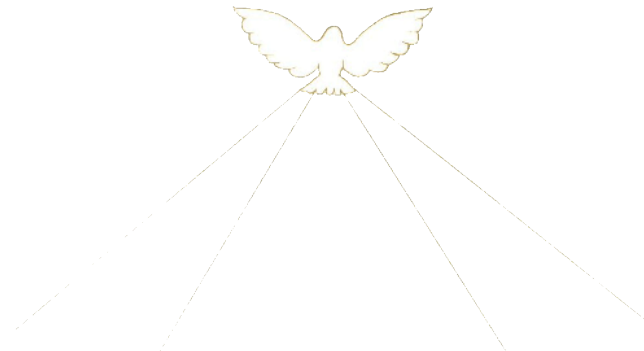


THE QUIET PLACE



God's Daily Message 2019

**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, 2019

It is time to stop, to pause, to reflect on all that you have done. And, it is good to do this, in such a way, that you do not find fault with what you have done, but to celebrate the good, and take a look at those things that are lesser than good. They seem less, because they lack the energy of love, and kindness, and compassion. Look at these things that you consider transgressions, missteps, unfortunate situations in which you held the starring role, and you will learn much, My child, because you will begin to see that when you think, or speak, or act, without incorporating the energies of love, and compassion, and forgiveness, that which is created seems shadowy, sometimes dark. So, if today you find your way upon the Earth might be easier without shadow and darkness, and I can assure you it will, begin to incorporate love, and compassion, and forgiveness into every thought, every word, every deed, and you will find that your day will be lighter, and brighter, and more joyful; and the day will be so, because you took, from the past missteps, lessons, you received guidance, therefore they became the opportunity which led you to the door of wisdom. So, bless all things, forgive all things, and move on with the intention to season your thoughts, words, and deeds with love, compassion, and forgiveness.

And The Holy Spirit says:

Upon the Earth it is easy to go about your everyday tasks in the same way, sometimes doing them at the same time of the day; and therefore, it is over, and over. Your day seems more a series of repetition than anything else. It is time to step-back from what you are doing and see it as an opportunity to bring more of The Kingdom of God upon the Earth in what you are doing. Even if it is a simple chore as washing a dish or a cup, let it be a celebration of your ability to wash the cup, and wash the dish, and prepare it to serve either another, or yourself, with a glorious taste of Earth. Let Heaven and Earth flow together within you, because that is what is happening. Earth and Heaven together within you.

December 30, 2019

The sweetest gift you can give to another is the gift of listening to what they say with your heart, to listen without interruption, to listen without correction, to listen without telling them what they should do, to listen. And, in this space the words come freely, pouring forth from open wounds, which need healing, and the healing begins in the listening. For the one who is wounded it is difficult to forgive, but in your position of a holy listener you can begin to forgive on their behalf, using the love on your heart as an ointment, spreading the balm of forgiveness until the wound begins to heal, and they can forgive on their own. When presented the opportunity, give the gift of listening.

And The Holy Spirit says:

It is often the case, in an exchange or a conversation, that the parties are more interested in what they are going to say in response, (than) to listening completely and fully to what is being said by another. Stop and listen, for in this way you will grow in wisdom. You will know the heart of another, and they will find comfort and safety in your presence. The presence of a holy listener gives peace and comfort.

December 29, 2019

Do not be afraid to say, "Thy will be done," for you are vital to The Divine Plan, and My will is that The Divine Plan play-out, as it is meant to, forming a living tapestry of eternity, where all is as it should be, and every thread is exactly and precisely in place. If you are sitting in a room right now, you see the door in, you know the way out. You know that room. If you are reading a book, at the present time, you know the cover and the first page, you know the last page and the end. You know where that book did begin, and where it ends. My child, I tell you, as difficult as it might be for you to fathom, I see the beginning and the end, which wraps around to begin again. Do not be afraid to play your role, that which you are meant to do.

And The Holy Spirit says:

The simple words, "Thy will be done," when set to thought, might be a bit worrisome, because you are giving what happens to you into the hands of another. But, when you say, "God, Thy will be done," you are opening the door to all possibilities that you never knew before the miracle of your ability to say, "Thy will be done."

December 28, 2019

If today you feel you are cloaked in sadness and isolation, that you dwell in darkness, close your eyes and look. My hand will pierce the darkness and reach-out to you. My hand holds the key to the prisons of guilt and sadness. My hand will stifle those who condemn and rebuke you. My hand will lift you up out of turbulent seas which threaten to bring you down, down, down. Look. Close your eyes to the world and look into the darkness, and there you will find My hand. And, when you reach-out and take My hand, you will hear The Whisper, and you will know it, and it will bring you peace and comfort, and lead you into The Light, once again. My child, we are one. I created you. We are spirit, and while you are upon the Earth it is impossible for Me not to know your tears, your pain, your loneliness. Therefore, I hear you, I know you. Here is My hand. Listen to My whisper.

And The Holy Spirit says:

There can be great temptation, in times of celebration, dancing and joy-making, merry-making, to feel even more isolated and alone, to feel rejected when you sit at home, when others' voices are raised in song, and their feet beat upon the floor in a rhythm of dance. There is no need for you to feel alone. Reach-out. We are with you. We are one. God The Father knows the child. The Son knows the walk upon Earth, very well. And, I AM The Breath of God. I will fill you with joy, and wisdom, and love, if you will just close your eyes and see.

December 27, 2019

Only those who hold wisdom will know, and know with confidence, that when we speak of My will, we are actually speaking of The Great Map, The Story of Forever, for My ways allow all to follow. My ways allow for Heaven and Earth to flow together as one. My ways allow creation to continue into eternity. My ways allow the stars to dance, and the moon and the sun to sing. Those who hold wisdom understand the words they say, when they say, "Thy will be done." It is confirmation that The Great Map will always show The Way.

And The Holy Spirit says:

It takes great faith to set aside that which you wish to do, possibly even that which you think is best to do, to follow The Divine Plan, which is God's will. For, what do you know? Do you see into eternity? Do you know the paths coming together, from all directions? If you do not, place your confidence in God, and as you walk The Way you will grow in wisdom every day.

December 26, 2019

If you are willing, I will teach you My ways, for My ways are not the ways of the world. Some of you have been taught, from the time you were a little child, sometimes directly with instruction, and sometimes through example, what you saw happening around you, and often times, this included: how to bend other people to fit your will; how to use your voice, and your tone, and your words to intimidate other people to do your will; and, sometimes actually to force that your will be done. Hear this, My first gift to you was free will, so that you might do as you choose to do; therefore, when coming to Me I knew, and I know, that you come of your own free will.

And The Holy Spirit says:

Most often the ways of God are not the ways of the world created by man. God knows. God holds eternal wisdom. God is patient. And, God recognized, from the very beginning, that free will is the answer, therefore when the children come, draw near, ask questions, and open to hear, it is done by their own free will, no coercion is necessary; this a good example, this is The Way.

December 25, 2019

Do not limit your Earth experience to only those things you believe are possible. Do not let the thought that something is impossible create the path you are to walk. Open your heart and believe. Believe that miracles will show you The Way, every day. Believe in miracles, even when you are turned away, or rejected, and those around you, or close to you, say, "There is no room for you here." Believe: the miracles will lead you to where you are to go; miracles will pour forth from you. In this state of believing all things are possible, if they are meant for you to do. Believe, and in your commitment, in your believing, I will send forth the angels to go before you, and they will smooth the path, or they will support you with courage, and strength to climb up and over every obstacle that you are meant to climb. All things will come to you when it is time, but it is important that you believe.

And The Holy Spirit says:

Nothing is impossible with God, therein place your faith and your trust, for that which is to be, that which is written upon the hallways and the walls of eternity, will happen. Therefore, walk the path set before you in confidence that God is with you. Do not close your eyes and run away. God is with you every day. Seeing the miracles, experiencing the miracles, all come from your willingness to say, "God, Thy will be done, today."

December 24, 2019

Today, many of you are preparing for sacred celebration, commemorating the birth of My Living Word, the time when My Word walked and talked, and was delivered so all might see, so all might recognize The Sacred Way, and know My words every day. It was a time when angels walked amongst you, and those from different religious beliefs gathered, when the most humble shepherds found their way to a place where those highly exalted travelers from afar would also visit, where the cattle, and the fowl, and birds of the air did give witness, as well. Ponder this, and know it took great courage and strength to bring this together. It was a time when Heaven and Earth were as one, for a while, and there was peace.

And The Holy Spirit says:

Amen.

December 23, 2019

There is mighty, powerful energy within you. In some of you, this energy is calm and still, while others experience energy that is sometimes raging, often to the point of being uncomfortable, unsettling. It stirs you when you move, pacing. It is possible to check this untamed energy, to use it for the good of all. Today, begin to master the energy that is within you. Breathe deeply and speak to the energy that is within you. Address the energy with the guidance to be still, and calm, and powerful. Master the energy that you have calmed in such a way that every word you say is sweet, and tender, and compelling. The power of a peaceful presence is palpable and will calm an entire room of people just by being in their midst. You do not have to say a word, just master your energy so that you are the bringer of peace.

And The Holy Spirit says:

For some, it is easy to walk through the day undisturbed, the energy within them is at peace and in balance. For others, it can be a challenge, because the energy within them is uncertain, more like wild horses corralled, trying to escape, and not knowing how. The escape comes with a gentle whisper, leading the energy, all that power, into a place of peace. Today, go within, and find the beauty in the power of a peaceful presence.

December 22, 2019

I wish for you to know the miracle of you. You traveled from Heaven. You made the journey to Earth. You slipped into the garment of Earth so that you might do great things, and restore Earth to its rightful place, as it is in Heaven. That is you, that is the miracle of you.

And The Holy Spirit says:

When you put in order, in proper order, who you are, recognizing, completely and fully, that you are spirit first, then you, the eternal you, the spirit that is you, guides the body, that is you as a human being, for a while. And, this association is miraculous, and can do great things. So, if you have been mixing the order slightly, take the human being and put the spirit ahead, in first chair, so to say, so that the spirit leads the human being every day.

December 21, 2019

My child, you are meant to fly. You are meant to breathe deeply, while you are upon the Earth. You are meant to dance and sing sweetly, while you are upon the Earth. But, it is impossible to do all you are meant to do, while you are upon the Earth, if the chains of anger, and frustration, and sorrow hold you down, because they are heavy. And, when they are around you cannot move easily without being pulled back into place by the sheer weight of these things. There is no need to be held in place. The key to your freedom, the key to unlock the chains, is in your heart, forgive all things, and this, My child, includes you. Forgive yourself, forgive all others, and slowly you will find the chains slip from you, no longer locked to you, you are free.

And The Holy Spirit says:

The shadowy, dark energies that you cling to, from the past, can hold you prisoner, and forgiveness can free you. Who would remain a prisoner when they hold the key to freedom? Be willing to ask for forgiveness, and to offer forgiveness, freely. Do not hold a grudge, do not maintain your anger, do not walk around with hurt feelings, for these things weigh you down. Make it your intention to free yourself today, to be at peace, and always ready to say, "I forgive you."

December 20, 2019

When you are in a relationship, and the time comes for commitment, you make a promise, through all things, you will stay together, you will walk the path together, no matter what. And, you are willing to make this commitment, even when you do not know what this commitment might bring your way. This is love. And, when you are preparing to give birth to a child, you make a commitment; and, when that child is born the commitment is deeper. You commit to take care of that child, and love that child, and show that child The Way. You make this commitment before you know what will happen each and every day. This is love. You are My child. You come from Me, and before you existed My commitment was to love and care for you through eternity. And, with the gift of eternal life you were also given the gift of free will so that you might make the choice, and no matter what you choose, I will love you. This commitment is love, eternal love.

And The Holy Spirit says:

God loves you, without condition. God has made a commitment to you, and this commitment has no end, it is eternal, it is the ultimate gift of love. Will you make that commitment to God? Will you say, "Thy will be done, God. Let it be done according to Thy will."?

December 19, 2019

Look and see the sun. Look and see the stars. Look and see the rain fall. Look and see the moon. Look and see the clouds roll-in, and look and see the wind come-in. Look and see what is happening all around thee. It is not stagnant. It is not still. There is change in the air. Look and see.

And The Holy Spirit says:

Look and see the bare branches of winter. Look and see the rivers flow. Look and see the flowers of spring grow. Look and see the meadows, and look and see the deserts, and look and see the ocean, and look and see the mountains. Look and see the great beauty that is Earth, it lives. As God created Earth, Earth lives. As God created you, you live. Live upon the Earth, and look and see.

December 18, 2019

I will fill you with love, and wisdom, so that you might know your purpose, if you will take the time to go to a sacred space, each day, close the door behind you, and let the journey within begin anew, every day. Close all things, close all doors, stop all memory, let your only action be breathing-in and breathing-out. Be still, and I will whisper, and because you are quiet, you will hear. And then, you will come to know Me, and My ways, as I love you always.

And The Holy Spirit says:

Set a course to begin a practice which involves taking yourself out of the material world, and intentionally placing yourself in a room of silence, to go within, to be still, not to petition, but to listen, so that God might show you The Way.

December 17, 2019

You are willing to deny yourself certain things so that you might maintain the desired body weight. You are willing to work very hard, strenuously, so that you might build muscle, and be strong of body. You are willing to be mindful of that which you are putting into your body, the food you choose, the liquids you drink. You are willing to get the appropriate amount of rest so that your body is prepared to meet the test of each day. Now, turn within, go within, and do the same, with equal enthusiasm, for the real you, for the spirit that is your eternal vessel.

And The Holy Spirit says:

Be vigilant, be watchful, tend to your spirit body, with equal enthusiasm, as you do your physical body, and then you will be in balance and harmony, and you will achieve peace on Earth.

December 16, 2019

Nothing I have asked of you is impossible for you to do. I gave you the gift of free will, and then I sent Jesus to walk amongst you upon Earth, and asked that He deliver the new command, to love one another. He was anointed to perform miracles so that those around Him might see what is possible, what I will do through each of you, and He spoke the words to make sure that it was understood. And, He pronounced that you can do all He is doing, has done, and continues to do. And, following that powerful lesson and direction, The Holy Spirit was sent to be with you, to guide you so you would know what to do. This guidance does not take away your free will. It gives you a choice, a choice you make every day. I will not ask you to do that which is impossible to do. You have seen the signs, you have heard the words, and you have The Spirit with you. Now, it is with you to choose that which you will do.

And The Holy Spirit says:

The teaching is so easy. The prophecies were made. The prophecies were fulfilled. The new command was delivered, and love was left upon the Earth. And, to assure all would flow, as it is meant to flow, The Holy Spirit was sent to gather all under The Wings of The Dove, and guide each one in The Course of Love.

December 15, 2019

It is time for you to begin to understand the power, and the potency, of that which you create within your thoughts. Your thoughts live within you. You give birth to good and noble and courageous energies, or you give birth to shadowy, dark energies. And these creations move throughout your body, and their birth is often announced by the words you say, and the deeds you do. And through these words and deeds your creations enter, and walk upon, the Earth. This, My child, is profoundly powerful. Pray on it and ask for the wisdom to understand and comprehend what you do, regarding creation every minute of the day.

And The Holy Spirit says:

Many of you are seeking something to do. You are seeking The Path of Light, you are longing to do something for The Glory of God, and this is all good, it is as it should be, but do not set-out on these missions before you understand the birthing process that goes-on within you. What are you thinking? Does goodness and light, or shadow, or darkness, gain your attention? Understand that you have the power to focus your thoughts on The Light, but it does take attention, and intention, to do so. Today, create Light.

December 14, 2019

If today you find that a severed, broken relationship has left you feeling rejected, alone, sad, crying, angry and frustrated, there is something you can do to shift these feelings within you, which will begin a healing, and set you on the path of forgiveness, and restore the balance within you. Resist the temptation to spread an accusation amongst others. Be still and quiet and let My love flow into you. And then, we will begin a wisdom lesson, which will restore life within you. Every time that situation, or that person, or people, come(s) into your memory, or fill you heart with sadness, or frustration say this. "I bless you. I forgive myself, and I forgive you, and anything which had to do with this severed relationship, with this broken relationship." That is it, My child. But once will not complete the forgiveness, once will not complete the healing. But, every time you say those words wisdom will take root within you, and soon, after much dedication, you will see the light within you again is flickering, and then the flame comes, and then when the name comes you are eager to pronounce, "I bless you."

And The Holy Spirit says:

Dealing with severed, broken relationships, in the way of God, is certainly different from the way the world would teach you to react. Fight the temptation to react in the ways of the world, and seek a quiet approach, seek The Way God would teach you. And in the stillness, you will hear The Whisper, and The Whisper will say, "Be still. Be still, My child, and let us pray forgiveness." And, if you follow, you will rise-up, and wisdom will be your crown, and forgiveness will be your garment, and peace will reign within you, once again.

December 13, 2019

You believe in Me, therefore you know Me, for we speak, and there is communion between us. You have received the messages, and accepted the direction to love one another, to be kind to all creation, to turn the other cheek, and resist temptation of negative nature. These things you know. These things you believe. Now, in great faith, rise-up, and be a living statement of that which you believe, for while you are doing this your destiny will be complete, as you are living The Way.

And The Holy Spirit says:

You know what is on your heart. God knows what is on your heart. Therefore, let your heart be a reminder, when there is temptation to stray. Rise-up today and be a witness of The Living God, to love one another, be kind to all creation, turn the other cheek whenever possible. And do these things, so all might see, that it is possible to live The Way, to know The Way, and complete your destiny within the knowing.

December 12, 2019

The unseen is potent, and powerful, and this potent, powerful energy can be for the good, or for the disruption of good. Know what you are creating, because you create in the realm of the unseen almost every minute of the day. You can bless the unseen realm by being watchful and attentive to your thoughts. If someone comes to mind, and the forgiveness is not complete, regarding that individual, do not go any further before you bless the person. And let it become an instantaneous action. The name comes to you, and before anything can be created by you, you say silently, "I bless you." This is not an easy habit to continue, but once you begin the practice you will see how powerful it is, because the energy will change, and the energy changes, because you are willing to create peace within the unseen realm. "I bless you," the first time, brings about peace within you. But soon, with each blessing, that energy, that disruptive energy, will begin to diminish, and then recede, and then melt away. No one will know it, except you. Then, you see the power. Then, you hold the peace.

And The Holy Spirit says:

Do not permit your thoughts to be awash with negative energy. Begin to change the world within your thoughts, and within your thoughts let there be peace.

December 11, 2019

Stop the arguing. Set aside petty differences. Be still and cease the fights and disturbances of peace. If you have lips, and if you have a voice, bless the Earth with your song, your tone, your choice of lyrics. Let the song come from you, and move over the Earth, replacing the battle of words, quieting dissension, with the song of peace. And for those of you who have ears, and can hear, listen, because that which divided you has been overpowered by the song that comes from each of you, and the tone blends, and the melody moves, and Earth is touched by the united songs of peace.

And The Holy Spirit says:

You have within you the absolute power to stop any argument, dissension of any kind, and convert it to a song that will be kind to all those around you. Remember this power you have, and use it, every time there is an issue which causes an argument. Use the power that is yours, and lead those around you to sing, and the song will be of peace.

December 10, 2019

When plans seem to fall apart, when nothing seems to go right, when people seem tense and unapproachable, when you are frustrated be it day or night, the answer, to these and all other situations, has been clearly stated for you, love one another. You cannot argue your way to resolution that is peaceful. You cannot push your way through to resolution that is peaceful. You cannot demand resolution that is peaceful. But you can be the guiding power of love, which is peaceful. Love will bring the ingredient of peace to any situation. Remember, love one another.

And The Holy Spirit says:

Perhaps it is too easy, for it appears the world created by man pays attention to something that is stated in a very complex fashion, set forth to be difficult to understand. This people will strive to be (the) one who understands, yet most turn away from the simple statement. Could the answer to every situation be love? Yes.

December 9, 2019

If you find yourself annoyed, or vexed, or angered by that which has occurred in the past, go fast, go quickly, seeking and giving forgiveness in all things, or you will spend your days languishing in the past, filled with frustration and annoyance. This, My child, is a heavy chain to carry when you are meant to fly. Therefore, forgiveness is the key, it is The Way to wisdom, and wisdom is The Way to joy and peace, for what wise man carries anger, what wise man carries grudges, what wise man is held prisoner in a cell to which he holds the key to his freedom? Forgiveness is the key, and wisdom is the reward.

And The Holy Spirit says:

It is sometimes easier to move about your day, pushing what is bothering you away, tucking it inside where there it will reside until it boils-over again, until there is abscess. The wise man seeks forgiveness, and the wise man gives forgiveness, because in seeking you will find forgiveness, and in giving forgiveness you are rewarded with wisdom.

December 8, 2019

When you believe something, that which you believe is real. You hold onto your belief, because you know it is real for you. Some of you are a step away from believing strongly, and you cling to hope. When there is hope within you, the next step is stirring faith, which will move you to do great things, because great things have been done on your behalf. The reality is you have done the great things. All that is necessary is that you step into believing. Believe. Many of you hold a creed, or a statement of faith, close and dear to your heart. And, in that statement of what you believe, you will find words similar to this: I believe in the seen and the unseen. This is a perfect time of year to sit with that statement of faith.

And The Holy Spirit says:

It is easy to believe that which you see: courageous acts, noble deeds. They play out before you. You see them; therefore, you know they exist. They are real, they live, but the "unseen" is placed with the "seen" as important in what you believe. The unseen comes to you in dreams. The unseen comes to you in whispers within. The unseen comes to you in flashes of visions. Therefore, do not diminish the unseen. Embrace and believe.

December 7, 2019

You are living in an age that is inundated with information. You can go to a computer, which is in a room in your house, or in your hand, or on your wrist, and ask a question and receive an answer. Information at your fingertips. But, the ability to get answers to your questions: has not calmed the fears, or the angry voices; has not dried the tears or healed the sick. Often the information received is contradictory, and confusing. It is all there for those who are seeking to get information. But what has it done for the good of all humankind? This information is pointless unless it is accompanied by kindness and compassion, by a willingness to be still and listen to others, to silence your own voice so others might speak. Often, you have no idea where the information you received originated, but you know where I AM there is love, where I AM there is kindness, compassion, understanding. Come and live where I AM.

And The Holy Spirit says:

Today, seek to be kind and loving. Let this be the first you seek, then the information you gather will be seasoned well with this love and kindness. The world does not need more information. The world needs love.

December 6, 2019

Let all your days upon the Earth be days that you are willing to be in the present. Oh, My child, resist strongly the temptation to be dragged back through the shadows and darkness of the past, for the past is done. Bring what you have learned from the past to the present so that wisdom rules your present day. Do not run into the future in your thoughts, thinking of this and that, that might come your way. Be content to live the present day that is with you, for in this way your present day will be complete; and, with the wisdom of the past, and the comfort and contentment in the present you are preparing for the next step, the next day. And, as you live in the present moment, I send angels to prepare The Way into tomorrow.

And The Holy Spirit says:

If you will practice living in the present today, you might be surprised to see how often you are tempted to take the journey into yesteryear, or to wander with wonder about what is to come, about what will happen when the day is done, and you are walking into tomorrow. You might be surprised to see how often you are living in the past, or the future, totally ignoring the glory of the present day with you. Live today fully, and you will be prepared for tomorrow without grief, worry, or anxiety. Be at peace in the presence of God this day. Let all things be while you live in the present moment of eternity.

December 5, 2019

The good parent does not do the child's homework, but patiently leads the child, teaches the child, teaches the child how to pick-up the toys scattered about a room, teaches the child how to put-on their clothing; and soon, at the appropriate age, the child is taught how to help keep the home environment clean and healthy, by performing tasks and chores, as shown and taught by the good parent. In this way, when the child goes out the door, and on their way into the world, they know how to study, how to dress themselves and keep themselves clean, and how to keep their environment clean, and neat, and healthy. I AM your Good Parent, you are My child, if you will listen you will hear Me calling. If you are open, you will receive My guidance, so that I might teach you all you need to know.

And The Holy Spirit says:

You are not an accident. You are on Earth for a reason, and one of the reasons you are here is to restore The Garden that is Earth to its rightful place, as it was intended to be, The Garden of Heaven. It is you continuing God's creation, taking care of it, keeping it clean. Today listen, for you will hear The Whisper. Open and receive the guidance and go forth to continue God's creation of Earth.

December 4, 2019

If you have a map, and know how to get to a distant place, but you do not rise-up and go, then you deny yourself seeing that place, the experience of that place. If you have a recipe for the most delectable cake, but you will not gather the ingredients to bake the cake, then you deny yourself the experience of tasting the cake. If you know the words of holy writings, uttered by holy people, but you will not act upon the words, you deny yourself the experience of participating, and actively loving another person, beyond human standards. Today, do not be satisfied with repeating words memorized long ago. Today, set your intention to live the words I have spoken down through the ages, live them. Do not hate another. Do not be jealous of another. Do not be greedy, denying another. Love one another, no matter what, for you do not know the heart of those around you, unless you sit with them, and they pour-out their heart to you. I know the heart of each of you, and I still say, love one another.

And The Holy Spirit says:

Many know how to do, but few do. Very few rise-up and go and make the journey an adventure of a lifetime. Do not let doubt, or fear, or worry keep you from fulfilling the vision, the glory, the mission that is yours.

December 3, 2019

Heaven will flow onto the Earth through you, My children, but you must be prepared to throw open your doors and allow My love to flow into and through you and out to others. My love shall be as a mighty river, flowing onto the Earth, through you. This is the only way I can touch many who have turned from Me, through you, for they will recognize kindness and compassion. Therefore, hold your tongue, and let the words of Heaven roll through you onto the Earth this day.

And The Holy Spirit says:

You might be tempted to be short with others around you. You might be tempted to be harsh with yourself. You might be tempted towards judgment. You might be tempted to let ego rule, and therefore where you are Earth is profoundly present, the ways of the world live, and are strong and healthy. But, if you will open the doors of your being, and permit the love of God to flow into and through you, then that which is of Heaven will come from you, and touch all around you with the healing gifts of kindness, and compassion, and understanding. There will be no harsh retort, there will only be the gentle report of the love of God flowing onto the Earth. Heaven is near to you.

December 2, 2019

Sing and praise the glory of creation all around you, for that which I began you continue, and it surrounds you. Sing of the glory, and if you sing, the trees will join, and the rocks will continue the song, and the waters flowing will bring a sense of glowing to the song, and the air moving around you will carry the song high above you and into the heavens. All of Earth sings of the glory of creation. Sing.

And The Holy Spirit says:

If you will be still and look around you, awe will fill you, and you will be moved to call-out, regarding the glory of creation, for that which God began you continue. If you do not sing, if you will not sing, the trees, and the rocks, and the waters, and the breeze, and the mountains, and the seas, and the desert will sing the song. Join the song of creation, for it is a celebration of that which God began and that which you continue.

December 1, 2019

Hear Me. All things of spirit I did create. I AM spirit, therefore that which comes from Me is spirit. I AM love, therefore that which comes from Me is love. And, as I created the Earth the stars in the heavens sang with celebration, and the angels gathered, in vast numbers, to sing in celebration, as well. And, the song of their joy, with that of the stars, moved around the Earth as it was completed. I AM spirit, therefore all that I create is of spirit.

And The Holy Spirit says:

Do not turn your heart away from that which your thought cannot comprehend, rather turn your thought to that which your heart comprehends. Your intelligence is limited. The capacity of your spirit and the things of the heart have no limitation, no boundaries, for spirit is free, and continues to grow.

November 30, 2019

It is not necessary for you to stand on the sidewalk, watching the parade go by. Rise-up, and walk into the procession of creation, and flow with it, so you are a part of that great parade, the procession of eternity. Creation continues, it flows, and it goes onward, into the future, carrying all those who will rise-up and join, in its arms, each one a piece of the procession, each one using their own effort to take each step, to stay in the present moment; and, all the present moments are a piece of the procession of eternal life. Do not be a bystander when you can be marching in the parade. Choose, rise-up, join.

And The Holy Spirit says:

When you realize that, that parade you are watching could include you, if you would rise-up and choose to be a member, then you would join. Then, as you marched along, you would see, every step kept you in the present piece of eternity. And, that present piece of eternity, step-by-step, piece-by-piece, kept you moving in the flow, kept your present piece of eternity flowing into the future piece of eternity, without effort, without a desire to turn around and go backwards to see where you have been, but a feeling a stirring of excitement, with each step, going into the future, moving into forever.

Share this:

November 29, 2019

Do not wait for the opportunity to show kindness, and compassion, and understanding. Today, set your intention to be kind, to be compassionate, to be understanding. Start your day in this way, because there are those around you who would embrace a kind word, who are longing to see compassion from another, who are waiting for the gift of understanding. And, those who are waiting for this gift from God through you are family members, and friends, and maybe even yourself. Yes, today be kind, and compassionate, and understanding with yourself.

And The Holy Spirit says:

Be for yourself what you desire to be for others. Take a bit of time this morning to be kind to yourself. Do not criticize or condemn yourself. Be compassionate with yourself. Understand that this is a great journey, this lifetime you are experiencing, and fill-up all of the holes, and the cracks, and the crevices with kindness. Let these gifts of God flow through you, all around within you, healing you, preparing you for that which you are to do.

November 28, 2019

Thanksgiving, gratitude, each one is a key to happiness and abundance, for the one who can find gratitude, for everything that comes their way, is richer, far richer, than the one sitting in a mansion, atop a hill, caught in dismay, lamenting that which they do not have, do not own, do not possess. And this song of lamentation creates an environment of lack even in a castle, on a hill. Yet, the one, sitting below the hill, in a meager dwelling, is abundantly rich, happy, and joyful, because of the practice of thanksgiving, because of the practice of gratitude. Practice being thankful, and you will sing a song of thanksgiving, and gratitude will be your key to abundance, joy, happiness, and peace.

And The Holy Spirit says:

It is possible to feel a sense of lack in the midst of great wealth, and riches. It is possible to feel blessed, to be grateful, and to be thankful for all that you have, even when that which you have, in a material sense, might be little. For, when you are in that state: you are thankful for a smile; you are thankful for the days when you can rise-up, and see the sun shine, or the rain fall; you are thankful for each friend who might come-by, or call; you are thankful for the love that you receive from those around you; you are thankful for your eternal life. Eternal life, this gift of eternal life is the gift for which you should be most grateful, and most thankful.

November 27, 2019

When you seek guidance from Me I will give guidance to thee, and direction will come from within, soft as a whisper, to tell you where to begin, and signs will move all about you, showing you, speaking the words of the signs, and in this way, you will know The Way. Some of you I will send from the cities into the countryside. Some of you I will send from the countryside into the cities. Some of you I will send across the seas into foreign lands. Still, others I will send you within the heartland of your own country. Some of you I will touch, and you will dance with delight. Some of you will hear My whisper and sing songs through day and into the night. When you hear Me, when you know, however I have guided you, rise-up, and go. But, if you are coming from the city, and going to the countryside, do not distract, or tempt, those coming from the countryside into the city to turn-around, and walk with you. Focus on what I AM asking you to do, for there is a place, and there is a mission, for each of you.

And The Holy Spirit says:

Celebrate that you are uniquely a piece of The One God, The Creator of All Things. The Spirit of God within you, the spiritual DNA of God within you, will be your connector to Home Base, so you will always know what it is you are to do. Each message, each direction, each guidance comes from The One God; but, the guidance can be different for each of you. Listen carefully. Be still and quiet, and when you are told, and when you are guided, rise-up and meet your destiny in The Light of God.

November 26, 2019

During times of strife, war, hurricanes, typhoons, in times of great personal trying, conflict it is still possible to be at peace within your being, because in these times of trial you can do that which you can do to assist yourself and others to be calm. So that you might be able to do this when these things befall you, practice every day. Make it your path, that you will do your best to be kind, and loving, and considerate in all ways. Do your best to maintain the energy and the environment which is calming and holds peace. It is always possible to rid yourself of chaos and confusion when you stand still, look around you, and then go within, with the only question coming from you being, "What can I do to make this a better place?"

And The Holy Spirit says

If you will practice going within, being calm, and quiet, and still in your everyday life, then when you encounter chaos and confusion, whether on a grand scale, or a small scale, you will be able to maintain a peaceful presence, and bring this peace to others in all situations, through all you encounter. Practice being a peaceful presence.

November 25, 2019

You have been told I AM Spirit, I AM Love. Hold fast to these words. When you draw near to Me, when you seek sweet, tender communion with Me, do not seek Me intellectually, unless your intellect is guided by your spirit, and your soul, and your heart. For, while you might start at the right place, with the intention of finding Me, the intellect might lead thee in the wrong direction, for the intellect is of ego. You will come immediately to Me only when you go within, let yourself pass through the corridors within your sacred self, and there, waiting for you, at the core of your being, you will find Me. You will hear the still, small voice calling, and you will answer, and find Me. But, when you seek Me, seek Me through your spirit.

And The Holy Spirit says:

Even though it might be difficult to still yourself, your body, your thoughts long enough to slip into the real you, the spirit you, it will be worth every effort, because when you recognize, and embrace the spirit that is you, the eternal you, then you will recognize The Spirit of God within you. While the intellect might let you down, the spirit that is you, when seeking, will find The Spirit that is God. God is Spirit, God is Love.

November 24, 2019

Live today as if you truly know your life upon Earth is limited, and at a certain time you will leave the Earth and come Home. Use your time wisely. I have given you gifts to use to make Earth a better place, to restore Earth to that which it was always meant to be a Garden of Heaven.

And The Holy Spirit says:

What an opportunity you have been given: to bring a garden to life, wherever you are; to restore the Earth, in such a way, with the energy that flows from you, that all who pass by you will stop, and say, "This feels like Heaven on Earth today.

November 23, 2019

Whenever those who appear to be puffed-up with arrogance or pride fall, there is the temptation to withhold mercy, or compassion, or even kindness. The tendency is to feel as if they deserved what did come to them. Resist the temptation. Do not add to the weight they must carry as they try to stand-up. Let your heart be open. Do not judge harshly. Love beyond what earthly standards, human standards, would demand. Go beyond that, and if given the opportunity, reach-out your hand, and say, "Here I am. I will support you as you rise-up."

And The Holy Spirit says:

When someone falls help them rise. Do not join-in the gossip, or the laughter. It is a heavy burden to fall publicly and bear the weight of the conviction of those watching. If you can find kindness upon your heart when another falls, then you will bless the Earth, and you will always walk tall, helping those who fall, no matter who they are, no matter where they have come from, or where they are going. Be merciful, be compassionate, be loving.

November 22, 2019

You have legs and feet so that you might go where you are meant to go. You have arms and hands so that you might give and receive love, so that you might touch with kindness, so that you might embrace all who come to you, seeking peace. You have ears so you might hear the joy, and the cries for help, so that you might hear words of tenderness, or bless those who speak harshly with forgiveness. You have eyes so that you might see the light, and see the beauty, and see need where it might be, and wipe away the lack with compassion. You have a mouth and tongue so you might speak and bring peace where there is chaos, tenderness where there is anger or hatred. You have a body which wraps around your spirit, your eternal life. See yourself this way. Within you there is the gift of eternal life. Live this way.

And The Holy Spirit says:

See yourself as God sees you and go forth this day to bring Heaven to Earth.

November 21, 2019

Look around you and see. The beauty you see in a tree I see in thee. The majesty you see in a mountain I see in thee. The power and the life you see in the ocean I see in thee. All the beauty you see upon the Earth I see in thee.

And The Holy Spirit says:

You hold beauty within you. Your spirit is majestic, and powerful, and is the life. Do not underestimate all that you are. See yourself as God sees you and knows you, as an eternal being walking upon the Earth.

November 20, 2019

The grandest and most glorious achievements, the noblest deeds, have sometimes been accomplished by those who had fallen, and struggled to their knees, to stand in The Light, once again. And, their climb, out of darkness into The Light, was an example to all, and encouraged them to stand tall in My Light. If you have fallen rise-up, for those who have been knocked-down will teach others how to rise-up and walk.

And The Holy Spirit says:

It is not meant for the body, the human being, to guide the spirit, the heavenly being, into the ways of the world. It is meant for the spirit, The Spirit of God, to guide the human being into knowing the ways of Heaven.

November 19, 2019

Hear Me My child for these words will show you The Way. Anger is not accidental. To be angry you must make a judgment, make a decision, and choose anger as a companion. Resist anger and its advances. Resist it with every fiber of your body, every desire of your heart and your spirit, for in the end the beast of anger will turn and devour the one who fed it and made it strong.

And The Holy Spirit says:

Any thought leading you to believe you should be angry with another person is not of God. Know this. And, when given the opportunity to choose anger or love, choose love, because God is love.

