth!

January 24, 2016

When you
alter your perspective,
even the most tedious of tasks
becomes an exercise for strength.
This is true, with physical labor, or
mental exercise; and, also applies
to your spiritual body; alter your
perspective, and see the task
at hand, in a different
light, a light
that gives you
the opportunity
to grow, to be stronger,
and wiser! And The Holy Sprit says:
The most tedious of tasks, can be altered, if
you will focus on performing for the glory of God!
Set this in your mind, first, saying, pronouncing, "This,
I do, for the glory of God," and then, begin; because, when you
first attach a glory to the task, it changes your perspective immedi-
ately. Following this course of action, will bring you strength, and
wisdom. In this Way, you blend that which you must do in the world
of man, ~ together with that which you will do, ~ for the glory of God!

January 23, 2016

You are My child. You are greater than you believe you are. Come, and sit with Me, and I will teach thee: you are My child; you cannot come from The Creator of All Things good, and beautiful, at the core of your being, and be anything, other than good, and beautiful! And that place, at the core of your being, the true, and authentic you, that is the creator of noble thoughts, courageous words, and brave deeds. Connect with the real you, and you will be surprised!
And The Holy Sprit says: God's children are noble, and courageous, and brave; they are powerful, in the light!
You are one of God's children; therefore, you are noble, courageous, and brave; take some time today, to connect with the real you, the inner-you!

January 22, 2016

Hold your tongue, firmly, so that you might refrain from speaking unkind words; and in the holding of the tongue, and in the prayer for help, My words will flow through thee, and you will bless, rather than curse. And The Holy Sprit says: Be mindful of what you are thinking. Be mindful of what you are saying. With each thought, and each word, your curse, or bless, the Earth. Let this day be an exercise in blessing all things. Let this day be a song, of the words of God, pouring through thee.

January 21, 2016

When presented with the opportunity to rest more, do so! When presented with the opportunity to enjoy a more productive work day, do so! And The Holy Sprit says: When presented with the opportunity to play more, do so! When presented with the opportunity to pray more, do so!

January 20, 2016

Determination

leads to consummation, which
includes: being kind, loving, and
joyful! And The Holy Sprit says: Speak
with God, as you make your way,
through the day, singing
a song of joy, all
along the
way!

January 19, 2016

Do not wonder why it can be possible to be joyful at all times,
even in times of challenge, and trial, because I say unto you,
remember this, when you are going through times of adver-
sity, there are many beings of light, around you, walking
with you, forming a sisterhood, a brotherhood; and, you
get through the times of challenge, just as you should,
with their help and guidance! When you realize this,
and you "know, you are not alone," you begin to
change your tone... you begin to say... "Oh, how
are we going to do this, today," rather than,
"I cannot do this today!" You realize you
are part of a team, working toward
success. And when you form
this bond, with the be-
ings of light,
all around you,
it shall not be broken.

It is yours! You have created,
this bond and it will be with you un-
til you return Home! And The Holy Sprit says:
It is a joyful reunion, when you see old friends,
friends you have known, for a long time, but may-
be there has been some space of time since you have
last seen each you... you rejoice! It is going to be the
same when you return Home and you recognize those
beings of light, who have been your friends, who have
been with you... as you walked... upon the Earth; and
you shall rejoice, because there is a bond, a brother-
hood, a sisterhood, between you! Be joyful, today!
Be joyful, and "know," there are those with you,
who are ready to rise-up, and go with you, into
this day, this beautiful, glorious, joyful day!

January 18, 2016

When you begin your day in prayer,
and ask for guidance, you can be assured
the answer will always be there. It might not
be all that you will accomplish that day; but,
what you hear, in response to your prayer,
will be that which is most important
for you to accomplish that day.

And The Holy Sprit says: Using
divine guidance
to lead you
into a new day
is the best way to assure
that your day is filled with joy,
and confidence, and contentment.
You will not need to worry, about
what you should do first, or last, or this,
or that, because what you hear is what you
should do first, and the last will take care of itself.

January 17, 2016

You know how you feel, when using the energy of love!
You know how you feel, when using the energy: of joy,
of generosity, of compassion. You know how you feel
when using these energies: you feel lighter; you feel
healthier. And, when using these energies of light,
you are creating an atmosphere, and an environ-
ment in which others feel lighter and healthier.

When you are using these energies, you are
creating, an Earth, which is My desire,
My Divine Plan, you are My co-
creator, My co-planner!

And The Holy Sprit says:

Pay attention
to how you feel
when you are loving.

