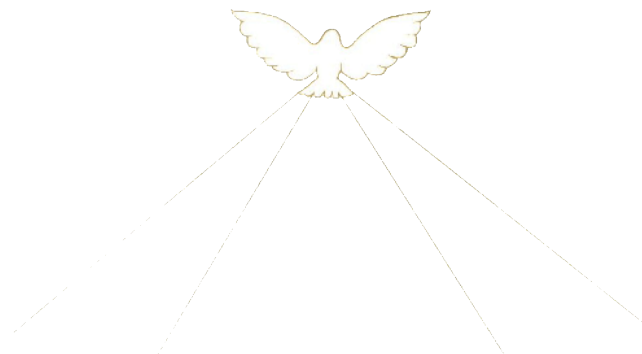


THE QUIET PLACE



God's Daily Message 2020

**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, 2020

Do not permit anything, of the world, to bring you to tremble, for My hand will reach-out to still the fear and chaos, all around you, and all that surrounds you will be at peace. Do not permit anything, of the world, to bring you to tears, for My hand will reach-out, to push back the encroaching waves of threats and tragedy, and the seas, rising against you, will recede, and be calm. Permit The Gifts of The Holy Spirit, which you carry within, to grow, blessing, all things, and all peoples, around you, with grace from Heaven, flowing from you. Today, experience life upon Earth, as an eternal being, more powerful than that which the world musters before you. Do not permit darkness and shadow to threaten a Child of God. Do not permit fear and anguish to saddle a Child of God. Remember who you are, and live in My Light, for I give it unto you, so you might know The Way.

And The Holy Spirit says:

Once you walk upon the Earth, as a citizen of The Kingdom of God, knowing you are visiting, but for a while, your life upon Earth will change. You will stand in awe, and wonder, at The Glory of God's Creation. Your heart will sing of the magnificence of Mother Earth, as she responds to her Creator, by sustaining life, all life, which: sits in the rich valleys of her lap; climbs the towering peak of her back; and, is held, sleeping, and peaceful, within the embrace of her arms. Mother Earth responds to every whisper, and utterance, of God, for she is God's Creation, as are you.

December 30, 2020

Know that you do not walk alone, for I AM with you. I give you My Hand when the path is difficult, and you are unsteady. Take that which I offer unto you, so that you might make your way with a gladdened heart. I give you My Wisdom, in answer to your fervent prayers. I give you Courage, in answer to your songs of despair. I give you My Breath, and it resides within you. Therefore, rise-up, and meet the new day, take My Hand, and make your way. In Wisdom, and Courage, rise-up, and welcome the dawn, and the rising of the sun, for I have given unto you My Breath, to sustain you, as you make your journey, upon the Earth.

And The Holy Spirit says:

Do not hold onto the ways of the world, forsaking The Way of Light. Do not wander, in darkness and shadow, when The Light is within you. Shake the chains of the world from you. As the shackles fall from you, so does fear, doubt, and any trace of weakness, for you have risen into The Light of God, where all is illuminated, so that you might see, and know The Way, clearly, as you walk. I AM with you, and with you I shall stay.

December 29, 2020

Do not permit another's words, or actions, to stir you to react in anger, or even frustration. You cannot allay another's anger with convincing argument, without becoming enmeshed in their negative creation. You can sing a song of praise, at the rising of the sun. You can bless all you encounter, throughout the day, with kindness. You can seek The Light of God, so that all things are illuminated, in The Glory of God. You can sing a song of gratitude, at the setting of the sun. You can tend your own garden, so that you might feed those who hunger for peace, justice, mercy, and love.

And The Holy Spirit says:

You will have many opportunities to judge others, throughout each day. Reject judgment, outright. Choose kindness, over all possible reactions, and act in The Love of God. Remember, you have not been given authority to judge. Tend your own garden, so you might know peace.

December 28, 2020

Do not turn your head, when the path is before you. Do not let fear or doubt rob you of the gift you have been given. Do not let worry or concern keep you from taking the step. Do not seek another way, when The Way is awaiting you. The time is now, and you are ready, because the hour has come. Lift your head, and step forward, not with hesitation, but with eager anticipation, to see the new day unfold, with signs, and messages, and visions, and wonders. The Holy Spirit is within you to give you counsel, and angels go before you, and assemble to minister to you. All eternity is waiting for you to take your place and assume the role, for which you have been well prepared. Fear not, for I AM with you.

And The Holy Spirit says:

Be still and listen. I will guide you where you are meant to go. I will show you all you are meant to see. I will whisper all you are meant to hear. Watch for the signs, as they are all around you. Listen for the messages. Do not deny the dreams and visions, which come to you. And when it is not clear, what you are to do, I will lead you, from within. But you must be still and quiet to hear Me. Listen for My whisper, as I AM The Still, Small Voice, and I AM within you, so you might know The Way, and walk in it.

December 27, 2020

Do not ignore the wealth of wisdom, you carry within, seeking answers, from those you know, from those you think who know. For, not even your mother, your father, your sister, or your brother, know what is within you. My Holy Spirit is within you, and so is The Wealth, and The Wisdom, of The Heavenly Kingdom, within you. Do not seek your answers, first, from those around you, who, I add, are struggling, too. But go, first, within, to see The Wisdom that is with you.

And The Holy Spirit says:

When you seek answers, to an important question, or questions, running from this person, to that person, to see what they would do, were they in your shoes, you begin to confuse the issue, at hand, because the answer will be different, or slightly different, from each person you ask. One might say, "go this way," and the other (say), "go that way." You might end up more confused than you were to begin with. Go within. The Divine Plan of God, set, so you would not be lost, or wander in darkness, is that you have The Spirit of God, within you. And I stay within you, within each of you. So, sit down, be quiet, go within, and ask. And I will guide you to The Wisdom of God, and I will show you The Way. It will not be clouded in chaos, or confusion. My answers to you will illuminate The Way.

December 26, 2020

A child's laughter is a song of celebration of life, and all that is good and glorious, it can even bring joy to the darkest and dullest of times.

And The Holy Spirit says:

Blessed is the laughter of a child. It graces all who hear with memories of youthful innocence, of kinder, gentler times.

December 25, 2020

Today, many of you, are celebrating, are commemorating, the birth of a Child. That Child, that perfect, sacred Child, was born, thousands of years ago, in a rural setting, The Child of Bethlehem. And you are celebrating, reading passages, and remembering: that angels did sing on the hillsides; that individuals did bring gifts, and honor, the birth of this Child; that miracles filled the air, around this Child. That was thousands of years ago, in a place you would call small and ordinary. Today, think of yourself, and those you love, your family, your friends, those you draw near to you, and begin to realize that everything, you say and do, has the ability to impact all who follow you, in the years to come. Correct what you think: so that the words you say will hold the spirit of who you are; so that, that which you do today, will be remembered years from now, in a wonderful way, an uplifting way, a glorious way. Spend this Christmas day in good thoughts, doing good deeds. Make merry. Sing and dance, celebrating The Light that is with you.

And The Holy Spirit says:

Let there be songs on the hillside. Let there be gifts, passed amongst you. Let there be love in the air. Let there be peace everywhere. Today, remember, He is with you.

December 24, 2020

Sacred events are, most appropriately, observed in quiet, in a state of stillness. Today, be quiet, be still. Be still, as you remember, and observe, the sacred event, of the coming of The Messiah. Let your thoughts be rich: with memories; with teachings; with respect, for all that Child was going to do. For The Messiah was sent to you, to walk amongst you, and to be The Light, illuminating The Way. He came to you, so you might live, through Him. Be still, be quiet, and listen.

And The Holy Spirit says:

He is with you. Even today, The Child of Bethlehem is with you. He came, with a light in the sky, announcing The Birth. He came, with angels, singing, over the Earth. And those, who found Him, after His birth: were poor, and were wealthy; were simple, and learned; they were local, and visitors from far away. They came, as they were guided. You are guided, too. Begin today. Go to the stable and pray. Welcome The Child, The Messiah, into your world, today. And your world will never be the same, because He is The Light, sent to show you The Way.

December 23, 2020

When you walk amongst the trees of a forest, when you spend time with trees, you come to know trees, better. When you sit amongst the flowers and bushes, of a garden, when you spend time with flowers and bushes, you come to know the flowers and bushes, better. When you talk, and share stories, with a friend, when you spend time with a friend, you come to know that friend, better. And, when you walk, and sit, and talk, with Me, when you spend time with Me, you get to know Me, better.

And The Holy Spirit says:

So, let it be. Get to know God, better, today.

December 22, 2020

Stay connected with Me, so that you can hear Me, and know that I AM with you, and support you, all along The Way. The course of a marathon is marked. All along that course, there are barricades, to separate those, who are there to support, and encourage, the runners, from those, who are there to participate, as runners, in the race. All along the course, whenever a runner, begins to grow weary, or doubtful, that runner will hear encouraging words of support, coming from behind the barricades. You can see it when it happens. The runner's pace quickens, shoulders are set, again, and a look of determination replaces that look of doubt. I AM with you, as you run the course. Stay connected with Me, stay open, to that which I can give thee, and: you will hear, and feel, the encouragement; you will know, the strength, and the power, of My support. And, when you grow weary, I will lift you up, and you will make your way, through whatever challenges are with you, that day. I AM with you.