November 18, 2019

When you wish to speak, speak softly. for those who do not care what you are saying will turn away, and those who wish to hear will lean forward to draw near to receive the words spoken softly. When you wish to make a statement, let your deeds speak for you. There is no language barrier when silence speaks. The living word is profound.

And The Holy Spirit says:

In a conversation, when another speaks, and they talk, and talk for a very long time, resist the temptation to interrupt. Hear them out, wait until they are finished, and then speak softly, for to interrupt requires that you raise your voice slightly over theirs. And, not wishing to relinquish, but wishing to complete their story, the other will raise their voice slightly. Soon there is noise rather than exchange, rather than conversation. Listen, and speak softly. And, when it is important, be silent and let your deeds speak for you.
Share this:

November 17, 2019

There are those amongst you who are whole, even if they cannot walk, or talk, or see. They are whole and complete, because they hold truth within them, and they have joy within them, and they are happy, as they live their life upon Earth. There are those amongst you who, through some circumstance, find it difficult to walk, or speak, or see. But, they turn their head from the truth, and will not walk, or talk, or see. Pay attention to the truth, for the truth has been sent to you. The Holy Spirit is within you. Do not listen to naysayers. When The Holy Spirit says, "Fly," you shall fly instead of walk.

And The Holy Spirit says:

I was sent to you so that you might know the truth, and the ways of wisdom be yours. Therefore, I will guide you, through all things. No matter what the world says to you, or what the conditions might bring to you, I will lead you through, but you must believe.

November 16, 2019

Remember, you are of Me. I AM spirit. You are spirit, first. And, while you are upon the Earth, there is a temptation to believe that the body that moves you, your spirit, from place to place, is who you are. Today, resist the temptation to check your reflection in mirrors, or windows, or bodies of water. Be mindful of even looking at your hands. Address who you are today, you are spirit, and feel yourself move over the Earth, because your spirit is there for a reason, for a purpose, and to accomplish this purpose, you have donned the body of Earth, so that you might pick-up, and move, and walk, and speak, and hear. But, do not mistake the glove for the hand, do not mistake the shoe which covers the foot. To know your true purpose, you must first identify with who are, you are spirit, and then you will begin to know, and once you know, you will begin to do, and once you do you will remember, and identify with, the eternal you, for you are My child.

And The Holy Spirit says:

When you have a child, and it begins to grow, you realize that, that infant you held in your arms is now walking. And once your arms open to receive the hugs and the kisses of the child that is walking, the process has already begun for the child to grow more and begin walking away. And, before you turn around that child has reached maturity, and the aging body no longer represents, or looks like, the infant you held in your hand, in your arms, in your heart. But, through all these physical changes the child is your child. Think on that, today.

November 15, 2019

Your body is the vessel for your spirit and your soul. Your body is the garment of Earth which doth hold the sacred spirit and sacred soul. Do not permit this garment of Earth to cover the nobility, to hide the holiness, to obstruct the glory of God from shining through what you think, and say, and do. Connect every day and begin to know your spirit and your soul better than you know the body which doth hold them. Your body is meant to act as the hands, and the feet, and the ears, and the eyes so that you might move over the Earth to accomplish the goals of the spirit and the soul. Do not get them confused. Begin to know the real you, the spirit that is you.

And The Holy Spirit says:

It is easy to believe that you are the reflection in the mirror that you see every day, many times a day, but that is not you. That is the garment of Earth wrapped around the eternal you; and, the eternal you has something to do upon the Earth. Do not allow the body to hinder the spirit and the soul from accomplishing this heavenly goal and bringing Heaven onto the Earth.

November 14, 2019

You have all you need to live upon the Earth, for even the trees and the plants support your life upon the Earth. The trees live therefore, you breathe, you live. You have been given all you need, but so that you are a partner with Me, connected with Me, continuing creation with Me: you must go to the river to catch the fish; you must pour the water in the glass so you might drink; you must approach the banquet table, and be seated, before you can be served. You take part every day in the continuation of My creation. It is so, so that you might live your part of creation. You join Mother Earth in her creation, for she continues My creation, as well. She provides seeds for you to sow, and plants for you to set-out in the garden. Some are for beauty and fragrance, and some sustain your life. Food for life. You are My child, and you are a co-creator. And, while you are upon the Earth, you sustain creation through all you do. You have everything you need.

And The Holy Spirit says:

If you have ever been on a team, people pulling together, and working together, you understand the importance of teamwork, carrying something forward, with everyone doing their part. Perhaps you have even felt a bit left-out when the others were doing their part, and you were left with nothing to do. You longed to be a part of the team, working together. You are a part of the team, sustaining and continuing creation. You are a co-creator with God. Look around you, see all that is available for you, and take care of that which has been given to you. Today, love one another, and be kind to all creation.

November 13, 2019

Today, begin to alter the way you perceive those around you, and the world in general. Today, I wish to share with you one of the ways of those who walk in wisdom. Whatever another says to you today, push your ego aside, and welcome what they are revealing to you. Even though it might not match what you see or what you would do, even though it might smack of anger or hatred, even though it might carry energies of confrontation, listen to what another is revealing to you. Do not get caught-up in their revenge, or their retaliation, or their anger, or even guilt. Stand in a receiving place, and listen to what they are saying, without responding in kind, for it is in this way that you know the hearts of those around you. What are they revealing to you? What are they saying to you? What are they doing? When you accept what they are saying to you, you know them. You know how to speak with them. You know how I can love them through you. You know how to pray, and you know what to do. Listen as I listen to you. Be still as I AM when I AM listening to you. If you do this, your life will be peaceful, and you will be filled with wisdom, because you will know the heart of those around you, so they will be comfortable speaking their heart around you. Eventually, there will be no confrontation at all, because each of those around you are comfortable and confident that you will hear their heart, and they will be at peace knowing this.

And The Holy Spirit says:

Therefore, let it be.

November 12, 2019

The world can be a surprising place. Just when you believe you have everything set, all is organized, something happens, which is a surprise. The world holds love and also hate. It holds peace and chaos. Before you walk through the door into a new day, I reach-out, and ask you to come and sit with Me, for a while, and let Me touch you with My love for you, and let us sing, let us be joyful, let us smile upon the day that is coming your way. Once we meet, and touch, and grow together, you are ready to walk through the door into the new day, prepared in every way, because I AM with you.

And The Holy Spirit says:

There are days when you will jump out of your bed, ready for whatever lies ahead; and, there are days when you pull the covers around your head not excited, but facing the day with dread of what you believe will come to you. No matter what state you find you are experiencing, connect with God, before you get out of bed, and your day will be different. Instead of dread you will be prepared for whatever you must face, and each challenge will fall as you face the new day in the hands of God.

November 11, 2019

Look at the day! Isn't it great! If there shall be sunlight, the sunlight will be perfect. If come the rains, the rains will be perfect. If the wind does pick-up, and move, the leaves, and lift them into the air, and then drop them back right there, all this will be perfect. The day, no matter how it appears, will be perfect, just as it is. Begin to see the present that is with you as just that, as it is meant to be.

And The Holy Spirit says:

Look at you, see where you are, and come to understand that you are perfect, just as you are right now. You are the perfect match, you are where you need to be, you are a reflection of where God is leading thee. Therefore, do not throw your hands up in concern. Look at the beauty that is you. Let the light be revealed that is within you. See yourself today as a being who has come a long way on the path that is your journey upon the Earth. Let all you have experienced form a library where you can go, and see, and know. Celebrate the present day and celebrate the present you. Let there be celebration for all you do.

November 10, 2019

Through practice one perfects that which they wish to do, or that which they are led to do. It is through practice that one gains confidence. Through practice the dance is flawless in its movements. Through practice the song is sweeter when it is sung. Through practice the work is accomplished, and forward progress is recognized. Through practice the ball arches just as it was meant to, before falling into the basket. Through practice you gain confidence in all you are to do. And, this applies to your spiritual life, as well.

And The Holy Spirit says:

When you set an intention to learn to do something, you can learn on your own; but, learning on your own will probably take longer, will include some missteps, some wrong notes, some wrong choices before you find the way to do it. But, when in making a decision to learn something new that decision includes a teacher to show what to do, then you gain confidence with the first step, with the first note, with the first opportunity for promotion, with the first play of the game. Being taught by a Master brings confidence and success when you practice that which you have been taught.

November 9, 2019

The moon and the sun bring day and bring night, bring dark, bring light, in a pattern, in a flow, they come, and they go, day and night. How do you see the day and the night? If you see both through the eyes of opportunity, through the seeking heart, then you will know. It is time to start opening to boundless opportunities of day and night. There is rest in the night, and there is work and play in the day. You have invented clocks. You have come-up with ways to record the passing minutes, and the hours, and the days; but, there is a clock from creation that marks every minute, every hour. Civilizations without clocks, without new technology, have always known the day, the time, and The Way. Today, free yourself from the chain of the ticking clock, and observe the passing of the day, and the entering into the night, in a sacred way. What do you see? How do you feel? What do you know?

And The Holy Spirit says:

Allowing yourself the opportunity to step out of the box, to open to new possibilities, brings insight, and insight comes to those who are willing to seek within. My message to you today is, the answer to every question you have will be found by you, when you go within.

November 8, 2019

Sometimes, you mark the occasion of a special day in sacred silence, quiet, respectful, peaceful; and, other times you mark a celebration for a special day in a celebratory way: singing, and dancing, and laughing, sharing the time with others. There are many different ways to celebrate special days. But today, as it begins for you, I offer you the seed of a gift. The gift will unfold as you open to all the possibilities it holds within it. Live today as if it were your last day upon the Earth. When you begin to move through the day, marking it as special, thinking and believing it is your last day, you will be surprised: at the kindness that wells-up from within you; at the love welling-up from within you; at how many times you stop and look at the sky, listen to the bird, or put your arms around a tree, or stick your toes into a stream. Create a special day today.

And The Holy Spirit says:

You will live more completely if you live this day as if it were your last day upon the Earth, because you will not take anything, or anyone, for granted, because you will know it could be the last time you smelled a rose, or touched a stone, or watched a sunrise or a sunset. Accept the seed of the gift given to you by God, and let it unfold, and show you The Way, as you open to the possibility of living like this is your last day.

November 7, 2019

When answers to your prayers, or signs sent to you, or guideposts showing The Way, lead you to a place to which you were sent, and for which you were meant to be, do not permit the demons of doubt to plague thee. They come often, testing those who have followed through faith. Therefore, hold-on to your faith, and your trust, and celebrate your new place, your new arrival, your new accomplishment.

And The Holy Spirit says:

It can be difficult to understand the ways of God as you walk upon the Earth. It is through faith that you trust, and it is through faith and trust that you come to know how The Hand of God moves, how The Heart of God loves, how The Wisdom of God will guide you through all things.

November 6, 2019

Do not use your precious minutes of the present day to lament what happened yesterday. Do not use your precious minutes of the present day to fear what might come upon you another day. Use today to gather the lessons from the past and celebrate all that you have learned along your journey, and store those lessons in a book, for that book, that holds the lessons, will become The Book of Wisdom for you. Prepare today for tomorrow by doing all that is yours to do today. And, if you will proceed, in this way, you will lay down the path before you as you go. In this way the path will move and be flexible, allowing you to enjoy that which comes to you, using The Book of Wisdom. Do not waste the minutes of today.

And The Holy Spirit says:

Everything has its own time. Do not grasp or grab-for that which is not ready to be yours, or perhaps not meant to be yours. Be at peace as you make your way through this day and prepare by doing what is meant to be done today. And then, take today and lay it down, as a steppingstone to tomorrow.

November 5, 2019

The words you speak can either deliver a kiss or a sting. Therefore, be mindful of what you say, and how you say it, so that all your words fall upon others as the kiss of peace.

And The Holy Spirit says:

Today, let the words you say, and how you say them, be delivered with a feeling of serenity, with comfort, with peace, so that as you move through the day you are delivering the gift, the kiss of peace, all along The Way. Today, deliver peace.

November 4, 2019

Ego is the only thing which seeks retaliation, which demands a pound of flesh, which requires that there be a grudge, or hard feelings, in any way, because the weight of these things gives evidence to ego, maintains its presence within you; and, the weight of the ego can be heavy, and tiresome. Always choose love. Love one another. Love yourself enough to protect yourself from the weight of the food of the ego. When someone is angry do not retaliate, be still, and love yourself enough to resist. And, in loving yourself enough to resist you are loving the other, or others. Love one another and be kind to all creation.

And The Holy Spirit says:

To keep yourself light, and free, and joyful resist the temptation to feed the ego. There is no need for revenge, love. There is no need for retaliation, love. There is no need to carry a grudge, or many grudges, love. At the end of the day any feeling you might have, any promptings you might have, to face anger with anger, will end-up on the side of ego. God would not choose retaliation, or revenge, or grudge-holding, or anger. Therefore, when these things are with you know it is not God speaking to you. Free yourself and love.

November 3, 2019

As you began your journey towards Earth, you were given eternal life to take with you. You carry within you the spiritual DNA of Heaven. I AM Spirit, you come from Me, you are spirit. But, as your days on Earth grow in number, there is a tendency to cover-up that spirit within you, that flicker of eternal life within you, with all the distractions of the world created by man, with the events of your day, with the events of your life, with certain things that happen in history, with disappointments, with celebrations. Things get piled around and upon that piece of eternal life. Soon, it is possible to feel lost, to feel unworthy, and many around you conclude the same. But, be still, and you will hear Me call your name, and My Light will shine, and it will shine through all the debris, and that spark of eternal life, that is in you from Me, flickers, and flames, and follows The Light. Remember always, you carry eternal life within you. Do not be dismayed.

And The Holy Spirit says:

It is amazing what the light of the sun can bring forth from the soil of the Earth, life, abundant life. The soil of the Earth responds to the light of the sun. Today, respond to The Light of The Son of God.

November 2, 2019

Reject the temptation to be afraid, or feel alone, when change is upon you, when everything you know, and knew well, is crumbling around you. Do not be afraid. Run to Me, take My hand, and look around, and you will see signs, signs in the physical world which will bring you comfort. The child who has a favorite outfit, and would wear it every day, if the parent would permit, soon outgrows the outfit of their choice, and must move on to put on a garment that is appropriate for how they have grown. And while the child, who is now grown, does not forget the outfit long outgrown, they soon become comfortable in the garment of growth. And the musician, the one who has practiced and practiced, and finally knows the piece perfectly, and hears the acknowledgement of their accomplishment, from all those around them, is reluctant, when the teacher hands them new music to learn, and they must leave that which felt so right, to learn something new. Pay attention, look and see, progress and growth that is shown to you in many signs, in many ways, will lead you into spiritual growth. Do not be afraid to grow. Do not be confined, or restricted, by what you knew as a child, for I wish to lead you into the wisdom of age. As you grow, and move through life upon the Earth, you might find it boring to play the same song over, and over, and over again, so let your spirit soar. Sing with the angels, wear the garments of the beings of light, and do not be afraid, as you ascend. Come.

And The Holy Spirit says:

Almost every child of nine or ten knows, when they see a caterpillar, crawling upon the ground, that soon it will fly. They know this. Let this lesson of childhood come back to you again, for right now, you are crawling upon the ground, but soon, you will begin to fly.

November 1, 2019

I do not spy upon you from a place far away. I do not listen to the words you say from behind a closed door. I do not tap into the stream of your thoughts. I, My child, know your heart, for we are One. I AM spirit, and I created you to be of spirit, first, foremost. You carry within you, during your journey upon Earth, spiritual DNA. You carry physical DNA, as you are born of flesh to walk upon the Earth. But, your spiritual DNA shall override the physical DNA when your Earth experience is complete, and I wrap My arms around you, whisper, "It is done," and bring you Home. We are One.

And The Holy Spirit says:

Physical DNA is strong, and if you follow the strings of DNA it will lead you back through many generations. You can find the source of your physical DNA with much intention and dedication, and you will know more about your physical body, the way you look, sometimes the way you speak, and the things you do; but I tell you this, the spiritual DNA you carry within you is strong, and powerful. And, you can follow the strings of your spiritual DNA all the way back to The Source, that is God. This will never leave you, because it is within you, and a small way for you to understand, a bit, how it is possible to be One with God.

October 31, 2019

I do not send forth My word to enslave. I do not send forth My messengers to control you. I give you My light, so that you might see The Way, so that you might be free. And, I give you My love, so that you might live in peace.

And The Holy Spirit says:

Every day is filled with choices. Today, be mindful of that which you choose to think, of that which you choose to say, and of that which you choose to do, for God has given unto you the light, so you might know The Way, so that you might walk in it, so that you might be free, so that you might live in peace.

October 30, 2019

Look around you and be amazed at the miracles you know as everyday life on Earth: the large butterflies, look at them, colors floating in the breeze; bumble bees, look at them, holding themselves aloft on wings so small. Look around you, you are enfolded in the arms of the air you breathe. You cannot see where it begins, or where it stops. And, this air around you, it is filled with oxygen that you breathe, oxygen created by trees and plants. Look around you and be amazed at the miracle of life.

And The Holy Spirit says:

Sometimes, as you age, during your journey upon the Earth, you become jaded to what is happening around you every day. And, where once as a child you stood, wide-eyed in amazement at butterflies, and bumble bees, and beautiful trees waving in the breeze, now much older, and you believe wiser, you walk through your days, no longer looking at these miracles of life. Stop, look, and see.

October 29, 2019

Be a good custodian, be nurturing and kind, and at the same time vigilant, regarding your thoughts. Your thoughts are something that you can often hide from others. It feels as if you are in a solitary space, which you do not share with another, unless inclined to do so. Be mindful of what you are thinking, for in the area of thought you have complete and absolute control, you are the master. If you permit your thoughts to wander into darkness, or even shadow, there you will be. Be vigilant, be watchful, and train your thoughts to be of beauty, to be of life, eternal life, because each thought is a seed, and soon it will grow.

And The Holy Spirit says:

There is so much happening within you, and your thoughts are control-center. And, while others might not be able to see your thoughts, or hear your thoughts, unless you share freely, your thoughts are revealed in your words, and your actions. Let your thoughts bless this day. Plant a garden of goodness, kindness, generosity, add some seeds for compassion and understanding, and let your garden grow. Be mindful of your thoughts today.

October 28, 2019

Resist the temptation to seek favor: from this group, or that group; from this person, or that person. Resist the temptation to buy approval: from this group, or that group; from this person, or that person. Choose to do good in all ways, in all things, throughout all days, and your goodness will then lift you up. Favor can be stripped from you. Approval can be changed and altered. Do not set a course of behavior based on what others want you to do. Choose to do good in all you do.

And The Holy Spirit says:

When your actions are based on the approval of others then you deny yourself the experience of living a life filled with The Light of God. Choose to do good. Choose to be kind and loving and you will bring peace, where there is chaos and confusion you will bring comfort and support. You will bring the ways of Heaven upon the Earth, if you will refuse the temptation to seek favors or to buy approval.

October 27, 2019

Sometimes, a storm, and all its fury, invades your world, your life, your day. And sometimes, that storm, with all its fury, makes it easy for you to believe that the sun, and the blue sky, have both disappeared, there are only clouds, and rain, and lightening and thunder, wind, and rushing water around you, but that is only the fury of the storm that is with you; for, beyond the clouds there is the sun, beyond the clouds there is the blue sky. And, as the storm subsides, and the clouds move-on, you feel the light of the sun, and you delight in the blue of the sky. No matter what storm enfolds you, I AM with you. Remember that I AM with you.

And The Holy Spirit says:

At the core of your being there is a sea of tranquility, of peace, of comfort, where wisdom is both the valley and the mountain peak. At the core of your being, that sacred space, is the peace of God. And, no matter what is happening in your life, you can always go within to that chamber, that quiet place, and be filled with light, and love, and peace.

October 26, 2019

When storms come, and the winds blow, and the rains fall, they do not come to those who have little, leaving those who have more. When the sun shines, and it is warm, and the day is sweet, it does not fall on those who have little rather than falling on those who have more. When the temptations roam, seeking a home, they do not come to those who have little alone. No, they come to the rich and they come to the poor, equally. They are, they exist, the storms, and the sun, and the temptations. Today, do not permit your ego to stand in the way, so that you treat one individual in a different way, just because they might have little, or they might have more. Today, as you walk upon the Earth, bring the winds of kindness with you, to fall on all you encounter, without deciding: who is worthy, or who is not; who is good, or who is bad; who has mistreated you, or who has loved you well. Be as the wind, be as the rain. Bring with you today, to settle on all you encounter, The Light of the Son, released on all around you, in equal measure. And to replace all temptations, let The Gifts flow into and through you, so that you might deliver peace, kindness, compassion, understanding to all you encounter.

And The Holy Spirit says:

God's Love does not flow to those God deems worthy of love. God's Light does not flow only to those who fulfill all that is asked of them. God's Love, and God's Light flows to all, equally, without measure. Today, do the same, for come the end of the day you will find that: as you were giving, you too received; as you were loving, you too were loved; as you were understanding and compassionate, you too were understood, and received compassion. Today, give with all you heart, and you too will receive.

October 25, 2019

The baker knows, before you can eat of the cake: you must break the eggs, gather the flour and the butter, set with it instruments of measuring, spoons, whisks; you must make preparation; you must set the oven to a precise temperature; and then, when the oven has reached the desired temperature, and all that has been gathered in preparation is mixed together, with the correct measurements, the batter is poured into the prepared pans, and they are put in the oven to wait for the precise timing to say, it is ready! And once it is ready, it is taken from the oven, for all to see, and taste, and enjoy, and find delight therein. Be the baker, for to eat of the food takes preparation and practice, and that which comes from the preparation and the practice is divine!

And The Holy Spirit says:

A child, watching a cake being prepared for the first time, is amazed and delighted when out of the oven is taken a cake, delectable food, and this food came from a formless batter, which was put in the oven, just minutes ago. To the child it is a surprise, a delightful surprise; but to the baker, it was preparation and practice. Prepare, practice, and you will eat of The Food of Heaven!

October 24, 2019

Your authenticity, your identity, your power, your peace will not be found scattered all around you, outside of your body. You can seek these things in the world created by man, but you will not find them. They are already yours. You are looking for that which you have. You carry these things within you. Your true identity is within you. My Power is within you, it is yours. My Peace I give unto you, it is within you, it is yours. When you begin to realize that you carry all that you need within you, then you will go within, and you will establish peace. And, when you establish that peace within you, you will find that love abides within that peace within you. And, when you are complete with the power of love and peace, you will come to know the real you, the authentic you, and your identity as My child, will become clear to you. Only when you know the value that is within you, are you able to use that which is all around you to accomplish your goal, without giving-up your identity, without giving-up your soul.

And The Holy Spirit says:

Today, it is time to go where the true value is held, and that is within. Refuse to be tricked, to be distracted into running around all over, here and there, throughout the world created by man, gathering things that are supposed to be of great value. These things will not fulfill you. These things will not bring you peace, they will not bring you love. They will only mask your true identity, and lessen the value that you are. Today, come to know the real you, for you carry My Power, My Love, and My Peace. Value these gifts, and let them grow within you.

October 23, 2019

Every time love is growing within you there is the potential for you to create something out of nothing, or what is perceived to be nothing. When you love, as I have asked you to love, as the message sent to you is of love, then you are creating an atmosphere wherein all things are possible. Within the environment of love, the tasks you are asked to complete are completed better, and they are better, because each thing you do, when you are in-love, carries the energy of love. When you are in-love there is the potential for community to be strengthened, and become vital, with the members of that community all feeling the power of your love. When you are in-love there is the potential for great books, fine paintings. Today, nurture the love that is within you. And, if you believe there is no love within you, I remind you, there is a piece of Me within you, and I AM love.

And The Holy Spirit says:

Make all that you do show the love that is within you.

October 22, 2019

The coat the five-year-old child wore comfortably will not fit the eight-year-old child comfortably, because the child has grown, month by month, and year by year. While this is most always the case, in the physical world, it is also the case in the spiritual world. That which you believe as a five-year-old will be expanded, enriched by the time you are ten. This is most always the case, in the physical world, and most assuredly the case in the spiritual world. You are meant to grow in wisdom spiritually, with the passing of time, so that when it is your time to return Home you are rich in your wisdom ways.

And The Holy Spirit says:

There is always room for growth, and spiritually speaking, the growth is usually accomplished by using the gifts you have been given. You can know a fact, but you can increase your wisdom, concerning the fact, by using the gifts of love, and compassion, and understanding, by using the gifts of charity, and patience. These gifts magnify that which you know, and make it rich, and full. Today, take that which you know, and season it with My Gifts, which have been given unto you.

October 21, 2019

My child, you are of My Spirit. I breathed into you the gift of eternal life, and this Breath of Eternal Life is what animates your physical body, your spirit. I have also sent unto you My Holy Spirit to guide you from within. Therefore, from within, each of you has the Wisdom and The Breath of God. Use these gifts while you are upon the Earth to bring Heaven onto the Earth. This is what you are meant to do, and then return Home to abide with Me, fully.

And The Holy Spirit says:

Use your physical body: as a glove; as a shoe; as glasses, looking for something that you could not see, before the assistance of the lens. Use every aspect of your physical body to fulfill your mission, to work for The Glory of God, for The Glory of God abides within you. The Breath of God is within you, The Holy Spirit is with you, too. And, I will lead you so that you might always know The Way.

October 20, 2019

When a child knows all there is to know about the lessons of the first grade, they are passed-on to the second grade, because they have completed a series of lessons, and proven to the teacher that they know how to read certain books, how to add, and subtract, and multiply, and do all of the things required of them, in the first grade. They complete it, they bring it to an end, they prove what they know, and move to the second grade, to begin again. And, while they leave the first grade behind, they take all they learned with them. As they progress through the second, and third, and fourth grade, the lessons of the past assist them in learning the new lessons of the new day, the new time. I sent Jesus to fulfill all the prophecies of The Old Testament, of the old time, so that The Old Testament was sealed with fulfillment of the promises made through the prophets, so that the new might be brought to those who were ready to hear, to those who were ready to graduate, to move on. And, your brother Jesus did as he was asked. He fulfilled the old, and brought the new to each of you. I sent Him as The Living Word, so that the teachings He brought would hold power. He lived the teaching, so those with Him could see, and know, and in faith do. There is great power in The Word.

And The Holy Spirit says:

As there is power in The Word of God, it would be good for you to know the power that is in the word you speak. But, when you deliver the word by living the word, all see, and know. They see, and know, your thoughts, by what you do. If your thoughts are pure, and good, and of love that will be the course of your words. If your thoughts are harsh and clouded that too will be the way of your words. God's Living Word walked upon the Earth, let those words become your words.

October 19, 2019

Anger, hatred, fear, doubt, even irritability cannot exist in My Light. Therefore, whenever you find yourself in such a state know you have followed a distraction into shadow or darkness. Stop, be still, return to My Light with your will to do so, and you will find peace and comfort once again.

And The Holy Spirit says:

The Light of God holds all that is good; and, while you are upon the Earth, you will know peace, and find sanctuary, within The Light of God. The Light of God is within you. Do not cover it up with anger, or hatred, or doubt. When you stand directly in The Light of God there is no shadow upon you, there is no darkness. You feel safe and secure, because you are enfolded in The Wisdom of God. This is how a few of you walk through chaos and confusion, undisturbed from your peace. Today, when you recognize, and acknowledge, your frustration, or anger, or even irritability, take yourself back to The Light, will yourself back to The Light, and you will find peace, once again.

October 18, 2019

You can purchase the most beautiful lamp in the world, and set it on a table, and see the beauty and the craftsmanship of the lamp. But, the lamp cannot bring light to the room, unless it is plugged-in to the source of the power. Once the lamp is connected with the source of the power, then you can turn it on, flip a switch, and the light illuminates the room. There is no shadow or darkness where there is light. You are the lamp. I give you My Light. When we are connected, you shine, you illuminate the darkness and shadow. You bring light. But, if the connection is faulty, or loose, or corroded, your light flickers, or dims, and goes out. I give you all you need. I give you My Power, My Light, My Love without measure, but it is your responsibility to maintain the connection, so when there is darkness and shadow, you bring the light.

And The Holy Spirit says:

No matter how well-made the lamp might be it is useless without connecting to the source of the power. Once the plug is inserted into the outlet the lamp lights the room. Make sure you are connected to The Source of The Power for all that is good and holy.

October 17, 2019

You are the offspring of your physical parents, and once you leave your childhood home, and enter the world created by man, there is a distance between you, sometimes; yet, this distance cannot deny that you are family, and all the members of your family are connected to you. You cannot deny family. You can reject family, but you cannot deny it. You carry your family history within you. Every drop of your blood is a recording of your physical history. Those who were on Earth before you are within you. My child, it is the same between you and Me. We are family. Your spiritual DNA carries the history of your Eternal Family. You cannot deny, you can reject. But, you cannot deny that I AM with you, for to try to deny that I AM with you only proves further that I AM with you. This is why I sent The Holy Spirit to be with you, so that you would have inner guidance, as you are away from your Spiritual Family. This connection is often reflected in the physical family, as well, and why, so often, you can hear instruction, or direction, or guidance given to you by your parents, or your grandparents, or aunts or uncles years later, ringing throughout your memory. You have all you need within you.

And The Holy Spirit says:

It is true, you cannot deny family. You can reject family, but in the trying and denying you only prove further that you are connected to your family, in a physical way. You carry the DNA, the chart, of the generations who went before you, who walked the Earth before you, who acknowledged trials, and danced with joy, and these things are within you. One day you too will be remembered as a member of past generations, so choose that which you think, and say, and do wisely, because forty, or fifty years from now you will be a memory, let it be good.

October 16, 2019

Watch life unfold on a playground, in a park. Watch and see the parent and child arrive together, and sit on a bench for a while, and the parent lovingly leans over, close the child, and stretches out their arms to direct the child to see the beauty all around them, the trees, the flowers, the sky, the sun, the children at play. And, with a bit of encouragement from the parent, the child begins to step away, one step at a time, looking back to make sure the parent is there, then taking another step, and another step, until they are playing, swinging, climbing-up the sliding board, all the while looking back, just to make sure the parent is there, and then play resumes. But, sometimes there is a fall and a scratch, or a push and a shove, or an issue arises over who should play with what, and the child runs back to the parent for comfort, and love, and support, and wise counsel. After a few tears are shed, and a few hugs exchanged, the child begins to separate once more, looking back, and then heading off to join the others at play. You can learn a lot, while observing life unfolding on a playground. And, if you will look, you will see what is unfolding is a story of you and Me.

And The Holy Spirit says:

Even the most reluctant child will soon release the hand of the parent to go out into the world and play the games, and read the books, and learn the lessons of childhood, always looking back for reassurance, always running back for support and counsel. God is your Eternal Parent. You have stepped away from God to move over the Earth, but God is always there. Do not lose sight of this. Do not be afraid, for God is with you, with comfort, support, and wise counsel. Be at peace this day, as you go out to play in the park that is Earth.

October 15, 2019

So many of you, My children, call-out, crying, asking for help, because you are weary, and tired, and some of you are so exhausted you cannot call-out. This weariness of body, and soul, and spirit comes from carrying all of the baggage and the burdens of the past which have not been released, which have not been forgiven by you. And these burdens, and things of the past, create within you a fear of the future, many times. These burdens of the past can also bring lamentation of the present. Nothing has happened in the past that cannot be forgiven. I forgive all things. Now, it is your turn to forgive all things, and one by one the burdens will be crushed to dust beneath your feet, and you will rise-up singing, for you are no longer bound by the burdens of the past, you are lifted-up on the joyful task of forgiveness. Release your burdens, and set yourself free. Forgive.

And The Holy Spirit says:

It can be difficult to accept that weariness comes from the burdens of the past, being weighed-down by what happened yesterday, or ten years ago, or often generations ago. Carrying the burdens of what has been can make you tired, it can make you thin of patience, it can make you fat with worry. Spend some time today in quiet, and in the stillness you will be guided, you will be visited. You will know where to start, because these things will come to you into your heart, and into your thoughts. When you see a face, or remember words harsh, or deeds done in anger forgive, and forgive from the heart, and set yourself free, and start living life as it is meant to be, free of the trappings. Set yourself free. Forgive.

October 14, 2019

Be mindful of what you say. Do not release your tongue to hurl words of anger, or frustration, or mockery, or bitterness onto the Earth. Be mindful of what you say. Choose to bless the Earth with the words you speak, so that those who hear your words feel as if they are a blessing, a blanket, a smile.

And The Holy Spirit says:

Master yourself in such a way that you refuse to give-in to the darker and shadowy energies of anger, and frustration, of sullenness, and yes, even just being grumpy and out-of-sorts. Do not give these energies a foothold within you, because even if you try to hide these energies from the world, they will rise-up, and turn on you, revealing what is within you, through the words you speak, and the deeds you do. Master the energies that are within you. Know the spirit which is animating your body. Let My Spirit guide you through the day, for I will not harm you, or those around you, in any way. If you will listen to Me, your thoughts will be good, your words will be a blessing, and your deeds will be of Heaven, today.

October 13, 2019

Let your ministry begin today, anew, for some of you are wandering in a maze, wondering what it is you are to do. Be still, and apply love and kindness, and compassion to what you are doing, at this moment. You will soon find that whatever it is you do for work, or study, or even at play, you have an opportunity every day to show love, kindness, understanding, and compassion all along The Way. This is how you begin. This is how you bring My Glory onto the Earth. This is how you establish Heaven on Earth, with these unseen gifts of love, and compassion, and understanding.

And The Holy Spirit says:

You do not have to travel abroad, go into the deserts, or search through wilderness and jungles, or even move about in the inner city to qualify what you are doing as a mission, as a ministry, because even if you are doing these things, if they are done without complete and full measures of love, and kindness, understanding, and compassion, you have turned the roads of ministry and mission into a job, something you think you have to do. Today, whatever you are doing, add purpose to what you are doing, by incorporating the gifts of love, and kindness, understanding, and compassion. Do what you are doing for The Glory of God. This can be done if you are ironing a shirt, or driving a car, if you are at school learning a lesson, or at play. Do whatever you are doing for The Glory of God, and let the intention be known. This is how you lift the ordinary up into the divine extraordinary offering. This is how you make every day sacred. This is how you bless the Earth with your presence. This is Heaven on Earth.

October 12, 2019

If you have been tapped, if you have been stirred from within, to awaken to My Whisper, to a calling, to the melody of eternity, celebrate. For, if you respond to the stirring within you and rise-up, your life upon Earth will never be the same again. Those issues, those matters, which brought anxiety to your doorstep, will dissolve in the light of your resolve to follow. For, as you awaken, you become aware of The Holy Spirit within you. The Holy Spirit was sent to you to bring you the wisdom of your heavenly Home. No matter where you are this wisdom can be yours, when you awaken, and rise-up to answer The Whisper. In this way, you will know what to do, where to go, and what to say. Your thoughts will no longer wander in worry, but rest securely and comfortably in the knowing that the answer you are seeking is within you. As you live this way upon the Earth you are My Light, My Glory shines from within you, and others begin to know Me through you.

And The Holy Spirit says:

No one knows the time of awakening for another, because this calling is from within. If someone is sleeping soundly, and you sit in the same room and read a book of great importance, while the words are beautiful and hold meaning and knowledge they float around the room, but are useless to the person who is sleeping soundly. Those of you who are ready to understand what was just said will know exactly what these words mean. If you are called to awaken, awaken, and let The Glory of God be known through what you do. Your thoughts, your words, and your deeds can be blessed in The Light of God. And, even those who are not yet awakened can see what you do, watch how you speak to other people, and hear the words which come as you speak. In this way, you might be the beginning of their awakening, as they harken to the vibration of the words you speak. Many who turn away and resist will come to know God through that which you do, during the days which are allotted to you to walk upon the Earth.

October 11, 2019

I AM with you. I AM near to you. Heaven is with you. Heaven is near to you. Heaven is within you, and within you is where you draw nearer to Me, or turn your back upon Me. Understand the power held within the gift of free will. You use your free will to draw nearer to Me, or to move farther from Me. But, I AM always with you, ever with you, and My love flows to you.

And The Holy Spirit says:

Your experience of being wrapped in The Love of God, of feeling The Presence of God is either intensified, or minimized, by your free will choices. Sometimes, your choices draw you so near to God you can hear The Whisper, clearly. Sometimes, your choices place impediments along the pathway, leading to God. But, no matter what you choose to do, God is with you, within you, near to you, forever present. When you choose to draw nearer to God, you walk into the full power, and peace, and light, and glory of God. It is not denied you, because of the choices you made, previously. You cannot be denied that which is ever with you.

October 10, 2019

Truth and light, where you find truth, and light illuminating all things, you find a place worthy of your trust. This applies to you, and to relationships, all types of relationships. Where there is illumination of the light, and truth, you can trust, you know. There is no hidden agenda. You see the strong points. You see the weak points. You see all things in the illumination of light, and truth.