Pay attention to how you feel,
when you are angry. Pay attention
to how you feel when you are the one, who
is showing compassion, and understanding.
Pay attention to what you are creating, be-
cause, in truth, the best health regimen,
for your body, soul, and spirit,
is to stay in the light,
and reject the
poison of the shadows and darkness.

You do not need to take a pill to create a healthy
body, all you need is the will to stay in the light of God!

January 16, 2016

Some are blessed with the gift of joy, outright; and they are a delight to be around: joyful, singing, smiling, laughing freely! Others are not blessed, with the gift of joy, to go along with their other gifts; but, they can create joy! They can create joy, and call it forth, from within them. And then, they no longer lack it, because they desired it, because their intention is to be joyful, they created it; and, so, it is! In this Way, all of the children upon the Earth, will know the gift of joy! Working, attempting, practicing, the art of joy, is worth it, because, once you drink, from the cup, of joy, your lips long for the sensation, once again. And The Holy Sprit says: Although you might not be joyful by nature, you can be joyful, by practice; and, in practicing, there is a sense, and realization, of the importance of joy; for those who must practice joy, prize joy, because they "know," they feel better, when they are joyful: their steps are light; their songs are brighter; the smiles on their faces are contagious; they see the reflection of their joy, everywhere they look. Do not think lightly of joy! Do not be dismissive of joy! Joy is a gift, from the heart, to the heart!

January 15, 2016

Whenever you do all you can to create a joyful day, for others, you find, at the end of the day, that you have actually created a joyful day for yourself, as well. And The Holy Sprit says: For those who intend to be joyful, there is peace, and serenity, come the night. They are blessed, as the joy-bringers, they hold the gift of joy, and it is a delight to have them with you. Celebrate the gift of joy, today!

January 14, 2016

Be
careful,
be mindful,
do not allow
your thoughts to
wander and play in
"fields of judgment;"
for, they will surely find
companions of anger and hatred.
You choose the things you entertain
within your thoughts; your words and
deeds follow ~ that ~ which you create
within your thoughts.
Do not tarry
in the fields
of judgment,
come quickly
into the light.

And The Holy Sprit says:

You make the choice as to what you think, and do, and say.
When you thoughts begin to swim in the sea of judgment,
alter your course in such a way that you free yourself,
and all around you and fill your sails with My breath;
for I will lead you from darkness into the light and
carry you onto calm seas, and sweeter shores!

January 13, 2016

Some days
are especially good
for practicing joyful motion,
moving from one place to the other,
one task to the other, in a joyful rhythm,
acknowledging the beauty, of the day, and
the gift, of the day. This is such a day. And
The Holy Sprit says: When your day is as a dance,
moving through it with a rhythm, looking all
around you, the day passes into night, and
you find, it has been nothing, but, a de-
light, to be upon the Earth, on this
special day, this simple day,
this day of joyful
motion!

January 12, 2016

There are signs, all around you, indicating that which you are to do. Some signs are very obvious, they make themselves known. Other signs are more elusive; and, you have to be still, and pay attention, to read those signs; yet, they are still signs; therefore, before you go into the day, pay attention! Look around you, read the signs and address the signs, first; then, move through your day, watching for other signs, all along The Way. This, My child, will make it easier for you to move through the day. And The Holy Sprit says: The day is set before you. It is you, who will create, your day. Set your intention now to make this day holy, sacred, miraculous, and every event that comes your way, will be so; because, it is your intention! Create, this day, in a marvelous way!

January 11, 2016

Your desire to stay close to Me is your assurance that it shall be accomplished; for, when you begin to stray, this way, or that way, I will send you a sign, and you will see the sign, and modify your course, and all will be right. And The Holy Sprit says: The confident sailor sets the course, knows The Wind, and The Way to go.

January 10, 2016

Your story will be told. Your footprint will be left in the sands of Earth. Your mission will be completed, before you come Home. But, if you take My hand, and acknowledge My presence with you, every obstacle will be moved, by your faith in Me. The journey you take will be different, if you will walk with Me, and know, I AM with you! And The Holy Sprit says: You live a different life upon Earth, when you "know," that God is with you, and within you! You live a different life, upon Earth, when you know, you can ask and receive, comfort, in the words of God!

January 9, 2016

Within the seed, of this day, are
all of the possibilities, necessary,
to create the perfect day. I give
you the seed. You are the gar-
dener. Plant it, and tend it,
well. And The Holy Sprit says:
Look at your garden.
See the seeds
of every day
you have lived. Some
are seeds of learning, some
are seeds of joy, some are seeds
of promise, and prophecy. Every seed
that you have been given, you have lived;
and now you are being given the new seed; for
the new day. Plant it, tend it, treat this day, as
a sacred piece of eternity, and come the end of
the day, you will look upon your garden,
and smile, for every day is good!