And The Holy Spirit says:

Those barricades, that are set-up along the route of a marathon, separate those, who are running the race, from those, who are there to support the runners. Close your eyes, and see the barricades as a veil, separating Heaven and Earth. See the runners, as men, women, and children, from all walks of life, making their way, through everyday challenges, and tasks. See the cheering crowds as heavenly beings, as angels, as Jesus, as Me, as The Hand of God, because that is how it is. At the time, it is your opportunity, to run the course of Earth, but you are not alone. Your greatest encouragement, your greatest supporters, are just behind the barricade, just behind that veil. The Spirit of God is within you, encouraging you to keep going. Stay connected, with the unseen guardians of Heaven, encouraging you, from beyond the veil, unceasingly supporting you, all along The Way.

December 21, 2020

You have been given the guidance. You have been shown The Way. Do not make it complicated, today. The words are simple, love one another. The words were spoken. The direction was given. And the example was lived-out, in front of you, so you could see, how it looked, in the living aspect of it. You have all you need. The path is set before. You know The Way, now walk in it.

And The Holy Spirit says:

Do not fall to the temptation of doubt, or confusion, or chaos. Do not take-up the banner, held high, by so many. Do not be trampled. Do not trample. Do not run, in circles. Do not follow those, who do not know where they are going. Rise-up. You have been given the words. You have been shown The Way. Hold to it, and live it, today.

December 20, 2020

The Messiah was not sent to Earth to be born in a palace, or a stately mansion. He was born, out in nature, with nothing around Him, except loving parents, and the animals, and the stars, and the sun, and the moon. And The Wind kissed His cheek. His earthly father did not walk the corridors, and hallways, seeking worldly information, seeking to read, and to study. He was a tradesman, who could take care of his family, in a humble, simple way. The mother was not covered in jewelry, and costly garments. She was a simple, young girl, whose faith reached beyond the normal capacity, leading her to a place, of courage and strength, wherein she would say, "Yes, I will do it," knowing she would be shunned, talked about, and possibly stoned. But My hand was over this simple, earthly trinity, father, mother, son. And no harm would be done to them, until it was time, for The Messiah, to return Home. My hand is also over you. Find the strength and courage, to rise-up, and renew your faith. Be humble, be simple, be of faith.

And The Holy Spirit says:

The Messiah was not found in (a) palace. The Messiah was not found, wearing a royal gown. The Messiah was not found, eating from gold and silver. The Messiah was found in the humblest of places: with nothing, according to the ways of the world; but with everything, according to The Ways of God.

December 19, 2020

Right now, you might be beginning a challenging task, filled with doubt, wondering, if you can do it. I AM talking to you. I AM calling you. Come, sit with Me. You might be completing a monumental task, which many said could not be done, yet there it is in front of you, complete. And you are the one, who accomplished the goal, who met the challenge. I AM talking to you. I AM calling to you. Come, and sit with Me. At this time, today, you might be in the middle of a project, and things are not going very well. In fact, they seem to be failing, at every juncture, and your spirits are low, and you are wondering how much longer you can go on, with the project. I AM calling you. Come, sit with Me. Today, you might find yourself in the middle of a project, a project, which has taken many months of your life, and all of a sudden, there is no hardship, no strife, in this project, any longer. It seems to be on wheels, just flowing forward, rolling forward, a momentum, which you long desired to see. And even though you have not reached the end, you taste sweet victory. You know you will finish the task. I invite you. Come, sit with Me. No matter where you are, no matter what station you are taking-up, right now, stop, and sit with Me. No matter what you need, no matter what you feel is required, if you will stop, and sit with Me, I will teach thee, and you will know the answer. You will be emboldened, and filled with enthusiasm, to begin a task. You will find strength, and courage, to push through all the problems, and obstacles, that seem to be blocking any more progress, and carry-on. You will find that I will give you support. Even when you feel you have met the challenges, and are on your way to success, still, it is important that we speak, together. It will change your perspective. It will make things better. And for you, those of you, who have accomplished the goal, who have completed the project, whose task is done, and it stands glorious, in the morning sun, I still invite you to pause, and sit with Me, so you can see, that which you have done, through heavenly eyes. No matter where you find yourself, today, come, sit with Me. Let us pray, together.

And The Holy Spirit says:

Each day begins, the hours, the minutes, the seconds, all leading to the end, of the day. But each day unfolds differently, for every person. Even though you are doing the same thing, as the person next to you, still, your day is slightly different from the day your partner is experiencing. Every day is different. But every day can be filled with The Gifts of God. You can find accomplishment in The Gift of God. They track your progress, and: give you strength and courage, when it is required; give you confidence, when that is what you need; give you a sense of fulfillment and bless each, and every, deed. Incorporate, into every day, a time, when you can pause and pray, and see what you are doing, through the eyes of God.

December 18, 2020

The world, created by man, will judge your value, and your worth, by your ability to perform certain skills, to know certain things. And you are graded, and placed in a position, in comparison to those around you. I know your value. I know your worth. Without judgment, I love you. I will not give you a test, to place you in a position, or standing, in comparison with others. I ask of you, the same thing I ask of others, and it is not a test, to place you in a position, above or below others. That which I ask of all of you, of each of you, can be done, in equal proportion, by all of you, by each of you. Each of you can love. It is not a skill, it just requires, your will, to do so. Each one of you can be kind and charitable. Being kind and charitable is not a skill, it is a matter of your will, to be kind and charitable. That, which I ask of you, will not be used to measure you, for your value, and your worth, has already been established.

And The Holy Spirit says:

Today, understand that God values you, knows your worth, loves you. Apply this information, this knowing, to everything you do today. You are loved, pass it on. You are valued, pass it on. God acknowledges your worth, pass it on, and acknowledge the worth of others. Do these things today, and you will be continuing The Ways of God, today.

December 17, 2020

When you call-out for mercy, and mercy is what you receive, remember, do the same for others. When you call-out for understanding and compassion, and understanding and compassion is what you receive, do the same for others. When you call-out for love, and love is what you receive, remember, to do the same for others. When you are seeking forgiveness, and forgiveness is granted, remember, do the same for others. For, it is written, do unto others, as you would have others do unto you.

And The Holy Spirit says:

Once your time of need has passed, it is easy to forget the desire, the longing, the lack you felt. But do not forget. When you called-out, God blessed you, so that, when you hear the call of others, you might do the work of God.

December 16, 2020

A world record, for a certain event, can be established, one day, and shattered the next. A groundbreaking discovery can be announced by science, one day, and denounced the next. A public figure can be proclaimed, one day, and disclaimed the next. A fruit or vegetable can be announced, as a miracle food, one day, and pronounced dangerous the next. A physical exercise can be acclaimed the best way to lose weight, and gain strength, one day, and discarded the next. What many people consider to be the best way, might not be the best way for you, at all. Within your physical body, there are triggers, which will let you know, what is good for your body, what you should know about your physical body. And there are also spiritual triggers, within your spiritual body, which will let you know, what is right for you, spiritually. These guides are within you, so you might know The Way. Do not surrender, that which you know, for what others proclaim to be true, for them. Hold to what you know is good for your body, and your body will serve you, well. Hold to what you know is spiritually true, for you, and your spirit will serve you, well. And remember, I AM with you. I will not fail you. I will guide you, in all ways.

And The Holy Spirit says:

It is always possible to thank another person for bringing you information, about: food, exercise, law, science, weather, or finance. It is also possible to say, "Thank you, for that information," yet, still be guided, by what you know, from within. Be guided, by what you know, about your own physical body. Be guided, by what you know, about your own spiritual body. In this way, you will be taught by God. The Hand of God will move you, and you will sail over troubled waters, onto the calm sea of peace and confidence. You have all you need.

December 15, 2020

When you hear My Whisper, when I AM calling, do not be afraid to rise-up, and stand with Me. Even when members of your own family do not understand, the rising, the call, still, stand by Me. For, together, we will walk, and I will teach you, and you will hear Me, and I will guide you through, so that you might fulfil your destiny. Do not be afraid to answer the call, to rise to the occasion, to stand by Me.

And The Holy Spirit says:

It is very difficult to hear The Whisper of God, in a sea of chaos and confusion. But, when you are still, and quiet, when you are seeking answers, prayerfully, the answers will come to you, quietly. Do not be afraid. When The Hand of God reaches for you, rise-up, and take The Hand. And The Hand will lead you along a path, that is especially designed for you, created in conjunction with the destiny that is yours. Do not be afraid. When you hear The Whisper, rise-up, and stand, with God.

December 14, 2020

Turn from the ways of retaliation and revenge, and do not permit their entrance into your thoughts, for the desire for revenge and retaliation, having once gained entrance into your thoughts, will become excuses. Soon, you will convince yourself that your thoughts, and words, seeking revenge, are justified, because another person has injured you, hurt you, insulted you, berated you, harmed you, or those you love, in any way. If revenge and retaliation are knocking on your door, do not open the door. If you are already on the path of revenge and retaliation, turn back, and walk that way no more. If you are engaging in a pattern of retaliation and revenge, no matter what the level, cease your actions, and be still. Stop, and hear Me. Who is leading you to follow this path of destruction? It is not My whisper. It is not My hand. It is not My Way. I will not enshroud My children with darkness or shadow, or teach them, in such ways. Come, I will teach thee along The Path of Peace.