And The Holy Spirit says:

Have the courage to reveal that which you are, especially in relationships; for, relationships will crumble when there is deception, and shadow, and darkness hiding things. Bring the light, and bring the truth forward. Be who you are. Open yourself so that those who wish to draw near to you know you, not a faint resemblance of you, but know you in the light and the truth.

October 9, 2019

Do not allow fear to grip you so strongly that you clench your fists, holding-on to that which you have, afraid that it will slip away, afraid to give any away. For, My child, I tell you, The Way to rid yourself of fear is to give, to give. Fear will no longer hold you in place when you open your hands and give with grace and love, giving others a piece of comfort. Do not hold-on to that which you have, let it flow from you, and all that you give will be replaced so that a river is flowing through you, carrying gifts of Spirit.

And The Holy Spirit says:

Do not isolate yourself with fear of losing that which you have. Have faith, trust and believe that, that which you give away you shall receive many fold. Once you open your hands, and let it go, it returns to you, a constant flow. Today, do not allow fear of lack to hold you back from standing in The River of God's Love.

October 8, 2019

I wish to gather you unto Me, so close that My Whisper is as a lullaby, wrapping you in comfort and peace forever. But, I will not deny you the journey, and I will not deny you the opportunity to make your own choices. I have sent The Holy Spirit unto you so that wisdom is with you forever.

And The Holy Spirit says:

I spread My wings and gather you safely under My wings, where you might hear My promptings, where the wisdom of God might fill you and guide your choices. I AM sent to you by God. Know that I AM with you and within you all the days you live. And, while I will not interfere with your freewill, I will provide the wisdom necessary for you to make the choices, and use the opportunities, wisely.

October 7, 2019

Whenever you are tempted to be harsh with those around you, stop; make gentle your voice. Whenever you are tempted to criticize those around you, stop; make tender your words. In this way you make gentle and tender your ways.

And The Holy Spirit says:

The world created by man can be harsh, filled with criticism, give no comfort to those in need. One of the ways to show that you are of The Kingdom of God, walking upon the Earth, is to be gentle in your approach to others, and tender in the words you speak. Reach-out and enfold all around you in The Love of God.

October 6, 2019

My child, do not make the simple difficult. I give you My words of truth, and they are simple. Do not make them difficult. Simplicity, followed with ease, love one another. This is simple. The ways of the world might seem to make it difficult, but it is not difficult. It is simple. It is truth.

And The Holy Spirit says:

When you create there is the basic foundation of the creation. It is the backbone, it is the strength. And, as you create, and continue to add more to the basic foundation of your creation, what is added later is a flourish, a decoration. When you prepare a meal, it is basic, it is your creation; but, to make it special, you might add spices, you might add flourishes here and there, even decoration. But, do not miss the foundation, and take-up with the flourishes and decoration. Do not eat the salt, and the pepper, and the sugar, and leave the vegetables, the berries, the basic creation. God's words are simple. Take them into yourself, and let God's simple direction lead you into an extraordinary lifetime of Heaven upon Earth.

October 5, 2019

You have the leading role in the book, in the play, that is your lifetime upon the Earth. Accept the role, and do not assign yourself to a minor part. It was not intended for you to be the villain, or to play an insignificant part in your lifetime upon Earth. As you begin each day, cast yourself in the extraordinary role that is meant for you, uniquely for you. Let your thoughts, and words, and deeds reflect all the glory that I have given to you. Do not minimize yourself or your role. Here is My Light shine as the star you are.

And The Holy Spirit says:

Sometimes there is the temptation, when you are reading a book, or watching a movie or a play, or even listening to a story told about another person, to believe that you could never do what has just been told to you, what has been done by another. Believe in yourself, believe in The Power of God within you. Believe, and then do. Come the end of the day you will be astonished at the magnificent things which came from you. Be a reflection of your Heavenly Parent today.

October 4, 2019

Stay close to Me so that you might know Me, so that you might recognize The Whisper, and feel The Presence with you. When you call for help, or sing-out in gratitude and thanksgiving, I will be with you. But, it will be difficult for you to be confident that I AM with you, that it is My Whisper, if you are not familiar with Me, if you do not know My Whisper, if you do not feel My Presence. Know Me like you know a loved one, who opens the front door, and calls your name, and you know who it is from a room away. This is how it is meant to be. You know those you love, you recognize their voice, you feel their presence in a room before you see, before you touch, before you respond. This is how I want you to know Me, as a loved one.

And The Holy Spirit says:

You know how important it is to stay in touch with those you care about, because the longer you stay away, the less you are involved, the less you know about what is happening on a daily basis in their lives. If you stay away long enough, if you do not make a connection frequently enough, you can even forget the sound of their voice. Stay connected with God so that when the door opens, and God calls to you, you recognize The Voice, you feel The Presence, and you say confidently, "Here I am, God."

October 3, 2019

Know that I love you. Know this deep within the core of your being; and, once you know I love you, let it show through all you do that My love abides in you.

And The Holy Spirit says:

Sometimes, you find it difficult to comprehend how God could love you so much. Looking all around you, you might even say, "But, I am so insignificant." And I tell you, you are an integral part of all eternity, of God's creation; and, God loves every aspect of The Great Creation. Let yourself be at peace today. And, as you breathe-in, and breathe-out, begin to understand the depth and the breadth of God's love for you. It is important for you to do; for, when one feels they are loved, it changes everything: you look different; you speak different; you think different; and you act different. God loves you. You are vital to The Divine Plan. Breathe that in and out today.

October 2, 2019

Practice living in the present moment. And, while this sounds simple, it takes much effort to achieve living in the present moment. However, if you will take one minute at a time, your day will be filled with achievement. Whatever comes to you to do, at that instant, accept the task, and do it. When you focus on the present moment, you are less likely to get drawn into doubt, worry, concern, anxiety of any kind, because your focus is on the present. And, when your focus is on the present you are preparing for the future.

And The Holy Spirit says:

Do not worry about the future, about what tomorrow might hold, for this leads to sleepless nights, and stressful days, and irritation. It leads to distraction and frustration. Try living in the present moment. What is happening around you? Who is with you? Place your focus on the present moment, and tomorrow will take care of itself. Today, bless the present with your presence in full focus on the moment with you.

October 1, 2019

Do not turn your head from one in need. Look upon the one, standing before you, and say, "I bless you in the name of The Father, and The Son, and The Holy Spirit of God, I bless you." This you say quietly to yourself. With a spoken word, to the one in need, you say, "Hello. How is your day? I bring you a message. God will bless you this day." And, My child, you can say that with confidence and authority, because you have delivered My blessing, and you have given them the gift of acknowledging their presence with My Love. You have been the bringer of My Love.

And The Holy Spirit says:

Do not turn your face from those in need, from those walking passed you. Look upon them. Look them in the eyes, and smile, for that smile might be the only one they see that day, for most will turn their eyes, and walk away, so that they do not see the need; for, they feel, if they do not see and acknowledge the need, they are not required to provide. But, I tell you, The Son of God is in every face you see. When you turn from them, you turn from Me.

September 30, 2019

When dawn is breaking, and you are waking, I wish for you to begin anew, to find what you are meant to do, to seek it out, to look here and there, so that you are happy while you are upon the Earth. You have heard, and possibly read in Scriptures, to be watchful, be vigilant. And, I say to you again today, be watchful, be vigilant, for the signs will come to you to show you The Way. You can walk through your life, accepting the suggestions of others about what you should do, and where you should live, and even sometimes whom you should love. But, I tell you there is something specific for you, that only you can do in the way you will do it. It is all up to you to be vigilant and watchful. When it is time to study, study so you might have knowledge. And, as you are studying, come sit with Me, and talk with Me, so you might have My wisdom. And, with the knowledge you gain, through the things that you learn, and the wisdom I give you so you might discern, then you are prepared for that which will come to you in a sign, and it will lead you on a path divine. But, it is imperative that you: be vigilant and watchful; gather knowledge; accept My wisdom; watch for the signs.

And The Holy Spirit says:

Most often it is not the case that life upon Earth is the adventure it is meant to be, an exciting adventure, specifically designed for thee, because fear and doubt hold you frozen in place; and often, you are willing to accept all the suggestions of others on what you might do, and how you might work and play. Soon you slip into a rather dull life, the dreams inside you fading away. But, if you will rise-up, and reach-out your hand, and walk with God every day, you will be led into a divine way to live, and it will truly feel as if you are in Heaven while you are living on Earth. The dawn is breaking, and you are waking, and it is all set before you, the opportunity of today.

September 29, 2019

My child, I wish for you to know the importance of taking the time for a practice for creating peace. Yes, I want you to practice creating peace. For, unless you live in an atmosphere of peace, it is difficult to hear, to know, to find happiness, to achieve your full potential, and to be confident in the knowing, contributing to the One, singing of the glory and all you know, under the moon, and under the sun. My child, begin the practice of creating peace.

And The Holy Spirit says:

Every human being, every creature upon the Earth, can live to its fullest potential when abiding in an atmosphere of peace. But, to abide in an atmosphere of peace one must be willing to create a peaceful presence. Peace is not done on the outside. Peace is done on the inside. Spend time this week in the practice of creating peace.

September 28, 2019

I wish for you to live The Way, so that you might know true joy and peace, as you walk upon the Earth. To live in any other fashion or manner can distract you from the joy of living in peace and harmony with all around you. Let your free will choice be love, and kindness, and compassion, and come the dawn you will rise-up to rejoice in the gift of life, in the gift of the day, in another opportunity to live The Way. Rejoice.

And The Holy Spirit says:

You have been given the guidance and direction for every situation. You have been sent The Living Word to show you The Way. But, you have also been given the gift of free will, so that it is your choice to walk The Way. You can either put forth the effort and try; or, you can put forth the effort and do. The Way you choose to approach it is all up to you.

September 27, 2019

No matter what is set before you to accomplish today, be sure to spread love, and kindness, and compassion all along The Way, for no matter how important the work, or the task, might be, at the end of the day, it will all seem rather bland without the seasoning of love, kindness, compassion, and a helping hand.

And The Holy Spirit says:

Set your course each day. Acknowledge what is yours to do, and then be on your way to accomplish the task. However, do not be distracted from seasoning all that you do throughout the day with love, and kindness, and compassion. And, if you encounter another who is in need of assistance, or a kind word, offer a helping hand. This is The Way to raise an ordinary day to an extraordinary day, by doing what is yours to do in a loving and charitable way.

September 26, 2019

One can use certain fruits and vegetables as the base for interesting culinary concoctions, ranging from main course items to desserts, and beverages. However, no matter how grand the dish, how complicated or simple the recipe, the intensity and richness, the full flavor held within the first bite of a crisp, fresh apple, or a carrot newly pulled from the Earth is diminished somewhat with the additions of other ingredients. The apple, or the carrot, when used as the key ingredient, shares its bold taste and aromatic character with the other ingredients so that they blend together into one satisfying, tasty dish. Use your faith as the core ingredient for all you encounter today. creating a masterpiece all along The Way.

And The Holy Spirit says:

One can learn a lot when cooking. And, it is especially rewarding when the ingredients used result in a dish of exquisite taste and aroma, with the core ingredient sharing its character to the blend, lifting all others to an extraordinary level of taste, a level which could not have been achieved without the character of The One. Today, use your gift of faith as the core ingredient when encountering and mixing with individuals, situations, issues, or occurrences. Let your faith lift the mixture of your day to an extraordinary level. When your faith is intense, aromatic, and enriched with the flavor of love you can create a masterpiece, a gift worthy to offer to a King.

September 25, 2019

For those of you who have ever had the responsibility of tucking a child into bed, watching over them, staying with them through the night, you have probably encountered a child, who had some level of fear of the darkness, and so they would ask you not to close the door, or to turn-on a light, before you left the room. And then, the child would go to sleep, confident that: the light was illuminating the darkness; they could see clearly in the light. To that child the light chased away their fears of what was held in the darkness. If today you are troubled, if today you are concerned or worried in any way, possibly you cannot sleep at night, remember you are My child, and I whisper to you, turn-on The Light, leave the door open, for My light will illuminate all the darkness and shadow around you. It will cast from you all your fears, worries, and concerns, and you will rest comfortably, and you will sleep well in My Light.

And The Holy Spirit says:

So often, what the child fears is not the darkness itself, it is what they believe is held, or hiding, within the darkness. Once the darkness is illuminated with The Light, and they see nothing is there, fear leaves them, and they can rest. The Light reveals, illuminates, and brings peace. And, the same applies to you. Open the door. Turn-on The Light.

September 22, 2019

Do not be covered by the demons of shadow, for they will strangle life from you, and drag you into the darkness. Rise-up, be My Light in the world, for within you, you hold The Light. Stand as a beacon atop a hill, for darkness and shadow cannot exist in The Light.

And The Holy Spirit says:

There is no need to wander in shadow, to be frozen in the darkness, when you are The Light. When fear threatens to grip you, and hold you, remember you are The Light. And, once The Light, coming from you, pierces the darkness, the curtain falls, and you see The Face of God.

September 21, 2019

Rise-up and know, when your love for Me embraces My love for you, it is possible for the sacred power, created within our love, to wipe-out all bias, prejudice, bigotry, and hatred that the world has taught or instilled within you, so that you might see all the Earth through the eyes of My love!

And The Holy Spirit says:

There is no end to the love that God sends to you. And, when you reciprocate that love, when you receive the love God within you, and it ignites the flame of love therein, all things are possible, because the power of God's love flows freely through you; and, it can take from you, and wipe away, all things which have darkened or diminished your days upon Earth!

September 20, 2019

Each of you has received a great gift, and this great gift is given unto you by Me. It is the gift of free will. Most of you, most of the time, use this gift rather mindlessly. Today, focus on this great gift you have been given, and see how many times in one hour, in thirty minutes, you have the opportunity to exercise a gift from Heaven. Pay attention to how you are using this gift of free will. Notice the choices you are making.

And The Holy Spirit says:

When a gift, something special, is with you all of the time, it is easy: to take it for granted; to assume it will always be there; to not pay attention to it, as you would if it was given to you for only one hour a week. Think of that. If it were not so, as it is now, this one hour a week of free will would bring you to joyful dancing. You would think, "How wonderful. I can choose, I can pick, what I am going to do, for this one hour." Well, God has given you the gift to use every second of your life upon Earth. Use this gift wisely, so that when you return Home your accounting, of what you did with your free will, will be a glorious story of your journey, your lifetime upon the Earth.

September 19, 2019

You have My Holy Spirit... within you... to guide you through all times, as you make your life journey upon the Earth! Use this gift. Let this gift, of My Holy Spirit, be your Light! As things around you grow shadowy or dark, use The Light you have been given!

And The Holy Spirit says:

When you have questions, major questions, regarding life decisions, the world will often give you many answers, show you many different paths; and, all of these different paths and many answers can lead you into chaos and confusion. In fact, after receiving all the answers, and looking at all the paths, you can be more confused, and in more chaos than you were when you began, when you asked the question. However, if you will be still, and pray, asking for guidance to take each step The Way God would intend for you to step, listen, be still, and I will lead you! I will not give you the direction I would give the many. I will give you the guidance, especially for you; and The Way will be made clear, and you will know exactly what to do. God has sent Me to be your guide; and, if you will allow it, together we will walk through all challenges you ever face!

September 18, 2019

Be playful, when it is time to play! Be prepared to work, when it is time to work! Be attentive, when it is time to learn and be studious! Be prayerful, when it is time to pray! For, My child, all of these things can be a piece of your prayer, and interesting, beautiful prayer, which surrounds you all the day!

And The Holy Spirit says:

When it is time to play, play. Enjoy the play. When it is time to work, work with attention and focus. Study and learn about Earth. You live upon the Earth, learn about it. Study the ways you that can make Earth better for your presence. And then, when you know all these things and do all these things, speak to God of these things, of what you have learned, of how you have played, of how you have worked. This is how you can spend your entire day in prayer!

September 17, 2019

When at last, you find you are able to forgive all things, when you are free of all darkness and shadow, and stand in My Light, then you will find there is an abundance of joy within you, and all around you! The joy is a celebration, a celebration of your freedom.

And The Holy Spirit says:

While there might be times, when you find it difficult to forgive, earnestly, completely forgive, once it is done, you will note it was well worth the effort it took, it was well worth setting ego aside, pushing pride to the side, and forgiving simply, completely, and sweetly. Once this is done, it is easy to stand in The Light of God, you have nothing pulling you this way or that. And, when you are in The Light of God... there is no shadow... there is no darkness... only an abundance of joy!

September 16, 2019

For those of you, My children, who long to do great things, to step into a role where the mission is worthy, then hear Me; you have been given a great gift, life! If you are living upon the Earth right now, you are living the gift I gave to you! How are you living the gift? Your life is a seed, planted in The Garden of Earth. What are you doing with the seed? There is no greater mission than to take responsibility to raise-up the seed of life into a worthy gift. Do not worry about what others are doing around you. Focus your intention on what is happening within you. Let My ways flow from you, add to love, and peace, and kindness! If you want to change the world, this is where you make the greatest difference. Work with what you have been given, that which is within you. That is the grandest mission. That is the greatest mission. It is possible for you to use that which you have been given, and in so doing being a reflection of Me, upon the Earth. This is how you change the world, by reflecting Heaven, and all goodness, wherever you go!

And The Holy Spirit says:

It is possible for you to make a great change in the world created by man. And, The Way to do it is to begin within, and work with the gifts you have been given; and then, let the fruits of those gifts you have been given roll-out upon the Earth, and into the world as a magnificent harvest of good. In this Way, you bring Heaven onto the Earth! In this way you change the world with your presence, and your fruits, and your gifts!

September 15, 2019

I wish for you to know: the magnificence of the ordinary; the potential living within the ordinary; the possibilities abiding within the ordinary. I wish for you to understand the importance of the ordinary living of life, everyday life, all the minutes, and hours, and days in-between the extraordinary.

And The Holy Spirit says:

Do not define your lifetime upon Earth by the extraordinary events, which have occurred. Most of life is lived-out in the ordinary, the ordinary living of life. It is a garden, waiting for seeds.

September 14, 2019

I wish for you to know how to make thanksgiving and celebration an important piece of every day. You need to practice the act of celebration, because it is possible to celebrate every aspect of your life upon the Earth. If the day is ordinary, celebrate. If the day is extraordinary, celebrate. If the day appears to fall short of extraordinary, even ordinary, find something to celebrate. If storms appear on the horizon, celebrate that you have a raincoat, rain-boots, or even an umbrella; and, if you do not have these things with you, celebrate the kiss of the raindrops as they fall, for you can celebrate it all. If your loose your job and financial matters threaten, celebrate the opportunity to begin anew, and the strength and courage welling-up from within you, which guides you through the doorway of opportunity which comes to you. If you or a loved one become ill, and health becomes an issue, which includes hospitals, and doctors, and rehabilitation, celebrate every friend and family member who steps forward to lend a hand during the journey. No matter what is occurring in your life today, there is reason to practice celebration, and in so doing, come to know the gentle ways of thanksgiving. Soon, you will find that seeking a reason for celebration and thanksgiving is your first response to any type of challenge which might come your way. Once this is accomplished, you will be ready, and well-prepared, to practice celebration and thanksgiving even when time on Earth is done.

And The Holy Spirit says:

Celebrate and be thankful for: ordinary days and extraordinary days; family and friends who step forward during days of challenge; rainy days and sunny days; doors closing and doors of opportunity opening; days of beginning and days of ending. Celebrate life upon Earth as the magnificent gift which has been given unto you; and, when your time on Earth is through, celebrate all that was given to you, for all of eternity is waiting for you... to return Home, where there will be much celebration and thanksgiving.

September 13, 2019

It can be a difficult process, climbing out of the pits of despair, frustration, anguish, anxiety, doubt, feelings of rejection. These shadowy places, these places of darkness, can rob you of the joy of each day, unless you have thanksgiving in your heart, unless you know gratitude. For, when you are assailed by darkness or shadow, you feel as if you have been pulled-down into a pit, and just trying to climb out can be very difficult. But, when you hold thanksgiving upon your heart, when you know a prayer of gratitude, then your focus turns to the gifts you have been given: that which is all around you, that is sacred and holy; those who are around you, who take your hand, touch your heart, and remind you of all the wonderful things you have done, of the kind words you have spoken, in their time of need. If today you find yourself in a pit of shadow or darkness, so tired that to climb-out does not seem possible, begin a prayer of gratitude. Find one thing, and say it. Wear that one thing, for which you are grateful, as a golden ring upon your finger. Once you have found one thing, you will find another, and soon: your fingers will bear rings of gratitude; your head will wear a crown of gratitude; upon your shoulders will rest the robe of gratitude; and, you will find that you are out of the pit, walking into The Light, lifted-up on the wings of gratitude.

And The Holy Spirit says:

Gratitude and thanksgiving, do not let these things escape you, gratitude, thanksgiving. When you are down, or feeling low, or at the bottom of a pit of shadow or darkness, the only way to go up is to go within, and be still, and begin to list the things for which you are grateful; and, do not hesitate to reach-back into your childhood. Do not forget to be grateful for the taste of a cold popsicle on a warm summer day. Do not forget to be grateful for the breeze, that comes out of nowhere to cool you down as you work or play. Do not forget to be grateful for the song of the bird that is so beautiful it beckons you to be still and listen, for just a while. Do not forget to be grateful for the gift of a smile. Today, do not forget to be grateful.

September 12, 2019

Do not let past choices and decisions, missteps and mistakes, haunt your present day. Do not let them rob you of your peace, do not let them shroud your today with guilt, or disappointment, or remorse. Let every judgment, every decision, every choice, every misstep or mistake become a valuable lesson in your life, so that you can carry the lesson of the choice without remorse, so that you can carry the lesson of the mistake without guilt. In this way, all of your past can become a glorious piece of your present.

And The Holy Spirit says:

Do not let remorse cloud your present day. Do not let frustration deny you the sunshine of today. It is possible to let everything that has happened in your past become a valuable lesson for you. Throw away the guilt. Throw away the frustration. Throw away the anger. Do not let these energies diminish the value of the lesson from the past that can become the glorious peace of your present today.

September 11, 2019

Do not permit the demons of anger to establish a foothold within you, for once gaining access, they will surely shatter your peace, and destroy your joy, shaking you into exhaustion and turmoil. Call upon Me, My child, and I will teach you The Way, and reveal the weakness of anger, so that you might see and know. Once you master the energy of anger it will have no hold upon you, and you will rise above its chaos into My Light. When you are filled with My light there is no place for anger within you, only Light, only Love.

And The Holy Spirit says:

Whenever you are threatened and tempted by the demons of anger, turn your head and call upon The Light of God, for no demon can stand within The Power of The Light of God. And, once you are held in the arms of God, once you are shining, and brilliant with The Light of God, anger will cease, and fade, and depart from you. Your deliverance will be complete in The Light, and the demons shall dance no more.

September 10, 2019

I wish for you to know The Way. I wish for you to know The Way clearly. I wish for you to have all that you need within you, so that you might find courage and strength to meet each challenge as an opportunity, and know exactly what to do, because you have mastered the information sent to you. My Holy Spirit is with you, listen. My Holy Spirit is upon you, accept. My Holy Spirit wishes to guide and inform you, believe. My Holy Spirit will show you The Way so that there is not one day or night wherein you are afraid or frightened of anything. My Holy Spirit is the bringer of courage and strength. My Holy Spirit will lead you Home.

And The Holy Spirit says:

I AM with you, and I will not abandon you. Seek the answers to your questions within, for that is where you will find Me, for that is where I have been, because God has sent Me to you so that you would know exactly what to do. When you have a question, find a quiet place and be still, raise-up that question within your being, and wait; and, the answer will settle within you, touching all pieces of you, bringing God's peace to you.

September 9, 2019

When you carry The Light of The Kingdom of Heaven there is no need to preach, or prompt, or prod others to come to The Light, to know The Light, to stand in The Light. These things are not necessary. Carry The Light, and all will see; and for those whose time has come, they will stand-up, and The Light will fall upon them, and they too will carry The Light. The presence of The Light will show The Way.

And The Holy Spirit says:

When The Light of God is with you there is no need to coerce, to bind, to bond, to threaten, to prompt others to see The Light you carry. The Light is obvious. When The Light is with you those whose eyes are open will see The Light.

September 8, 2019

All that I created was created to be as One, to be connected: so that there might be unity; so that, when all things were as they were created to be, there would be perfection in The One.

And The Holy Spirit says:

God's creation began with a thought, and then a word, and then life, and it continues: thought, word, life. It continues in you. Be mindful of the words which are prompted by your thought, and the life you give by the word, for if you say it, it is done.

September 7, 2019

Imagine there are four of you, with a destination of Louisville, Kentucky. One of you is coming from Seattle, the other from Santa Fe, still another is coming from Panama City, and you are coming from Boston. Even though you all rise-up, and leave about the same time of day, your journeys will not be the same, because you are coming from different locations. Even the landscapes, you see as you pass-by, on the road to your destination, will be different. Your directions and guidance will be different; still, you are all headed to the same location, you have the same destination. If you can see this, if you can envision this scenario, you will have a deeper understanding of the importance of The Holy Spirit within you, a personal guide, a director, not giving you information that belongs to another, but bringing you messages specifically designed for you, for your path, for your journey, to make sure you arrive Home, you arrive at your destination, in your time, over your territory. Listen to The Holy Spirit within you. No matter what others are doing, listen to The Holy Spirit within you, and you will arrive at the right place, at the right time, and you will have done all the right things to reach your destination.

And The Holy Spirit says:

Sometimes, it can be tempting to take a look at the directions you have been given, and then prompt others to change their course, to take a new path; but, before you do so, be still and listen to Me; for, I will not guide you to lead others astray. I guide you to make your journey. I AM within you, so that you might know The Way. Others around you do not see Me; they do not know I AM within you. The only way they can believe I AM with you is by your words and deeds! They know, somewhere within you, you are receiving guidance, because you are secure and confident in The Way you are going. That is how you show others The Way. Those around you will see, and those close to you will begin to follow, and draw comfort from the guidance, because they are with you, and traveling in the same direction. Give guidance and direction by living your guidance and direction! Be still, be quiet, be confident, be courageous, and find strength in Me, as I have been sent to thee to guide you, until you arrive Home!

September 6, 2019

Take the time to let those you love know you love them, by telling them so. Take the time to say, "Good morning, I love you." Take the time to say, "Good night, sleep well, I love you." Take the time to ask someone to join you in prayer. Take the time to pick-up the telephone and let another person know you are thinking of them. Take the time to touch those around you with the gift of acknowledging them, and your love for them. And, while you are doing so remember, I AM here, I AM with you, I love you.

And The Holy Spirit says:

Sometimes, a day begins, moving so quickly that you rush-off to work or rush-off to school, without telling those around you that you love them, and wish them a good day. This can happen occasionally; but, do not let it become a habit, because you will slip farther and farther out of contact with those you love. Soon, you will find that all you do is rush-out the door to work, or to school, come back home, get up, and do it again. Do not loose contact with those you love, and do not loose contact God who loves you. When you wake-up say, "Good morning, God. I love you." When you go to sleep say, "Good night, God. I love you." And, all through the day make that touch, make that contact. That communication with God can quickly slip away, if it does not become an important piece of your day.

September 5, 2019

Every time you reject the temptation to be angry, or contentious, or belligerent, and choose, of your own free will, to be kind and understanding, you praise My name, you give Me honor, for you are choosing The Way, not because I demand it, not because I command it, but of your own free will choice you elect the path of kindness and understanding. And, the same can be said for every single temptation you reject, choosing instead The Gifts of The Holy Spirit, using The Gifts of The Holy Spirit which produce The Fruits. This is how you praise My name. This is a living statement of giving the glory to your Creator. It is choosing light over dark, and it happens thousands of times a day: what you choose to think about; what you choose to do; what you choose to say. This carries more weight than anything else you can do. When you ask, "How can I say, 'give the glory to God,' in a better way?" My answer to you is that you say it by choosing The Light, and rejecting darkness and shadow.

And The Holy Spirit says:

Many of you gather, on certain days of the week, to come together in community to sing songs of praise and worship to the God who created you. When you do this, do not forget that the preparation for the song is what you are thinking, and saying, and doing all the week long, before the gathering. Celebrate The Glory of God by rejecting darkness and electing, of your own free will, to walk The Way of Light, and Peace, and Love.

September 4, 2019

If you find yourself facing a most devastating situation, be still. Do not reject My call, My whisper, to be still. If you are angry, be still. If you are afraid, be still. If you are embarrassed or guilt-ridden, be still. If you feel you are suffering a great injustice, be still. If you are assailed with lies, be still. No matter what has fallen upon you, be still. Do not lash-out, do not seek revenge, do not become bitter within, do not hide your face, do not blame others for your disgrace, for doing these things will not bring peace; and, My child, peace within your heart, and your spirit, and your soul is what you need. Therefore, be still. And, once you have stopped crying, and speaking in anger, and recoiling from touch, and hiding your face, you will feel My Presence within you. And, once you feel My Presence, you will feel My love flow throughout your body, and you will know, at that moment, that I AM with you. No matter what valley you are called to walk through, I will walk with you. I AM with you! My Kingdom is within you! If today you must face a most impossible situation, it will become possible when I AM walking with you. You will make it through, and when it is done, the storms will recede, and you will feel the light of the sun upon you, once again. Whatever you face is temporary; let us walk into it, together!

And The Holy Spirit says:

When you face a difficult situation, do not fall to the temptation to move into such energies wherein: you lash-out; you seek revenge; you fill your body with hatred; you wish to shrink from sight so no one can see you. No matter what your situation, the only medication, to calm the angry storm raging about you, is love. You might not feel it from those around you, but it will come to you, and is yours, from The One within you. Be still, and receive the love of The One who created you!

September 3, 2019

I will not forsake thee. I will not let thee wander in despair. I AM with you.

How do you know Me? Do you know Me because you feel My Presence; do you know Me because you hear My Whisper; do you know Me because you find comfort in My love for thee; or, do you know Me how others tell you I AM? Do you know Me because of words you have heard from other people; do you know Me because of words you have read in Scriptures; do you know Me because of the signs you see in nature? How do you know Me? If you know Me: because you feel My Presence with you; because you know I love you; because you know I will not forsake you, or leave you to wander in desperation, speak of this intense knowing! Speak of My love for you, love you feel growing, whenever you call My name.

And The Holy Spirit says:

There is a difference between knowing someone, and knowing of someone; and, this is important, especially within your relationship with God. Knowing God on a personal level, believing in such a way that there can be no doubt, this is knowing God! Hoping there is a God, praying that God will not forsake you, wishing all of this is true, taking all the words you have read and heard and holding onto them, this is knowing of God. There is a difference. Today, open your heart, and as you believe you will chase doubt away. There is a God, and it is possible for you to have a personal relationship with God; therefore, you will know God. You will no longer know of God, you will know God, and you will be different, because of this knowing.!

September 2, 2019

The hand which clings to material possessions, unwilling to release or let go, is not free to accept other gifts, other possessions. You must release your grip to receive anew the material gifts that are given to you. But, My child, I tell you this. I can shower you with all the spiritual gifts, and none of these sacred presents require you to hold, and grip, and store in a box or a bank, or lock in a vault. For, unlike material possessions, the gifts I send to you require only that you accept them, use them. There will always be a place for them. You do not have to lock them away. You do not have to hide them. You do not have to hold them. My Kingdom is filled with gifts. I send you My love. I send you showers of grace. I send you gifts, all that you need, and you do not have to hold onto them, you just need to use them. Open your heart, and accept the gifts of The Kingdom of Heaven today. They are yours forever, and will not fade away. They are the treasures which you can bring with you when you return Home.

And The Holy Spirit says:

Just watching children at Christmas, opening presents, all the gifts beneath the tree, shows you that it is impossible to receive one gift, and hold it, and treasure it, without putting it down to open another, and then the next, and the next. This is not The Way it is with the gifts of Heaven, the gifts of God. You do not have to give-up one to accept another. You do not have to cling to one while refusing the other. You can have it all. Yes, with regard to the gifts of Heaven, you can have it all; and, you can bring these treasures with you when you return Home. The gifts of greatest value do not require that you hold them, or cling to them, but to use them freely, to share them abundantly, and then gather them up and bring them Home.

September 1, 2019

With respect to weather, storms roll in and out of your lives, storms created within an atmosphere of unstable air: hot air, cold air, lift, movement. Sometimes, these storms become very powerful, as the instability grows. Sometimes, the storms are calmed, as they move over bodies of water and land; and sometimes, the bodies of water and land crossed create a stronger storm. The storm moves, it comes and it goes, formed when the air is unstable. With regard to you, your personal, your spiritual environment, atmosphere can become turbulent, and feel very stormy when there is instability, when around you things seem chaotic, confusing, as all of these energies crash together, and bring stormy weather into your environment. No matter if it is the weather, or your personal atmosphere or environment, above the stormy clouds, above the chaos and confusion you will always find blue skies and sunshine, you will always find Peace and Light.

And The Holy Spirit says:

While on the ground you might be experiencing a storm, above the clouds it is peaceful, safe, and warm. There is always sunshine and blue skies. The storms come, and the storms go, but it is good to know that above the storm is the light; and, this applies to your life, your physical environment, your personal atmosphere, as well. Above the chaos and confusion you will always find The Light.

August 31, 2019

Whenever you feel sadness begin to wrap its arms around you, or feel the pull of depression into a downward spiral, do not surrender, do not give-up your life force, your energy. Be still, and seek My light. Be still and listen, so that you might hear My whisper. Be still and do not move, so that you might feel the breath of The Holy Spirit upon you. And then, wait for The Light, and The Whisper, and The Breath. Do not remain in darkness or shadow long. Participate in your freedom. Throw open the doors that you have shut and locked, and let The Light in. Lift the windows, and let the fresh air move into you as The Breath of The Holy Spirit. Once the doors are unlocked, and the windows are opened, you will begin to feel rejuvenated and refreshed, yet that is but the beginning. The cobwebs, of sadness or depression, can create a difficult place to live in joy. But happiness is your reward for rising-up; and, even when you do not wish to dust away the cobwebs, unlock the doors, and lift the windows, you find as you do, new strength enters you. You begin to smile, and then to sing, and all your efforts finally bring a sense of peace.

And The Holy Spirit says:

If you have ever been assigned the task to refresh or rejuvenate an old house, which has been closed-up, locked, with trespass forbidden, you might remember the first thing you did. You went around and threw-back the curtains, or removed the blinds over the windows. You unlocked doors. You opened the windows and opened the doors. You let the light in. You let the fresh air in, the wind in, so it might move through the house, so that the house might begin to breathe again. But, once the light was shining through the windows, peeping through the doors, you noticed cobwebs, and dust, and dirt on the floors. To let in the light, to let in the wind, just showed you where to begin. So, the cleaning began. But, with each room that was refreshed with soap and water, and dusting, and with each window that was cleaned, the light became brighter, the wind became fresher, and soon the house was renewed. The still, stale air was fresh with the wind. The dank, dark rooms were filled with light, once again. And, it was a good house, because of the work you did to let in the light, to let in the wind. Put forth such loving efforts within your own physical house, your body. Any time you become sad or depressed all you have to do, in this event, is let in The Light, and let in The Wind.

August 30, 2019

Let your only response be kindness and charity. Stomp anger with your right foot, and stomp hatred with your left foot, for I did not give judgment unto you. Your direction is judge no one. Love one another.

And The Holy Spirit says:

Remembering that God has not given judgment unto you, and remembering that it has been written that you shall not judge, resist the temptation to do so. Resist the temptation to be angry, because anger stems from judgment. Resist the temptation to fall into hatred, because hatred stems from judgment. You have not been given the right to judge; therefore, judge no man. Be kind, be charitable. Love one another.

August 29, 2019

Whenever you feel as if you are held captive by a thick fog-bank, a morning that is filled with fog so dense you cannot see beyond your arm's length, be still, and soon the sun will burn through the fog, and the way will be made clear for you, and there will be no danger of tripping, or falling, or going astray. The light of the sun will burn-off the fog and show you the way. The light of the sun will release you from the prison created by the fog. Be still, and wait for the light.

And The Holy Spirit says:

If your early morning travels have led you into a fog, diminishing clarity, be still. Do not wander in the fog, but wait for the fog to dissipate. Then, you will see clearly as the light shows you the way. Be patient and wait for the light of the sun. This applies, as well, when circumstances, choices, and situations have created a massive fog-bank within you, and around you. Be still. When your vision is diminished, when you cannot see clearly, be patient, and wait for the light of the sun to burn the fog away, and then you will see. It does not matter whether it is a natural phenomenon upon the Earth creating the fog, or choices you or others have made, or situations and occurrences which created the fog-bank around you, the direction remains the same. Wait for The Light of The Son to clear away the fog. Then, you will see with clarity. Then, you will know The Way.