January 8, 2016

If you
will permit Me
to guide: your thoughts, and words,
and deeds, then your thoughts, and
words, and deeds, will be touched
with wisdom. And The Holy Sprit says:
When your thoughts
form a concept,
and your words
pronounce the concept,
make sure that, before you speak,
you call upon the blessing of God; for, the world
does not need more words, the world needs more wisdom.

January 7, 2016

When you live in the state of love,
whether you are giving, or receiving,
or in a circle of continuing flow of love,
you are healthier, you are happier, you are
living, as you are meant to live. And The Holy
Sprit says: Let it be your intention to give the gift
of love; for, it changes the air around you, it
creates, an aura of bliss. Today, let it be
your intention to give the gift of love,
to change the air around you,
to fill it with joy,
and happiness,
because the loving,
you are giving, is coming from
God; and you are continuing this miracle as you
spread it over Earth. Spread the gift of God's love, today!

January 6, 2016

When you know
there are poisonous plants,
growing amongst the vegetables
in the garden, you do not eat them.
When you know there are poisonous
mushrooms, growing amongst the mush-
rooms in the forest, you do not eat them.
When you know the water is impure, you
do not drink it. When you are allergic
to certain foods, or shellfish, or other
things, you do not eat them. You a-
void these toxic things, at all cost
to protect your physical body.

My child, do the same for
your spiritual body.
Avoid the poisons,
avoid the toxins,
care for your
spiritual
body.

And The Holy Sprit says:

When you identify the things of Earth
which you know will poison your physical body, you
avoid them, at all cost. Verily I say unto you, there are energies which
will poison your spiritual body, and it would serve you well to avoid them, at all
cost. Avoid anger. Avoid hatred. Avoid greed. Avoid pride. Avoid the lesser things as well,
such as frustration, anxiety, confusion, and chaos, concern, and worry. Avoid these things, so that you
will not poison your spiritual body. Do not ingest the toxins into your spiritual body, protect it as you do your
physical body and you will live well and you will grow stronger, and you will be in the light of God every day.

January 5, 2016

Let your holy spirit guide you
through the course of this day. And
The Holy Sprit says: You come from God!
My Spirit, The Spirit of God, is
at the core of your being!
You are a child
of Spirit first,
and foremost;
therefore, if you
desire to be authentic,
go to the core of your being,
and bring forth the spirit you are!

January 4, 2016

When you are tempted to feel alone, down, or a little blue, stop,
and look at all of the opportunities, around you, to make someone
else's day, or hour, better. Pick up the telephone and call an elderly
relative; find a card, and send it to a niece or a nephew; pick-out a
book, that you have enjoyed, and take it to an acquaintance, or a
friend, who is "under-the-weather." Gather some canned goods,
and take them to a food bank. There are many ways, you can
share your thoughtfulness, your caring; and, once this is
done, you will find that your caring has direct bearing
on how you feel! You will come to see that you are
not alone, you are surrounded by people; and,
you can make the difference in their lives
every day, by giving to them, that
which you are seeking!
And The Holy Sprit says:
Take the time to extend your
hand, your word, your thoughtfulness,
to those around you, and you will never be alone.

January 3, 2016

You have been given eternal life
and the ability to hear Me, at all
times, I AM speaking to you! Do
you hear Me? And The Holy Sprit says:
The presence of God is with you! You
were created to hear, so that you
might know, and see! God
is speaking to you.
Listen, and
hear!

January 2, 2016

There is a time for each thing,
a time for everything; and, doing
each thing, doing everything in its
time, will assure success, and com-
pletion, as it is meant to be. And
The Holy Sprit says: Be at peace, as
you walk through this day,
do not hurry
in any way.
Do each task,
do each chore, as
you are directed; and, do
no more. And that which is meant
to be completed today, shall be completed
today, in the proper, and appropriate, way.

January 1, 2016

When you open the book,
the story begins; and it is told
one page at a time. When life be-
gins, it is told, one step at a time. Let
this new beginning unfold, one page, one
step, at a time. And The Holy Sprit says: There is
great excitement about beginning a book, you
have longed to read. There is great excite-
ment, about beginning a life, you have
longed to lead. Let this new begin-
ning, reveal the story, and
the life, one page,
one step, at
a time.