And The Holy Spirit says:

If you are not practiced, in The Way of Peace, you will find excuses, for being angry, with another or others. If you are not practiced, in The Way of Peace, you will seek revenge, for deeds done by another or others. If you are not practiced, in The Way of Peace, you will give safe harbor, to thoughts of retaliation, in accordance with retribution, for the actions of another or others. Those, who are the creators of peace, do not waste their time, awash in anger, they do not sully their spirit with thoughts of revenge or retaliation. They create peace, and their creation moves out into the world, and: soothes the anxious; calms the vicious; quiets the chaos; and tames the storm. Today, be still. Listen, and you will be taught by God, and The Hand of God will lead you along The Path of Peace. Today, practice The Way of Peace.

December 13, 2020

You inherited your physical body from your Earth parents, from your biological parents. You inherited your spiritual body, the spirit that is you, from Me, your Eternal Parent. Your physical body, by nature, will fade away, when it is no longer required, because it is time for you to depart Earth. But, the spirit, that is you, the spirit, you inherited from Me, your Eternal Parent, shall never die. The real you, the unique and marvelous you, will live forever, because you are spirit, first, wearing a body, only for the purpose, of having an Earth experience. And, the level of experience you have, with your physical body, is something that you inherited from your Earth parents, the ability to: run fast, or jump high; or, fashion a dress out of material; or, prepare a delicious meal; or, recite, or write, poetry; or, enjoy a beautiful painting, or paint it yourself. These things, these accomplishments, these skills, are your inheritance, from your Earth parents, your biological parents. But, The Spiritual Gifts, you carry within you, bring wisdom to those things, that group of information, that you gather around you, as you live your life upon Earth. Your life upon Earth will be blessed, so many ways, if you remember to use your Spiritual Gifts, to illuminate the information of Earth.

And The Holy Spirit says:

You have an opportunity, right now, and it is a very special opportunity. This is why we come to you, today, to remind you of this opportunity, so you do not just throw it away. You are on Earth. You can experience sunrise, sunset, fall, spring, the snows of winter. You can read books, take classes, gather information. You can know the things of the world. Yet, you are spirit, first, and you carry Gifts from Heaven to Earth, to illuminate, and bring wisdom to the facts, figures, and information, of Earth. Use your dual citizenship, wisely. Pay attention to the honor that your dual citizenship allows you to enjoy: the honor of living on Earth, as a citizen of Heaven; experiencing Earth, as a citizen of Heaven, and, at the same time, being a citizen of Earth. Do not throw this opportunity away. Use it to create a glorious day.

December 12, 2020

You know it is important, to cover a cough, to cover a sneeze, so you do not infect others with one of these. But, do you know, the importance of watching, and containing, the words you say, the words that ride the tone and vibration, coming from your mouth, coming through your lips, so that you do not infect others with dis-ease, making them sick. That which comes out of your mouth, that which flows over your lips, has the ability to heal, has the ability to bless, has the ability to deliver to others courage, and strength, and confidence. You are mindful of your cough, and sneeze, now be mindful of the words you deliver.

And The Holy Spirit says:

In less than a minute, pouring out of your mouth, can come destruction, or resurrection. See the power, held in the words you say. See the power, in the tone in which you speak your words. See your ability, to deliver dis-ease and sickness, or joy and wellbeing.

December 11, 2020

Take yourself away, away to a quiet place, where you can hear the breeze, speaking to you, where you can feel the trees, nurturing you, where you can dance with delight, as the stream leaps over rocks. Take yourself away and sit in My creation, today. For My hand did move, and My thoughts did create Mother Earth, and all that comes forth from her, so that you might know Me, in this way. Set yourself aside, today.

And The Holy Spirit says:

Frequent nourishing, of your body, soul, and spirit, results in a healthy body, soul, and spirit. Relinquish your busy schedule, in exchange, for the calm, the tranquility, the peace, of God's beautiful creation, and sit awhile, letting nothing interfere with your communion with your Creator. As your heart speaks, God answers, and your spirit remembers who you are.

December 10, 2020

Here it is! I give you the gift, another day upon Earth. Do not squander the day. Do not set aside the gift. Embrace the gift. Open, the gift, and look around. There is much for you to do, today. Go within yourself. Open, the gifts you carry within, and pull them all out. Set them in front of you and choose. Choose the order, in which you use the gifts, you have been given, to make this day a glorious day.

And The Holy Spirit says:

Oh, there will be much happening, today. You will have many opportunities to use the gifts, you have arrayed in front of you. You will encounter individuals, who are down, who are low, feeling blue. Use the gift of kindness. Give them a gentle word, a supporting pat on the shoulder. You might encounter individuals, who are grumpy, and others still, who might be filled with anger. In front of you, right now, are gifts, you can use: to uplift those, who are down; to give encouragement to those, who have lost hope; to give love to those, who are filled with hatred and anger. You have a counter for every shadow or dark energy that you encounter. Let today be, the golden opportunity, used. Do not let it slip away. Practice, using your gifts, within the gift of this day.

December 9, 2020

I wish for you to know the fulfillment of peace, within your being: a peace that brings you comfort; a peace that gives birth to joy; a peace that embraces truth; a peace that is of love.

And The Holy Spirit says:

Those who seek peace must first rid themselves of any trace of anger, or hatred, or desire for retaliation, or revenge. These things have no place in peace. You cannot know peace, until you have established peace within your inner being. Therefore, if you are seeking peace, go first to the work of ridding yourself of shadow and darkness, of any kind, of any measure, and then set your foot on The Path of Peace.

December 8, 2020

When the world buffets you, and assails you, you will find safe harbor in My arms, you will hear tender words from My lips, and you will know love from My heart. I will not buffet, nor assail, you. I will not speak harshly to you, nor push you from My sight. I will not deny you My love, for you are My cherished child, and with Me you will find comfort. When you are weary, there is no need to wander, in search of consolation, for I AM The Sacred Sanctuary, where you will always find solace, where you will always find peace, where you will always find healing.

And The Holy Spirit says:

Peace is but a prayer away. Comfort is but a breath away. Sanctuary is but a surrender away. Love is but a whisper away. Healing is but a brief journey away. It is all yours, when you take the time, to travel within, and make your way to the core of your being, step into The Sacred Chamber, and sit with God. It is all waiting for you to open, and embrace, The Gifts of God.

December 7, 2020

If, there is something, some situation, or some person, you have not forgiven, do so without delay. Begin the forgiving process, today. Your unwillingness to forgive has imprisoned you. You are not free. Your refusal, to forgive, holds you in place, and denies you the full Earth experience, because every day, which begins and ends, without forgiveness, being mixed into that experience, impacts you, and those around you, greatly. If you want to be free, free yourself with the act of forgiveness.

And The Holy Spirit says:

Be mindful of what you think, and say, and do, and do not permit anger, frustration, or hatred, to become a part of you, so engrained within you, that it becomes a piece of you, that others see, and associate with you. Today, do not permit the sun to set on an unforgiving heart. Do not permit the agents of shadow and darkness to enslave you, one more day. The key to your freedom does not lie with another, it rests in your hands, and in your heart, and your willingness to forgive.

December 6, 2020

When you say, 'yes,' to My call, for you to rise to service, your response, affirming your intention, to move forward, and complete your mission, is sacred. It is a bond between you and Me, which takes our connection, our communication, to another level. You are actively participating, in something that I see, needs to be addressed. And, your willingness, to take up this 'mantle of responsibility,' is also blessed. But, My child, do not permit yourself to think that, once you say, 'yes,' everything falls into place easily, because that is not always the case. With your answer, 'yes,' the greatest adventure, of your lifetime, upon Earth, begins, seriously. And, you will be faced with obstacles, and challenges, which need to be met, and to be met with confidence, courage, and strength. My promise to you is not that all things will be easy. My promise to you is that you will have all you need to accomplish your mission. It is the great adventure of your lifetime, upon Earth, and I will support you, all The Way through.

And The Holy Spirit says:

When you say, 'yes,' and you rise-up to the occasion, to which you are called: you stand tall; you stand in The Light of God; you gather that which is around you, as directed, and move forward. And your forward progress is watched, and marked, and made evident, as you go. The Way you walk, as you undertake your mission, will sing-out, with the glory of your name. And the path will be lined, with those, who wait, to give you encouragement, and support, as you make your way through every challenge, over every obstacle, through each situation, which could deter you. Do not be dismayed. Do not give-in to the feelings that you cannot continue, that you cannot do, that which you are meant to do, because you can do, what you are meant to do, within your destiny. There will be those sent to rob you of The Glory, by undermining that which you are doing. Do not allow it to be so. At every time, at every turn, the courage, and strength, will be sent to you, so that you might continue through, and make your way, completing your destiny, and coming Home.

December 5, 2020

Your thoughts are as a child waiting to be born. Make sure you feed your thoughts with only the best intentions: so they might become words, worthy of speaking, created within noble thoughts; so once spoken, they might encourage and support all, who are blessed to hear.

And The Holy Spirit says:

When a woman is in the months of waiting for the birth of a child, she does not eat garbage, she does not drink swill. Your thoughts are the seeds of your words. And once you give birth to your words, once they are spoken, they are in the world. They stand as coming forth from you, created within your thoughts. The words you speak announce, to all who hear, what you have been carrying within. Honor your thoughts and feed them well.