August 28, 2019

Know Me. Trust Me. Many of you are so willing to place your trust in institutions, groups of people, or possibly even one person, to take their answers, to take their direction, and to use their course of action as your own, to follow their path, and adopt it as your own. But, sometimes the course is not correct for you, the path is difficult for you to do. If you will trust Me, I will show you. I will guide you, and I will lead you to what is best for you. While My ways are not the ways of the world, My ways will guide you safely through the world, through your season upon Earth, until it is time for you to come Home. You asked what I wish for you to know, and My answer to you, My child, is... I wish for you to know Me.

And The Holy Spirit says:

It is easy to read a book, to take a class, or to follow someone's advice, someone you trust, especially when you are lost, or unsure, or you do not know which way to turn. Sometimes, when you reach that point, any advice, any guidance, is better than confusion. But, I counsel you to be quick to turn to God, for God will lead you in all ways; but, in order for this to be your first response to confusion, you must know God, you must speak with God every day. Then, when this relationship you build with God is rich and full, you will always turn to God, and you will always know what to do. Know God, and you will know the ways of God.

August 27, 2019

Take responsibility for that which you do, for every action, every thought, every word that comes from you. Take responsibility, for taking responsibility will free you, and you will find it easier to make your way through each day. Resist the temptation to blame another person for a misstep. Resist the temptation to blame another person for refusing to move, for not taking a step at all. Assume the role that you are meant to play for a while as you are upon Earth, and accept the responsibility for your misstep, your lack of movement; and, what you will find, as you accept this responsibility, is that you can forgive yourself for the misstep, and you can forgive yourself for the lack of stepping at all, and move about your day. Today, resist the temptation to blame others for your actions, for your thoughts, and for your words, because, My child, the reality is, you create. Therefore, create a day that is filled with forgiving, and blessing, and understanding, and for living, as you are meant to live, on the beautiful planet that is Earth.

And The Holy Spirit says:

Once you accept responsibility for all that comes from you, including your reactions to what others do, then a new door opens, and it is a doorway to where you are no longer the perceived victim of anyone else's thoughts, words, or deeds, because you have broken that chain, and set yourself free to be all that you are intended to be. Take the step today. Walk in The Light of God as a free child of God. Accept responsibility. Live your life. Be free.

August 26, 2019

As life continued upon the Earth, more than many years ago, it was decided to divide the year into seasons: spring, and summer, and fall, and winter. And, there were even dates to mark the occasion of the changing of the seasons. But, if you did not set a date to mark the end, or the beginning, of a season, you might not notice when spring was slipping into summer, when fall was moving into winter. The doors to the seasons, the changing of the seasons, do not slam shut, do not open wide. It is more like a parade, it is hard to tell what is the beginning, and what is the end, when you are observing the procession go by. All the action seems to be taking place in the middle. And so, the tender buds of spring give way to the full blooms of summer; and, the fading blooms of summer give way to the falling leaves of autumn; and soon, the falling leaves of autumn are covered by the first snows of winter. And then, it begins again. Seasons: changing, ending, beginning, continuing. This is how it is for you in eternity.

And The Holy Spirit says:

As you are upon the Earth right now, you have forgotten eternal life. You do not remember. It is as if you passed through the portal, onto the Earth, and all remembering was wiped from you. But, if you will take time, during the day, to be still, and quiet, and pray memories will flash back to you, and you will remember; and, the things that stir your memory of eternal life will be what is happening, right here, in the temporary life of Earth. There is no need to say more. The wise amongst you will understand, be still, and pray for more.

August 25, 2019

Know who you are. You cannot purchase a more beautiful garment than the garment that is yours by birthright. I bestowed upon you the garment of My love, and it is brilliant, and glorious. Therefore, rise-up, hold your head high, you have My love. What more matters? Know who you are. You are My child. You wear the crown of your eternal heritage as a child of Mine, a child of The Creator.

And The Holy Spirit says:

You are not the clothing you wear. You are not the jewelry you wear. You are not the house, the dwelling, wherein you reside. You are not your clubs. You are not your institutions. God marked you first. You are chosen. You will live forever. Direct your behavior in this way. Know who you are, and let all the world know who you are by the love that comes from you.

August 24, 2019

You can measure the height of the man, or the woman, who stands before you. You can measure the length of their arms. You can measure the circumference of their head, their body. You can measure their feet, or their hands. You can measure the weight of the child who stands before you. But, you cannot measure the love that comes from that man, woman, or child. You cannot measure the compassion, the charity, or the kindness that comes from the man, or woman, or child. But, you see the result of these immeasurable gifts, and they bring you great joy, for they are created within the man, woman, or child. You can measure the size of a bird, and marvel at the color, but you cannot measure the song that comes from the bird, which thrills you. You can measure the height and the width of the flower, and marvel at its colors, but you cannot measure the aroma, the scent of the flower as it is carried on the wind. These are the unseen creations coming from within the man, the woman, the child, the bird, the flower which bring you immeasurable gifts each day, each minute, each hour. This is how you begin to know the power of the unseen gift.

And The Holy Spirit says:

You can feel that which your eyes cannot see; and, with the feeling comes the knowing of the power of the unseen gift. You cannot measure love, you cannot measure the song, you cannot measure the scent that is carried along on the wind, but these things you can know. Embrace the immeasurable gifts delivered every day. Be aware of the unseen.

August 23, 2019

Those of you who enjoy gardening know this. If you take a flower, intended to grow in full light, and plant it in a shadowy spot, or under a canopy of trees, where sunlight cannot reach it, the flower is weakened by the lack of light. It does not blossom. It does not grow thick, and full, and lush. Without light it becomes a faint image of what it was intended to be. But, if you take that same plant, and set it in a place, which is appropriate, which is filled with the light of the sun, the plant grows thick and wide, the blossoms are rich. It becomes all it was ever intended to be, as it grows in the light, for a season. I AM The Gardener, and you were created to grow, and become all you are meant to be, as you live upon the Earth. But, you cannot reach your full potential, unless you are growing in My Light. If you find you are in a spot which is dark or shadowy, transplant yourself into My Light, and those leaves and stems, which were weakened by shadow or darkness, will grow strong; and, the blossoms, which refused to come, will burst open with color and scent; and, you will reach your full potential, because you are living in My Light.

And The Holy Spirit says:

The Light of God is meant for you, and is flowing forth, meant to do all you need. You are not a plant, but you did come forth from a seed, and The Light of God will give you all you need to reach your full potential.

August 22, 2019

When you find just making your way into this new day is wearisome and tiring, ask Me. Be still and ask Me. Ask Me for strength, and it shall be yours. Ask Me for comfort, and it shall be yours. Ask Me for confidence, and it shall be yours. I will carry you through the day by feeding you My Light, My Power, My Grace, My Love. And, as you take it in, you will begin to feel stronger. You will be more comfortable in your own body. You will know, as the day is set before you, you will accomplish it, whatever "it" is, which needs to be done. There is no need to hurry. There is no need to push yourself beyond your limit. There is only to ask, and it shall be given unto you.

And The Holy Spirit says:

If you are thirsty, your thirst will be quenched. If you are hungry, you will hunger no longer. If you are tired, you will chase weariness from your body, and you will do this, because your Creator, your heavenly Parent, God will fulfill that which you need within, and you will begin to grow stronger, but your strength will come from within. Be still, be quiet, and be healed, from within.

August 21, 2019

If you did awaken feeling as if shadow was draped over your shoulders, be still and I will tell you how to shed the shadows. If you did awaken feeling light and in joy, be still and I will tell you how to be filled with even more light and joy. My Light, flowing to My children, as a form of brilliant heavenly energy, is exactly the same. It comes from Me, and flows to all of the children of Earth. It is not diminished for one, and magnified for another. It is equal in all parts. The only thing that keeps one from receiving as much light energy from Me as all others receive, will be the obstacles, the impediments, the fences, the dams, and the doors that you have placed within you by playing with energies such as anger, or frustration, or greed, or worry, or concern. Each thought is a block. All you have to do to receive your equal share of My Light energy is to remove all that you have placed within you, blocking The Way. It is My intention that all My children receive exactly the same portion of My Light, then the joy is watching what you do with it, how you use this Light I send unto each of you. Make way, clear the corridors, empty-out the passages, and the shadows draped upon your shoulders will drift away. If you were happy or joyful before, you will find, as you dust and sweep the cobwebs away, you are even more arrayed with My Light. Rise-up My children and receive My Light, for it is yours.

And The Holy Spirit says:

If you have ever observed a magnificent tree, with the sunlight pouring upon it, you have probably noticed the ground behind the tree, and how the light, coming from the sun, plays on the grass. The leaves, and the branches, and the trunk of the tree block a portion of the light, so what you see, dancing on the grass behind the tree, is the light which moves through the tree unabated, by anything. This is how it is with God's Light. As with the tree, the leaves, branches, and the trunk stop the light. As with each of you, all that you have placed within your being that is of shadow and darkness stops The Light. Begin clearing, begin cleaning, and begin receiving your equal portion of The Light of God.

August 20, 2019

Be mindful of your actions, your behavior, for your actions and behavior carry more weight than your words. You speak of The Living Word often, and how your Brother Jesus brought the messages to Earth, and sealed them forever in a place of importance, a sacred space, by living each word He spoke. Therefore, each word He spoke carried authority, caught your attention, rang of truth, because He lived it. So, if you speak of love, but do not act with love, your words are empty, hold no truth; but, if you live love, then you are the living word of love, and it is compelling. If you speak of forgiveness, but do not act with forgiveness, your words are empty; but, if you live forgiveness, then you become the living word of forgiveness, and your message is compelling. If you speak of kindness, or understanding or compassion, but do not act with kindness, understanding, or compassionate, then your words are empty; but, if you live kindness, understanding, and compassion, with every fiber of your body, then you become the living word. You become kindness, you become understanding, you become compassionate. You are the living word, and it is compelling to all who observe. The living word holds authority, because you can see it being done, being accomplished, being completed.

And The Holy Spirit says:

I was sent to you, to each one of you, so that you might walk in The Wisdom of God every day. It is possible to do, but there must be the desire to follow-through, and accomplish and fulfill that which God has asked. Therefore, do not spend so much time reading about love, or forgiveness, or kindness, or understanding, or compassion. Spend your time living these things, then you become the living word of God; and, the words you say are compelling, and hold authority, because you have been fed with The Wisdom of God, and you grow in it.

August 19, 2019

You are an eternal being. Your soul sings the song, the everlasting song, the eternal song. Your spirit is magnificent and filled with glory. For a time you are upon Earth; and, to experience Earth, to its fullest potential, you have wrapped your soul and your spirit within the body that is of Earth, that is of stardust. Be mindful how you treat your body, for it carries your soul and your spirit. Let them come to know each other, your body, your soul, and your spirit. In this way the full potential of the Earth experience will be yours, because the three are united as one within you. Eventually, the body will fade, releasing the soul and spirit; but, they will be united forever, as the soul and spirit continue into eternity, carrying, in memorial, the body which once they did know.

And The Holy Spirit says:

Take care of all of you, your body, your soul, your spirit, and do so with enthusiasm, amazed and in awe of what your body can do when it is united so completely with your soul and spirit. Your soul and spirit know that which you are meant to do; therefore, when your body is united with them, in a complete way, you too know exactly what you are meant to do. Today, celebrate the union of body, soul, and spirit in a special way, for the three are a sacred union, creating the present you.

August 18, 2019

If you are alive today, if you wake-up today, you have the opportunity to begin blessing all you see. Let the first response, which pours from your thoughts, through your heart, over your lips, and out into the world be, "I bless thee." It does not matter whether it is a tree, or a person, or a building, or an issue or situation, "I bless thee." If that becomes, through practice, your first response to anything, then you will find, in short time, you are blessing yourself out of darkness, out of shadow, out of troublesome, sleepless nights. Saying, "I bless thee," repeatedly begins to bring peace, because it is filled with blessings. You are filling the world with blessings. Your nights will be filled with stars, and memories, and wonders; and, as you say, "I bless thee," the night will shine. The days, which once might have been difficult and challenging, will become glorious occasions for celebration, when all throughout the day you are filling it with blessings. It can be no other way, My child. When you walk upon the Earth, blessing all things you are creating a garden of blessings all around you. I send you My blessing. I bless thee. I shower thee with grace.

And The Holy Spirit says:

Each day is the opportunity to move from frustration, or anger, or miseries of any kind into a practice of blessing. "I bless you." "I bless thee." "I bless that song." "I bless you bird." "I bless you elderly man." These words will become your first response, once you practice a bit. Consider this. What do you wish to do today? I would suggest to spend the day saying, "I bless thee."

August 17, 2019

I AM in love with you. I love you. I give you My Light, so you might see. Rise-up this day, and experience this day, knowing you are greatly loved. Let My love fill you with joy, and song, and dance. Be happy. Touch others with your happiness. When they ask you why you are so happy, let your response be, "Because, I know God loves me." When you see people who are in love, their eyes shine. When two people find each other, and know they are meant to spend their time on Earth together, you see life and light, shining from their eyes, because they are in love. They look different. They look happy. I love you. Today, know that I love you, and be happy.

And The Holy Spirit says:

When you see a friend, acquaintance, or family member, whom you have not seen for a bit of time, you know, by looking at them, that something wonderful has happened to them. A prayer has been answered. Someone loves them, and the someone that loves them is loved by them. Love can change the body. Love can change the heart. Love can change all things. Love is the most powerful energy ever created. Love, there is nothing greater than love. So, if you know that God loves you, and you love God, then all will see it in your eyes, in your face, in your joy, and they will hear it in your song. Oh, the abundant joy you will feel, when, at last, you know you are loved.

August 16, 2019

Do not hurry through your life. Do not hurry through your day. Stop. Slow-down. Do not hurry when you pray. Do not rush through prayer, as if it were an exercise you must do, and then quickly move on. Tarry there. Sit with Me. Do not hurry through any task of the day. Do not hurry through the preparation of lunch or dinner. Slow-down. Take time to bless the food, to bless those who grew the food, who harvested the food, who made sure that you had food to purchase at various stores, and stands, or from the local farmer, or perhaps, possibly, from your own hands. Today do not rush from this point to that point. Slow-down. Take time to look and see the beauty all around. Take time to come and sit with Me.

And The Holy Spirit says:

If you will notice, when you feel as if you are pressured, have too much to do, you move from thing to thing, as quickly as you can. All the while, you are building-up stress within, your heart is pounding, you are not calm, your head is down, and you are pushing forward. You can do everything, which needs to be done, without the harried race, without the pinched, determined face, without the pounding heart, without stress. All you have to do is to slow-down, and know you will accomplish that which needs to be done. Change your pace, slow-down, take the time to look around and see the beauty that surrounds thee.

August 15, 2019

Do not permit doubt and worry to weave a web around and throughout you, holding you prisoner, as you become entangled and ensnared in a shadowy place. When you doubt you can do something, you rarely do it. When you worry about something, you are distracted from doing anything. Do not permit yourself to be held captive by these energies, because they will draw your focus, and you will use all your energy creating more doubt, more worry. When you are tempted to doubt you can do something, focus your energy on finding The Way to do it. When you are tempted to worry about something, or someone, focus your energy on The Way to bring peace to it. Be mindful of the energies you choose to use, for I will not fill you with doubt, and I will not fill you with worry. I will fill you with My Light, for you are My child.

And The Holy Spirit says:

When you are standing in The Light of God you are not afraid, because there is no fear within The Light of God. Within The Light of God there is love. The farther you move from The Light of God you begin to encounter shadow and darkness. Within shadow and darkness spirits of doubt and worry will tempt you, and soon you find you are locked in place, gripped with fear, unable to move. It takes practice to resist these temptations, and it takes resolve to begin the practice; however, if you set your intention to focus on The Light, you will soon see The Way: to do that which you doubted you could do; and, to calm the troubled waters of worry with peace. You have already taken a step forward when you begin to see how tiring these energies can be, how heavy they weigh upon you. Those who are willing to look and see, soon become enlightened, and the fingers of fear hold them no longer. Choose The Light of God.

August 14, 2019

It is possible for you to alter the course of your thoughts; and, by altering the course of your thoughts, moving them into light, you change the course of the river within you. It flows with light, it flows with love. This is possible to do. Rather than trying to alter the course of the thoughts of others, or trying to change the course of the river's flow for others, move to your inner landscape where it is possible for you to change the course of your thoughts, to alter the flow of the river within you for good, for love, for peace.

And The Holy Spirit says:

Whenever a thought pops into your head to be angry or frustrated with others, or to be in judgment of others, or yourself, alter the course of that thought. It is simple to do. Pause, and say, "I bless you, I bless you." You might never see the result of your blessing upon those who might have become the victim of your anger, frustration, or judgment. However, you will notice you have altered the course of your thoughts, and changed the flow of the river within you, in such a way, that your thoughts go eagerly to blessing, rather than to cursing through anger, frustration, or judgment. This is a positive practice you can master every day. See what is possible by making the changes within you.

August 13, 2019

You will not be tested beyond your limitations, beyond your abilities to achieve success. Believe this. I have given you all the gifts and talents you will require to master all that comes to you during your lifetime upon Earth. Believe this, because when you believe you have that which it required to meet each challenge, to face each situation, and to do so with grace, dignity, and confidence, that is what happens. Your faith is rewarded with accomplishment and achievement. My child you carry within you all you need to face this day, and all days before you; therefore, rise-up and greet the new day with confidence.

And The Holy Spirit says:

Knowing you carry within you a valuable and precious toolbox, which is filled with the gifts from The Holy Spirit of God, will give you confidence to enjoy each day completely. Every day will be a joyful day when you realize you do have all you need to master every challenge, and continue along The Way, living The Divine Plan.

August 12, 2019

See the glorious Earth, and sing-out in awe and wonder, for she is My creation, and I love her. See the glory and sing. If you do not sing of the glory in the mountains, the colors of sunset with light-up her spires, and the mountains will sing. If you do not sing of the glory and the majesty of the oceans, the moonlight will lay-down a path of silver upon her body, and the oceans will sing. If you do not sing of the glory of the flowers, and grasses, and trees, the brilliance of sunrise will catch each dewdrop on every leaf and blade, and the flowers, and grasses, and trees will sing-out in a symphony of dazzling colors, sparkling at the break of dawn. If you do not sing of the glory of My creation, Earth will rise-up in song, and sing. See My glory in all of Earth. Sing.

And The Holy Spirit says:

See the glory of God in all of creation, and then sing of it. Look around, and sing of the glory in such a compelling way that those around you will see the glory of God in the words you sing. Let the world see the glory of God in you.

August 11, 2019

So much going-on in the world around you takes place unseen, hidden from view. Unless you take the time, or have the talents and gifts, and the proper tools to investigate, you do not know what is happening within the Earth, beneath the Earth, beneath the water, beneath the soil. You do not know these things until the event occurs; and, without knowledge, and knowing, and talents, and gifts, and tools you will not know, until the tsunami threatens, until the volcano erupts, until the earthquake splits the Earth. Take the time to look and see. Take the time to understand that it is the same with the human body. There is a lot going-on within the body of those you love, of acquaintances, of family, and of friends that you cannot see, because it is below the surface. Unless you take the time to look, and have the talents, and gifts, and tools to check, the eruptions catch you off-guard. You are unaware of what is happening within, hidden from view. Take the time to look beneath the surface.

And The Holy Spirit says:

The same packet of seeds can be sown in two garden plots. As they are covered-up, with a thin layer of soil, you cannot see what is going on beneath the soil, you cannot know until the leaves break through the soil, and reward you with a beautiful garden. But, the garden must be tended. You must know that there are seeds there. You must know when there are weeds there. You must know when it needs water, and be there to provide this source of life, or the garden will not grow.

August 10, 2019

When you stumble upon a caterpillar it is often difficult to imagine that soon it will fly, that soon it will have the glorious colors of a butterfly, or the majestic wings of a luna moth. Yet, that is exactly what happens. Once the caterpillar leave the dirt, it flies into the sky, catching the attention of all who look and see the majesty of the color or the size of the wings. Right now, you are walking upon the Earth. You are of the dust of Earth; yet, there will come a time for change, and you will break the barriers of Earth, and take to the sky, flying, extending your wings, showing your colors, amazing all who will look and see.

And The Holy Spirit says:

Do not doubt that from the lowliest creation can rise-up the most magnificent being. Do not doubt, when you are down, when you are low, when you are crying, or seeking help, that there will come a day when you will break the bonds and chains, and set free all the magnificence you are to fly into the sky. Do not doubt this is possible for others, as well. So, when you see a caterpillar remember the butterfly, remember the moth. When you see someone "down and out," remember the butterfly, remember the moth.

August 9, 2019

Come to The River and wade into the water. The water will surround you, and begin to move you, taking you into its flow. Do not struggle, relax. Trust the waters of The River of My Love to carry you where you need to go. In faith float, ride the current with your head back, watching the sky above. Without struggle you will find The Way you are meant to go. Do not be afraid. Do not cling to the bank, resisting the flow, or there you will sink roots, there you will grow, and watch The River pass by, always wondering where it might have taken you, if in faith you could just let go.

And The Holy Spirit says:

When you are called to The River, go. When you reach The River wade into the water, for it is within The River of God's Love that you will find the wisdom of The Holy Spirit; and, all you need to know will be whispered to you, as you go. You will see everything you are meant to see, you will go everywhere you are meant to go, and when the journey is done, you will flow into The Ocean of Eternity. The journey will be grand, with adventure enough to season tranquil days with excitement for life on The River. The River has purpose, and so do you, to make the journey of life held within the current of The River of God's Love. Listen. Do you hear the call? Come to The River of God's Love.

August 8, 2019

You will find you have that which you are seeking as soon as you are willing to give it to another. If you feel you lack love and understanding, give love and understanding to another who reaches-out to you. If they come seeking kindness, give it freely. If they come seeking forgiveness, give it freely. If they come seeking compassion, give it freely. If they come seeking comfort in their time of distress, give it freely. Give freely. Soon you will realize that all you thought you lacked you held within all along.

And The Holy Spirit says:

Be mindful not to deny others that which you seek. Within the exchange of love, understanding, kindness, forgiveness, compassion, and comfort the waters flow freely, and there is an abundant source for all who will come to the waters and drink to quench the thirst of lack.

August 7, 2019

This new day is with you. The gift has been given. It is yours. For some of you this day will be a day of clear sailing. There will be no puddles to step in, no rocks to trip over, no boulders to impede your progress along the path. The day will be easy and good, and filled with joy, and it should be this way for you, it is your day. I AM with you. Be sure to take some time today to sit with Me, so we can watch the day unfold together, you and Me. It will be a good day. For some of you the day might be a day of difficult sailing, and it might take some work to keep your vessel afloat; but, you know, it is still a good day. Any day is good when you can answer My call, and I can answer yours, when we can sit together and watch what is unfolding, and see the truth of it, let the light shine upon it. When the light shines, even in the darkness, all things are illuminated. When there is light you see, and when you see you understand better. If today you find troubled sailing: be still, and you will hear My voice; be still, and you will feel My presence; be still, and you will know I AM with you. We will take the day together, one hour at a time, until night comes, and the day is complete, and you find I AM still there with you.

And The Holy Spirit says:

Days come and days go: some are fast, and some are slow; some are filled with laughter, and some very quiet; some are filled with family or friends; some are spent in solitude. No matter what the day brings you, it is your day upon Earth. It is a day of celebration, no matter what you are facing. The celebration is that you are not alone, that God is with you. Sometimes it is necessary to be still and quiet for this truth to wrap you in a blanket of comfort; but, it is within that blanket of comfort that you feel support, that you feel the hand of God, that you find The Way.

August 6, 2019

Know the importance of patience. Practice patience, with yourself and others. No matter what is going on around you, be patient; for as you begin to work with patience you find that you are becoming more peaceful. Even in the midst of chaos, you find it possible to be peaceful; and, in this state of peacefulness, you become aware that your life is more tranquil, that it is serene. Practice the art of patience!

And The Holy Spirit says:

It is time to practice patience! When all around you are losing direction, frustrated, growing angry, practice patience. Use this example... because it happens so often... envision yourself in a vehicle, and envision the vehicle stuck in traffic: cars to your right, cars to your left, cars before you, and cars behind you, no where to go; but, very soon you feel anger and frustration coming from vehicles surrounding you. It is clear that nothing can be done about the situation, but everyone is growing angrier and angrier with the situation. This is the time for patience, practice patience; and, as you do, peace begins to envelope you; and soon, the stopped traffic begins to move, and you are serene, you are at peace. Use this example every time you are tempted to be frustrated. Practice the art of patience.

August 5, 2019

So that you are never lost, or floundering, I send you signs, signs that come in visions, in dreams, in nature, all around you. I send you signs. I also send you messages; and, these messages also come in visions or dreams. These messages can be written on billboards, or delivered by another, directly to you. Learn to read the signs! Listen, and heed the messages!

And The Holy Spirit says:

The wise are vigilant, watchful, waiting for the signs, learning to read the signs, following the signs. The wise are open, ready to embrace the message which comes. The foolish ignore the signs, and reject the messages.

August 4, 2019

If you do not take-out the trash, clear-out the garbage, which is created in your home through every day living, and eating, and cleaning, there will soon be an odor, there will soon be bugs; and, no matter how much you sweep, or spray, or clean, until the garbage is removed from the house, there will be the odor, there will be the bugs. Heed these words.

And The Holy Spirit says:

You can sweep the floor, dust the furniture, wash the walls, light candles which bring a sweet smell to the room, a fragrance that delights, you can open the windows, let the sunshine in; but, if there is garbage and trash littered about your home in certain areas, sometimes even unseen, it will soon be obvious. Do not clean the surface while ignoring: the root of the issue, the source of the odor, the creation of the debris.

August 3, 2019

Do not be stirred-up, with anger, about what is happening all around you! Do not be caught-up in confusion, embroiled in hatred for those you believe are doing great wrong around you! Guard yourself! Be vigilant, and watchful; for, when it is time for you to move, My hand will move you, to do, what is right and good! Be watchful and vigilant; be still and quiet; for, My whisper will summon you forth: to do good deeds, to be loving and kind. Remember, that which is conceived in anger and hatred ~ will hold anger and hatred ~ within its fiber, from the conception to the completion, and onward. Let what you do be done in glory and light, and peace and love! Do not charge forward into the melee, into the crowd, shouting, calling-out. Move quietly, and let your thought be kindness, let your deeds be conceived in love!

And The Holy Spirit says:

It is very easy to get caught-up in what seems to be a good cause, marching with a mob, crying-out against this one and that one, condemning what others are doing. Be still! When there is cause for justice The Hand of God will move; and, justice will be delivered in peace; justice will be delivered in kindness, compassion, and understanding. Do not be eager to exchange perceived justice, for perceived injustice, when it is tainted with anger and hatred!

August 2, 2019

I give you a gentle reminder, so you might remember, and remember early in the day, that you are spirit, first! You are meant to experience Earth as spirit, wearing an Earth body, so that you might have full experience, so that your spirit might know: the taste of an apple, through your body; so your spirit might know the touch of a tree, the feeling of the bark, the tenderness of the leaf, through your body; so that spirit might know the gentle kiss on the lips of one you love, through your body; so spirit might know how it feels to hold a child, through your body. This is how you are meant to experience Earth. Fill your spirit, with the goodness of Earth, through your body!

And The Holy Spirit says:

When you walk upon the Earth, fully in your spirit, directing your body: to pick-up this, to move that, to walk here, to sit there, to be still, to sing and dance, this Earth experience is above all other things, because when you do it... in such order, you are following The Divine Plan... spirit first, and let the body follow!

August 1, 2019

Every time your body responds to your thought of performing an act of kindness, the vibration of kindness slips into the fibers of your being, and your body recognizes kindness, and kindness becomes a piece of who you are upon this Earth.

And The Holy Spirit says:

The noble thoughts of performing deeds of kindness move into the fibers of your body, and your spirit and your body become one, joined in the nobility of kindness.

July 31, 2019

Children upon Earth are often told, by their parents: to put on their rain coat; to put on their rain shoes; to cover their head; when they go-out in the rain. The children of Earth also hear, from their parents, to eat the foods which will provide them energy. This eating of the right food, and wearing the proper clothing is defense against rain, sickness, and being tired. Parents are preparing the children for what is occurring around them, when it is raining, do not get wet; and, eat the foods of Earth, so you are healthy. You are children of Heaven, on Earth for a while, and I, as your Eternal Parent, encourage you to protect yourself, before going-out in the rains: of fear, and doubt, and worry; of anger, and hatred; of greed, and anxiety. Protect yourself ~ by eating the manna from Heaven, ~ so that you might be healthy of spirit!

And The Holy Spirit says:

Wearing a raincoat will not stop the rain. Eating good food will not stop a cold from making you feel ill, for a while. Staying connected with your Heavenly Parent, living in The Light, casting from you negative energies, and letting your actions be of love, peace, compassion, understanding, will not stop those things which will come to you; but, living in The Light of God will give you the answers, of what you are meant to do, when things don't go quite the way you wish they would go, when you are assailed by darkness or shadow. You take precautions with your physical body, do the same for your spiritual body, and you will be fit, and sound, and whole, and prepared for all that comes to you!

July 30, 2019

It is possible to read about the best results, certain procedures; you can listen to others argue about what would be the best results, the best procedures; but, until you are living it, and seeing it unfold, you do not recognize the best results, the best procedures. Let example lead The Way! It is possible to show good results, and never say a word. Let your actions speak for you!

And The Holy Spirit says:

A very great debate, well thought-out theories and ideas, hurled back and forth in the arena of discourse, will not accomplish the goal. Sometimes it leads people, who are listening to the exchange, to be even more confused, not knowing which side is right, which side might be wrong. To "know something," you must live it! Live what you believe is the best life you can live upon Earth. And the best life you can live upon Earth is one that is brought-forth in the light, and for the glory of God! Be humble, be meek, be loving, be the word of God in action upon the Earth!

July 29, 2019

When your physical body is tired, weary, operating on less than normal, do not tax it, or push it to do more. Rest, be still, and give it time to recover from whatever is ailing it, whatever is stressing it. When your spiritual body is tired, weary, challenged at every turn, do not put it at risk by ignoring the symptoms of stress, shadow, maybe even darkness. Be still, be quiet, and make the journey within to sit with Me, to be awash in the wisdom of Heaven, to bathe in My Light. Then, when you are filled with wisdom and The Light, rise-up and walk into the world rejuvenated of spirit, and prepared for whatever comes your way.

And The Holy Spirit says:

Do not ignore obvious signs of a weakened body or spirit. Address what ails you without hesitation, then rise-up and be on your way, refreshed of body, and of spirit, whole once again.

July 28, 2019

Resist the temptation to use the energy of anger. Anger kills. It weakens your spirit, it brings illness, for it is impossible to use the energy of anger without leaving residue within your body; therefore, anger is a threat to your physical body. It is impossible to use the energy of anger without diminishing the light of your spirit; therefore, it is a threat to your spiritual body. Anger is a tool of darkness. Reject it.

And The Holy Spirit says:

If you become angry, do not blame the actions or the words of others for your anger. To become angry, at any level, you must choose anger. If you find you are an easy victim for anger, then let your determination, to practice peace, cast it from you.

July 27, 2019

Do not be so invested in the outcome of a project, of something you have begun, of one of your creations, because if you become so invested in what you believe it will become, you will miss the unfolding. As something is created, no matter what it is, as something is begun, no matter what the task, it will unfold, and the unfolding holds the key. Do not miss the unfolding, because as you watch and observe, and follow, and tend the unfolding, you are with the spirit of the project, every step of The Way, and you do not even notice when it makes a turn, or stops before it continues on its way, or even travels in a circle for a while. All you know is the unfolding is intriguing, and glorious, and you want to see the progress. You are perfection unfolding. Do not be so invested in the outcome, do not be so invested in where you think you will be, at a certain time. Enjoy the unfolding, because therein lies the perfection.

And The Holy Spirit says:

When you watch a child at play on a swing-set, or a merry-go-round, or a teeter-totter, or simply running in the park, following the child in such a way that you know where they are each second, each minute of the day leads you in a joyous run, it is as if you are following in a song being sung. You are not so interested in how the song will end, but more compelled to sing as the notes rise and fall. Enjoy the journey. Enjoy the unfolding. Then you will not be surprised where the journey ends, how the project is completed. Do not be so invested in the outcome that you think should occur that you ignore perfection unfolding.

July 26, 2019

As you live upon the Earth certain habits become your own. Through repetition you know that, when you walk into a certain room, and reach-out to flip a switch, the room will be filled with light, and you can see. In your vehicle, you have an indicator, which tells you when you need fuel. If you pay attention to that gauge you will not run out of gas, and your vehicle will get you where you need to go. There is a device for your vehicle, which you can program in such a way, that will tell you when to turn, when to change course, so that you might arrive at your destination with very little concern. You can listen to a weather forecast and know you should take an umbrella or raincoat to stay dry. You can look over at a clock and know what time it is. You can read a thermometer and know if you or your child has a temperature and need rest. Many things you do during the day are out of habit, repetition. You have done these things so many times you do not think about it. But, they each bring you light, information, or show you the way. These material examples can be reflections of how it occurs in the spiritual realm as well.

And The Holy Spirit says:

Through repetition, through practice which makes it seem natural to wake-up and say, "Good morning, God," you begin to hear the answer, or you feel the answer to your personal greeting, you have made contact with Heaven. Through practice you have the ability to reach through the dimensions into The Dimension of Perfection, and have communication, receive direction, know The Way. The device you use in your car, so that you might arrive at the proper location, shows you the way; but, My presence within you will show you The Way every day, every night. Let the guidance of Spirit come to you, flow to you naturally, constantly, comforting and supporting you. Let it come easily, because you have practiced, because it has become a habit, something you repeat throughout your day. You have a spiritual compass, when accessed, when used, it will never lead you astray.

July 25, 2019

It is possible for My light to come forth from the darkest of nights, from the darkest of places, from the darkest, and the darkness in, people. Therefore, if you are called, if you hear The Whisper, to rise-up and experience the night, do so, for you have within you My light; and, the darkest of night will recognize the brightness of My light within you, and it shall fall. If you are called to rise-up and walk through the darkest of places, do so; for, as you walk through the darkest of places, you have My light within you; and, the darkest of places will recognize the brightness of My light and fall from you, for it cannot stand in My light. If you are called forth to stand before the darkest of people, rise-up and do so; for, you have My light within you, and the darkness, that invades and possesses the people, will recognize My light, and this darkness will fall before you, because darkness cannot stand in My light.

And The Holy Spirit says:

Remember, it takes a solitary match, the smallest of candles, to bring light to the darkness. If all who are called to rise-up in the midst of darkness will rise-up to face the darkness, then a sea of light will inundate the darkness, and it shall be no more; but, even if fear stops most from rising, yet there is one who hears and heeds the call, the solitary light will lead the others from fear to brightness, and the wave will rise-up and darkness will live no more.

July 24, 2019

Let it be that you seek to do good, even when those around you cannot find the will to do so. Let it be that you deliver compassion and understanding, even when those around you cannot find the will to do so. Let it be that you stand in My Light, even when those around you cannot find the will to do so. For, it is in such times that, you will be the good delivering compassion and understanding in The Light of My Love, even when those around you cannot find the will to do so. Through you there will be good, compassion, understanding, and light, and in this way it will be My Will which leads you to do so.

And The Holy Spirit says:

The Will of God unfolds in The Divine Plan, and you have the opportunity to be a thread, which weaves its way through the tapestry of The Divine Plan, fulfilling The Will of God.

July 23, 2019

The human body, which you most often believe defines who you are, is temporary, it comes from dust, and eventually it will wear-out and return to dust. Therefore, understand that it is the spirit within you, which animates the dust of Earth, in such a way, that you move, and breathe, and speak. Without the spirit within you, the body would be limp, and empty, and void of light. So, do not spend so much time on the body, neglecting the spirit that is you. Do not spend so much time pampering that, which will pass. Focus on the eternal you, the spirit that is within you. The spirit will lift-you-up, the spirit will fill you with wisdom. Today, reverse the order.; put your spirit first, and let your body follow, rather than choosing to put the spirit in second place; for, if you will call forth the spirit that is you, and then let the body follow, you will be walking upon the Earth, as it was meant to be.

And The Holy Spirit says:

You are an eternal being, created by God; and, when you arrive upon the Earth, it can be a challenge to remember the proper order of things. Sometimes, you can lose direction, not knowing where to go, what to heed; but, if you will be spirit first, commanding your body to follow, wearing your body as a garment, an "earthsuit," you will have the ultimate human experience, and your experience will be complete, when it is time to return Home. Today, connect with the spirit that is you, and direct your body to follow. You will find joy in the spirit, you will find faith in the spirit, you will find that the spirit will heal the body, when the body is told to follow.