December 4, 2020

When you stand in awe, of the wonder, of the rising sun, rejoice. When you stand in awe, of the wonder, of the setting sun, rejoice. When you stand in awe, of all the wonder around you, rejoice; for, in the wonder, and in the awe, of it, you come to know Me.

And The Holy Spirit says:

When you stand in awe, of God's creation, rejoice, and in the rejoicing, remember, you are a part of the wonder of God's creation.

December 3, 2020

I will send unto you many signs, and there will be wonders revealed all around you. This is the unfolding of The Divine Plan, so that you might not get lost, so that you might know The Way. Do not be distracted by the ways of the world, or you might miss the signs. Be vigilant so you might recognize the wonders.

And The Holy Spirit says:

If you get pulled into the chaos and confusion of the world created by man, you might miss the signs and wonders sent by The Creator's hand. If you are nervous, worried, afraid, or anxious, it is a sign that you are caught-up in the ways of the world. If you are calm, quiet, peaceful, and serene, it is a sign that you are holding the hand of God.

December 2, 2020

I am calling you from the trees of the forest, from the waves of the ocean, from the sands of the desert, from the grasses of the meadows, from the peaks of the mountains, from the rivers in the valleys. I am calling you, today, to come, set yourself aside, and walk, where your heart leads you. Let your spirit guide you into natural settings, the original cathedrals of prayer, so you might be refreshed and renewed by Earth, so you might be healed and made whole, within My arms, within My breath.

And The Holy Spirit says:

Come with Me from the hardened streets of the city, from the hardened ways of the world, and the trees will tell you stories, and the birds of the air will sing, and the waters of the rivers will leap with joy, and sunlight, illuminating the green, mossy garments of rocky terrain, will delight you, and stimulate your senses, and you will breathe deeply, once again. Come with Me, and your feet will be caressed by the soil of Earth, as we walk. And, as we sit, you will be embraced in a blanket of grass, and the scent of flowers will be as incense, fulfilling your spirit, responding to the song of your soul, opening your heart, for that which is to come. Come with Me, and live.

December 1, 2020

You know those little things you are asked to do, those little acts of kindness and forgiveness, that seem quite big to you? Well, each one is preparing you, for that which I will ask of you. I will ask you to awaken, and remember who you are, and what you are to do. I will ask great things of you. Embrace all those little things, that are asked of you, because they are sent to prepare you, to strengthen and embolden you, for that which you are meant to do.

And The Holy Spirit says:

You are, each one, destined to do great things, during your time upon Earth. And you will be well-prepared, to accomplish the goal, by doing the little things along The Way. Nothing will be asked of you, which you are not prepared to do. You are being prepared right now, in this present moment. So, do not delay, committing acts of kindness. Do not put-off, for later, offering forgiveness. Do not postpone, delivering a heart-felt apology. Do not delay, learning the lessons of today, for they are the stepping-stones to your destiny, to accomplishing all you are meant to do, to becoming all you are meant to be.

November 30, 2020

Rise-up, and live. I told the sun to shine and bring light, and the sun did rise, and bring light to day. I told the moon to glow, in the velvety, blue sky, and the moon did rise, and glow in the night. I whispered to Earth to give birth and sustain life, and Mother Earth responded with birth, and the song of the seasons. Her song flowed, and come the song of spring, new life was evident on branches once bare, and flowers were there where once the straw had been, and the sun encouraged new life, with light. There should be water so life might be cleansed and refreshed, I thought. And rain did fall, creating each river's path, until it returned to the clouds, to be released once again. So that the pattern of perfection would extend to the seas, the moon brought the oceans to ebb and to flow, to rise-up, and recede. You are created to live within this perfection, to breathe in and out, like the tides, like the seasons. Look around and see perfection unfolding, in all My creation, and do good, as you are a part of it. Do not attempt to bend perfection to your will, rather choose to bend your will to flow within the perfection of creation.

And The Holy Spirit says:

Rise-up, and live.

November 29, 2020

When you are waiting for something, the very act, of waiting, implies that you have previous knowledge, of that which is to come. You do not go to a designated place, a bus stop, to wait for a bus, to take you to a specific destination, unless you have been told that, that specific bus stop, is the place to wait, to wait, for the vehicle to take you to your location. And the same applies to airports and docks. You do not arrive, at the place, unless you have been told, that is where to go to wait, so that the vessel, of your transportation, will take you to your destination. You are about to enter a time of waiting, a time in honor of all those who waited, having the knowledge that a Messiah would come, but not knowing when this would be done. So, they waited, and prepared themselves: a time of waiting; a time of preparation; a time of gathering information; a time of stillness; a time of quiet.

And The Holy Spirit says:

All through your life, you find you are in a position of waiting. You could be waiting for your opportunity to show your skills. You could be waiting for some important event to begin, such as a movie, or a play, or a sporting event. You could be waiting, in a doctor's office, for your time, for your appointment. There is so much waiting. But, you do not call waiting, those periods, where you are just walking about, or moving about, with no purpose intended. Things are happening, all around you, but you are not waiting for them. Waiting implies prior information or knowledge, a knowing, that something will happen, at the end of your waiting.

November 28, 2020

Anger is not the answer. Forgiveness is always an option. Hatred is not the solution. Love is always the answer.

And The Holy Spirit says:

When you are tempted to be angry, forgive. When you are tempted to hatred, love. These actions will be possible, as you practice. Therefore, practice forgiveness and love, and anger and hatred will melt away, and there will be light to illuminate the day, and you will have peace in the present. Celebrate your eternal life by forgiving and loving.

November 27, 2020

Do not allow anger to take over your heart, for soon, you will find, it rules all you do. It controls your thoughts, your words, and your deeds, and you are no longer free. You are a prisoner, enslaved by anger. And the same goes for hatred, fear, worry, of any kind. When you permit these energies to enter your heart, soon they take control. They take control of your thoughts, your words, and your deeds, and you find you are a prisoner, enslaved by such as these. You have been given The Gifts of The Holy Spirit to use, as a mighty sword of light, against anger and fear, against hatred, and worry, and concern. But to free yourself, from the prisons, to free yourself, from these energies, you must practice. You must not give-in to anger. Love. You must not give-in to hatred, of any kind. Be compassionate and understanding. Do not relent to the ways of worry, and concern, and anxiety, but practice faith, and trust. You hold all the answers, but it is you who must stand-up, and say, "No more. I will be enslaved no more."

And The Holy Spirit says:

Life is meant to be joyful, and you are meant to live your joyful life free: free from anger and hatred; free from worry and concern; free from greed, frustration, even free from a slightly grumpy attitude. You are meant to be free, and live life, joyfully, but you must choose. Which energy will you use? The answer is within each of you.

November 26, 2020

When you sing a song, of thanksgiving and gratitude, your song is a song of joy, inviting all who hear to come, gather 'round, and know the peace held in thanksgiving, gratitude, and joy.

And The Holy Spirit says:

Through thanksgiving you are blessed. Through gratitude you are awakened. And held within the blessed awakening, of thanksgiving and gratitude, is the gift of joy. Sing the song of thanksgiving, sing the song of gratitude, and joy will echo around you.

November 25, 2020

Consider the river. It draws its life from the source, and then, it follows its path, until it is welcomed into the open arms of the sea, where it is lifted-up, up into the sky. The river might appear as one. But when you catch the river, in the light of the sun, you see droplets, dancing in the air, touched by the light, sparkling with delight and joy, and then they return to the moving river. It is one. And when there is a storm up-river, the river is touched by that storm, with an impact, which clouds the river. But, when all is well, and settled, within the one river, there are days when you can see the rocks, in the riverbed. It is clear and pristine. Consider the river today.

And The Holy Spirit says:

The peoples of Earth are very much like a river. They draw their life from The Source, and then follow a path. And when there is turmoil, or upset, in one part of the river, other parts of the river are affected. The river is cloudy, and murky, and muddy. But, when all is clear, and there is no turmoil, and peace reigns, within the river, it is clear, and you can see, through the water, to the bed, and watch the rocks below. The people of Earth are much like the river.

November 24, 2020

Reality is the present piece of eternity, in which you reside, right now, at the very moment. You constantly live in the present. However, your memories, of the past, and your concerns, of the future, color, and impact, your present piece of eternity. Try, for just one hour, to live your present piece of eternity, without worries of the future, or memories of the past. Just live. Just be. Let it be the present. And let it be complete, within you, without the debris, and the clutter, of the past, without the concern, and anxiety, you might hold within you, about the future, because you are losing the precious, present, piece of eternity, that is with you.

And The Holy Spirit says:

If you can string the hours of one day together, in such a way, that every piece of eternity is lived, fully, completely, your day will be extraordinary, in every way. If that present, that is with you, includes breathing deeply, looking at a sunrise, watching a sunset, feeling the rain, and hearing the birds, and touching those you love, in a special way, there need be nothing else. Do not belabor the present with worries of the future. Create the perfect future in the present that is with you.

November 23, 2020

Be mindful not to look at the attributes, skills, talents, and gifts, of others through the eyes of envy, jealousy, or resentment, because you will not see the truth, you will see your projection, or perception. Your vision will be clouded. Begin to acknowledge the attributes of others. Let others know you, see their talents, and appreciate their skills. Supporting another person, in the outward sign of appreciation, will encourage them to use The Gifts they have been given. Earth is not meant to resound with one note. Earth is meant to resound as a symphony, an orchestra incorporating all notes, all chords, flowing in harmony. Encourage the song, encourage the symphony, encourage harmony.

And The Holy Spirit says:

Do not be silenced by another person's ability to sing. Do not be stymied by another person's ability to dance. Do not be hindered by another person's ability to write. Do not be held back by another person's ability to draw and paint. Do not be measured by the abilities of others. Sing your own song. Dance your own dance. Write your own story. Paint your own masterpiece. And encourage others to do the same. Remember, The Great Tapestry has more than one thread.

November 22, 2020

Be joyful, and the spirit of joy is held within gratitude and thanksgiving. For, when you have gratitude, upon your heart, for that which you have been given, for that which has come to you, there is a sense of joy, within you, that is different. It is complete, it is true, because the seed of it was born within gratitude and thanksgiving. When you are thankful for what you have, this occupies your thoughts, frequently. And you are less likely to set your thoughts wandering to wanting this, or desiring that, because your joy is so complete, in the gratitude, in the thanksgiving. Be joyful. Be thankful.

And The Holy Spirit says:

Set aside some days to dwell within gratitude, to dwell with thanksgiving. It is well worth the time, you set aside, to be still, to be quiet, to ponder gratitude, to remember those to which you are thankful. It is within this quiet time, spent with gratitude and thanksgiving, that the seed of joy will blossom, and grow, within you.

November 21, 2020

Do not let the ways of worry cloud your day, or shroud your joy, or keep you, in any way, from playing, and laughing, and dancing, throughout the day. For, the ways of worry will trap you, and confine you. And, even in times, when there is great cause for joy, you will find a way to employ the spirit of worry. I did not create you to worry, to be concerned and anxious. I created you so that you might love Me, as I love you, live life, as I live life, and not be limited by the temporary, physical form of life. Expand your horizons by pushing away worry and concern, and wrapping your arms, and heart, around the gift of this day. My son, My daughter, do not worry, in any way.

And The Holy Spirit says:

When worry knocks upon your door, and you open it, and invite worry in, you set actions in place, and worry begins to take over. Soon, you find, the person, or the situation, that held your worry, no longer requires your worry. All is well. But that does not stop the spirit of worry, it just brings something else into your thought. It brings another worry. The spirit of worry is not done. It will not stop, until you rise-up, and, using the gifts you have been given, push worry back out the door, knowing who you are, knowing the power you have been given. Who should worry when God, The Creator of All Things, is your Parent? How closely you relate to your Eternal Parent is apparent in The Way you live. Free yourself of worry. Sing the song of joy. Draw your strength, and courage, from The Love of God. Fly, as the birds, into the sky. You are a child of God. You are known by God, and God loves you. Therefore, there is no need to worry.

November 20, 2020

No matter how young, or how old, you might be, in Earth years, I suggest that you live, every day, as if it is your last day, upon Earth, because one day it will be your last day, upon Earth. But, if you set a pattern, for using all The Gifts of The Holy Spirit, to create every day of your life, making your lifetime a continuation of perfect days, days that you would hold up, and say, "Look. Look at what God helped me do today. Look what I created for God, today." And, I will smile, and you will be happy, and at peace. Do not waste a precious day. Live today as if you know it is your last day, upon Earth, and do it with enthusiasm, and love, joy, and excitement, for you live, upon Earth. And, when your Earth time is done, you will continue living, forever.

And The Holy Spirit says:

Let joy ring, all around you. Take the song of the bird, and dance. Listen to the laughter of the stream, and smile. Lift-up your arms, and know the glory all around you, know the glory within you. Sing.

November 19, 2020

When the storm has passed, and you look out to see, a fallen tree, blocking the driveway, and you cannot pass, you arrange to have the tree moved, or removed, so that you might go, where you need to go. And, in the event of an accident, wherein your clothing is ripped and torn, you change your clothing, or you mend the tear, or you replace the garment that you wear. If your cupboards are beginning to look empty, you go to the store, and buy more, so that you might eat, more fully. These things you do, and many other things are done, to counter storms, and accidents, and lack, in the physical world. You pay attention to what you need, and you make the correction, often with great speed. Today, do the same for your spiritual life, your eternal life. After the storm, move all that blocks your way, keeps you from moving forward. After accidents, mend that which is torn. And, when you are lacking, come to Me, and we will fill all you need. Pay attention to that eternal life that is yours.

And The Holy Spirit says:

It is easy to pay attention, when there are storms, or accidents, or lack, or any other situation, which occurs in the realm of "the seen." You see it. You know it. It is clear to you, and all others. But that powerful realm of "the unseen," that place within you, is more vital, more important, than that which is seen. Pay attention to "the unseen" realm, within you, so that your progress is not impeded, so that you do not feel ripped, and torn asunder, so that you do not live in lack, when riches, all of the wealth of Heaven is yours. Today, pay attention to "the unseen."

November 18, 2020

My sons, My daughters, when you feel confused, it is a sign that, you are torn between two worlds. Hear that, clearly. Confusion is a sign. When you pray, and ask for guidance, the guidance comes from within you, just as it is meant to do. When you ask for direction, I whisper, I call to you, and the answer is given to you. The confusion comes when the answers, coming from the ways of the world, are circling around you, attempting to distract you, from the ways of Heaven. Listen, and you will hear My whisper, and you will know The Way of Peace. Follow it.

And The Holy Spirit says:

Praying, and asking, for guidance, is a natural response, and while you might pray in different ways, the prayers come. They come from you, asking for help. That petition is the easiest. Because you are asking for help, it comes naturally. But continuing the prayer, into the listening aspect of prayer, does not come so easy, especially when you are more inclined to be comfortable, stating your position, rather than receiving the guidance. Today listen, for the answer will come from within you, and you will recognize the answer. And if anything attempts to disturb you, or distract you, from the answer of God, cast it from you. Do not open the door to welcome it for discussion. Do not let the temptations, and the ways of the world, distract you from the answer held in The Ways of God.

November 17, 2020

No matter what is happening around you, today, close to you, today, lift-up your eyes, toward the sky. Find a place, where you can rest your eyes on the horizon, and watch. Find a place, where you can see the rising of the sun, or the setting of the sun, and you will begin to feel the majesty, all around thee. Today, lift-up your eyes, so you might see, the reality of the beauty all around thee.

And The Holy Spirit says:

Sometimes, it is necessary to lift-up your eyes, and pay attention, to that which you most often ignore, through the day. Through the day, when you are focused on work, or study, or play, you find that you rarely study the sky, in all its beautiful array of lights, and clouds, and colors. They are there. Beauty is there. All you have to do, is lift-up your eyes, and see.

November 16, 2020

The rising sun is a knock on your door, calling you to rise-up, and take the floor, walk onto the stage, and assume the role, that no one else in the world can play, and that is the role of you, for today. And all those around you, any who might see, comprise the audience, set before thee. Your role might call for compassion, or joy. Your role might call for understanding and forgiveness. Your role might call for unconditional love. Your role will be as varied as the hours in this day. But there is no other who can play the role you are destined to play. Prepare yourself, to walk onto the stage, and be the champion of all that comes to you, today.

And The Holy Spirit says:

As you rise-up, and greet the new day, and dress, and eat, and go on your way, prepare yourself through prayer. Pray that, when it is necessary to practice compassion and understanding, you will have, and show, compassion and understanding. And, when your role calls for forgiveness, pray you will have and show forgiveness, whenever it is called for. Pray that you might meet the challenges of this day like the champion you were meant to play. The role is yours. Be on your way. Rise-up, and walk, into this new day.

November 15, 2020

Do not permit yourself to be pushed, or prodded, or manipulated, onto the rising tide of popular opinion, or current teachings, for it is often: that which is held in high esteem, one day, is trampled the next; that which is treasured, one day, is torn asunder the next. Be still. When all others around you, are racing here and there, with a sense of urgency, avoid the clamor. Be still. Do not join chaos, for it is a moving tide of confusion. Be still, and sit with Me, and I will teach thee, all you need to know. When you speak to Me, about what others have done to you, and how you want retaliation, or revenge, I will tell you, "No, My child, the only way is to love them." I will not encourage you to anger. I will hold you in peace.

And The Holy Spirit says:

When you are tempted to join, a mob, or a group, or any body of people, gathered together, be mindful of what you are doing. You know, the difference, because you can feel it. You can feel, goodness, kindness, and compassion, when you are with such people. You can also feel, hatred, and anger, and jealousy, and revenge, when you are with such people. Listen to the words, that are spoken, or sung, or shouted, or yelled, and you will know where you are, and what it is you are about to do. And, at that moment, I stand ready to gather you unto Myself, so that we might be at peace, so you might know I AM with you.

November 14, 2020

Talk to Me, as we walk into this new day, together. For, as we walk and talk, your thoughts will be of good, of light, and of peace. They will be of love, for these are things which I give unto you. All good will flow from Me to you, because, My son, My daughter, I AM love. You will not hear Me speak, harshly. You will feel Me wipe away every tear. You will not hear Me correct, sternly. You will smile, as you hear Me say, "I love you." This is The Way to begin each day; but now, carry through, all through the day, these sacred words you do say, as you pray. For I then become the buffer of the cruel and harsh ways of the world, created by man. Come, let us begin. Take My hand, and let this day be a day we spend together.