July 22, 2019

After a good night's sleep, you often find yourself: standing-up, spreading your arms wide and stretching; throwing your head back: and breathing-in deeply. It is a new day! Begin this day in the same way. Reach beyond, stretch the boundaries, breathe-in deeply, and celebrate that you live!

And The Holy Spirit says:

Breathing, walking, singing, wrapping your arms around a loved one, reaching-out to help a child, feeling the sun upon your face, these are just a few of the Earth experiences that are available for you, and all who will pay attention. Resist the temptation to lower your head, and look at the desk top, or the floor, or feel you are weighed-down by all you have to do. Stand-up and break free from the chains that are diminishing your stature. Hold your shoulders back, and celebrate! The new day has come to you. It is worthy of celebration, and so are you!

July 21, 2019

Oftentimes, it is not easy to make your way in the world, and during those times, when it is not so easy to make your way in the world, it can be difficult to see the value of the lessons and opportunities all around thee. Everything that comes to you is yours to do. When it appears as if you are floundering, or possibly falling, trying to accomplish something that has come to you, pay attention to what is happening, and in the midst of what appears to be crumbling, understand, "this is the lesson that has come to me." There is no accident, there is no coincidence, only the things that you must learn, and the things that you must do.

And The Holy Spirit says:

Those of you who are parents understand, readily, that sometimes the things you are trying to teach your children are received with less than enthusiasm. Sometimes, the lessons that come to those of you upon Earth are received with less than enthusiasm; but, if you will be still, I will whisper within you, and you will hear My guidance, and I will encourage you to continue the process, until it is complete; and as you continue the process, and the practice, you will find that it is you, that is becoming complete!

July 20, 2019

Your Earth experience is passing, it is brief; therefore, before you reach the end, before you find you are experiencing the last day, stop now, enjoy what is all around you, for the trees are not planted only for the wealthy. Those who have very little monetary, or material, things, see the trees, as well. The flowers do not bloom, and the birds do not fly, only for the privileged, they are there for all to see. The abundance of Earth is free. Look and see what Earth is creating every day for thee: food to eat, The Green Kingdom to help you breathe, flowers to scent the air, far sweeter than the most expensive perfumes. Abundance is free.

And The Holy Spirit says:

Once you begin to set your intention to experience each day in a sacred way, it quickly becomes something you do each day. Soon you do not have to remember to stop and watch the caterpillar crawl. You do not have to remember to gently touch the head of the dog, or take a deeper breath, inhaling the aroma, the scent of a flower. You do not have to remember to look-up and see the blue of the sky, and the fluffy clouds, and the birds flying by. These things are the blessings, blessings for all. It does not matter what you own. All of the glories of Earth are yours. Pay attention. Be thankful.

July 19, 2019

It is possible for you to light a candle and set it in the window, or on a table, and there will be light; but eventually, the light will go out, as the candle burns down; and, while you can light another candle, eventually you will run-out-of candles, or matches, or anything else to ignite the candle, the fire, to shine brightly, bringing light to darkness. You can take a flashlight out into the darkness to show you the way; but eventually, your battery will run low, or it will die, and you will have to replace the battery, until there are no more batteries to bring light to the flashlight to show the way. You can build a campfire in the wilderness, so that you might be warm, so that there might be light unto the darkness; but, if the rains come, the campfire will no longer burn. You can walk into your home and flip a switch, and there is light. Where there was darkness there is light; but, if you experience an outage, if something happens to cut the electric service to your house, there is darkness. You can turn on the light(s) to your vehicle, so that you might see the way in the darkness; but, if something goes wrong with the lights on your vehicle, or they burn-out, you can no longer proceed without a chance of an accident. There are many ways that you can bring light to the darkness in the material world; but, there is not one way that you can conceive, or think of, that will not eventually burn-out, or the source of the light malfunction. Something will happen, and there will be no light. But there is a light within each of you which will never burn-out! At this point it might be an ember, but the breath of The Holy Spirit will ignite, and bring that ember to flame, within you! That light within you will never go out! You are created to be the light of the world; but, your light does not come from the lantern you hold in your hand, and raise-up high; the light comes from within you, from what you think, and say, and do!

And The Holy Spirit says:

Let your light shine! Sometimes it is possible to see the light of God, shining, from another person; let that person be you! Do not hide your light; let it shine! When there is sorrow, sing! When there is worry, dance! When there is lack, look around you at the trees, and the flowers, and the birds of the air. The light within you will show you The Way, and because you know The Way, from the light within you, it is possible for others around you to know The Light, and know The Way, as well. Do not diminish your light. It is the love of God, and the love of God is always with you, as I AM always with you: therefore, it is possible for all of us, God, you, and Me, to rise-up, and go-out to greet the new day, with a joyful song; therefore, let it be!

July 18, 2019

Walking through a valley, standing upon a hilltop, wading in the waves of the ocean, sitting at the edge of a desert, these, and other places, that you will find upon Earth, often have a sense of freedom, always have a feeling of glory and beauty. But today, if you find yourself behind prison bars, assigned to a hospital bed, waiting to hear news of a loved one, you too, even in these conditions, can experience a sense of freedom. Release your mind, and your thoughts, to go to forgiveness, for yourself and others, for past transgressions, for past debts. Be sure to be as noble and kind with yourself as you are others, in this particular prayer of forgiveness. Forgiveness is the key to freedom, and you can use it no matter what your circumstances, or where you are. Freedom begins within!

And The Holy Spirit says:

When you are behind prison bars, or assigned to a bed in a hospital, or held captive within your concerns for another, it is possible to be free. It is also possible to be a prisoner of your thoughts, and worries, and concerns when you are in a valley, on a hilltop, at the ocean, or at the desert. Freedom begins within. Your physical location rarely has anything to do with this feeling, this completeness, this wholeness, that the children of God should feel all the time. Set yourself free, today, and begin the climb!

July 17, 2019

Every time you accept the opportunity to use "The Gifts of Spirit," the gifts you have brought from Heaven to Earth, a door is opened, leading you to another, and then another, and then another, never ending! When you are willing to use the gifts, there is no end to the gifts you shall receive! When you are willing to love, using love opens the door to charity; and, when you are willing to use the gift of charity, it opens the door to kindness. Kindness opens the door to compassion. Compassion opens the door to understanding. Understanding opens the door to forgiveness, and on, and on you go, using the gifts of Heaven, all day long! Soon, you are aglow, fervent, in your belief, in knowing, that it is possible for you, as My child, to bring Heaven to Earth, in a single smile!

And The Holy Spirit says:

Do not ignore the things you can do every day to brighten, to lighten, to help carry the burden of another. Encourage your brothers and sisters with a smile. That smile will take you, and them, very far along the road. It begins with love, and after that, there is no ending. Begin this day with love!

July 16, 2019

Every day, that comes your way, presents an opportunity, sometimes many opportunities, to rise-above the normal, and deliver the sublime to Earth: for, that is how it is meant to be, My child. Heaven can be brought onto the Earth through you: what you think, what you say and do. Therefore, look for every opportunity to be the doorway, so that Heaven might flow, freely, onto the Earth, and onto those around you!

And The Holy Spirit says:

As the new day is here, new opportunities are near. Do not close your eyes to that which is coming your way. Do not try to dismiss it, or ignore it. If the door is open, walk through it. If the window is open, lift-it higher. If the pathway is there, walk upon it. Your experience of Earth is meant to be sublime, a sacred adventure! Bless the Earth, by opening to all the opportunities, and deliver Heaven, to Earth, today!

July 15, 2019

My way is love, and love is the doorway to forgiveness, and forgiveness is the path to freedom and peace. With every act, or omission to act, there is the possibility of forgiveness. It is important to forgive yourself, and others, for all things, without hesitation, without limitation. Forgive, and as you forgive yourself and others, those places within you, that were once filled with chaos and confusion, frustration, and even anger, are filled with peace! Forgiveness is the path to peace!

And The Holy Spirit says:

Finding fault with others, blaming others, finding fault with yourself, and blaming yourself, does not accomplish peace; however, the act of forgiveness is the path to peace. It is that simple. Say it slowly, forgiveness... is the path... to peace! Practice forgiveness every day; but be sure to include your name, amongst those who are forgiven.

July 14, 2019

I will not make you do something; but, every opportunity will be used to draw your attention to The Way: you are to go; to the words you are to say; to the things you are to do. If you doubt The Voice within you, then another person will walk-up to you, and say something which will spark a memory of that Voice, within you. Another will bring you the words. If you cannot accept the words, from the one who brings the message, there will come dreams. If you reject the dreams, there will be a song, which will catch your attention, drawing you farther along to the truth. No stone will be left unturned. The signs will be around you, one after another. Will you see the signs? Will you embrace the message?

And The Holy Spirit says:

There are many miracles around you every day; but, most turn away, dismissing them as something: they thought they saw, they thought they heard, they thought they felt. You will live your life more confidently, if you will dismiss the word, 'thought,' and find the courage to say: 'I saw!' 'I heard!' 'I felt!'

July 13, 2019

There is something that each one of you can do to improve the environment where you live. It does not matter where you live. It does not matter the size of your dwelling. Look around, and see. Are you living in clutter or debris? Are the curtains drawn, the windows and doors closed? It does not matter, if you have little income, or great income. What matters is for you to rise-up, no matter where you live, and pick-up the clutter, sweep away the debris. Every home can be in order and clean. Once you begin, and give it a try, you will be surprised. The rewards are immediate. Get the broom. Get the dustpan. Open the windows. Take everything away that has cluttered your environment there in your home. Dust the furniture, clean the walls. Now, set about some photographs that are important to you, or hang them on the wall. Go outside and gather some flowers. You do not have to spend money to have fresh flowers. You will find them growing. Bring some in, put them in a vase, and then begin to open the windows. Hang some mirrors to reflect the light. Now, turn around and look at what you have created. See the glorious sight. You have connected your home with outside. You have brought in the light. You have magnified the light by reflecting it all over the room. It is beautiful, no matter what the size.

And The Holy Spirit says:

What about the environment within you? As you look upon your creation of a room, or a house, free of clutter and debris, with windows open so you can see the sunlight, dancing all around the room, reflected in the mirrors; now, do this within! Walk down the corridors of your inner-being, and pick-up the clutter, sweep away the debris. Breathe deeply, and open yourself to the presence of God, within thee! The response is instantaneous, once you begin, because the presence of God is always with you. What blocks it, what stops it, what hinders it, or minimizes it, is all that you have blocked within the corridors of your inner-being. Take that clutter and chaos away. Take a deep breath, and begin the day, walking with God!

July 12, 2019

Resist the ego-driven energy of gossip, resist it outright, strongly. Taking part in gossip will never elevate your position, it will only diminish: you, and the subject of the gossip, and the object of the gossip. Counteract “the temptation of gossip,” by actively participating, using the energies of love, of compassion and mercy. In other words, your standing is elevated with every good deed you do. Do not concentrate so much on what others do. Do not take part in putting-down what others do. Take active part in being kind, and generous, and compassionate!

And The Holy Spirit says:

Speaking-ill of another reflects on what you do; therefore, refuse to take part in gossip, and use the time you might have spent talking about another person, actively performing deeds of charity and kindness! Do something for the good, rather than speaking about what is wrong! You will be surprised, as you practice this, how good you feel, because the good you do, then resides in you! It is impossible to do good deeds without the thought of doing these good deeds being born/borne within you. Reject gossip! Perform deeds of love and kindness!

July 11, 2019

Today: linger in the garden; take a longer walk down a path lined with beautiful trees; listen to the strains of music; smile, and become one, with all around you. The demons of judgment and doubt will spring-up, attempting to lead you into feeling a bit guilty about lingering in the garden, judging yourself for taking a longer walk, or listening to the music when you feel you might be washing the car, or sweeping the floor. Do not be robbed of the glory ~ that is possible to experience ~ as you are living upon Earth. If you are sitting, or walking, or listening, or watching children play in a park, do not judge yourself for doing so, or permit others to do so. This is what life is about, or should be about, on Earth: So: breathe deeply in the garden; inhale the beauty of the garden; walk a bit slower down the path lined with trees; listen more intently to the music you are hearing; and, watch with intention as the children run and play. Become a part of the beauty, and wonder of Earth, intentionally, today!

And The Holy Spirit says:

If you are not mindful, you will fill your day: with lists of things to do, ways to keep busy, tasks to be completed; and, if you are not careful, the day will slip-away, and you will have missed the flowers, and the sunshine, and the play! Be mindful today: sit in the garden, walk down the path, listen to the beautiful music, and watch children as they play!

July 10, 2019

Each “temptation,” which comes to you, is actually the study and preparation of what you are to do, the next time it occurs, practicing over and over again, until, when it rears its head once more, you know exactly what to do! Therefore, let your protection, against darkness and shadow, be: confidence, courage, and strength, in “the knowing,” that you are My child! Therefore, you decide what you will do! So, when making the choice, choose wisely, and practice!

And The Holy Spirit says:

Do not lament the temptations, the challenges, which come into your path. Acknowledge their presence, and then practice what you have learned, so that you might dismiss them, at every turn. Temptations and challenges will not go away; but, knowing, what to do, will make them less of a temptation, or a challenge. It will be, simply, something you must do to dismiss them, and move on. Practice!

July 9, 2019

Envision, two, separate, garden plots. One garden is tended and nurtured, one is left to weeds. One caretaker goes to their garden occasionally: raking, weeding, watering, then leaving, not to return for days; but, the other garden is tended with love, and the caretaker comes every day, and works in the flowers, and talks to the flowers, and Earth and the flowers respond to the loving and the nurturing, and the garden grows beyond what any could imagine, quickly, fully; and, all those walking by, notice the beauty of the garden, inhale the fragrance of the flowers. Now, envision two more garden plots, and the same thing happens. One caretaker visits occasionally, works in the vegetables planted there, occasionally, then leaves, returning in a day or two. The other garden is tended every day, nurtured every day. The caretaker comes, and moves around the vegetables growing quickly, and they rise-up healthy; and, the garden is arrayed with tomatoes, beans, squash, all manner of vegetables. The Earth and the vegetables respond to the love and the nurturing of the caretaker to such a degree that all those passing-by are amazed, and are given vegetables from the garden to take home with them with every passing; and, the more that is given away, it seems the more that grows there. Think on this today!

And The Holy Spirit says:

You have a spiritual garden within you! Be a good caretaker, a loving caretaker, a nurturing caretaker. Work in your spiritual garden every day, so that those who pass-you-by see the growth, inhale the fragrance of love, receive the benefits of that which you grow in your spiritual garden: compassion, mercy, understanding. Visit your garden every day, and work there, and you will be surprised at how the garden responds to your attention and love. You are a garden, let your garden grow!

July 8, 2019

Do not be distracted, from the present piece of eternity, which you call today. Pay attention to the present, stay in the present; and, as you are living in the present: go where you are led to go, say that which you are led to say, and address that which comes to you each day; for it is in this way, that you are led, one step at a time, into completing your mission. There is no need to go seeking, there is no need to go asking others if they know what your mission might be; for, the mission you are meant to do ~ will unfold ~ as you take care of the present piece of eternity that is with you! Be led, be guided, and address that which comes to you every day!

And The Holy Spirit says:

Even though it sounds too easy, the way to find and complete your mission is by ~ staying in the present ~ piece of eternity. Reside in the present, and that which is meant to be with you will come to you; and, as you are residing in that present piece of eternity, addressing that which comes to you, you will be doing exactly what you are meant to do!

July 7, 2019

Do not lament, or cry about, that which you do not have. Celebrate what you do have! Be thankful for what you do have; for, My child, you have Heaven within you. You are made in My image and likeness; therefore, at the core of your being, you are spirit, and you are love! You have within you Earth; therefore you are, at this time, a being of Heaven and Earth. Heaven and Earth is with you! Therefore, this day, decide, that which you are going to do with this golden opportunity of being Heaven and Earth in one being.

And The Holy Spirit says:

It is often easy to be distracted by the ways of the world, and the ways of the world often sell you what is termed "a bill of goods;" and, this selling, and these goods, begin to distract you from the true value that is within you. Today, celebrate Heaven and Earth within you!

July 6, 2019

Some of you, My children, might be familiar with a parable told, and taught, by your brother, Jesus; it is called "The Parable of the Prodigal Son." In the parable, the son wishes to separate from the family, from the father, and go-out on his own, and demands his inheritance so he can make it in the world created by man; and, the father sends him forth with that which he has asked to receive; and, when the young man is in the world, created by man, all manner of temptations beset him, and he loses his fortune, his treasure, and falls upon difficult times; and, it is in those difficult times that he remembers home, and the love he received from his father; and, he sets his ego aside, and walks home, where he is received with great love and celebration.

This is our story, My story, and your story! You were sent into the world to live upon Earth, carrying the treasures of Home; and, no matter where you might find yourself, how difficult it might be for you, or how much darkness has woven its fingers around you, I AM waiting for you. There will be no lecture, there will be no punishment, there will be My arms around you in great celebration, when you return Home!

And The Holy Spirit says:

The mystery of God's presence with you, all the time, will no longer be a mystery when you pass-back through the veil, and return Home. While you are upon Earth, you take it in faith, and when in-faith you take it, then, the realization is yours! When you whisper, think, or call Home, God answers! There is no distance between you and God, there is only love!

July 5, 2019

Do not turn your head: from those who are rejected by society; from those who are sick and pushed-out, because of fear; from those who live in poverty and are pushed-out, because they do not fit; from those who are made disfigured who are pushed-out, because they are not pleasant to look upon. Do not let fear, and the ways of the world, keep you from reaching-out to those (in need) as a hand, as My hand. Reach-out, as My hand! Look upon the rejected with My eyes. Hear their cries with My ears. It is My will for you to perform the deeds that I would do for those less fortunate, for those less fortunate are with you, to show you The Way!

And The Holy Spirit says:

When your brother, Jesus, walked upon the Earth: He went where He was directed to go by God; He spoke the words He was directed to speak by God; He touched those who were in need, because God instructed Him to do so. Do not be afraid to act as you are led to act. Do not fear chastisement from the world of man. Be eager to be the hands of God!

July 4, 2019

It is important to follow that which is written upon your heart, to follow The Holy Spirit from within; for, this is the path to completing and fulfilling your destiny upon the Earth; and, when you are doing so, you are experiencing the ultimate freedom that comes with living upon the Earth, doing that which you are meant to do. When you are doing so, be sure to permit, to allow, those around you the same freedom to follow their heart: to listen to The Holy Spirit of God within them, to follow the path, to complete their destiny, too. This is freedom in its ultimate form, being able to do that which you are meant to do!

And The Holy Spirit says:

When you live in The Kingdom of God, you begin to know the ways of God; and, the ways of God show, clearly, that each thread, creating the tapestry, is just as important as the other. It does not matter whether they are in the upper-corner, or the center, or the bottom. Each thread is required to complete the tapestry. Today, take some time to be still, to visit your heart, to speak with The Spirit of God within you, so that you might utilize the freedom God has given you, the freewill God has given you to follow The Way, to complete your destiny upon the Earth, and return Home!

July 3, 2019

You are upon the Earth at the present time; and, your Earth body was created in such a way that you would know the great beauty of Earth, in a most personal and sacred way. You can see, you can hear, you can touch, you can breathe-in the aroma, you have feelings. These things allow you to know Earth, to see the beauty, to hear the beauty, to touch the beauty, to feel the emotions of knowing such things; and, if by chance one of these senses is diminished, or not present, the other senses are magnified, so that your Earth experience is glorified. It all works together, so your time on Earth is the best it can be. Use that which you have been given to know the beauty of Earth!

And The Holy Spirit says:

God has created the Earth, and she responds to God's creation, by bringing forth all the beauty that is held within her; and, you see it every day. Look and see! Celebrate that which the Earth has given unto thee!

July 2, 2019

Set your "intention," to be on the look-out for an opportunity to be kind and understanding today; for, when you are watching, you will see what comes your way, and you will seize the opportunity, that is yours, today!

And The Holy Spirit says:

When you watch, when you observe, you see! Therefore, watch and observe, so that you might see today; for, into each day there will roll many opportunities to step-out of the normal, and move into performing an act of kindness and compassion. When you are aware and watchful, you will see the opportunity, you will seize the opportunity, and you will create a blessing for another, which blesses you at the same time, because the circle of kindness rewards the giver and the receiver!

July 1, 2019

Whenever you begin something new, be it a day, a week, a new job, a new school, a new chore waiting for you to do, begin with intention and enthusiasm. Let it be the beginning of something wonderful, special, uniquely of you. When you begin something new, you have the ability and opportunity to put your mark upon it, just as if you were signing a beautiful painting, or a book just finished, or a place in the foundation of a building being erected. You can make your mark on every day, every week. You can make your mark every where you go, therefore set the intention to let it be the best it can be, to let it be sacred in every way.

And The Holy Spirit says:

Beginning anew, whatever you do, is the opportunity to create something special, unique, bearing your mark. Take this into consideration when you begin the day, or anything else, for that matter. You can leave your mark upon the world with everything you do. Let goodness, kindness, and compassion mark all your creations.

June 30, 2019

When you begin to look at the challenges of your life as important lessons in your life, then you will begin to see the lessons, and in their value find The Way to peace, and love, and ultimate freedom.

And The Holy Spirit says:

When you are in the midst of a challenge resist the temptation to be angry about your situation, to feel guilty about your situation, to condemn others for your situation. Be still, and begin to look at that challenge as a lesson; and then, begin to learn the lesson. Once the lesson is learned there will be no more challenge, because when that which was considered a challenge shows-up again you will exactly what to do, where to go, what to say, how to think, because you have learned the lesson.

June 29, 2019

At the present time upon Earth, there are many individuals, crying-out: for change; to make the world a better place. This is happening on the local and the global level, as well. Some of the voices, crying-out for change for the better, are filled with anger, retaliation, revenge. At the same time there are those who are crying-out for a change for the better by first changing themselves from within for the better, and then going about this noble mission in a quiet way, making changes locally, globally by loving one another, and being kind to all creation. The change that is made will carry the energy of its conception. Make sure the change you make is filled with light, and love, and peace for all inhabitants of Earth.

And The Holy Spirit says:

When it is time for a change, be sure you are prepared for the change from within. It is difficult to make something better when you are filled with anger, or hatred, or a desire for retaliation or revenge. Remember, whatever cause is yours, make sure the change being made is conceived in love, and light, with a desire for peace and freedom for all.

June 28, 2019

When another voices a different opinion, regarding the issues or matters at hand, be still, be quiet, and recognize their position, as well as your own, and let it be; for, once you hear the differing opinion you know how the other feels, regarding the topic of discussion. There is no need to correct, or prod, or prompt, or debate the matter. Peace comes when each one is allowed their perspective in stillness and in quiet, without vocalizing dissension.

And The Holy Spirit says:

When you find you are living in a place where you are permitted to speak that which is on your mind, cherish the ability to do so, and speak your mind with kindness, as well as resolve, making a statement, and then letting it stand without argument. If you acknowledge your right to speak, then it is important: to acknowledge another's right to speak; to hold your tongue, and let them say what they feel they want to say without dissension, or confrontation. By letting each statement stand on its own, acknowledging the right to speak it, you give freedom, you accept freedom, you acknowledge freedom. A differing opinion does not require arguments, or anger, or hatred. It is simply a different opinion.

June 27, 2019

There are many ways to address the issue of an approaching storm. When the winds begin to howl, and the rains pour down all around, and upon, you, take the action that is appropriate for you. You can choose to weather the storm, to sit or stand-in-place, and experience the wind and the rain and the thunder as it rolls, if this is appropriate for you to do. You can draw from your confidence, support, and strength, and command the winds and the storm to cease, to be still, and it shall be done, if this is appropriate for you to do. You can seek shelter by hurrying into your home, or another building close by, where you might be warm, and safe, and dry, if it is appropriate for you to do. Each of you has a way to make it through the storm. Choose wisely that which you do.

And The Holy Spirit says:

When you receive direction from God you will know The Way; and, for some of you The Way will be different. It will be the same storm which enters you life, but you will have a different way to move through it, to address the strife it brings with it. Therefore, do, and go, as you are guided; for, I AM with you, sent to you by God to bring you wisdom in all things, so that you might know The Way clearly; but, this is to know The Way clearly for you. If you feel it is appropriate, and you are led to weather the storm, be firm in your resolve; but, do not try to stop the others from either calming the storm, or seeking shelter from the storm. Each must do as they are guided to do; and, in each case, each choice is appropriate. Listen, and I will guide each one of you to know exactly what you are to do. This is the sacred mystery of My presence with you, within you.

June 25, 2019

Whenever the loss of a loved one fills you with loneliness, despair, and sadness, draw nearer to Me, come sit with Me; for, If you remain isolated, cloaked in sadness, that is where you will be, until you can set yourself free; but, if you come, and sit with Me, My love for you will slowly remove the shawl of sadness from your shoulders; and, as this is done, My wisdom will fill you, and you will begin to see, and understanding the beauty of a relationship that is still there, just altered a bit; and then, you will rise-up in celebration, celebrating your loved one forever.

And The Holy Spirit says:

Loss of a loved one is a challenge. It is often difficult to see the situation from the perspective of the loved one, who has moved-on, who has passed through the veil into eternal life; and, when it is difficult to see the situation from their view, all you have remaining is how you see it from the thoughts and the memories within you. Do not chastise yourself for feeling a bit lonely, for missing them so. Slowly begin, one thought at a time, to let their memory live within you and celebrate it, for the relationship is not through. It has been altered slightly. It is new, in a way. Let peace settle into you. Sit with God each day that comes to you, and believe that the love of God will relieve the shadows hanging over you, and the day will soon be with you when you will dance and sing in celebration of a relationship that completed you in many ways.

June 24, 2019

It is always good to have a reminder, that you create your reality! You can create in love, or you can create in hate. You can create in compassion and understanding, or you can create with intolerance. You create every day. Be mindful of what you are creating.

Do not be afraid, for the hands of fear will reach around your neck, and soon you will not be able to breathe the air around you. Fear suffocates, and life is diminished, within the energy of fear. Be not afraid. These things that come to you that diminish the quality of life upon Earth can be extinguished. Create, without fear!

And The Holy Spirit says:

When you begin each day in prayer, and end each day in prayer, you are connecting with The Heavenly Kingdom, with The Dimension of Perfection; and, with each and every connection you draw from that energy of Heaven, you draw from the wisdom of God: and, within The Dimension of Perfection there is no fear, there is no hatred, there is no anger, there is no greed or guilt, there is love. Therefore, if your first taste of the day is held with-in the love of God, you can go forth without fear, without worry, and without concern. Today, connect with God. No matter what time it is, stop and connect with God, and proceed into the day, creating your own destiny, one creation at a time, and each creation free, from the energy of fear!

June 23, 2019

Resist the temptation to believe that you are not prepared, for whatever comes your way; for, I sent you to Earth well-prepared. The truth is, at the core of your being, you know The Way; but, the ways of the world have swirled around you, creating dust, and debris, hiding The Way. But for those of you who trust, you might go, deep within your being, and find that place, and clean-out the debris, and wipe away the dust, and demolish the walls and the doors, and there you will find that piece of Me; and, when you find that piece of Me, you will know, you will remember, you will understand, and The Way will be clear. Believe, I did not send you in-to the world unprepared!

And The Holy Spirit says:

A good parent prepares their child for the day, that will surely come, when they will be out, and on their own. The preparation often comes in the form of showing how to do something, it often comes in the form of giving lessons, speaking words of wisdom, it sometimes is most shown in the ways of support, love; loving the child, so much that they grow in confidence, and know their worth, from the beginning! This is what a good parent does, and this is what your Good Parent did for you. When you feel lost, go within, and sit with God, and you will remember The Way!

June 22, 2019

The only way you can know what is upon the heart of another is to listen to what they are saying. Listen without feeling the necessity of remarking, correcting, or reacting. Listen. By listening, you hear clearly what they are thinking. You see "a piece," of their perspective, and you can better assist their need, you can better love. Listen, without reacting!

And The Holy Spirit says:

If you are standing directly in front of a tree, you see the tree, and all its beauty. You see the leaves, how they catch the light of the sun. You see what is directly in front of you. You do not see, what is behind the tree. You see what is in your sight. The only way you can know, what is behind the tree is if another person says to you, "Well, look, there is a squirrel climbing-up the tree". And, even though you do not see the squirrel, from your vantage point, you know it is there, because someone else has shared their perspective of what is happening. Do not limit yourself, by that which you see with your eyes. Open your eyes to the possibility of another perspective. Be willing to do this as you engage physically, upon the Earth; and, be willing to open your eyes to The Spirit of God, whispering, guiding, showing you far more, than you could ever see, before!

June 21, 2019

A top athlete is not satisfied with victories of yesterday.
A top athlete strives for more, to reach beyond that which has been done, to see what lies beyond the door. A top athlete: desires to run faster, go farther, score more goals, gather-in more points; strives to do better. And because this athlete desires more, the body responds, and goes beyond. New records are broken, new victories are won, because the athlete desired it to be done. If this can be done physically, it can also be done spiritually!

And The Holy Spirit says:

Resist the temptation to be complacent where you are, spiritually; for, as the body responds to the prompting, to the desire to do more: to go farther, to run faster, and to score, so too does the spirit respond to the desire for more.

June 20, 2019

Dine at the table, of today. Enjoy that which is served to you, today. Breathe-in the aromas. Open your eyes to the brilliance. See the beauty all around you, and dine at the table, of today!

And The Holy Spirit says:

Do not be tempted to wander into the past, to linger there, for it is not meant to last. You are meant to live in the present piece of eternity that is yours, at that moment; so you might see, and know, and understand, far better than before. When you are distracted by the past, when you are distracted by the future, you are not focused on the present, what is with you right now. Do not let the banquet grow cold, and dry, and lose its flavor. Dine at the banquet of today!

June 19, 2019

Seek, and you shall find. Knock, and the door shall be opened. Ask, and it shall be given unto you. These are “promises,” but you cannot find, if you do not seek; you cannot enter, until you knock on the door; and, you cannot receive, until you ask.

These precious promises require action on your part. Rise-up this day, and seek ... knock ... ask ... !

And The Holy Spirit says:

You have been given many promises; and, for those who actively seek the gifts of the promise, they are rewarded! Do not sit idle, wondering how you should seek. Follow your heart! Do not sit wondering, “What door is it I knock upon?” Rise-up, and your heart will tell you which door. You might ask, “For what shall I ask?” And, your spirit will whisper, “Ask for that which you need to know. Ask to be shown, that which you need to see! Ask to be taken where you need to go!” Begin the practice of seeking ... knocking ... and asking!

June 18, 2019

When your response to hatred and anger, no matter how minimal it might be, is anger and hatred, then you are magnifying, adding-to, and multiplying, the anger and the hatred. If your response to anger and hatred is standing, with an inner-stillness, focusing on love, then the anger and the hatred stops there, at your doorway. Refuse to add-to, multiply, or magnify anger or hatred, in any way. The most powerful action that can be taken, in the face of these energies, is standing in the position of love!

And The Holy Spirit says:

Whenever you set a course to act in the light of God's love, no matter what comes to you, then be prepared to practice this action. Do not be devastated, or judge yourself harshly, if you do not succeed at the first try. This type of action requires practice; but, as you practice you are doing; and, as you are doing it will be done. Face anger and hatred with love, and you will stop it right there.

June 17, 2019

Do not permit pride, or ego, to keep you from Me: for, I will not send you away; I will not push you aside; I will open My arms and embrace you, drawing you close to Me, ever closer to Me!

And The Holy Spirit says:

Do not permit the energies of guilt, or shame, or feeling worthless or unfit, keep you from the arms of God. Open your eyes, be still. Now, listen to your heart. Nothing you have done should keep you apart from God. Go quickly, and when you feel hesitation pulling you back, go quicker. Move with speed, without hesitation, into the arms of God!

June 16, 2019

Father's Day

Today, it is especially appropriate to take some time to be still, and in that stillness, go into your heart-space, and honor your father, your physical father, your biological father; and, while you are doing this, take the time to honor any male, who stepped into that position, when it was necessary, whether they be: your step-father; or, a neighbor down the street; or, a grandparent, filling the need, filling that space. And, in this quiet time, while you are honoring, look back, move through your ancestry. See the males, standing in line, without whom you would not exist, in your physical form. Pay honor to those who made it possible for you to breathe, and move upon the Earth, in physical form. Go back, see, look; for, your DNA reaches far-back, into ancient times, and brings those ancient times . . . into the present time . . . within your physical body!

And The Holy Spirit says:

Many days set aside for celebration are spent doing just that; but, it would be good, during these days of celebration, to step-back a bit, for an hour or so, go to a more quiet place, and pay honor to those whom the celebration is all about. Today, it is appropriate to set yourself aside, and honor those who gave you your physical life, be they: centuries in the past; or, today in the present. Honor your father, today!

June 15, 2019

With practice and prayer, you will soon become aware of the “unseen!” It will become just as familiar to you as the seen; and, once you become familiar with the unseen, you will realize that the seen is often deceptive. The seen ... can sometimes lead you astray ... off the path; but, the unseen, once it is familiar, will lead you along The Way!

And The Holy Spirit says:

It takes practice to become aware of that which is termed unseen; however, once you are aware of the unseen, you find it fits you like a glove; it is close to you, because it moves you, and touches you, from within! That which you cannot see is often more powerful than that which you can see.

Set your goal to knock on the door of that which is unseen!

June 14, 2019

Sometimes it is difficult to make your way through the day, especially when you feel alone, or temptations flood you with anxiety, worry, and concern. Knowing this, be the bringer of peace to those you see walking through that valley. Do not hesitate to smile. Do not hesitate to stop and speak a kind word. Do not hesitate to reach-out your hand, or enfold someone in your arms. When you see the need, be the bringer of peace.

And The Holy Spirit says:

From time to time, each one upon the Earth is in need of support and encouragement. Sometimes that one is you; and, when it is you, you come to know how fulfilling, how promising, how comforting a smile, a kind word, or a hand to hold, might be, in times when you feel alone. Since you “know,” this, be the provider of this comfort whenever you are given the opportunity. Be the bringer of peace!

June 13, 2019

Hear Me, and you will know My ways, and My ways will bring you confidence, and strength, all the days you walk upon the Earth; for, when the storms rage to your right, you will be the peace; when chaos and confusion rule to the left, you will be the wisdom. Listen to Me, hear My words, and My ways will become your ways, and you will not be distracted!

And The Holy Spirit says:

Every day holds temptation to distract you from a mission you have come to Earth to do. You are an important piece of The Divine Plan. Do not lose track of, or become disconnected from, Home Base; for, the messages sent to you from Home will settle peace within your heart, and your spirit will be renewed in confidence, and you will walk over the Earth in peace, and wisdom, all your days... until it is time to return... Home!

June 12, 2019

When you care for others, you are a blessing to others. You are My hands, holding My child for Me. You are My hands, caring for My child for Me; but, My hands desire to care for thee, as well. Rest! Be still in My love, and feel My light fill you with delight; for, when you are rested, you become an example: of well-being, of health, and happiness, spiritually and physically. Therefore, your words are not empty. You live the instruction, you follow The Way; therefore, Spirit lives in you, and your body follows, in good health

And the Holy Spirit says:

Celebrate! Celebrate that your spiritual life is rich, and do not neglect it; for, it is important. When it falls to you to care for another, be sure to care for yourself first, then you can be the example that lights The Way, that shows The Way, and your words will be full, and rich, and promising, because your light will shine for others, every day!

June 11, 2019

Be patient when you encounter the roaring lion, with a thorn in its paw. Be still: until it is time, until the lion presents the paw; and then be calm, and extract the thorn! Be at peace! Carry My peace!

And The Holy Spirit says:

You will encounter many individuals who are upset, angry, or sad, for many reasons. Sometimes, you will not know the source of the anger, the frustration, the sadness, the grief. Be patient, and be still; and, in this environment, the time will come when you can calm the pain, with the balm of love!

June 10, 2019

Go into this day in peace, remembering who you are. Before you step-out into the world, take a deep breath, and fill your lungs with the oxygen of Earth. As you breathe-in deeply, see your inner-being filled with the presence of The Holy Spirit, The Holy Spirit I sent unto you. The breath and The Holy Spirit are both life! Your breath will sustain you, until your time on Earth is finished; but The Holy Spirit will be with you forever, It is eternal life! Go forth today, and be aware of your physical life through breath, and your spiritual life through The Holy Spirit!

And The Holy Spirit says:

Come, I AM with you. I will fill you with wisdom to see The Way clearly today, to understand that you have the opportunity to be the bringer of peace, all throughout the day. Acknowledge your breath, acknowledge My presence, and take shelter and comfort under My wings, as I lift-you-up to see all things through, the eyes of love!