And The Holy Spirit says:

There is a harshness, there is a mean spirit, which travels in the world created by man, and it is growing larger, and larger. Those who would have never said the things, that are flowing from their mouth with ease, years before, find it quite comfortable to say these things, behind screens, hiding in darkness and shadow. The ways of the world are toxic. The Ways of God are sweet, and comforting, and, at the same time, powerful, and potent. Make the decision, this morning, to create a sacred day for yourself, in a sacred space you create for yourself, and then you will hear, the words you say, in a different way. Your thoughts, your words, and your deeds, will be of God, will remind you of Home, will let you know you are not alone.

November 13, 2020

No matter where you are, or what you are doing, you are either: blessing the environment around you, and within you; or, you are contaminating the environment around you, and within you. Pay attention to what you are thinking, saying, and doing. Make a choice to bless yourself, and all, abiding within the environment around you.

And The Holy Spirit says:

Refuse to permit anger to control your thoughts, words, and deeds. Refuse to be controlled by anger, in any way. The energy of anger creates a vibration, which moves throughout your body, weakening it, rather than strengthening it. The vibration of anger has the ability to create disease within the body. Know this, and act upon it. Bless yourself, and bless all those around you, with a peaceful presence. Whenever you feel anger, rising-up, threatening to devour you, cast the spirit of anger from you, and begin to create peace where there was once anger. If anger is within you, it is yours to destroy. And, once it is accomplished, peace will be your constant companion, and your presence will be a blessing to all God's creation.

November 12, 2020

When Jesus walked amongst you: He did not seek to sit on a golden throne; He did not seek to have those around Him believe He was better than they were; He did not seek to be set above others. No, He walked with those around Him; and He talked with those around Him; and He sat and dined with those around Him. He lived as those around Him lived; and He washed the feet of those around Him; and He said, "You can do everything I AM doing," to those around Him. He was as those around Him, but He stayed connected with Me. Do the same.

And The Holy Spirit says:

During your lifetime, upon Earth, you might receive special recognition, for something you do very well, in your field of endeavors. You might be lifted to a high position, because of the work you have done, or possibly, because of those you know. But whatever it is, and however you arrive at that place, you will find there are times, when you are chosen, to be lifted above others. Walk with others. Talk with those around you. If you have a skill, and you are more accomplished than others, share your skill, share your knowledge. Wash the feet of others. Feed others with that which you know. Share that which you have. You have been given an example. Follow it.

November 11, 2020

If you are not mindful, the lies you tell will begin to define you, and those around you, listening to what you say, will not know the real you. They will only know the one, you pretend to be.

And The Holy Spirit says:

Do not permit fear to keep you from speaking truth, because, when you speak the truth, those around you, listening to what you say, know who you are. They do not know the pretend you, they know the authentic you. Speak truthfully. Be mindful of what you say, for anything you say, can be said, with kindness, and in a gentle way. But however, you say it, speak the truth.

November 10, 2020

Let this day be a day of celebration for: all the “unattainable” goals you reached, all the “impossible” conditions you overcame, all the “hopeless” situations you rose above. When you find one such day of accomplishment, held within your memory, you will soon remember another, then another. Today, share these stories of triumph, so they become lessons for others, so you remember, that nothing is “unattainable,” “impossible,” or “hopeless,” when you take My Hand, and walk with Me.

And The Holy Spirit says:

There is a great distinction between not wanting to do something, being afraid to do something, doubting that you can do something, and that “something” being possible to do. Many “impossible” things are accomplished by those willing to accept the task, with courage and strength, and faith. Opportunities do not come to those who are not able to do. If it comes to you, it is yours to do. Therefore, you are meant to reach the “unattainable” goals, overcome “impossible” conditions, and rise above all “hopeless” situations, for I AM with you.

November 9, 2020

It is never a good move to respond to anger or frustration in an attempt to: “state your case;” prove a point; or, correct, what you believe to be, inappropriate behavior, in the other person. It is not a good move because, with reactionary behavior: the case is never well-stated; the point is never well-proven; and the correction itself appears to be inappropriate. When the words, or actions, of others, or certain situations, upset, annoy, or anger, you, do not respond. Your case will never be well-stated in bedlam and pandemonium. Your point is never proven in chaos and confusion. Appropriate behavior evades description in turmoil and uncertainty. Be quiet, be still, and wait for peace, when all is calm. Then, you might find that, when stated in a tranquil setting, others might acknowledge: your case well-stated; your point well-taken; and correction and adjustment in behavior a sound idea.

And The Holy Spirit says:

Let the fire burn-out before you put your fingers in it. Let the storm subside before you walk into it. Let the flood water recede before you put your mop in it.

November 8, 2020

I wish for you to, rise-up, and come. Come from behind the walls. Come from behind the rocks, and debris. Come from your hiding places. Come to Me; for, where, you are now, is dark. But as soon as you rise-up, and take your first step, a ray of light, touches your head, and I reach-out My Hand, and say, "Come to Me." And, as you draw nearer, you are completely in My Light. And, as we touch each other, I whisper, "My son, My daughter, The Light has been here all the time. I did not cast you from The Light. The whispers of darkness and shadow held you, far too long. Come, I will cleanse you, in My Light."

And The Holy Spirit says:

God does not keep you locked away. God does not deny you the brilliance of The Light. You are the only one, who can keep yourself away. There is freedom in The Light. What you will find in The Light is an illumination of who you are. Let nothing keep you from The Light. Rise-up. Rise-up, tall, and take The Hand offered, and walk into The Light of God.

November 7, 2020

Walk the simple path. Do not make it harder than it needs to be. Set aside all worries, which burden thee, and take My hand, for I will show you the beauty of Earth, as we walk together, today. So many times, as you walk through the day: your head is down; and, you have a destination in mind; and, you never look from side to side, or lift your head, or study the ground. You are too busy to see eternity, all around you. Stop what you are doing, and listen to Me, for I have said it, and said it simply. All you have to do is to be, kind, and loving, to all My creation.

And The Holy Spirit says:

It is often the case, that you distract yourself, from the simplicity of God's love, with rules, and regulations, and demands, and commands, which fill your head, and sometimes, sprinkle doubt, here and there. When it seems, you find out, you cannot do certain things, no matter how hard you try, you slip, and fall, you weep, and cry. Until you can live each day, being kind, and loving all creation, all through the day, then let your focus be there, until it fits you like your skin, so that you do not have to think, or remind yourself, to be kind; you have done it so often: you are kind, you embody kindness; you are love, you embody love. This is the first step you take. Do not fall victim, to the tempting of others, saying, "Look at this. Look at this." "You do not know this. Study this." No, that is not The Way. First you must learn to be, kind, and loving. That is The Way.

November 6, 2020

When it is your time to face loss, be it a loss of friendship, or partnership, or confidence, or any such loss, you have a choice to make. You can choose to be angry, about the loss, and all around you will see the anger in the loss. Or you can choose, to be still, and learn the lesson of the loss, and all around you will see the lesson of the loss. The choice is yours, and yours alone. You can choose anger, and stumble, and fall. Or you can choose the lesson, and rise-up, standing tall.

And The Holy Spirit says:

Life upon Earth is a series of lessons. When you reach the point, in your lifetime upon Earth, where you see challenges as lessons, then wisdom begins to settle, and grow, in thee. When you can gain knowledge, from everything that comes to you, then you become wiser with each year that comes to you. Do not avoid the challenge. Pray for confidence, strength, and courage, to accept the challenge, and learn the lesson.

November 5, 2020

There is no need to struggle. If you will allow My Power to be the Source of your creations, then, that, which you create, will be divinely inspired.

And The Holy Spirit says:

Before you begin a project, a task, a new day, pause, be still and quiet, and pray for enlightenment to accompany you, into the project, into the task, into the new day. Then, as you make your way, you will be divinely inspired, within your thoughts, within your deeds, and within every word you say.

November 4, 2020

Quiet determination can accomplish more than bursts of chaotic energy, than courses filled with chaos and confusion, with frenzy. Accomplish, what needs to be done, with quiet determination.

And The Holy Spirit says:

Peace is not held in the clanging of cymbals, and the beating of drums. Peace is held within The Whisper of God.

November 3, 2020

When wild beasts encircle, and threaten you, do not be afraid, for I AM with you. When serpents crawl from their nests and places beneath the ground, do not be afraid, for I AM with you. When drought is followed by rising seas and oceans, do not be afraid, for I AM with you. When plague and pestilence appear on the horizon, do not be afraid, for I AM with you. When hunger and thirst become too familiar, do not be afraid, for I AM with you. When day no longer holds the light, and shadows of night fall too soon, do not be afraid, for I AM with you. I AM with you, whispering from within: reminding you of who you are; reminding you that nothing can harm the eternal being you are. You are created in My image, and I AM Spirit, I AM Love. Therefore, you are of My Spirit, and you are of My Love, and you shall rise above all obstacles, to walk on gentle ground, for I AM with you.

And The Holy Spirit says:

Let not your heart be troubled or worried by angry threats, or worrisome ways, for I AM with you, forever. If you have been quiet, if you have heard The Whisper of God, you will know, you will remember, who you are. Do not be anxious, close your eyes, and go within, to that sacred space, where you speak with God. Nothing can harm the eternal you, the spirit you, for the love, that created you, came from God, and The Hand of God shall lead you, safely Home.

November 2, 2020

Do not avoid, standing in My Light, just because you fear that something, hidden, might appear. Just as the light of day can reveal dust, on a table forgotten, or passed over, in cleaning, My Light will illuminate that which is hidden within. And when we see it, together, we will begin gently removing that which is best removed, and you will be clean, and all will be well. Seek illumination, not out of fear, or intimidation, but in the search for glory, and purity, and clarity.

And The Holy Spirit says:

It is easy to turn your head from something that needs dusting, or cleaning. It is easy to walk from a room without sweeping the floor. It is also easy to ignore those things that need cleaning, in your inner landscape, your inner environment. But just as you feel really good, when your room is clean, and free of dust, and debris, and it is shining, in the light of the morning sun, you will feel illuminated, and transformed, when you clean that which is hidden, within. Do not ignore that which you should explore. Quickly, go inward, so that you might shine, in the light of a new day dawning.

November 1, 2020

When you take the time, to get to know who you are, from within, you are, then, in a better position, to understand those around you. Who, you are, within, is the real you. And, who, others are, within, is the real them. It is very, rarely shared, with those, in the outside world. But, knowing, who you are, is vital, to understand the decisions you make, the things you do, the words you speak, and the thoughts you create. Get to know who you are.

And The Holy Spirit says:

Every time you make a decision, your past comes forward to assist, in that decision-making process. And the reason, people make different decisions, is because their past is different, their heritage is different, their culture is different, their families are different. When you understand this, then you will be more understanding of yourself, and others. You see the decision-making process in a different light. And you can use that light to illuminate situations. And within this illumination, there is born compassion and understanding, and from compassion and understanding, springs forth respect.

October 31, 2020

Let today, be the day, that you choose to do a good deed, for another person, without expecting any acknowledgement, or even a "thank you," simply performing a good deed, because it is good, indeed. Perform this good deed with respect and love. You will find, once it is done, that the good deed is still echoing within you, and that you really need no acknowledgement, or even a "thank you," from another. The good deed, in itself, is good.

And The Holy Spirit says:

Doing, for another person, is a gift of service. However, sometimes, this gift of service is done in a spirit of reluctance, or maybe it is done in haste, or it is done to check something off a list, or to complete a project. It might be time to dismantle that list of obligations, and begin simply, by doing a good deed, and just letting the good deed speak for itself, because it is impossible to do a good deed, for another, without creating good, within yourself.

October 30, 2020

When children, young ones, are placed in your care, be mindful of the seeds you are planting in their hearts. Be mindful of your thoughts, and words, and deeds. Check your energy. Make sure that you are not saying words, which hold anger or frustration. Children absorb all around them. Much like a sponge absorbs the water, they take what is happening around them into themselves. Each child is a precious garden of God. Do not spoil that garden, by the things that you say, or do. When children are in your care, let them hear, and see, the best of you.

And The Holy Spirit says:

Sometimes, when you are tired, when you have grown weary of the ways of the world, it is easy to get grumpy, or irritated. But it is also just as easy, to rid yourself of that temptation, to play around with lesser energies, and draw on the love of God. When you are tempted to be grumpy, be kind, because kindness will soon overtake the lesser energy. When you are tempted to be irritated, be understanding, be compassionate, and your understanding, compassionate ways will overtake the lesser energy. It is no longer appropriate to blame another, or a situation, for the things you do, which are really not the best of you. It is time to stand-up, and be, the best you can be. Walk in the light of God, and you will see.

October 29, 2020

When winds rise-up, and the force they carry uproots trees, and threatens buildings, and other things, you seek protection. When the rains do fall, and the wind carries them, throwing them right and left, battering flowers, and bushes, and bringing rivers up, beyond the point of safety, you seek sanctuary. When the storms howl around you, you do not go out and challenge them. You seek peace, within your home, or with others, or another place, where you feel, warm, and held close. And there you stay, until the storm passes. Follow this same practice when spiritual storms, when the agents of darkness and shadow, threaten with their force. Seek protection, and sanctuary, within My arms. Stay with Me, until the storm(s) of darkness and shadow pass over you. Then, walk out.

And The Holy Spirit says:

It is common practice, within cities, and counties, and states, even small villages, to provide, all residents, information, about where to seek shelter, during a storm. Today, I bring you information, about where to seek shelter, when the agents of darkness and shadow threaten to uproot, and demolish, all things around you. When you are in the midst of such a storm, be still, and you will find protection in The Arms of God. Do not think that you can walk, amidst darkness and shadow, as it howls, and ravages, without being injured, in some way. Seek The Arms of God, today.

October 28, 2020

Every noble deed begins as a seed, of inspiration, in thought. And for the thought to grow, and to continue, one must rise-up, and say, "Yes, I will do it." And then, the seed takes root, within, and begins to grow. And with determination, that person, who did rise, and say, "I will do it," continues the creation, so that it becomes great. But before it can become great, there must be one willing to say, "I will do it." Each one of you is carrying a seed, which is meant to grow into greatness. Some of the seeds might be intended to be grand in scope, in greatness, while others be smaller, in greatness. But it does not diminish the greatness. You are meant to be the continuation, that is the seed of inspiration, within you. But it will not happen, until you find the strength, and courage, and faith, to rise-up, and say, "Yes, I will do it."

And The Holy Spirit says:

Before any seed becomes a garden, of flowers, or vegetables, or herbs, it must be planted, in fertile soil, there must be a gardener, who is willing to have the faith, that if they put that seed into fertile soil, it will grow, and produce. But the seed will never produce, will never reach its great potential, if it is closed in a jar, or in a package. For the seed to reach its true greatness, its true potential, there must be a hand, of a gardener, with the faith to plant the seed, knowing it will grow into its greatness.

October 27, 2020

When the ways of the world knock you down, and trample upon you, I will pick you up, and carry thee, healing all wounds inflicted upon thee. When you hunger for justice, and thirst for freedom, I will set a banquet before thee, and I will pour your cup to overflowing, with the sweet nectar of Heaven. When possessions have been stripped from thee, I will place a robe upon your shoulders, and a wreath of lilies in your hair. I will love thee, forever!

And The Holy Spirit says:

When you live in the world, calling upon Me occasionally, you will feel My presence with you, occasionally. When you are 'of Heaven,' first: using your physical skills to assist in your mission, then, you are 'in the world, but not of the world;' you bring Heaven to Earth; blessing all you encounter, and you feel My Presence with you, eternally!

October 26, 2020

The answer, to every question, coming to Me in prayer, or in tears, or in anger, is very simple, and it is the only answer you will ever need. Come, draw near to Me. Sit with Me, and use the love, I give to thee, to share with others. My sons and daughters, that is all you need to know. Do not complicate it. Do not make it so difficult. Just stay near to Me, and let My love, for thee, overflow, onto others. If you stay near to Me, loving others will not be difficult. The farther you walk away from Me, the more difficult it is to love others. Listen, as we sit together. For, no matter who might be vexing thee, I will guide you to love them. Let My love for you become the love you give to them. It does not matter what is happening, how difficult times might be, the answer, is held within the sanctuary created by you and Me. I will not tempt thee to have thoughts of anger, or frustration, or worry, or concern about anyone. I will say to you, "I love you. Now, pass that love along."

And The Holy Spirit says:

There will be times, when you are tempted to frustration, or even anger, with someone else, or a situation. And friends might encourage you, and say, "You have every right to feel that way." And so, their support, supports you as you continue, creating anger, and frustration. When you are communicating with God, God will not support you in creating anger, or frustration. Therefore, if you feel you have every right to your anger, you are not listening to God. The question then is, who is leading you, who are you following? Because it is not God. Sit with God, and you will know The Way, and The Way will be love, and love will bring peace to those of Earth.

October 25, 2020

Practice doing that which you do not want to do. Practice doing those things that you have pushed aside, because you do not believe you can do them. Practice taking the most difficult task first, and then, proceeding, down the line. Practice. The things, you do not wish to do, no matter if they are difficult, or troublesome, or distasteful to you, are the things which require your attention. Practice doing what is difficult to do. Practice patience. Practice forgiveness. Practice compassion. Practice charity. The world needs these things from you. It is not time to count on others being forgiving, or compassionate, or patient. It is time for you to develop, grow, and encourage others to do the same. When you are in doubt, or you believe it is impossible, call My name, and I will whisper, and encourage, until you have begun that which you once thought you could not do.

And The Holy Spirit says:

Each one of you has something you know, deep within you, you should be doing, yet it gets pushed aside. And often, the excuse given is: you did not have time to do it; the regular course, of your regular day, pulled you away, distracted you. And so, you proceeded, with the routine of the day, and that important matter, was pushed away. The time has come to address that which has been pushed in a corner, for too long. Until it is resolved, it will be there, it will be present, you will be carrying a load, which is no longer necessary to carry. Practice addressing those things you do not want to do, and begin doing them, step by step, until it is accomplished.