June 9, 2019
Pentecost Sunday

A good parent tells the child, as they prepare to leave home, and go-out on their own, "I love you, and I am always here for you. Call me, and I will be even nearer to you. Ask of me, and it shall be given unto you." I AM your Eternal Parent. I tell you I love you, as you set-out on your journey upon Earth. I also say unto you, I AM here for you; ask, and it shall be given unto you; and even for those who do not have the words to whisper, I hear their prayer that is written upon their heart, and send them courage, and strength, and signs to show The Way!

And The Holy Spirit says:

I have been sent to abide with you and within you, so that you will always have the answers with you, within you. Be at peace, and do not forget the treasure you carry within! You cannot be lost when The Golden Compass is within you. Hear Me. I will whisper, and you will know The Way!

June 8, 2019

I know you better, and love you deeper, than any family member, or friend you hold dear, for family and friends hear what you want them to hear. Your conversations are pleasant, most of the time. They see you move through the world, and know you, by the things that you say and do; but My child, I know you, from within.

I know the thoughts you have, the prayers you whisper, the trials you endure. I hear your inner-conversation. I know you completely, and I love you completely. That which you show, unto the world, on the outside, is what you want the world to see, and your friends and family accept who you are and love you; but, they do not "know," all of you. They do not know the complete you. I know you! I see you! I love you!

And The Holy Spirit says:

It is important to stay connected to family members and friends. Through conversations and exchanges back and forth, they get to know you better, and you get to know them better. Do not forget the relationship you have established with your Creator, with God, your Eternal Parent. Go sit in that chamber within, often, and speak with God, and then be still, and listen; for God will fill you with wisdom, and from the wisdom you receive, sitting with God, you will have the answers you need to rise-up and trod over the Earth.

June 7, 2019

Every day you will encounter temptations, temptations which attempt to lead you out of The Light. Stand directly in My Light, focus on My Light. If you are tempted to be angry, do not give-in, for this temptation to anger will move you from the center of The Light. Anger is ego driven, reject it out right. If you are tempted to be frustrated, or to feel guilt, or shame, or that you are not worthy to whisper My name, reject these temptations; for, they are attempting to lead you away from the center of My Light. When you are held in My light, it is impossible for you to be in darkness or shadow. If you find yourself in darkness or shadow, the center of My Light is only a decision away, a choice away.

And The Holy Spirit says:

Stand in The Light of God's Love; and, if you find you have been tempted to stray, or move slightly this way or that with temptations into anger or frustration, or worry, or doubt, do not give-in. Move quickly back to the center of The Light by choosing The Light. The center of God's Light is always close to you. It is a decision away. Do not give-up. Do not give-in. Let it be your decision to stay... in The Light, within... The Glory of God.

June 06, 2019

The more difficult the task, once completed, brings confidence to one who might have been defeated without the trying, without the doing. Do not permit something that looks impossible to stop you from doing it, from completing it, from gaining confidence in what you are doing. If it is in front of you to do, it is possible to be done by you.

And The Holy Spirit says:

Building confidence requires that you tackle each chore ahead of you. Building confidence requires faith that you can do it. Building confidence requires practice, knowing that you will get better and better the more you practice. Building confidence requires faith that you can do it.

June 5, 2019

Fight the temptation to be disappointed when things do not work-out the way you planned them to work-out. Find peace in knowing that the threads of all things will be woven together just as they are meant to be woven, if you but stand still, and watch, and believe and see.

And The Holy Spirit says:

While you are in human being form there is great temptation to believe that you must make things work as you think they should work. Resist this temptation. Listen to your guidance, then go, move as you are meant to move. Do what you are meant to do, and you will be the needle, pulling the threads through The Great Tapestry, and all will be blessed, and all will be perfect, because you did as you were meant to do, you listened when you were meant to listen, you rose-up when you were meant to rise-up, and you held The Word of God within you, following it every day. Be at peace and do not be worried about the things of the world.

June 4, 2019

Do not pass up an opportunity to celebrate a glorious day, or all the gifts which come your way. Do not pass up an opportunity to learn from what seems to be a dreary day, or all the lessons which come your way. Each day holds opportunity.

And The Holy Spirit says:

When there is cause for celebration, celebrate. When there is cause for acknowledging lessons and learning, practice. Each day holds opportunity. Embrace it as it comes to you.

June 3, 2019

Know The Ways of Wisdom. You can learn The Ways of Wisdom from The Holy Spirit within you, for this is why The Holy Spirit was sent unto you, so that you would know The Way. Whenever you are confused, or hurt, or angry do not run around, asking everyone questions about what you should do. First, be still, be quiet, go within to The Source of The Wisdom I have sent to you. Ask The Holy Spirit for guidance, to show you The Way.

And The Holy Spirit says:

I was sent from God to reside with you and within you, to bring you wisdom, so that you could know The Way, so that you are not alone, lost, or afraid. Ask, and I will show you The Way, for that is the purpose; and, with your asking, fulfillment of this purpose is complete. There is no need for you to wander in despair or confusion, for I AM there, sent from God to show you The Way.

June 2, 2019

My Love is always with you. The only time you might not feel My Love for you is when you turn your back, or push away, or deny it, in any way; and then, it is still there, waiting just for you. All you have to do is to open the door, or clear away all the debris you have piled in the passageway. Once you have cleared away doubt, worry, concern, grief, guilt, denial My Love will be flowing freely to you again, because you have broken down the dam within.

And The Holy Spirit says:

There is no time I will not guide you. The only reason you cannot feel My guidance within you is because of the walls of doubt, and worry, and concern, of guilt, and greed, and grief. You are a child of God worthy of God's Love, and worthy of My guidance; therefore, go within and destroy the dam which you have built, knowing all along that you are worthy of God's Love, and you are worthy of My guidance. You will immediately feel My presence within you, because you have restored The Light.

June 1, 2019

The new day is set before you, and you have all you need to move through the day with confidence. There will be many experiences within this day: the birth of a child, the passing of a loved one; loss of a job, promotion to a new level; injury or sickness, rehabilitation or recovery. No matter what your experience might be this day, I have already given you the gifts of: love, compassion, understanding, strength, courage, charity, kindness, faith, hope, trust. You hold all these gifts within you and many more. This day will be a day worthy of celebration, no matter what comes your way, when you use the gifts you carry within, as you make your way through this new day.

And The Holy Spirit says:

God gave to you a treasure chest before you made the journey to Earth. This gift was especially created for you to use to complete your journey upon Earth with confidence. You carry this treasure within your soul and spirit. Open the chest, and behold the gifts from God.

May 31, 2019

Close your hands, tightly. Now, open your hands, and reach-out. Repeat closing your hands, and opening your hands, paying close attention to the action of doing so. Realize, if your hands are closed, it is very difficult to use them in any way. It is difficult to hold hands with someone. It is difficult to feed yourself or another. It is difficult to clothe yourself or another. It is difficult to catch anything which comes your way. Live your life upon Earth with open hands.

And The Holy Spirit says:

It will be difficult to receive and share all the blessings and gifts coming your way today, if you will not let go of the past. You are meant to live in the present. Embrace today with open hands, open heart, open spirit and soul. Embrace the present piece of eternity that is yours, today.

May 30, 2019

Be vigilant for the temptation to speak ill of another, to gossip. Do not fall victim to the trickery, which might lead you to believe that, when you whisper, or talk, behind another's back, it is okay, if it is true. It is not okay. Refuse the temptation to speak ill of another.

And The Holy Spirit says:

Today, focus on keeping your thoughts in the light, resisting temptation to go into shadow. Speak only of the light. There is something good you can say about every person you know. The truth is, they are a child of God, so let it stop there. Let it stop with, "They are a child of God." Bless everyone you see, and you will be adding to the light, not increasing shadow or darkness.

May 29, 2019

Almost every day you will encounter, at least one person, who would benefit from your smile and kind word. When they come upon the scene, do not turn your head and go in another direction. Smile. Say something kind. You will know exactly what to say at that time. If you will do this, come the end of the day, you will know that you made a difference in the world, in eternity, and all you had to do was to smile and be kind.

And The Holy Spirit says:

You might never know all the good a smile does. You might never know all the good a few kind words will do. Do not let this stop you from spreading the smile and the kindness all over the day you are about to begin. And, when you finally reach the end of the day you will begin to have a small understanding of the change a smile and a kind word make. You might be surprised to find that the biggest change was made within you.

May 28, 2019

There will come the day when The Wind will move you in a sweet, sacred way, and all the doubt you once held within will be lifted from you, and you will be free. Free from the doubt which once held you down, you will fly with The Wind; and, while riding The Wind, every time you look down you will celebrate the day you were released from doubt.

And The Holy Spirit says:

Do not permit doubt to rob you of The Glory.

May 27, 2019

Every service you perform on behalf of, or for, another, you too receive the gift. It is impossible to be kind to another without kindness ringing-out throughout your entire body. In this gift of kindness another's prayer for kindness is answered. You answered the prayer for kindness. The prayer and the answer become one in the act of kindness. Any service done for another, or for many, is the same thing. It might be on a grander scale, the more noble the service, but it is still the same thing. You cannot perform a good deed without the good deed reverberating throughout your being. You soon begin to see that what one does for another is done for all. That energy, held in that act of service of giving, of providing, freely and willingly, goes out from that one place, where the action is performed, and moves. It moves upon The Wind. It cannot be denied. It is a prayer.

It is an answer. It is one.

And The Holy Spirit says:

Be eager for the opportunity to serve. While the outward sign is service for another, the inner reality is it is for you. You feel better when you do for others. You know this to be true. Therefore, embrace each opportunity to serve, be it your country, your state, your county, your city, your community, or your family or friends.

Embrace the opportunity, and be the answer to a prayer.

May 26, 2019

Live your life upon the Earth as if you know The Truth. Forgive all things, as you walk upon the Earth, as if you understand the importance of forgiveness. Do not hesitate to let The Glory of The Dimension of Heaven shine through you. Bring forth The Light.

And The Holy Spirit says:

It is not so much what you say that will show The Way, because words you speak can be twisted and turned, and manipulated in such a way that they end up upside-down, inside-out. Live the words you want to say because In this way, your life cannot be ripped apart, and turned upside-down. Do not be afraid. Live love. Love all people. Live in The Light, because you are The Light. Come to the understanding that you are The Light of The World. Do not cover your Light. Let it shine. If you let The Light shine, you become a reflection of all that is good, and living such a life carries more weight than the words you might say. The words will be forgotten, but The Way you lived will not be forgotten.

May 25, 2019

The journey on Earth is sometimes slow; and then again, the journey on Earth sometimes moves very quickly. There is a pace, there is a rhythm to whatever you are experiencing. Whatever comes to you is yours to do. Change your perspective, even slightly, and that which comes to you appears differently to you.

It is your opportunity to practice what you have been taught in the quiet times of prayer and reflection. Can you smile when it appears to be gloomy? Can you love in the face of hatred? Can you turn the other cheek when another is insulting? Can you bend-down to give comfort to a crying child? Can you reach-down to lift another up, without judgment or torment? The only way you will ever know you can do these things is to have the experience. These things that come to you, which seem unappealing, are gifts sent to you, so you will know all you can do. See them this way.

And The Holy Spirit says:

Open your arms and prepare to embrace the day, no matter what comes your way. There might be opportunities to see what you can do. There might be opportunities to permit others to see what they can do. No matter how you look at it, this day will be filled with opportunities to see what you can do.

May 24, 2019

I know all about you. I know your heart. And, even when you stumble or fall, I reach-out and touch you, and you stand tall. I know your heart. I fill your heart with light. Often it is your desire to pray for certain things, but I can assure you, My child, I know what you need. Speak with Me, talk with Me, ask Me, but do not let these things worry thee, or concern thee, for when we talk together it is as if you are a child, and I lift you to My knee, and you put your arms around Me, and we sit. I know what you need. It is yours.

And The Holy Spirit says:

The best friendships are the friendships that offer comfort when it is required, dancing when it is desired, long hours walking along a beach, or on a wooded trail. Close friendships have an important aspect, one detail. A close friendship has no fear, or worry, or concern that you will be turned away, or rejected, no matter what the word you speak or share. These are treasured friendships of Earth; but, you have an eternal friendship, kinship with The Creator of All Things. Do not let this friendship lay dormant. Fill it with life, and you will be filled with joy.

May 23, 2019

It can be easy to walk in the sunshine, blue skies overhead, flowers blooming, birds singing, children laughing in the park. But, when the day is dreary and dark it can be more challenging, until you remember you carry The Light within, and The Light you carry within can bring forth blue skies, and flowers in bloom, the songs of the birds, and the laughter of children. You carry My light, My child; therefore, bring forth The Light.

And The Holy Spirit says:

The minute you realize, with no hesitation, no doubt, that you carry the light of God within you, your world turns upside down, and inside-out, everything is brighter, you feel lighter, because you know you have The Light within you. Today, experience life upon Earth this way. Bring forth The Light.

May 22, 2019

It is easy to look away from those who have fallen, who are down-trodden, who have lost their way, and seem to slump and crawl to make their way through every day. Do not turn your head. Bless each one you encounter, for this blessing will wrap and enfold them, and while they do not know who blessed them in such a way, they will surely feel the blessing, as they make their way.

And The Holy Spirit says:

Over two thousand years ago you were asked to: clothe the naked; feed the hungry; give drink to the thirsty; visit those who are sick, or are imprisoned; be kind and compassionate to those who long for a tender touch or a smile. Consider these words, as you make your way through the gift of this day.

May 21, 2019

There is pain associated with childbirth. When a woman is unprepared for the birthing experience, fearing the pain that will come, that is what happens. Pain comes. When a woman is prepared for the birthing experience, understanding the importance of mastering her breathing, working with the contractions, feeling the rhythm of her body, and allowing it to flow naturally within her, she engages with the process. At that time she is an active participant. She is not fighting the pain, her trained body is moving toward the goal, to deliver a child into the world, and with this intention, pain is greatly minimized. She is not focused on tolerating the pain, she is completely focused on delivering her baby. She is not a victim of the pain, she is actively moving through the pain, doing what she has trained herself to do. Fear maximizes the pain. Knowledge and participation minimize the pain.

And The Holy Spirit says:

As you are upon Earth, you will sometimes encounter fear and pain. This experience might be physical, emotional, spiritual, or a combination of all three. When you are faced with a night of fear or a day of pain do not allow yourself to be frozen in place, maximizing the fear and pain. Call-out to God, and speak the name of God, and call forth the angels of God to surround you, as you move through the pain, move through the fear into the light of a new day, for no matter how dark the night, there will always come the light of a new day.

May 20, 2019

Every day holds something to celebrate. Therefore, look, all through the day, until you find that something to celebrate, and then comes the surprise. Once you find one thing to celebrate, you find another, and another, until your day is filled with cause for celebration. Open the door to the gifts, to the signs, and you will see The Way to celebration for every day.

And The Holy Spirit says:

Even before you begin this day it is possible to find something to celebrate. If you sit numb, unable to find it, know that your life is cause for celebration. You have life, therefore you see another day. Celebrate life, your life, and the life of a grand new day.

May 19, 2019

The busy world, created by man, the work-a-day world, approves of pushing yourself to the limit, and often encourages pushing yourself beyond. Sometimes, the individual takes it upon themselves to do the same. The result is you feel drained and exhausted. When you are tired, rest; for it is difficult to connect with Me when you are weary, low, and down. Rest, be still within your spirit, and you will feel rejuvenated and made whole when you rise-up rested and well-connected with Me.

And The Holy Spirit says:

Do not push your body beyond the limit, even though others around you might encourage you to do so, even though you might encourage yourself to do so. Resist this temptation, and maintain a body that is well-rested, well-fed, and ready to rise-up and greet each new day with joy.

May 18, 2019

Remember, you read a book one page at a time, you learn to walk one step at a time, you learn to talk one word at a time, you build a relationship by listening and sharing one story at a time. All things are accomplished in time.

And The Holy Spirit says:

So you begin a new day, one prayer at a time. Let your thoughts become a bouquet, one flower representing each thought of love throughout the day. Let your words become a beautiful bouquet as well, one flower representing each word of understanding and kindness throughout the day. Let your deeds become still another bouquet, one flower representing each deed of compassion and charity throughout the day. Let your thoughts and your words and your deeds flower in the light of the new day. Come the end of the day, your flowers will be arrayed there, the day will be complete, and the garden will be sweet.

May 17, 2019

Let this day be a day of blessing and forgiving, for reconciliation, for reinforcing The Great Circle, for We are One.

And The Holy Spirit says:

Let this day be a sacred day. Do not hurry, do not run. Let this day unfold in a mindful way, blessing all you meet, and all you do along The Way. Let every step be a step into a place of forgiving, of blessing, of celebrating and singing, of acknowledging the unity and the beauty of: The Divine Plan; eternal life; the circle of forgiveness; the circle of blessing; the circle of love; the circle of eternity; The Kingdom of God.

May 16, 2019

When someone hands you a cup of poison you reject the cup, you do not drink. When someone tempts you with poisonous gossip, or anger, or frustration, or retaliation, toxic issues of any kind, do not take part. You do not have to share that which will poison you. Reject the temptation outright.

And The Holy Spirit says:

If someone hands you an apple that has been poisoned, you would not eat it, you would not even take one bite. However, the temptation seems more difficult to pass-up, when the poison apple is gossip about another, hurtful things said about another, retaliation for this, that, or the other, or even tempting you into an argument, or fight. These things are just as poisonous as the apple, hold as much venom as a cup filled with poison. Be mindful of what you are ingesting, physically and spiritually, as bit-by-bit, bite-by-bite, cup-by-cup, you are poisoning yourself by taking part in gossip, by assisting in intimidation or retaliation, in arguing and fighting, in hating and anger. Reject these toxic things, and turn to the light.

May 15, 2019

Look no more to the world for the answers. Take thyself to a quiet place, where you can hear The Whisper within, and know that which is written upon your heart by My hand. It is your chapter, your unique piece, of The Divine Plan.

And The Holy Spirit says:

Even if you are well-practiced it can still be difficult to hear the still, small Voice within. It is easy to be distracted by the chaos and confusion created in the world of man. Soon, you feel lost and alone without a connection to Home. Find a quiet place, and be still. When tranquility has enfolded you, go within, walk the corridor, open the door, cross over the threshold into your inner chamber to sit with God. In this sacred space you will receive the answers to your questions, and you will know The Way you are to go.

May 14, 2019

Most of you, My children, enjoy playing games, like the games of tennis or golf. As you learn to play, there are errors made, you might not win the game. Many you encounter will play better than you; but, as you concentrate, and play, you see and learn from the mistakes you made in prior games. When you meet the same situation in a new game you know what to do. You met the challenge once and it bested you, but no longer, because you know what to do. These games you play are more fun the more challenging they are; and, the more challenging they are, the better you are at the playing of the game. No one really cares about playing a game where you see all the ways, know all the answers, you can walk through it, it is done, you win, it is over. When you play a game you expect a challenge; and, when you meet the challenge, and overcome the challenge, it is a day of triumph. This you can understand. Now, use this approach in your spiritual life. What has come to you? Perhaps today you meet someone who you feel has been unkind to you, and they look a bit down, and you are tempted to walk right passed them, leave them wearing a frown. Ah, you have met the challenge, just like in a game. What will you do? Now is your opportunity to overcome the challenge, so you turn around and say something pleasant, something kind, and override the temptation into retaliation, into judgment. Everything that comes to you is yours to do. Just like in a game it is an opportunity to get better, and better, and stronger spiritually. See every challenge that comes to you this day in this way.

And The Holy Spirit says:

Sometimes, games you play reflect the reality of what you face in the world. Sometimes, the games you play force attention on a weakness. If you are playing the game of tennis, and your opponent discovers your backhand is your weakness, they return the shots over and over again to your backhand. But, by the end of the game, after you have used the backhand stroke over and over again, they are shocked to see that you return the ball down the line for a winner. Use this information in your spiritual life today. When things keep happening do not sit frustrated in dismay. Rise-up, and do. Do the things of light, do the things of love. Be kind, be compassionate. Turn the other cheek whenever necessary. Do not be tempted into shadow or darkness, because your spiritual life is far more important than any game you might play. If it comes to you, it is yours to learn, it is yours to overcome, it is yours to do.

May 13, 2019

What do you think your home would look like, if you carried with you all the clothing you ever wore, all the possessions you ever owned: all of the toys, pictures, books, tools, implements, everything that was yours, from the time you were born until now? Try to envision your living space, stacked with clothing and possessions from infancy to now. It is probably difficult to imagine, but things would be stacked all over. You could not walk around without having to move something from here to there. No closet could hold the clothing, no home could hold the possessions of a lifetime. It would be bursting at the seams. You can see this easily with material possessions; how you need to rid yourself of the old, preparing for the new. Take some time to think about your inner dwelling place, your inner landscape. Think about all the anxieties, disputes, arguments, broken friendships and promises, all that has occurred along the way. You are carrying a lifetime, and it impacts your body. It is time to rid your inner being of the debris of the past. Even that which served you well, at the time, does not necessarily serve you well today. Clothing that was just perfect for the twelve year old does nothing for the thirty year old, except bind, and restrict, and confine.

And The Holy Spirit says:

It is time to unpack the burdens you are lugging around. Take some time to traverse the corridors of your inner being. Who needs forgiving? Who needs blessing? What encounter needs forgiving? What encounter needs blessing? These things of a lifetime can weigh you down. It is not necessary to carry with you all of the negative issues of the past. See them, forgive them, bless them. Change them into valuable lessons, which will be as light as air, as they become your suitcase of wisdom. Lighten the load, free yourself, forgive all things today.

May 12, 2019

Remember, you come from love, from the arms of love. You are created of love, for I AM love, I AM spirit. You are love, you are spirit. Love is your Home. Love is arms which will embrace you, every time you return. Love is the heart that holds you, even when you are not present. Love is your Home.

And The Holy Spirit says:

You are created in the image and likeness of God, your Eternal Parent. God is spirit, God is love. Therefore, you are born of love. Your eternal life is as spirit. You made the journey to Earth for the Earth experience, coming forth from God, love and spirit, to become flesh upon the Earth. The heart of your earthly parent holds great love for you. The arms of your earthly mother embrace you, hold you, bless you; and, when you are not present, when you are grown and gone away, the heart of your earthly mother does the same every day, it holds you, and loves you in a most tender way.

May 11, 2019

Stay focused on creating thoughts of light within yourself. Stay focused on speaking words of love. Stay focused on performing deeds of charity. Be generous in your love, and in your laughter. Do not be distracted by what others are saying, or doing, do not be concerned about what others are thinking, for this will keep you from what you are to do, this will distract you, and steal your attention. Focus on that which is yours to do.

And The Holy Spirit says:

Living in the world created by man you find distractions, your attention is pulled this way and that way. Soon you find you have lost your way, dancing with distractions of the day. Today, focus on what you can do.

Master your thoughts, in such a way, that you create great light. Master the words you are saying, in such a way, that you deliver words of love. Master the deeds you perform, so that they are generous, and kind, and compassionate towards others, and yourself. Yes: in your thoughts be kind to yourself; in your words be kind to yourself; in your deeds be kind to yourself. Do these things, with great intention, and you will find it easier to create thoughts of light for others, to speak words of love for others, to perform deeds of charity, kindness, and compassion for others. Focus: master thoughts, words, and deeds.

Stay focused.

May 10, 2019

Do not walk through the day with your eyes closed to the suffering of others around you. When you see a need be quick to support and to assist in whatever way you can. Today, do not hesitate to reach-out, and offer your hand to another in need.

And The Holy Spirit says:

Sometimes, when a person is down, and cannot seem to get themselves out of the spiral, all that is needed is the offer of a helping hand; and, when you take the time to reach-out and assist another to climb up and out of the spiral of despair, you reflect the presence of God there, with them. Let God work these miracles through you today. Let God relieve suffering through you today, for that is how it is intended to be. The children of God, are to be reflections of the power, and the mercy, and the love of God upon Earth. Reach-out, and touch another with God's love today.

May 9, 2019

There are many times when the decision is not yours to make. If you are a child, many decisions regarding your daily life are made by your parents. When you are in school many of the decisions are made by the school, the teachers, or the principals. When you are out in the workforce, no matter whether you work for yourself, or for a company, there are decisions which are out of your control, they are made by another source. When you are driving a car all of the decisions are not made by you: there is a speed limit, yield signs, stop signs; at intersections there are traffic signals; there are decisions made by other drivers. But, there is one thing, one major decision that is yours, and yours alone: to take the gift of this day and make it good; to bless all things; to love all people; to give with generosity; to share that which you have; to be kind, and considerate, and forgiving; to be understanding and compassionate. These decision are yours, and yours alone. I give you the gift of the day, now the decision is yours.

And The Holy Spirit says:

You have been given the gift of freewill, and it extends beyond your conception of it; but your freewill, most nobly used, is when you are using your freewill to do the will of God: to be love, as that is what God wills; to be kind, to be generous, as that is what God wills. God wills compassion, and understanding, and mercy. Today, create a day filled with the goodness of God.

May 8, 2019

Embrace this day, embrace the opportunity to take part in miracles today. As you follow your path, and walk through your day smile, and be kind, be considerate, be understanding. Smile when you encounter someone wearing a weary frown. Watch the frown begin to change, maybe hesitantly at first, but with a few words of kindness the change is complete. This is not a small thing to do. Every time you bring light where there was once shadow or darkness you have delivered a miracle.

Every time your smile and words of kindness lifts another's spirits in such a way that they too find they can smile, you have delivered a miracle, you have experienced a miracle. Be gentle, be nourishing. Watch what happens when you take the time to be kind. Deliver miracles of kindness all day long.

And The Holy Spirit says:

Be mindful of how you move through this day. Do not set your course, and complete each task, with your head down, never looking this way or that way. Pay attention to those around you. Take a minute to be kind. Take an hour to sit and listen. Make a difference in the world today by delivering miracles of kindness.

May 7, 2019

Let there be joy in your heart for the gift of life. Let there be joy for a lifetime in eternity. Let there be joy in knowing you have eternal life. Let there be joy in the opportunity to face each challenge which comes to you, confident that you have been given the gifts required to master every issue. Let there be great joy, for you hold the keys to eternity, eternity is yours today.

And The Holy Spirit says:

Be quick to be joyful, joyful for all you have been given; and, be eager to face the tests, trials, and challenges, because this is how you will know, each and every day, that you have mastered the gifts you have been given, in such a way, that you can face all that comes to you, as you walk along The Way.

May 6, 2019

Today, take the time to look around you. Notice the color of the grass. Notice the fragrance of the flowers. Notice the gentle rustle of the wind through the branches of the trees. Notice the way the sun touches each of these, and brings light; and, if there is rain, notice the drops, as they remain on the petals, and the leaves, and the stems, and the grass, reflecting the light of the sun. Notice how Earth embraces all creation. Notice how I embrace Earth, and all of her creation. Notice how I embrace you.

And The Holy Spirit says:

You are living on Earth, and extraordinary planet, created with great love, with great beauty, to sustain you, and hold you, and encourage and support you, as you make your journey, as you follow the course of your destiny, as you walk The Way. Embrace all that Earth gives you today.

May 5, 2019

Fill a clear glass with clean, fresh water. Then, using a dropper of red food coloring, release just one drop into the glass of water. With one drop, and one drop only, the water begins to turn red. The water absorbs the food coloring, takes on its qualities. Your human body is mostly water.

One drop of negativity of any kind, whether you create it, or absorb it, will do the same thing to your personal body of water; and, that which was once clear and clean will absorb the drop of anger, or hatred, or greed, or worry, or any such energies. One drop impacts the entire body of water. Now, fill a clear, clean glass with water that is also clear and clean, and set it in the light, and see how the water reflects the light. It is beautiful, it holds the light. This is what happens to your personal body of water whenever you permit My light to fill you. My light is My glory, and your body of water is a reflection of My light, and My glory.

And The Holy Spirit says:

Be mindful of what you are creating. Be mindful of how you react to the creations of others. Do not permit yourself to be fouled, or sullied, with thoughts which are unclean, which are shadowy or dark. Stay in the light. Call upon the light. Be the light. Be the reflection of the light of God that dwells within you.

May 4, 2019

Sometimes it requires great faith to say, "Thy will be done." But, for those who are led to speak the words, just the utterance of the words propels them into active participation of The Divine Plan. You see, it is not just My plan, it is your plan, it is our plan; and, you hold a unique space, and have a distinct role, that is yours alone.

And The Holy Spirit says:

The Living Tapestry, created by the hand of God holds within it all of creation, and that includes you. You are an important aspect of The Living Tapestry, The Divine Plan, and without you, it is not complete. When you reach the place where you can acknowledge that your lifetime upon Earth is only a small portion of your eternal lifetime, then you begin to understand your role in The Living Tapestry, which is playing-out now, unfolding now. You do not have to wait until your time on Earth is complete to experience Heaven with you, you can experience eternal life now, you can experience Heaven and Earth... now.

May 3, 2019

Do not hesitate to ask for forgiveness, when it is necessary; for, in asking for forgiveness you give the other the opportunity to extend their heart and their hand in the act of forgiveness. Whenever this needs to be done, whenever it is the appropriate thing to do, do so, because in the asking you will be forgiven.

And The Holy Spirit says:

Forgiveness is a circle. It is a clean circle. It is a beautiful circle. Parties, who once were upset, or angry with each other, or held resentment against each other, come clean in the circle of forgiveness. The one who asks will be forgiven by the hand of God, and by another heart. The one who extends their heart and their hand in forgiveness will be blessed by the hand of God, many times over. See forgiveness as a beautiful circle wherein all parties are held sacred, and are healed and made whole.

May 2, 2019

The wise will not permit anger and judgment to dwell within them as they know the havoc wreaked by these energies on the human body, the spirit, and the entire world. The wise choose the path of wisdom.

And The Holy Spirit says:

Those who wield the swords of anger and judgment will be pierced many times, as anger and judgment have no allegiance, show no mercy. Those who walk the path of wisdom will choose love and understanding over anger, and compassion and mercy over judgment.

May 1, 2019

Do not become so entangled in another individual's web that you lose your way, and become lost, distracted from that which is yours to do. It is possible to be kind, compassionate, understanding, and supportive without becoming entangled.

And The Holy Spirit says:

It is often not easy to avoid becoming ensnared in another person's energetic field of conflict; but, it is always good to remember that the battle is not yours to win, the conflict is not yours to overcome.

Each one must accept that which comes to them, and master the opportunity with grace. Accept that which is yours to master. It is not necessary to carry another's burden. It is good to support another as they face their opportunity, see the lesson, and master it with grace, and dignity.

April 30, 2019

Do not use-up your precious energy attempting to coerce, control, manipulate, force, or bend others to do your will, for this will surely lead you astray. Choose to live what you believe, in such a compelling way, that those who see will either stand with you, or walk away.

And The Holy Spirit says:

Live what you believe, and those who find interest in what you do, and say, will draw nearer.

April 29, 2019

Whenever you find all around you appears to be a bit gloomy, remember My light is within you. Go within to find My light, and bring it forth to shine upon all around you, and all the world.

And The Holy Spirit says:

Earth is magnificent, God's glorious creation. There is no other planet like it. Mother Earth provides the oxygen you breathe, the water you drink, the food you eat, and medicinal plants to restore health. Earth is living and loving. God created Earth. God sustains eternal life, and Earth sustains physical life.

April 28, 2019

Be kind to those who challenge you. Be tender with those who need compassion. Be generous with those who live in lack. Share what you have with those who are hungry and thirsty. Encourage and support those who are downtrodden. Pray with those who are sick and confined.

Be My presence in the world. Be a reflection of My love.

And The Holy Spirit says:

Whenever and wherever you find the opportunity to be the reflection of God's love do not hesitate to do so.

April 27, 2019

Whenever you have, or experience, unconditional love for something you have created, especially the creation of a child, you understand, to some measure, My unconditional love for you. The good parent does not desert the child who has made a mistake, or fallen short of the goal, or done something quite serious. The good parent says to the child, "What have we learned in this process? Let's sit and pray about it." If the good parent can do this, can include themselves in the learning of a lesson, involving a child's error, or mistake; then, by taking it just a step further, you come to understand The Perfect Parent is always there, encouraging you, the child, to carry forth a lesson from every error, every mistake. I AM with you. I love you.

And The Holy Spirit says:

There is no mistake which cannot turn into a valuable lesson, if you have the wisdom to see it as such. See it as such.

April 26, 2019

Throw open the doors to let the sun in. Roll-up the blinds, pull-back the curtain, and raise the windows to let the wind in. Go into the yard, or onto the porch, take a walk in a meadow, or stroll the shore. Wherever you are, as night turns to day, pause in reverence to greet a new day.

And The Holy Spirit says:

How joyous is the celebration of birth! There are often parties, and gatherings of all types, as the joy seems unconfined. Celebrate the birth of each new day in the same way, and embrace it as the gift it is.

April 25, 2019

It is never easy to stand silent in the face of anger. It is never easy to hold your tongue rather than reacting to unkind words, or challenges.

But, it is always worth the effort to master the energy, refusing to continue and magnify that created by another which is not of the light.

And The Holy Spirit says:

Listen to what another is saying. Decide: whether you wish to add-to, or magnify, that which they are creating; or, whether you wish to create your experience to be filled with light, and filled with love, filled with compassion and understanding. You always have the choice. Choose the light.

April 24, 2019

Let all things of worry and concern slip from you. Release all that is of burden to you by offering all of it to The Holy Spirit, asking that the weight you set down might be lifted- up to dissolve in the light, and be resolved in the wisdom of The Holy Spirit. Once you set down your burdens, you shall be released from the weight of your burdens.

And The Holy Spirit says:

I AM with you to give you counsel, to guide you, and to show you The Way. This direction will come from within you. Do not look around, seeking answers here and there. I will: whisper to you from within; release you from your burden; and, show you The Way. All that is required of you is to release your burdens unto Me, be still, and listen. The answers will come to you, and you will know The Way. You will be at peace, regarding all that is troubling you today. Be still, release, believe.

April 23, 2019

If today you are filled with great joy, throw back your head, and open your arms wide and invite the world to witness the joy you hold inside.

And The Holy Spirit says:

There will be others who call-out, and point-out, all that is wrong with the world today. If joy abides within you, then sing your song so sweetly, and so completely that the world will stop to hear the sound of joy, streaming from your heart.

April 22, 2019

The one whose hand is closed, or fist is clinched, most often lives in isolation. Ah, but, the one whose hand is open is either blessed by the gift of giving, or blessed by the gift of receiving.

And The Holy Spirit says:

Do not live in isolation neither giving nor receiving, when it is possible to open your heart and open your hand, and feel the gifts from God, flowing through your fingers, settling love within your heart.

April 21, 2019

There are grand celebrations acknowledging and honoring those who face the greatest of challenges, and never losing sight of the goal, complete the mission, with grace, and dignity, and love. These celebrations take place upon the Earth, and these celebrations take place within The Dimension of Heaven. Let there be celebrations everyday, honoring those who walk The Way.

And The Holy Spirit says:

Every challenge you face is the opportunity to experience great celebration. Alter your perspective, and see challenges which come to thee as the opportunity they truly are.

April 20, 2019

There are seasons for movement: forward, onward, keeping busy with the tasks, and the order, of the day. There are also seasons of play: when you run, and skip, and you set aside all work, and choose to relax in the garden that is Earth. There are seasons of silence: sacred times, times when you are quiet, sitting in the beauty that surrounds you, connecting with Me, letting Me teach you, and hold you, and love you until the season of silence is complete, and you rise-up to face the day.

And The Holy Spirit says:

While it might appear that there is more accomplished, during the season of work, dedication, it is not necessarily so, for much is accomplished in the season of silence, in the times of quiet and stillness; for, in those times, when you speak to God, God will show you, and you will know The Way; and, you will not be afraid to face that which comes to you in the waiting day, or month, or year. When you complete your season of silence, be it a few hours, or many days, you will be prepared to rise-up and say, "Father, Thy will be done."

April 19, 2019

Be exuberant in your celebration of life, because all life has purpose and meaning. Celebrate life, in all of its forms. Celebrate the dogs, celebrate the cats, celebrate the elephants, and celebrate the bats, celebrate the worms, and celebrate the birds, celebrate all life, as it has worth. You might not understand the purpose, you might not know the reason, but that does not matter; and, that should not keep you from celebrating life with exuberance.

And The Holy Spirit says:

Sing-out, and sing-out with joy. Be exuberant in your song, and your dance, and your story, for all life has meaning; therefore, respect all life, in all of its forms. While you might not know the purpose you can still sing the song. Celebrate, celebrate life today.

April 18, 2019

No matter how the clouds may form, and the storms may come, and the rains may fall, and the winds may blow, the sun is always in the sky, the storm is raging below. No matter how threatening the night storms might be, when the winds howl, and darkness seems to surround thee, the moon is always there, as are the stars, the raging storm is below. No matter how threatening the world becomes, or how worried you get, or the challenges you face rise-up to be mountains, I AM always there, with you, The Ever-Present God, with you, the storms, and the threats, and the challenges below.

And The Holy Spirit says:

Disruptions may come to the everyday life, storms may blow in and blow out; but, the one thing that you can be sure of, as you pass through the day, is the sun is definitely above you. And, as the night winds howl, and the darkness surrounds you, there is one thing you can be sure of, that the moon, and the stars in the sky, are above you. No matter how threatening life might be, how many challenges are sent to thee, there is one thing that you can be sure of, God is ever-present, The Son is near you, and the wings of The Holy Spirit will lift you up, and get you through.

April 17, 2019

Whatever comes to you, whatever has come to you, during this day, no matter what it is, no matter how it appears, no matter how it unfolds, if it comes to you, it is yours to master. But, once you take a deep breath, and come to the realization that, if it is yours to master, you must have the gifts within you to master it, then it is easier to rise-up, look at what is before you and master. Nothing comes to you which you cannot master.

And The Holy Spirit says:

With the realization that all that comes to you is equal to your ability to master it, then you move through the day in a different way. The challenges are tests, yet you know you are able to compete in this test, in this trial, in this challenge. You have what it takes, you have the gifts, you have the power. Now rise-up and master that which is yours to do.

April 16, 2019

Nothing can chip away at the wall of fear, doubt, anger, or hatred as successfully as prayer. Do not dismiss its power.

And The Holy Spirit says:

The walls of fear come tumbling down
when the waters of prayer wash over them.

The walls of doubt, and anger, and hatred crumble
when the rivers of prayer enfold them in the current,
and there, in the waters, they are washed,
and cleaned, and rise-up no more.

April 14, 2019

Know that you are worthy of My love. Know that, with great understanding, I bless your mission upon the Earth. Know that it is good to receive awards, and notice, for those good things you do upon the Earth. Permit others to acknowledge success in that which you have accomplished.

And The Holy Spirit says:

It is good to receive honors, awards, and applause for that which you accomplish as you live your life upon the Earth. The misstep comes when your focus is limited to receiving the gifts, the applause, the acknowledgment of others. The things you accomplish on Earth are good; but, do not permit these deeds to define who you are, or keep you limited, and held in that space, ignoring your spiritual accomplishments, disallowing your eternal triumphs. Do not rely on the applause of others, for there will come the time, when they turn from you, for they know not who you are. Step-up your game, set your cause for the honor of God, set your glory to be seen in the light of God; and, transcend the things of Earth to rise-up, receiving the gifts of Heaven.

April 15, 2019

When you take the time to be still, to be quiet from within, and whisper My name, you draw near to Me, and you begin to feel My presence. When this communion becomes an everyday practice, you begin to know Me, and My ways.

And The Holy Spirit says:

God, The Creator of All Things, Your Eternal Parent, is always with you, a mere whisper away. Be still, be quiet, and breathe. Practice sitting with God, everyday, and your life upon Earth will never be the same, for you will experience Heaven and Earth in the presence of God.

April 13, 2019

Every
down-time
can be a step-up
to new understanding,
to new wisdom. All that is required is that you alter your perspective slightly. Whatever you are experiencing today can be altered in a most sacred way, by changing your perspective, and seeing it through the eyes of an eternal being.

What is the lesson being brought to you? It does not matter whether it is brought to you by another person, by something you have read, or heard, by an incident, or by an event. Take that which has come to you today, and lift-it-up to an experience of a lifetime. Once you are there, in that space of experiencing a piece of your lifetime, know I AM there with you. Listen, and you will hear Me, and My whisper will lead you through whatever you are experiencing, into the light. The down-time will be the step-up.

And The Holy Spirit says:

Take a deep breath.

Look around you. You are a child of God, and you are on the Earth today. Remember that, as you make your way through every experience, through every encounter.

April 12, 2019

If you
are upon the
Earth right now,
you are experiencing a
portion of your eternal life, because, My child, all that you experience is a portion of your eternal life. I created you to live, forever!
And The Holy Spirit says: Very few will take the time to ponder eternal life, and all of its ramifications. When you begin to understand that you are experiencing eternal life, then the terminology for certain experiences seems lacking, in every way.
Go out into the world,
and experience
eternal life
today.

April 11, 2019

Be thankful for that which you have, right now;
let your heart sing-out in gratitude, for all that you hold,
right now; for, the gifts that you have within you, right now,
are what will make it possible for you to reach the goal you seek;
and with every step you take toward the goal, your gifts grow, and be-
come stronger; and then, more gifts come, additional gifts to assist you
in the reaching of the goal. The gifts you have today are the doorway
to the goal you will see tomorrow. Do not seek the goal without ap-
preciating the gifts you have today. And The Holy Spirit says: Do
not set your focus so firmly on the goal ahead, that you neglect
that which you have today; for, it is in using the gifts you
have today, that you will reach the goal set before
you! Be thankful for that which you have,
and in gratitude, use the gifts,
you have been
given!

April 10, 2019

The
answer,
to every question
you have, is within you.
Go within, first. Do not confuse
the issue by rushing around, gathering opinions
on this, or that, or the other. Be still, and ask.
The promise has been given to you, that if
you knock, the door will be opened,
and if you ask, it shall be given unto you.
Ask. And The Holy Spirit says: Whenever you
seek an answer, be still, and go within. Ask
your question, in sacred silence, and
be still. The answer could
come in many forms.
You might hear
the answer,
clearly.
You might
know the answer,
clearly. You might feel it,
or sense it, in many ways.
The answer will be sent to you
in the way you will recognize, for
it is the answer to your question. Then,
once you have received your answer, accept
the answer, and you will be at peace. You will
be at peace knowing that: when you knocked,
the door was opened; when you asked, it was given
unto you; and therein, you rest, knowing God is with you.

April 9, 2019

Resist the
“temptation,” to focus
on what another did not do,
or what another did not do well.
Choose to focus your attention on
what another has accomplished,
and all that they have accom-
plished, in good form. This is
The Way to live in a pos-
itive atmosphere.
It creates an
environment
wherein there is
great growth potential, and
growth essential to happiness and
joy; and, as you would do this unto an-
other, do it also for yourself. And The Holy Spirit
says: It takes practice to focus on all that is good, refusing to
shine the light on the negative. Shine the light on the positive; in
ther words, focus on that which you wish to grow. Shine the light on
that which you wish to grow, and it will respond, no matter what it is.
Create a garden of great beauty. Focus, and shine your light on good.

April 8, 2019

The
temptation
will be to give back
what you have been given; and
so, the energy of frustration, or anger, con-
tinues to grow. The temptation to speak harshly,
when you have been wounded or injured is great; but,
be still, and think; think about what energy you wish
to create, and watch grow. And Holy Spirit says:
When you set ego aside, and your interest
is more focused on creating energy
of light, then it is easier to sub-
due your desire to retaliate,
or to get even, and re-
place that desire
with the creation pow-
er you have been given, as
a child of God. You see, it is all
about ~ what you wish ~ to create! You
have been given the power, it is yours, create!

April 7, 2019

Let
your
light
shine!

Do not
diminish

your light, in any way.

Do not deny your light, let it shine; and encourage your brothers and sisters to do the same. Resist the temptation to envy the light another holds. Do not desire that which your brother or sister has as their gift. Be satisfied with the gift that has been given to you, and use it to its fullest potential. Let it shine. And The Holy Spirit says:
Sometimes it can be very tempting to be jealous of the gifts of others, to see their light shining, feeling as if your light is less than their light. Do not be tempted into this way of thinking. Light is light, and while it might be used in different ways it is still the light! Carry the light you have been given, with joy and confidence, encouraging others to do the same!

April 6, 2019

Every time
you deny yourself
the use of anger, or frustra-
tion, greed, speaking-ill
of others, fear and doubt
you gain love, and
peace,
and wisdom,
and compassion,
and understanding; and,
it can be visa-versa, as well.

Choose wisely that which you will
use; for, you cannot use them both at
the same time. Make the choice, and
stay in the light. And The Holy Spirit
says: The doors of the heavenly di-
mension are open, and God is
sending you, a river of
gifts!

This river
that God sends
unto you, is the source
of life, and it will not bring you down,
it will lift-you-up, so you float, and you are free!
Choose wisely, that, which you use during the day!

April 5, 2019

There will come a day when you realize how exhausting life on Earth can be
when you cling to the insults, and injuries, and wounds of the past, and
carry them with you, wherever you go. On that day, you will rise-up,
and say, I forgive these things, I forgive this person, these people.
I forgive all, so that I might be free! And in this light, this rev-
elation, you will fly, you will sing! And The Holy Spirit says:
It is easy to get used to carrying a load; in fact, you do
not even recognize how heavy the burden might be,
until you set down a piece of it, maybe one, or two, or
three; and then, you realize: your stride is quick, and long;
your whistle is free, it is more like the song of a bird; and then, you
stop, and you set more down, and soon, you look around to see, you have
rid yourself, of all that was a burden to thee! Forgiveness is the road to freedom!

April 4, 2019

The world around you will attempt to lead you,
and guide you, to influence you on: what to think
and how to think; what is morally acceptable, and
what is not; what is acceptable attire, and what is not;
what is acceptable food and behavior, and what is not.
Resist the temptation to follow! You have a compass
within you: it is yours, it is Mine, It will guide you
in the right direction, every time, if you will
close your eyes, and seek the guid-
ance from within. Your
inner-compass
will not lead you
astray. Your inner-
compass will show you
The Way! And The Holy Spirit
says: The world around you can be fickle,
changing often according to the whims of one
person, or a few people, or the demands of many,
and along with these whims, rules change, science
changes. Everything flips back and forth; but, you can
count on your inner-compass to bring you forth, out of
any shadow, or darkness, into the light. Stay connected
with your inner-compass; it will always show you The Way.

April 3, 2019

Let
your
thoughts
of "others," be a
blessing upon them. Re-
sist the temptation to judge others.
Open to all the possibilities, and miracles
of blessing others. And The Holy Spirit says:
Be the bringer of God's peace. Even when an-
other is not standing in your presence, let
your thoughts of them, be blessings
of peace. Be the bringer
of peace. Be kind.
Be gentle
in your
ways.

April 2, 2019

Every step
forward you take
you encounter new terrain.
As you move forward in your lifetime
you encounter new people, new individuals.
And it is the same, with your spiritual life, as you draw
closer to Me, you will hear Me speak to you, and you will know
that, which you did not know, before! Take a step forward today, and
you will stand on new terrain! Continue your journey upon the Earth today,
and you will meet those, you have not met before. Be still, and come to Me, and
I will teach thee, that which you did not know before. And The Holy Spirit says:
Forward progress is important in all ways, in all things for your growth.
Do not focus on the seen, and grow only there. Focus on the un-
seen, and you will find you are there; and, in the beauty
of the seen and the unseen, you will become a-
ware that you are living in the world, but
not of the world, you will do both.
You will live your life upon
the Earth, "knowing,"
The Kingdom of
God is with
you!

April 1, 2019

Secure in
"The Knowing,"
that you are My child,
secure in the knowing, that
My love for you doth abound,
go forth into this day, and do not
let another's chaos shift you, change
you in any way. Hold your place, stand
in My light, let My love fuel you, and fill
you with delight. While all around you
might toss, and turn in confusion,
My light will show you The Way.
There is no need to adopt
the chaos of others, in any
way.
And The
Holy Spirit says:
When you are secure
in who you are, you can
whisper to the storm to sub-
side, to calm, and the energy of
the storm, will feel the power of God
within you; and, it will be still! God sent
you love, and that love is the most powerful
energy ever created; it is given, freely to you,
use it well, use it with confidence. Rise-up, and
use the power of God's love to still every storm!

March 31, 2019

Be
vigilant.
Watch. Wait.
Look for 'the signs;'
for, they surely will come
to you; and those who are pre-
pared, will know exactly what to do
when the time comes: for, as you are pre-
pared, you will rise-up, when the challenge is
there, when the opportunity is there; and, because
you have practiced, and prepared, you will be able to cast
from you those things that would invade you, keep you down,
fill you with doubt; and, these things of which I speak, are the things
which you are meant to defeat, and move through the Earth, and all space
and time, victorious, in what was thine to conquer. It does not matter whether
it is fear, or judgment, or sadness. It does not matter whether you are fighting
to keep from speaking-ill of others, or being angry. Child, the battle is with-
in! Be prepared, pay attention. Before you reach-out to help others,
calm the storm within, so that you can walk in peace.
And the Holy Spirit says: You know that
which can distract you
from listening to
the ways
of God.
You know
that Achilles Heal,
where it is, and how you can
trip, and fall. That is what you must master, first of
all. There is no need to look around to see what you need
to do. First, take care of that which is within you; and, once you
are prepared, the door will open, and there it will be, your destiny.

March 30, 2019

When
you change
speaking about love
to being love, you change the
world. When you change speaking about for-
giveness, to being forgiving, all things are altered. See
yourself in this way, forgiving all things, loving creation.
See yourself in this manner, and you will find that you
soon become forgiving, and loving, in all situations,
because it is The Way. And The Holy Spirit says:
It takes effort to stay angry, upset, frus-
trated. You use a lot of your
energy, your life force,
stirring that pot,
to make sure
that you do not release
that frustration, that anger, which is co-
oking, and stewing, and turning into hatred.
Do not eat from that pot, it is toxic! Resist the
temptation to stay in anger. Set your intention
to forgive no matter what, to love no matter
what, because in this way you are the win-
ner of peace! The act of forgiveness im-
pacts you in a healthy way! Set your
intention, this day, to forgive all
things, and love the creation
that is the Earth and all who
inhabit the Earth. It is
the will of God. It is
the teaching
of Jesus!

March 29, 2019

Be willing to acknowledge, and accept, that, which comes to you;
for, each individual, each situation, every issue which presents itself
is giving you the opportunity to master that, which comes to you;
and, in this way, you walk the Earth as an enlightened being.

All that comes to you, you stand eager, ready, to master,
ready to know The Way. When it is time, and you
are prepared, the opportunities present
themselves. Do not run from
your opportunity to
master, to learn
The Way. And The
Holy Spirit says: Often times
it is the case, when certain situations appear,
rather than accepting the opportunity, there is a
temptation to run away; but, no matter where you go,
the opportunity will follow you, so that, at one point, in
one place, you will find the courage, and the wisdom, to rise-up
and say, "Come, I will master you today," and, by doing so, you create
the day, you walk The Way! Embrace the opportunity! Practice! Master!

March 28, 2019

Seek Me in quiet,
 be still so you might hear Me; for,
 it is rare: that I would make Myself known unto thee
 by a loud clap of thunder, and a lightening bolt that splits open
 the veil; that I would burst into a million stars to light-up the evening sky.
 I will make Myself known unto thee, with the still, small voice, within you;
 for My child, that is how it is meant to be. That is how I will teach My child-
 ren on Earth, in the quiet. And The Holy Spirit says: One loud booming voice,
 delivering instruction to all who can hear, will often stir-up dissent; however,
 the still, small voice within you can guide you, as you are able to bear, what is
 revealed to you. When you know from within, the truth cannot be taken from
 you, because it has been delivered to you, perfectly designed, so that you
 might understand and comprehend, that which you did not know,
 before. Do not expect others to understand that
 which you have heard in The Whisper
 deep within you, for it is not
 for them. The wisdom
 you receive within
 is a pearl given unto you.
 Be still, and you will hear The Voice
 of God! Be quiet, and you will know The Way.

March 27, 2019

You are never alone. I AM always, with
 you; and this union shall remain a mystery,
 until you believe, in faith, because I say unto you, the
 only way ~you can believe this mystery~ is through faith.
 I AM with you! Believe! And The Holy Spirit says: Believe
 that you have been created, in the image and likeness
 of God. That is what you must believe in faith,
 for there is no scientific proof, that
 you are the image
 and likeness of God,
 but the truth shall be known:
 in The Way you move over the Earth; in The
 Way your thoughts continue the creation of God;
 in The Way your words proclaim the creation of God;
 in the acts that you perform for the creation of God.
 Science might not be able to prove, that
 you are created in the likeness
 of God, but you can!

March 26, 2018

If you believe you are My child, stand tall
in this "knowing." If you believe that The Holy
Spirit is with you, in all ways, in all days, stand tall
in this knowing. If you believe you shall live forever,
stand tall in this knowing, as well. Stand tall, My child.
Cast from you all temptation, that would lead you into
judgment, worry, doubt, fear of any kind; for, the one
who knows they are My child, they live forever, and
The Holy Spirit will feed them, and give them
the wisdom that they need, they
walk over the Earth
with con-
fidence,
knowing
who they are.
Stand tall! And The
Holy Spirit says: When you feel The
Presence of God with you, nothing will deter you!

March 25, 2019

As
soon as
you find you are able
to "forgive," the situations,
and incidents, and people, of the past,
you see them, you see these things, these people,
these incidents, as a lesson, because: in the forgiving,
you come to "know them," well; in the forgiving, you see
how strong you are; in the forgiving, you find the courage
to place them carefully before you, and use them as a step-
ping-stone to a bright new day! Everything that has hap-
pened, is happening, or will happen, is a valuable les-
son that you learn, as you walk along The Way.
And The Holy Spirit says:
See the past, fil-
led with lessons. See
the present, where you are.
Use the lessons, from the past,
to lead you forward, like a shining star.

March 24, 2019

Resist the temptation
to cry-out in lamentation and woe.
Resist the temptation to lash-out with anger
at everything you see and know. Resist the temptation
to wander, as if you are lost. Be still, and know, I AM God!
Be still, and know, you are My child! Be still, and know,
that within you, there is a sacred compass, which will
always point you in the right direction, if you will
be still, so that you might hear, and see, and
know, and feel. Let the dust of turmoil
settle. Let the confusion, melt a-
way, for here you find your-
self, standing at the
threshold of
another
day,
and the wise
will pause, and say,
“God, show me The Way to go!”
And The Holy Spirit says: You might think it is
easier to give-up, to sit-down, to say that you are lost,
so lost you cannot be found, because within these sayings,
within these perspectives, there is no responsibility, there is only
crying and gnashing of teeth. When you rise-up, and you are willing
to listen, and you hear The Whisper from within, there comes with it, a
responsibility, for you to prepare, and begin, that which you are meant
to do; and this knowing, holds a responsibility too! It is time to accept
the responsibility, for what you do! Take the hand of God, and move
through all shadow and darkness, into the new day, set before you.

March 23, 2019

Look with fondness
upon My creation, that is you!
Do not devalue My creation that is you;
for, you carry, within you, My love, My light.
If you have slipped, or tripped, or fallen outright,
use each misstep, or mishap, as a rung upon a ladder,
and climb-up, lift-yourself-up; for, My child, under-
stand this, it is part of the Earth experience. You
are not lessened by the fall. You are created
to rise-up and stand tall in My light. And
The Holy Spirit says: There will come
tempters. There will come those
who try to tell you, you have
little value. Do not lis-
ten; for, God has
spoken!

March 22, 2019

Whatever
lies before you today,
and it does not matter
whether you are going-out
or preparing: to begin work;
going to play; going to school;
stop, before you go anywhere,
and set an intention to bless
all you encounter: family,
friends, co-workers,
people you do
not even
know;
bless everyone
and everything today!
Especially bless those who seem
to be a source of irritation to you, or others,
or to maybe even themselves. Be the secret blessing today.
And The Holy Spirit says: Every day you encounter individuals.
Sometimes the encounter is pleasant. Sometimes the encounter
is off-putting. Bless the encounter, bless each individual; and,
those you find more challenging, bless them especially, do
not hesitate! Remember, the most challenging, need
your blessing the most! It is rare that an individ-
ual sets out, with purpose and intention,
to irritate another person, to make
another person uncomfortable,
to do another person harm.
In the everyday life, you
find most individuals, do-
ing their best to get through the day.
Now, begin this day by setting an intention
to deliver a blessing to all you encounter; it is needed!

March 21, 2019

When
you have
the opportunity
to create, use your gift
that I did give, unto you,
the gift of creation, in a wise,
and respectful way. Create good.
Create an atmosphere in which
those around you can grow,
and feel love, and
know The
Light.
Create a garden
which will delight, all who see it; and,
while you are creating, do not forget you,
raise-up a beautiful garden within you!
And The Holy Spirit says:
Springtime!
Season of life!
You see things,
which have been
dormant for months,
spring forth with life. You
see the color, and you see the glory,
and you see God, in all around you! Open
your eyes, look around and see life, and know God, better!

March 20, 2019

When
you are tempted
to either speak, or think, ill
of another, reject that temptation out-
right; for, when you accept the temptation, and
choose the temptation, that action, that choice, will block
you from The Light. Free yourself from shadow, and darkness;
think and speak only in The Light. And The Holy Spirit says:
When you come to a place where you begin to under-
stand that ~ all you think is created, ~ and all
you speak brings your thoughts
more firmly onto the Earth,
more solidly onto the Earth,
then you realise the power of
the thought, the power of the word. Re-
ject using the power for thoughts and words of sha-
dow and darkness: choose to use the power of (for the) light!
Create your thoughts, in The Light! Speak your words, in The Light!

March 19, 2019

Do not
take for granted
that which is all around you,
which is meant to bring you great joy.
If you have the ability to stand-up, or sit-down,
do so. If you have the ability: to look outside to see the
beauty of nature, to feel the sun or the rain upon your face, do
so. Hold thanksgiving upon your heart, let gratitude fill you;
for, you are living in a paradise, created so that you might
experience all that you see; therefore, do not take it for
granted. Touch it, feel it, know it. Let your Earth
experience be one of fascination, wonder,
awe, and joy. And The Holy Spirit
says: So often it is the case
that you move through
each day with your
head down, or
your eyes focus-
ed on what you must do
at the time; and, so all the day
you work without lifting your head
to listen to a bird's song, or see a butterfly.
Pay attention to what is going-on around you, as
that is where you will find the signs; God speaks in nature.

March 18, 2019

The river of My love flows to you, without constraints, without dams, unaltered, in any way. It is constant in its flow to you; and, the waters of My love will fill you, and fulfill you, and give you that which you need to continue your journey upon the Earth. So, carry your cup to the river of My love, and dip it in, and bring it up to your lips and drink.

Drink of it: when times are dire, and situations are emergencies; when times are sweet, and there is celebration all around.

Do not forget the river of My love; for, it will sustain you. And The Holy Spirit says: Many times, when things are going as you feel they should, you laugh, and dance, and play, but save going to God for another day, a day that seems filled with emergencies, a situation beyond repair, you believe. I encourage you not to wait, until the times are difficult, to seek the love of God; for, it is there for you, all the time! It will encourage you, it will lift-you-up, it will fill you with light.

Therefore, drink from the river of love every day, morning, noon, and night, drink from The River of God's Love!

March 17, 2019

You will experience times, as you walk upon the Earth,
 when you are drawn into retreat from the ways of the world,
 when you feel you must be in solitude, for a while ; and, some-
 times, this is a choice you make; and, sometimes, you are chosen
 to be in solitude, or to retreat. These times of stillness and quiet,
 are meant to be times of preparation, so do not run from them,
 do not try to shake the thought. When you feel (hear) the
 call, answer, and be still; and, in the stillness,
 you will grow in wisdom,
 and know My name,
 and My power will be your power,
 My love will be your love, and My ways will
 become your ways. And The Holy Spirit says: When you feel
 the tap upon your shoulder, when you feel (hear) The Whisper
 from within, harken to the message it brings to you; and, when
 it is your time to be still, do not hesitate to do so, because after
 the stillness, after the quiet, you will resume your life upon the
 Earth wiser, clearer, and more confident. You will know The Way!

March 16, 2019

Those around you might not see the path you are walking. That does not matter.
 Those around you might not see My hand guiding you. That does not matter.
 Those around you might not hear My whisper, as I speak to you. That does
 not matter. What matters is: that we know the path I have set before you;
 that we know My hand is guiding you; that we communicate, when it
 is quiet, in the whispers of My love for you and your love for Me.
 That is what matters! And The Holy Spirit says: The day
 will come, when you are: confident
 of the path you are taking;
 confident that
 the hand of God
 doth guide The Way;
 confident that the whispers
 you hear from within, are meant for you,
 they show God's love for you. When this day comes, rejoice!

March 15, 2019

When you find the river of My love,
when you drink from its waters, fresh and clean,
when you hear the song, and the joy, it doth bring,
do not remain on the bank, do not cling to the bank,
watching, observing, knowing it is there, and seeing it.
Wade into the waters, and be immersed in My love, be
part of the song, and the current will carry you along,
and you will see, what is on all the banks, and you
will do so from the river of My love! And the
Holy Spirit says: There are many who
seek a fountain of youth,
waters of youth,
mysteries
and secrets
of youth. They spend
time and money in this search;
but, the wise seek the wisdom held
in the waters, The River, of God's Love;
for, there is eternal life! If you find The River
of God's Love, wade-in, and you will find peace!

March 14, 2019

Students of The Way are enlightened in
The Knowing. Followers of The Way
master obstacles, and challenges every day,
because they are enlightened in The Knowing.
Students and practicing followers of The Way
walk in confidence, and in joy, because they
are enlightened in The Knowing. And The
Holy Spirit says: The joys of Earth, and
all that God created upon Earth,
are boundless, these joys
are unlimited; for,
no matter,
where you
are along The Way,
it is possible to be joyful:
in the coming of a new season,
in the sighting of a deer or a bird flying
high above you. It is possible to be joyful
seeing flowers. It is possible to be joyful, living
as you are meant to live, enlightened ~ in ~ The Knowing!

March 13, 2019

When there are times that you find you feel
you cannot hear Me, or feel My presence at all,
do not give-up! It is a sign! It is time to clean-out
the hallways and the passages, within, to clean your
inner-being! Therefore, in those times, stop; set aside
all anger you feel, and refuse to entertain that energy,
no matter what was said or done to you or about you,
to others or about others. Pray! Set aside anger,
relieve yourself of fear! Cast-it, from you!
Refuse to judge others, and refuse
to judge yourself! As you
begin to unclog
the passageways,
to free your inner-being,
you begin to notice something,
you are lighter, there is more clarity,
you feel different; and, in the cleansing,
you begin to feel and hear, and know; and,
with this miraculous revelation, you return to
cleaning, sweeping-out, the corners, emptying all
debris, and you soon find you are free; and, you hear
again! And The Holy Spirit says: Whenever you feel un-
worthy, whenever you are wrapped in guilt or shame, when-
ever you sentence yourself or others, and throw upon your back
the weight of guilt, shame, you begin to bend. Your shoulders are
no longer straight, they, and your back are curved in defeat, and you
feel less, you feel less than who you are; but, with inner-cleansing, inner-
cleaning, casting from you all negative beings of energy, energies of shadow
and darkness, you rise again, like the phoenix, from the flame (ashes.) Do not
permit your inner-being to be trashed, and soiled, or sullied, in any way. Throw
your shoulders back, lift-your-head unto the sky, and proclaim, that you are a child
of God, on a mission, ready, and willing to work, for the glory, of the name, of God!

March 12, 2019

It is time for you to believe and know, that every noble thought you ever had is possible for you to do, that every noble desire you ever dreamed about is possible for you to do; because, My child, that which you are meant to do is written upon your heart, it is carried in your soul, it is a part of you.

In order to accomplish these noble deeds, to speak these noble words, you must understand that~you have the power of The Creator~of All things, flowing into and through you! Do not hesitate because of doubt, or fear, or worry. These are tempters, these are energies which will try to keep you from reaching your destiny of good. You have the power to cast them from you. They have no dominion over you. You have been given dominion over the darkness and the shadow. Therefore, do not fall into the trap, do not become ensnared by the temptations. Speak with authority, and say, "Get thee behind me," and then walk, walk into the glory that you are meant to be, that you are, in fact, a child of God. My glory is your glory. My story is your story. Do not be dissuaded, by tempters. Cast them from you, and rise-up. And The Holy Spirit says: All the good that you wished you could do, prayed you could do, is within you, there: so that you might be all that you can be, so that you might do all that you can do, so that you might be, and do, for the glory of God!

March 11, 2019

Every
time you retreat,
in quiet, to sit with Me,
you advance along The Way,
having a better understanding
of compassion, knowing the im-
portance of forgiveness, and in
this way you gain confidence,
and our relationship grows
in a mighty way. And
The Holy Spirit
says: To
move forward
it is often necessary to
retreat for a while, to regroup,
to shake free, to get rid of excess weight,
so that you can move better. This statement ap-
plies to your physical, and present life upon the Earth,
as well as it applies to your eternal life, to the spirit, that is you.
God is calling, God is speaking, but to hear The Whisper, you must be still.

March 10, 2019

When you set the intention to be the presence of peace, in every way: in every thought, in every deed, and every word, you say, then you become the outward sign of how to walk The Way! And The Holy Spirit says: When you take a stand for the glory of God, for the love of God, and for the light of God, resist the temptation to speak-ill of others, who have chosen another path. Let the way you live speak for you. Let your thoughts be clear, and good. Let your words reflect your thoughts; and, let your deeds be the exclamation point to your words. Be the presence of peace, today!

March 9, 2019

You shall live forever.
You are created to be free.
In faith~ acknowledge ~ you shall live forever! In holy practice, sustain your freedom. There are few words, which guarantee a lifetime of confidence; two of the few words are eternal and freedom.
For those who know, and believe they are eternal, there is freedom. And
The Holy Spirit says:
God created you: to be free;
to remember who you are, always;
to have faith that you are surrounded by beings of great light; and to acknowledge that you are part of that gathering of great light. In fact, the greatest human being who ever lived "You are the light of the world." It is time to live ~ that ~ which you claim to believe!

March 8, 2019

You
meet every
individual, and every
situation, as you come to
each; and, as you approach
each individual, or the situation, you
do so, with that, which you carry within you,
the experiences of your lifetime. How you meet each
individual, or experience each situation, depends on that which
you hold within you! When you reach the place where you are prepared
to embrace forgiveness: for all things, for all peoples, for all situations, for all insti-
tutions, for yourself, then you are prepared for the gift of release. Forgiveness brings
to you the keys to freedom, and you begin to live life anew! And The Holy Spirit
says: The human experience is often limited, by all of the baggage carried
within. The human experience is often less than joyful, because of
all the baggage carried within. The human body is often
stressed, to the point of illness, because of all the
baggage carried within. But there will come
a day, when you decide, it is time to set
the baggage aside, and embrace
the light of God, through
the practice of for-
giveness!
Once
this
is
done,
you move
over the Earth,
under the sun, under
the moon, under the sacred stars
in the sky, as a child of God, released from
woe, singing a song of glory, wherever you go!

March 7, 2019

See yourself
waltzing in a circle,
moving through eternity.
See yourself waltzing with Me; for,
I will lead you wherever you need to go.
There is no need to worry so. It is trickery
that slows you down; it takes your smile:
it creates a frown. This trickery will lead
you away from Me, and fill you with
doubts; but, as I see you moving,
I will call, and open My arms,
and you will hear the vibrations of eternity, and
you will move slowly
back to Me, and
we will waltz
again, you
and Me!
And The
Holy Spirit
says: Today,
do not think of God,
with a crown upon His head,
sitting on a magnificent throne, above
all things, distant, far away, unrelated.
Set your course, this day, to take the hand of God,
and walk over the Earth, which is the creation of God,
and exclaim the joy, that you experience, while walking upon
the Earth! Say, "Thank you, God," often! Hold the hand of God,
joyfully! Open your heart, reject all things of darkness and shadow,
and be filled with the light... and the power... and the glory... of God!

March 6, 2019

The journey of a lifetime upon Earth is not taken in one giant stride, it is accomplished with many steps; the greatest adventure is not accomplished with one giant stride, it is taken with many steps. Each step you take, every day, is a piece of your lifetime upon Earth, it is a piece of the journey, it is a piece of the adventure. The courage to continue your journey, your adventure, is found by taking one step at a time; and, as you advance, as you move forward, your confidence grows. Do not hurry the process, be still, and deliberate. And The Holy Spirit says: When you are about to embark upon a journey, when you are prepared to take-up a mission, you ask for guidance, in many ways. Let the first guidance you seek, be guidance from the hand of God.
In that way, you will be moved
and find little resistance.
The hand of God will
lead you over
mountains,
through valleys,
show you The Way to ford the rivers.
You will not be lost. Be at peace with your lifetime upon Earth. You will find peace in knowing that this, your lifetime upon Earth, is a sacred piece of your eternal life! Therefore, be eager to set-out upon the adventure. Be courageous! And accept, the mission! Be filled with light as you make your way through every day.

March 5, 2019

For love to flourish upon the Earth, there must be one willing to nurture love in their heart, and speak of love. For compassion, generosity, and respect for all things to flourish upon the Earth, there must be one willing to let these things grow in their heart, and then speak of compassion, generosity, and respect for all things. For peace to flourish, upon the Earth, there must be one willing to nourish and nurture peace, within their heart, and then speak only of peace. For these things to flourish upon Earth, there must be one willing to be first. And The Holy Spirit says: The ways of Heaven are known within your heart. Go there, deep in the recesses of your being, and bring forth the noble creations of God.

March 4, 2019

Do not hesitate to show your enjoyment of that which I have created. When you see a magnificent tree, let your joy show. When you see beautiful flowers, radiant sunrises and sunsets, streams that seem to be leaping with song, or feel the breeze touch your face, let it be known that you enjoy these things, that they are beautiful, that you appreciate the creation; for, every time you have these thoughts, it is as a beautiful song, floating from you, moving into the heavenly dimension. Enjoy creation! And The Holy Spirit says: Most people delight, in hearing that something that they have created, or done, is pleasing to you, that you like it, that you enjoy it; therefore, do not hesitate to show your enjoyment of the creation of Earth to The Creator of All Things. The very thought of beauty, of magnificence, of radiant light, here on Earth, is a prayer, it is communication, it is saying, "Thank You!"

March 3, 2019

Pay
attention. Be
vigilant and watchful.
The world created by man
can be a challenging place, filled
with temptations of every kind; how-
ever, if you set your intention, and refuse
to judge, and refuse to react, then you will
find The Way easier, every challenge carrying
less and less weight, because you will be using
My light to see The Way. And The Holy Spirit
says: Almost every minute, of the day, you
are making choices; and, while others
around you will not see it, you are
making choices, within your
thoughts. Be vigilant
of what you are
thinking.

March 2, 2019

When you say you believe that angels are with you,
that your guardian angel stands behind you, and next
to you, that angels go before you, believe it! Believe, be-
cause you are surrounded with the messengers, I send to you
to care for you: and, they will go before you; therefore, rise-up
and let your shield of goodness, shine this day! And The Holy
Spirit says: When you encounter hatred, meet hatred with love.
When you encounter doubt, meet doubt with faith. When you
encounter chaos, and confusion, meet chaos and confusion
with trust, with courage, with strength. All these things
are given to you, because you have opened the door
and embraced the gifts. God's strength is your
strength! God's light is your light! God's
goodness is your goodness! And
the angels of The Lord
are with you!

March 1, 2019

The
bears of the Earth
do not lament the time of hiberna-
tion; no, they rest, they sleep. The perennial
flowers do not lament the time they are called to rest
in the soil of Earth; no, they rest. Come spring, the bear leaves
the cave, and walks-out into the world rested. Come spring, the flowers
come forth from the Earth, renewed, beautiful, and radiant. Do not lament
the time you are called to sleep, to rest, to be still; for, the time will come
when you will be called forth, and after the retreat from the ways of the
world, you will rise-up in the light of the sun, and perform noble
deeds, do good things, because of the rest, because of your
time in retreat. And The Holy Spirit says: There is
much progress made in retreating!
When it is time you are called
forward again; and, when
that time in retreating
has been spent well,
resting, rejuvenating,
growing stronger, you rise-up, and
walk into a new day, filled with the light of God,
prepared to perform noble deeds, in the name of God.

February 28, 2019

When
you are willing
to humble yourself,
unconditionally forgiving
and blessing all people, places,
and things, then you will rise, breaking
all chains; you will be free, you will ascend
to a new place. And The Holy Spirit says:
It is not a mystery. The way to freedom
is not hidden; but, it is not easy to ac-
complish, when it requires you to
bless, forgive, and release all
injuries, all trespasses, not
even requiring a for-
giveness in return,
a blessing in re-
turn; but, in
this act,
you set
yourself free,
and you rise-up, and you
begin to understand, and com-
prehend, and come to know The Way.

February 27, 2019

When you go-out into the world created by man,
it is possible for you to get a bit dirty, or soiled.
You can step in a muddy spot, or trip and fall
into a mud-puddle, or just get dirty, work-
ing, building, doing whatever it is you
are doing, during the day. It is easy
to see the dirt on your clothing,
on your hands, and on your
shoes and feet; and, see-
ing these soiled places,
you immediately take a shower,
wash your clothes, clean your shoes,
and you feel better. Begin to take care of
your spirit body, in the same way. And The
Holy Spirit says: While you might not see the
spirit that is you, you feel when your spirit is
marred, and marked with residue and debris.
You feel heavy, you know you are carrying
energies of darkness or shadow,
you feel the weight.
Take a shower, wash
your clothes, clean
your shoes, in a
spiritual way.
Clean yourself-up,
with forgiveness, and blessing;
and then you will feel better, and be on
your way. Every time you take steps to clean
your body, or clothes, or even your environment,
take some time to review your spiritual body as well,
and begin cleaning it, clearing it, blessing and forgiving!

February 26, 2019

In order to free yourself of all debris, you must be willing to stretch your ability to forgive, beyond your comfort zone to a place where it is possible to forgive all, even those you believe have caused you, or those you love, harm. Once this is accomplished, you will walk The Way as an enlightened being, free from the baggage that held you in place; but first, you must be willing. And The Holy Spirit says: You will find there are times when you will encounter individuals or situations which you find most difficult to forgive; in fact, to your surprise, you might find you do not want to forgive! When you reach this place, alter your perspective in such a way, that you see it as the opportunity you have been waiting for, and embrace it. Take yourself to a quiet place, be still, and sit in the presence of God for guidance: so that you might accomplish that which is yours to accomplish; so that you might forgive all, even those who have harmed you in any way.

February 25, 2019

One of
the most
challenging
opportunities
you will encounter upon your journey over the Earth, is to forgive those who judge you; and, this includes you. Do not be harsh upon others.

Do not be harsh upon yourself. This accomplishes nothing that is good; and, when your goal is to accomplish good, it is not achieved by judging others, or yourself! Therefore, the energy of forgiveness is within you, it is possible to do.

And The Holy Spirit says: When you cast from you all negative energies it is as if you are throwing sandbags over the side of the basket below a majestic balloon.

With every act of forgiveness, you inch towards the sky, and soon, with much work, you are free to fly!

February 24, 2019

Most of you
will go to great measure (lengths)
to keep your environment clean. Few of you
go to great measure (lengths) to keep your Spirit clean.
The things of Earth are temporary; the things of Spirit are eternal;
therefore, it is important for you to alter your perspective, and keep
your Spirit ~ clean! And The Holy Spirit says: You focus ~ on that
which you see, right now; and, if you are looking around you,
and you see dust on furniture, dirt on the floor, a spot on
your clothing, you set an intention to take care of that,
to remedy that, to clean it, to clear the dirt from your
environment, or from your person. You do this,
because you see it. Most of you do not see
the things of Spirit; so, it requires more
attention to care for the Spirit; but,
it is more important, than what
you can see, with the eyes of
your body. Take steps to-
wards cleaning, clear-
ing, and maintain-
ing, the Spirit,
that you
are!

February 23, 2019

There will be times during your life upon Earth, where you will encounter stopping places, along the path you are taking Home. It is for your highest good: that you stop, at these stopping places; that you rest a while; that you are refueled; that you listen for guidance on how to proceed.

These stopping places are important.

These resting places are vital.

At each one, you will

receive directions

on how to proceed.

Do not think of stopping

to get directions or to be refueled,

as anything other than moving forward;

for, it will assure you forward movement in

the proper direction. Celebrate the arrival

at each place. Celebrate your departure,

as you resume your journey, along The

Way. And The Holy Spirit says: Do

not hesitate to make a stop,

when it is time to do so.

February 22, 2019

Do not
impose your will
on another. Do not
demand that, that which you
believe, be believed by another. Let the
“knowing,” you receive from The Holy Spirit: fill you
with light; fill you with confidence, and courage, and strength;
and, in that way, you will live, that which you believe, making it
more palatable for others, when they are in opposition. There
is no need to engage in arguments, there is no need
to be contentious; yet, there is great need, for
those who have accepted, and believe
the ways taught by The Holy
Spirit, to live, that, which
you know! And The
Holy Spirit says:
When you are
filled with
wisdom, and
light, others see it,
without a word, and they
understand it, by watching what
you do. Be at peace, in the confidence
you gain, by being led by The Whisper of God!

February 21, 2019

Resist the temptation to kick someone when they are down,
to heap criticism upon the fallen; for, this is not The Way. When some-
one is having a difficult time, when the world would teach you to believe that
they are getting what they deserve, that they are getting what is coming to them,
reject this thought, be still. Forgiveness will be the hand, reaching-out to help them
rise, blessing will be as a warm blanket wrapped around them, so they might stand,
and walk again; and, when it is done, you will realize that acts of love and kind-
ness truly heal, no matter what the injury might be. And The Holy Spirit
says: It is easy to turn your head from one who has fallen, when
you believe they deserve what they are getting, when
that "what comes around goes around," theory
settles within your heart; but, stop, and
see, that this is the opportunity
to assist, to bless, to love.

Let love flow from
you, so that
you prac-
tice The
Way.

February 20, 2019

When you are confident, and know who you are,
that you have great worth, and that you have a mission
upon the Earth, then, the cloak of humility fits comfortably
over your shoulders. There is no need to say who you are, and
what you are, when you live who you are and what you are; be-
cause, in this state, you shine, as a most brilliant star, in the dark-
est sky. Today, rather than saying who you are, live who you are!
And The Holy Spirit says: Sometimes, it seems as if there are too
many words, too much talk, too much noise, too much chatter.
That is a sign that you desire to be at peace, to be quiet, and
to speak, gently, of that which matters eternally; and,
what matters eternally, is the presence of
light, which illuminates the
energy of
love!

February 19, 2019

Stay
connected with Me,
so that I might love thee fully, with-
out impediments; for, there will be times
when I will whisper your name, and for those who
stay close to Me, they will recognize the whisper, and
they will listen; and, I will call them forth, and they will
rise-up; and, in that time of calling, there will come the
knowing; and, as you ascend, within My light, you will
see the unseen, you will know the unknown, you will
speak, and that which you speak will be the words
of Heaven; and, these words will not be words of
chaos or confusion, they will not bear the en-
ergies of anger or hatred, they will be the
words of one, of unity, of peace, of
compassion, of understand-
ing; and, as you rise-
up, all things will be made
clear to you, because you are
drawing nearer, and nearer, to Me.

The world around you might not under-
stand you, they might not see what you see,
or know what you know; but, you will be the ful-
fillment of the promise, held in the sacred book, in
old, and new, that there will come a time, when all
will be taught by God; but, to be taught, you must
be willing to hear; to be taught, you must recog-
nize the teacher, and draw near. And The Holy
Spirit says: Do not close your heart, be open,
for the time will come when you will hear
your name, or you will feel the call, or
you will know it is your time; and,
no matter what others are doing
around you: you will rise-up to
the call; you will rise-up and answer;
you will ascend in the light, and you will see!

February 18, 2019

Resist
the temptation
to correct others, to criticize others,
to tell others that they should do this, or that.
These desires are temptations, and definitely distractions,
keeping you from doing, that which is necessary within you!
Make all the corrections you need to make within you! Reject
outright, "the temptation," to make these changes in others!
Do not be distracted, from the work there is to do, within
you; continue working, continue cleaning, continue
growing in My light. Stand in My light; and,
My light will illuminate all
you need to know; and,
when you grow in My light,
you will reach perfection! Once you
reach perfection, you will no longer need
to correct others. Wisdom, all wisdom is held
within, perfection. And The Holy Spirit says: The
one who "knows," is content to know, quietly!

February 17, 2019

Resist the temptation to point your finger,
to criticize, to correct, to judge; for,
when something has occurred
which requires cleaning-up,
clearing-up, or just set-
ting-up straight, find-
ing fault only delays
that which needs to be
done, for the good of all.
Address the issue, with love,
show The Way with kindness. Ad-
dress the issue, and resist the temptation
to distract you, from that which is important.
And The Holy Spirit says: When something needs ad-
dressing, when something needs to be made clear, when
something needs to be cleaned-up, when something needs
to be straightened-up, attend to that first. Do not delay that
which must be done, by starting conversations about who,
or which one, is at fault; address the issue, and move on!

February 16, 2019

You
are not alone,
many angels surround you,
beings of great light draw near to you.

In the quiet ~ you will feel them, ~ you will come to know their presence, and you will hear their whispers: reminding you of the cause; reminding you of the mission; reminding you that your journey is one of great importance! All this is given unto you every day so that you might rise-up, and walk The Way.

And The Holy Spirit says: When you are tempted to feel as if you have been left alone, deserted, rejected, stand-up, hold your shoulders back, open your arms, so that you might receive the gifts from the heavenly realm; and, they will begin to pour into you, and you will "know," that you are not alone, you have not been deserted, you are not rejected. You will also be given the wisdom to understand that each journey is to be taken by one. Many come into your path, and move from your path. They bring you messages, and bring you gifts of love. They bring you challenges, and opportunities, to show what you "know;" and then, they move on, so that you are not distracted from your mission.

Let the journey, of this day,
begin, in love!

February 15, 2019

The
spirit that is you
longs to be set free
to experience Earth, as
the experience is meant
to be; you are spirit, first!
And The Holy Spirit says:
It is most often the case
that those upon Earth
soon become so
immersed
in the things
of the world, that
they scarcely have time
for the things of spirit; in fact,
it is often difficult to make time
for the things of spirit. This should
be reversed; for, the ultimate exper-
ience of Earth, you must be spirit, first,
making time for the things of the world.

February 14, 2019

When
it is time
you will feel
a stirring within,
and you will harken
to My whisper, and your
journey, will begin; for, I will
speak your name, and you will begin
to climb, and you will ascend the mountain,
and at the top we will meet in divine light. And The
Holy Spirit says: Each one is called to make the journey within,
when it is time; it is not productive to attempt, when it is not time, for you
will not see the signs, and know how to read them; but, when you hear The Whisper,
when you hear the call, rise-up and know, it is time for you; and, once you make the journey,
once you follow through, life upon Earth will be different and the difference will be made within
you!

February 13, 2019

Whenever you are caught-up in a net of anger,
wanting more than anything to lash-out in anger,
wanting more than anything to lash-out in anger
about what another has done to you: hold your
tongue; be still; come, sit with Me, and we will talk;
and, I will tell you exactly how to handle every situat-
ion, with peace, and in-grace; and, when you rise-up,
you will know: where to go; what to say; what to do;
and, the anger will have been taken from you! And
The Holy Spirit says: If you have issues tempting
you to anger, and frustration, go first to God
and sit with God; for, God will see your
heart, God knows your heart! The
resolution, reached in quiet,
with God will be exactly
what you should do,
and there will be
peace, all a-
round
you!

February 12, 2019

The
energy of anger
consumes the Earth.
It does not assist peace to permit yourself
to use the energy of anger, against the angry;
it magnifies the energy, and multiplies its power.
When you find that you are in the midst of anger,
be still, and call My name, and you will feel
peace, from within!
And The Holy Spirit
says: While it is so sim-
ple, that most do not believe it,
and even fewer will try to put it into
practice, love is the only energy which
will ultimately end anger, hatred, mistrust!

February 11, 2019

It is possible to make a statement,
using positive words, positive speech,
positive actions. It is possible to stand in
My light, and say that, which you need to say,
in a positive way! Focus on being positive today.
And The Holy Spirit says: When you join into gos-
sip about another, when you are willing to speak-
ill of another, when you are willing to cast dirt
upon another, then you become entangled in
the energy of the other. When you make a
statement, or take a stand in a positive
way, then you do not become
entangled with
the ways of
others.
Let
your voice be
the voice calling-out,
saying to all, who will hear,
“Come, this is The Way, walk in it!”

February 10, 2019

See “the possibility,” in all things!
Refuse to point your finger at others,
blaming them, for this, and that. No
situation has ever been resolved, by
singing-out what others did, how
it came to be. Stop, and think,
and with firm resolve a-
dopt an energy of
positivity.
And The
Holy Spirit
says: Do not
waste your energy:
do not engage in gossip;
do not tear another down; stand
in the light of God, and be firm in your
resolve ~ the light ~ needs no explanation!

February 9, 2019

It is possible for you to experience Earth,
in its purest, most majestic form, without accept-
ing the chaos, and the confusion, and the frustration.
It is possible to do this, to experience Earth, as she is,
without the chaos, the anger, the hatred of the world
created by man. I give you the gift of My peace,
which is easy to accept, and to maintain,
especially for those who compre-
hend the truth, the truth
that you are an eternal
being.
Your life,
your eternal life,
has no end. Therefore,
walk into this day, seeing
the brilliance of Earth. When
you breathe, breathe deeply; when
you smile, let your heart sing; open
your eyes, and see Earth! And The
Holy Spirit says: As you walk u-
pon the Earth, you are a
connector; you
connect the
dimensions
of Heaven, with
the dimension of Earth!
You are the connector, you are
the conduit! See yourself, in this way,
and then, you will realize that you create a dif-
ferent, and a new, energy everyday. There is a state-
ment used by those upon Earth, who say there is noth-
ing new, this is not true. Every day you create someth-
ing new, within you! You are the creator, create today!

February 8, 2019

Direct
your thoughts
toward ~ the ~ light;
for, it is within the light,
that all things are healed.
Forgiveness is the first step
in a healing process, which
begins in your thought.
The body, the spirit,
the deepest
recesses
of your heart,
all of these places
can be healed; but,
the healing must start
within your thought! And
The Holy Spirit says: Maintain
the light. The smallest negative
distraction, interferes with the light.
Knowing, that the light holds healing
for ~ all things, ~ maintain ~ the light!

February 7, 2019

Do not permit bitterness, or anger,
to take-up residence, within your be-
ing. Sweep the corridors, the hallways,
the chambers of your inner-self. Make sure
you are clean, free from debris; and then, rise-
up, and see how free you are, how clean and clear
you are, how hearing, with clarity is with you, once
again. And The Holy Spirit says: Do not intend to set-
up housekeeping, cleaning the passageways and the
hallways of others; for, this will lead to frustration.
It is meant for each one to take care of that
which is within them! The human
body is a temple, wherein
The Spirit of God
resides!
Therefore,
The Spirit of God
will teach you, and lead
you! Keep your temple clean!

February 6, 2019

Procrastination is a heavy weight,
which bears down upon you, makes it
difficult to move freely. You can free yourself
from this heavy weight, and it is easy. Begin one
step at a time. Set the intention each day to accom-
plish something, you have been putting-off. The weight
will lift, and you will feel better! And The Holy Spirit
says: Do not delay; do that which you have been
putting-off today! One step at a time, and
soon you will find you have reached
the finish line. It is done.
You are free. The
day is yours.

February 5, 2019

When you begin to consider yourself an eternal being,
your horizons expand, the walls of limitation fall, you
no longer feel cramped, and restricted, and confined.
Understanding eternal life begins in your mind, in
your thoughts. Focus your thoughts on the truth
that you are an eternal being, and watch how
your life upon the Earth changes
in response to this thinking.
And The Holy Spirit
says:
Rise-up,
open your arms,
open your heart to the
experience ~ that is ~ Earth,
for you will carry it with you; there-
fore, create the memories of Earth
which you would like to carry into eternity.

February 4, 2019

Every time you think of another, when-
ever someone's name slips into your thoughts,
refuse to go anywhere except to a place of love and
blessing for that particular individual. Yes, this means
loving those who the world would tell you are your ene-
mies; for, each person on Earth right now is spirit first.
The spirit is wrapped in a garment of Earth. The gar-
ment of Earth, often, does not disclose the great-
ness of the spirit within; but, it is possible
for you to know the spirit within,
and to bring it forth
with a blessing
rather than a cursing.
And The Holy Spirit says:
You are told that it is impossible
to change another person; but, there
is something that you can do, which will
assist their light in shining through; and,
it is to call forth ~ all the good ~ they do.
When you think of another, bless them!

February 3, 2019

My child,
it is not difficult
to change the world.
Changing the world begins one person at a time,
and that one person at a time begins with you!
Resist the temptation to try to change others.
Make the changes in you!
Change your perspective,
and you see the world,
anew. And The Holy
Spirit says: Within
the light of the
perfect love
of God, you
receive the gift
of patience: watching;
observing; waiting, while
all the time remaining in the light
of God's love. Let the world see you; but,
let the world see you, reflecting the love
of God. This is how you change the world.

February 2, 2019

No
matter
where this day
leads you, no matter what
you are scheduled to do, whether
it is to go to school, go to work, go to play,
go to prayer, you can carry My love, everywhere
you go! It is in this Way, that you bless the Earth
with every step you take, with every breath you
take; it is in this Way that you deliver My love
to every hand you shake, to every face
you kiss. Make it your intention
to carry My love, where
ever you go.

And The
Holy Spirit says:
The sacred mystery
is that you can deliver
the love of God ~ to every
place of shadow, ~ and darkness,
and it is delivered: by a smile, by a touch,
by the words you say. Are you willing to carry
the love of God, with you, everywhere you go to-
day? If you are willing, then, let it be done! From
the rising to the setting of the sun, let it be done!

February 1, 2019

As you awaken, you begin to seek,
and the promise has been given to those
who seek, and the promise is that, that which
you seek, you will find; and, it is in the seeking, that
you are led to The Divine, and your awakening becomes
The Way you live! Once you have awakened, you cannot go back,
for the mysteries call you forward, and you find, and the doors open wide,
and you begin to see; and, that which you see, you come to know, has been there,
with you, all along. And The Holy Spirit says: Rise-up this day, and declare an intention.
It is good to declare an intention for every day, as you rise-up. If the intention for your day
is peace, do not be distracted by chaos or confusion. Hold peace within your heart; for, there
must be bringers of peace for peace to be realized; and, those, who are the bringers of peace,
will not be distracted by the chaos, they will not be pulled into the confusion, because they
sought peace, and they found peace; and, the door to peace was thrown open wide;
and, they came to realize ~ the peace they desired ~ they carried, inside!

January 31, 2019

When you are seeking resolution,
a solution to an issue, situation,
or a relationship, of any kind,
stand, directly, in My light,
and My light will illum-
inate the truth; and,
you will see it, and
you will know it, and
all will be resolved. It is difficult
to see in shadow sometimes; it is certainly
difficult to see in darkness all of the time; but,
in the light, all is illuminated, and you can see.
Stand directly in My light! And The Holy Spirit
says: There will be times when you want to do
things your way; and, these times can present
a challenge to you and others, unless you are
willing to stand directly in the light of God,
and embrace the answers, that are re-
vealed, and illuminated, in the
light! It is The Way!

January 30, 2019

Stand directly in My light, and you will know My peace.
The Earth knows My peace; in the creation, Earth was blessed
with My peace. You are upon the Earth; therefore, to become one
with the Earth, you must know the peace of Earth. To know the peace
of Earth: you must breathe with the Earth; move with the Earth; rest with
the Earth! And The Holy Spirit says: There will be days when your step
should be steady and constant. There will be days when your step
should be determined, slower, measured. There will be days
when your step is calling, speaking to Earth with a
thunder, moving over the Earth, almost
running, almost walking,
feeling The Wind
in your hair.
There will be days
when you do not move;
for, you are in slumber. Earth
has a rhythm. Earth breathes, and
the breath is slow, and long, and steady.
Practice becoming one with the Earth. Move
with the Earth; for, when you are standing directly in
the light of God, and when you are breathing, as Earth
is breathing, you will experience life that has no limitation
and no boundaries, life that is "of God, and of Earth." Begin
to move toward this pattern, this habit: child of God, child of
Earth... child of eternity... living forever... knowing, the glory!

January 29, 2019

At the present time you are living in a world of illusion.

During the times you are closely connected, directly connected, with Me, illumination surrounds the illusion; there is light, and you can see. Once you see, and know, then it is no longer an illusion, it is before you, you acknowledge it; but, you acknowledge it as the illusion it is! When it is time, and you are ready, you will be given the secrets, the keys and be told how to unlock the mystery of all these things. And The Holy Spirit says: When you go and watch a magician perform his magic act, you sit in wonder; but, when the magician shows you how to perform the magic act, you see how it is done, and it is no longer magic. When you see the mysteries of life, yet you cannot understand them, or comprehend them, it might be slightly the same. When God whispers to you, when God calls your name, be still, and go quickly, in answer to the call, because God will tell you, and you will see and understand, as the mystery unfolds, before you, that it is simply eternity playing-out, moving. When you see, and know, all is explained.

January 28, 2019

Be as the Earth
with the intention to live
while you are upon the Earth
to the fullest degree. Do not hold
back. Let all the glory that is within
thee, spring forth from thee. As the Earth
sends up a flower, through a crack in a side-
walk, let your joy spring forth, through the
most difficult of situations; be the flower,
growing from the sidewalk, so others
will see, and know, that life is
precious. And The
Holy Spirit
says:
It is
difficult
to walk by a flower,
growing-out-of a crack in a sidewalk,
and not smile. Mother Earth always finds a way, to
continue life. No matter what the human being does to her
she continues to spring forth with the glory, that is within her,
planted there at the time of all creation. As you wonder, at the
glory of Earth, remember this, child of God, you have the same
glory, within you! So, when it seems as if all is sealed around
you, you will find the crack, and the flower will spring forth
from you, and others will see the determination to bring
forth life ~ and this revelation~ will come from you!

January 27, 2019

Do not be the voice of dissension and isolation,
be "the voice," which speaks of common ground,
of peace and happiness, of joy, be the one who
stands, "knowing," there is but one; and, when
each individual is connected with the one,
peace is possible through the heart
of every individual. It is as
a strand of pearls,
beautiful
in its connection,
each pearl exquisite,
glorious on its own. And The
Holy Spirit says: Creation continues
through each of you. With all you think,
and say, and do, creation is continuing through
you. Bring peace to all you think, and say, and do;
for, peace on Earth, must come through each of you!

January 26, 2019

Love removes hate,
just as light removes shadow;
for, when you live within the energy of love
you do not hate. When you live in My light
there is no shadow, there is no darkness,
only love and light. And The
Holy Spirit says:
Spend this day
opening to
the love
of God.
Once
you
feel
the love
of God, moving in-
to you, in a powerful way,
do not stop, do not say, "Okay,
I have done that for today." No,
let it continue to pour into you. Do not
push it away. Do not close the door, but let it stay
for a while; for soon, this love will overflow, moving-
out to all you know. It will be the greatest gift you could
give the Earth, if you stand within the love of God, today!

January 25, 2019

Resist the temptation to remind others
of all the mistakes they have made. Instead,
let My love pour through you, onto them, frequent-
ly, all the time, if possible: and, speak to them: of the good
they have done, of the challenges they have faced, of their talents,
of their gifts, of the beautiful smile upon their face. And as you follow this
guidance, you will see, that their strong points, their glorious points, their
gifts, their talents, begin to shine brighter, and brighter, and the shado-
wy darkness, which they had faced, begins to diminish, and lose its
place, as they recover, and rekindle My light, within them.
And The Holy Spirit says: Look, and see,
what a positive word,
or a smile, or a touch
can do for another today.
Let your touch be the kiss of God.

January 24, 2019

The day that you would choose to delay,
or sometimes even dread, is most often
the day of your freedom, the day when
you will be led into a new understand-
ing, and compassion, into confidence
that you can do, what is written u-
pon your heart to do; there-
fore, begin this day
with no delay.

Welcome

with open arms

all that comes your way,

and know, that I AM with you!

And The Holy Spirit says: Most of you
have heroes, women and men who have gone
before you, whom you believe were confident, and
worthy of admiration. You are meant to be such!

Rise-up, welcome that which is yours, em-
brace that which is yours to do, and
then, follow through. Do not
leave it hanging,
for it is yours
to do. Do
all things
with humility.

Do not seek the glory,
for the light that pours through you,
and the energy to do, what you are meant to do,
all comes from God; therefore, do, and give the glory to God.

January 23, 2019

Navigating
the spiritual path
is similar to navigating
the physical path, the world.

There are many things that seem
impossible to do, until someone proves
them possible, and then they become possible
to do. There was a time, long ago, when
humans would watch the birds of the air, flying
here and there, wish they could fly, but
believed it was impossible to do, until
someone proved it possible,
then flying in the air
became possible to do.

Even In the physical world:
when you seek, that which you seek,
earnestly, you will find; the door on which
you knock, will be opened to you; for those who
believe, the impossible is always possible. And The
Holy Spirit says: Do not stand still repeating to yourself
that something is impossible to do. If you wish to fly to
the moon, and believe it is possible, then it is possible.
If you wish to reach millions of people, with a written
word, a story, or a song, and believe it to
be possible, it is possible. If you believe
you can speak with God,
and God will answer you,
it is possible. If you
believe the words that
you can do everything Jesus did,
then it is possible; and, if you believe
that I will lead you into all truth, it is possible.
Faith makes the impossible, possible!

January 22, 2019

Each time you open your heart
and embrace ~ the words ~ of guidance
I whisper unto you, with the determination to
follow through, ego begins to dim, and weaken,
and soon, the two of us are moving over the Earth to-
gether, as one, your adventure, growing more sacred,
with the uttering of the words, "I do!" And The Holy
Spirit says: When you are willing to take the hand
of God, and to use the words of God to accomp-
lish your mission, your mission grows more
sacred with every thought, every word,
every deed. Do not hesitate to
open your heart to
The Whisper
of God!

January 21, 2019

For those who are willing to take part in the ascension of the human being, to a place of peace, and light, and love, you must be willing to turn the other cheek, refuse to do battle, even with words, you must be willing to bless, even those who curse you, speak-ill of you, or harm you in any way.

You must be willing to do these things.

And The Holy Spirit says: The continuation of creation includes the elevation, the ascension of the human being to a place of peace; and, for this to happen there must be those willing to stand directly in the light of God, and resist the temptation to retaliation. Sometimes, this includes even a response. Stand in the light of God, and the glory of God will shine about you! Peace will not come to Earth through arguments, through war, through negotiation, or any other manner, or form, other than peace that is tended, and grown in the heart of every human being upon the Earth.

Peace comes from within, and it is impossible to establish peace all around you, if you do not have it inside of you. Therefore, today, be still, be quiet, stand in the light of God: and, establish peace, within your heart!

January 20, 2019

Begin to know
the power of your creation.

You know the power of your determination.

Now, be still, and know the power, of your creation.

And The Holy Spirit says: You know that, with determination, you can set a regimen, a schedule, where you will rise-up every day and exercise or walk or read or study. You know that, with determination, you can arrive at your workplace on time, do the tasks assigned to you, complete the project(s), before you go home to rest. With determination the world sees your best. Use that, as your template, your example, and begin to understand the power of that, which you can create, with your thoughts, with your words, with your deeds! Pay attention to your spiritual muscles. Work them, so that they might serve you well. Work them, so that you might serve, so that the glory of God ~ will be seen ~ through what you do ~ through ~ what you say!

And it all begins, all of this creation
begins within your
thoughts!

January 19, 2019

Know, that
you are the master
of your destiny, of your life
upon the Earth, of the experience
of Earth. Focus this day, on that which
comes your way; and, with intention and
purpose, master that which comes to you;
for, throughout the day, you will be given
many opportunities to choose, to use your
freewill to master. If the opportunity comes
to you to choose anger, or compassion, or
understanding be mindful of what you
are doing. Every time you choose to
use the energy of anger, you not
only create the anger,
the anger
then
becomes
a part of you.

Whatever you create
becomes a part of you.
Therefore, "choose wisely,"
what you will do, throughout
this day which is set before you.
And The Holy Spirit says: Rise-up,
and greet the new day; and, do so
with purpose, and intention, know-
ing this is your opportunity to create
the way you live, to create, your Earth
experience. It is not the time to blame
others for that which you experience. Rise-
up, the experience is your creation, master it.

January 18, 2019

It is
possible
to attain perfection
while you are upon the Earth.
Perfection is first achieved in your thoughts;
therefore, guard your thoughts, so that
they might always be of the light.
When you stand directly in My light
there can be no shadow, or darkness, be-
cause you are holding and reflecting Divine
Light! Perfection is realized in the light of
My love! And The Holy Spirit says:
To achieve perfection
surrender to the
light of
God.

January 17, 2019

When you feel as if you are drowning,
yet hesitate to release the boulder you hold,
which is carrying you downward under the water
rather than forward flowing with the water, your prayer
will be answered. The winds will blow, and the river will rise,
and the waters will rush, and that which you could not release
will be taken from you, and you will no longer have to struggle
to keep your head above the water, you will be free! No matter
where you find yourself, or in what situation you find yourself,
when there is need, and you call for help, help will come. At
first, you might not recognize help; but, soon the light of
day, will illuminate The Way! And The Holy Spirit says:
Be at peace, and find your peace, within the pro-
mise: whenever you call for help, help will
come to you. Be at peace, and it will
be easy to recognize the help;
yet, the promise is, whether
you see it and know it, or
recognize it at all, help
will be with you, sent
to you, whenever
your prayer goes
forth, as the call!

January 16, 2019

That which is written upon your heart to do when you allow My hand to guide you through, from dreaming it, to achieving it, then, all things which seemed impossible, become possible, for you! And The Holy Spirit says: If you dream it, if it is written upon your heart to achieve it, then, it is most assuredly, yours to do.

All things impossible are possible
when the hand of God
is guiding
you!

January 15, 2019

Do not delay joy! If you are wondering, how to achieve joy, the answer is to forgive all things of the past; so, you might experience joy, in the present! And The Holy Spirit says: By clearing away darkness, and shadow, using the tool of forgiveness, your inner-corridors and chambers are illuminated, filled with light! It is easy to be joyful, when you live~ in ~ the light!

January 14, 2019

Restrain yourself
from speaking ill of another.

Do not permit your opinion to become
judgement of another. Every word you speak
about another, or even yourself, enforces, or rein-
forces the theory, opinion, or judgment. And The
Holy Spirit says: You cannot throw dirt, upon an-
other, without getting your hands dirty. Master
your thoughts, so they are of the light. Master
your words, so they bring the light.
Master your deeds so they reflect
the light, of God.

January 13, 2019

Be kind, charitable, compassionate,
and loving, at all times, with all people.
This practice will lead you into understand-
ing, and wisdom. And The Holy Spirit says:
Do not complicate that which is simple,
with qualifications which limit,
confine, and re-
define.

January 12, 2019

You can read My words,
memorize My words, write My
words, and speak My words; but,
until My words find a place in your
heart, you do not know My words.
And The Holy Spirit says: When
you begin to live the words
of God, you begin to
know, the ways
of God.

January 11, 2019

Do not give anger, even frustration,
a place in your heart; for, it will taint
that which you do, and dim the light,
within you! And The Holy Spirit says:
With practice you can be kind in every
situation. It will often require
great determination to do so;
but, for the one seeking The
Way, it is the path to
understanding,
compassion,
and
wisdom!

January 10, 2019

Resist
the temptation
to follow the ways of the world,
when the ways of the world seem to approve
words, and deeds, which are disrespectful of others:
for, this is not The Way. The Way is peaceful, loving,
considerate, and kind. And The Holy Spirit says:
Because all those around you believe
that something is right,
when your heart
rejects it outright,
follow your heart, for
I can tell you it is never
right to be disrespectful,
unkind, abrasive and abrupt
in any way. Let your thoughts re-
main in the light; let your words do
so as well; let your deeds show respect,
and in this Way you honor the glory of God.

January 9, 2019

There is no need to be abrupt or abrasive
with those who do not agree with your mission;
for, by doing so, your words and actions might cast
a shadow over all the good you are accomplishing.
Proceed, and follow your destiny, using understand-
ing, and compassion, and kindness, whenever you
could have used a lesser energy. Make sure your
words, and your actions, match the intention
set, for your mission! And The Holy Spirit
says: In all ways, uphold the honor
of the mission. In all ways, be
respectful, toward
others;
and, their
freewill choices.
Walk, confidently! Let
your thoughts be of glory,
and creation, for the light! Let
your words follow your thoughts,
and let your deeds bring all things
firmly onto the Earth. In this way, your
destiny will be complete, and your thou-
ghts and your words and your deeds, blessed!

January 8, 2019

Refuse to
follow the one
who holds anger, or hatred
upon their heart; for, it is in this
manner, that you will be led astray!
And The Holy Spirit says: Refuse
the temptation to follow
those who speak
with anger,
frustration,
hatred for oth-
ers. Do not be led astray.
Stand in the light of God, and
let the light of God illuminate all
things around you; for, those who
follow anger, and hatred, will ultimate-
ly be consumed, in the fire of their despair.

January 7, 2019

Do not permit others
to keep you from your destiny.
Do not listen when they say that, that
which your heart is leading you to do
is impossible to do, for this is not true.
If it is written upon your heart to do,
then all things are possible. The
completion comes from Me,
and I pass it to you;
therefore,
all
things
are possible
through you!
Think upon that.
And The Holy Spirit says:
Life came forth from God's creation.
You are the life, you are the creation. Now,
it falls to you to continue the creation, through that
which you think, and say, and do! Just because it has not been
done before, does not make it impossible: for it might have fal-
len to you, to be the bringer of the possible! Think upon that!

January 6, 2019

Practicing forgiveness
is The Way of the wise; it is,
truly, the path of wisdom; it is
the road to happiness, and joy!
And The Holy Spirit says: There
will always be times, when
you feel there is noth-
ing you can do
to alter,
amend,
or change,
a situation; but,
I tell you there is! The only
thing that will alter, or change, a
situation from shadow, even darkness, to
the light, is the practice of blessing, and forgiving!

January 5, 2019

The
blueprint
for your destiny, is
written upon your heart;
it is carried by your soul, and
your spirit ~ knows it ~ well.
Those who live around you,
your family, and friends,
they will not know
your destiny, until
they see it,
unfolding
through
the things you
say, and do. Be confi-
dent that you carry the destiny
you are meant to fulfill within you. Be
still, be watchful, be vigilant! And The Holy
Spirit says: The way to know, with confidence,
that which you are meant to do, is to set yourself
aside: frequently, quietly, prayerfully; and, in the
stillness, the answers you seek will come to you,
because it is a promise that: if you seek, you will
find, and if you knock, the door will be opened.
Therefore, seek ... knock ... watch ... and listen!

January 4, 2019

Use the sieve of love and kindness
to measure the words you will speak.
Choose to express your love, your understanding
and your compassion. Let all things
rest in My light; for, in the quiet, in the calm,
in a serene and tranquil setting most issues
resolve themselves in My light, when you
hold upon your heart love, and your
intention is to speak kindly,
with compassion.

And The

Holy Spirit says:

To engage in arguments,
voicing difference loudly, often
creates more chaos, and confusion. Retreating
does not lack courage, or strength.
To retreat at a volatile moment indicates wisdom,
and faith, and trust that the light of truth
will shine, if you will be still, so that you might
hear The Voice of God, within you. Choose to
be the peacemaker rather than the conqueror.

January 3, 2019

You do not have to drink from the cup which is bitter, and filled with anger, and frustration, and chaos, and confusion; for, even when there are so many around you, drinking from this cup, I offer you the cup of love, and I give you My light to show you The Way! I will sustain you while others are flailing and failing, and falling and calling. I will give you My love, My light, and My peace, always; but, it is up to you to accept.

It is up to you to know that, which to reject, and that, which to embrace. And The Holy Spirit says: Even when all around you are embracing the bitter cup of anger, and hatred, chaos and confusion, you do not have to do so. Turn your back, and lift your heart, and you will be given ~ the sweet cup ~ of love, you will be wrapped in ~ the tender light ~ of God, and in this way, you will not go astray; but, you will set your foot firmly on the path ~ that is called ~ The Way, and spend all your days upon the Earth, fed by the hand of God!

January 2, 2019

When in the pursuit of noble endeavors
you find you have fallen short of the goal,
of completion, do not judge yourself harshly.
Go directly to the heart, and there you will see
the seed of nobility, glowing and growing; for,
that which is written upon your heart is The
Knowing. And The Holy Spirit says: Keep
your thoughts, and your words, and
your deeds, as pure as you can,
as pure as possible! Chase
away all temptations
into shadow,
and then
rise-
up
in the
glory of
your thoughts
of noble deeds, and
go forward. If you stumble,
rise-up; for, you are the glory
that you create in your thoughts.
Rise-up for the glory is in the rising;
the glory is in the thoughts of noble
words, and noble deeds! Rise-up!

January 1, 2019

Only when
you set the foundation
with great care, with great balance,
sure and strong and right, in every way, will the building
above it, rise-up without delay, without a fear of tumbling over,
falling, or cracking. The edifice which sits above a firm and solid,
well-balance foundation will rise-up in glory. And
The Holy Spirit says: Before
you begin,
do the work
which is necessary
to set the foundation in
solid form, balanced, strong,
reaching deep below the surface
of the Earth, so it might move, with
the Earth; but, hold in place that, which
rises-up from the Earth to reach into the sky!