October 24, 2020

Prepare for that which will come to you, for that which comes to you will often be different from that which comes to others. Rise up and open the door to the place you are, right now. Some of you will open the door and see rain, others might see sunshine, others might see fog, while others might see trees, dancing in a turbulent wind. Your experience will be different many times, but you can prepare for whatever comes to you, and be ready. You can watch and be vigilant. In the physical world you can prepare for changing weather conditions by: having rain gear at hand; having sunglasses and hats; having fog lights on vehicles in working order; having a safe place designated in your home, office, or school, when there is warning of squalls, hurricanes, tornadoes, and other such storms. For every threat there is a balance, a response. It is time to consider preparedness regarding your spiritual wellbeing, before the storms are upon you, before darkness and shadow enshroud you. Signals are with you all the time, but you are the one who must watch for the signs, and take appropriate measures, so you might make your way through the storms, tempests, and upheavals. I speak to you so you might know. Hear Me, and you will know My ways. My ways will be your answer, your balance, during chaos, and confusion.

And The Holy Spirit says:

Do not be afraid when storms rise-up all around you. Seek shelter, and sanctuary, in the arms of God, for the ways of God will calm the angry tempest, and hold you safely, until darkness and shadow threaten no more.

October 23, 2020

When the path you are walking gets a bit rocky, or the terrain becomes unfamiliar, and you feel a bit shaky, be still, but do not surrender, that which is yours to do, into the hands of: fear, doubt, worry, or anxiety. Continue your forward progress, with caution, mindfulness, and purpose. Watch where you are stepping, so you avoid: loose stones, gravel, and rocks; a slip, a tumble, a fall. Pay attention, and let your progress be a bit slow. Soon you will find you have made your way over the rocky terrain, out of unfamiliar territory, and you are back on a smoother path, once again. Resist the temptation to slump down, in the midst of the confusion, holding your head in your hands, moaning about the situation, and how it is impossible to accomplish what needs to be done, in such circumstances. This will only serve to stop your forward progress, and confuse the issues, even more. Slow, careful progress is better than no movement at all. When the times, or situations, demand it, slow your pace, set your purpose, and call Me. Look to Me for guidance. I will lead you, and My Light will shine upon you, showing The Way. My Light will illuminate the course you must take, for I will not leave you, I will lead you through.

And The Holy Spirit says:

Before you hurry into the day, look around, and take notice. Is the path ahead clear and smooth? Are there scattered rocks or debris to avoid? Before you take one step, call Me, speak to Me, and ask Me to guide thee through the course of the day. You will hear Me, and you will feel My presence, and you will begin to know The Way. We will move forward, until the path is clear, and smooth, once again. Now, rise-up, and let us not delay, walking into this new day. I will lead you all along The Way. Making this passage, over rocky terrain, will restore your confidence, once it is accomplished, once we have made it through. Together we shall make it through.

October 22, 2020

No matter what situations are around thee, no matter what issues have come to visit thee, you have the ability to embrace this new day, as if there is no other. You have the ability to walk into this day, encouraging yourself, and others, to be of faith, to be joyful, to be courageous and strong, to walk this new day, all the day long, singing, believing, looking, hearing, opening yourself to the experience of a day on Earth. Each person, each of you, My children, realize, intellectually, that the days that are given to you are numbered. It is time for you to act, on this information, and treasure each day, setting it high, creating the best day you can create. It is set before you, right now. Take My hand, and let us go, together, into this new day. Do not miss the opportunity to see the glory of Earth, this day. Do not miss the opportunity to speak of love, this day. Do not miss the opportunity to create a joyful day.

And The Holy Spirit says

It cannot be said enough. It cannot be repeated too many times. It is that important. Embrace the day, that is with you, and celebrate the day, that is with you. Do not look forward, with eager anticipation, to days that are yet to come. Spend this day, celebrating, creating, looking, feeling, hearing. Let this day be a day of Earth experience, one that you can make a note about, at the end of the day. And, instead of inserting a period, at the end of the sentence, describing the day, let there be an exclamation mark, pointing to the joy of this day. Create it so. It is within your capability and ability to do so. Therefore, I encourage you, go out and create a joyful day.

October 21,2020

When preparing for a trip of a lifetime, there is a time for gathering, a time for packing, a time for study and research. There is excitement in the preparation, and every aspect of the preparation is a step along the way, is a part of the journey, culminating in reaching the destination. You are preparing to take a trip through today. Today will never be repeated. Every part of this day will be unique. Everything you see, and everything you encounter, will never be exactly the same, again. Even though you might drive the same highway, or go to the same office, or school, or park, there will be something different about this day. Today is a day of a lifetime. See it as such. Make this day exciting. Fill it, with the best you can create, because it will never happen again. This golden opportunity is uniquely for this day, The Day of a Lifetime.

And The Holy Spirit says:

When you begin to see every day of your lifetime upon Earth as unique, special, your everyday experience will be unique and special. And while your days might be similar, they will never be exactly the same. There is always something slightly different about each day. It is time to shine the light on all those little nuances, which highlight your day. Your day will be exactly what you create it to be, so let it be a divine creation, a unique celebration. Celebrate this day.

October 20, 2020

Let us sit together, often. Come to Me, frequently. Visit with Me, and talk with Me. Ask Me a question, and be quiet, and listen, so you might hear the answer I give to thee. When our communication is not something unusual, but very usual, then you begin to know Me. You know My voice. You know My presence. You know Me, and My ways, and I know you. When the time comes that your prayer lifts to Me, and My answer flows to thee, you know, and recognize, My voice. Frequent communication allows us to grow together, to be familiar with each other. And this is important, because there might come a day, when the answer I send your way, is totally opposite of what the world created by man might say to you. And, if you know Me, and My ways, and if you know My voice, from within, you will not hesitate, when I say, “climb up the mountain,” when all others are rushing down. You will not hesitate, when I say, “walk into the desert,” when all others are rushing out. You will go, where you are guided, where you are led, and in that sacred place, you shall be fed the manna from Heaven, The Bread of Life.

And The Holy Spirit says:

You know the voice of those you love. You do not have to turn around to hear one you love, and to see them, to know who they are. There is no need for you to turn around to hear, or see, them, because you recognize the sound. You know who they are. And sometimes, there is no need for words. You feel their presence, before they say a word. This is how your relationship with God needs to be, so that the communication is filled with clarity, and the messages are sure, and there is no doubt.

October 19, 2020

My plan for you is great, and My guidance for you is uniquely your own. Heed that which I AM telling you. I might whisper to one of you to go to the field, and pull the turnips, from the ground, and dig the potatoes. I might whisper to another to go to the barn, and find the large basket, and take the basket to the one, working in the field, I might whisper to another to go to the field, and bring the large basket, with turnips, and potatoes, to the kitchen. I might whisper to another to prepare a great stew, with that which is brought to you in a basket. I might whisper to another to wash all the bowls and set them on the table. I might whisper to another to slice the bread, which is in the cupboard, and set it on the table. I might whisper to another to gather cups, and place them on the table, and fill them with the wine from the cellar. I might whisper to another to go out, to the roadside, and invite all who pass to dine with The Master. I might whisper to another to ring the great bell, summoning all to gather. And in this way, once all My sons and daughters have gathered, they will dine, together, at the table set before them. I whisper to each of you, so each of you can do your part, in the preparation of The Great Feast. But each of you must decide, if you will answer the call, or ignore it.

And The Holy Spirit says:

God will not ask you to do that which you cannot do. Each one of you is given talents and gifts, uniquely designed to prepare you to heed The Whisper, and answer the call. Do not waste your time, telling others they must do as you are doing, for each message is different, each assignment unique. Do not make haste to judge what another is doing. Instead, encourage the good work they are doing, and support their efforts towards accomplishing their goal. When each one does, that which they are meant to do, that which they are sent to do, then The Great Feast will be set before the sons and daughters of God, and they will dine together, in The House of The Master.

October 18, 2020

You are of Heaven. You are of Earth. You come from all that is good of Heaven, and all that is good of Earth. The source of your creation is held within Heaven, for with a thought, I created you. And now, you are upon Mother Earth, and Mother Earth will nurture, and sustain, you. You are of good. Do not turn your head from the source, of the good of Heaven, and the good of Earth. Embrace who you are, for you are good.

And The Holy Spirit says:

The world, created by man, will raise-up many distractions. There will be many parades, and many loud voices, but hold to the good of Heaven, that created you, and the good of Mother Earth, sustaining you, now. Do not permit the distractions to sway your attention. Focus on the good you are.

October 17, 2020

I have given you the gift of eternal life. I have given you the gift of a new day. I sent Jesus to walk amongst you, to show you The Way to live each new day. I sent The Holy Spirit to dwell within you, so you might have The Wisdom of Heaven to guide you, through each new day. But I leave it up to you: to value the gift of eternal life; to embrace the gift of the new day; to study The Way Jesus showed you to live each day; to accept The Wisdom of Heaven, as The Holy Spirit guides you, through each day. I have given you all you need for each day. Now, it is up to you to use that which I have given, so you might live, as you are meant to live, each day.

And The Holy Spirit says:

You can offer the gift of food, but you cannot make one eat of the food. You can offer the gift of healing, but you cannot make one accept the healing. You can offer the gift of freedom, but you cannot make one welcome freedom. You can offer the gift of forgiveness, but you cannot make one embrace forgiveness. You can offer the gift of truth, but you cannot make one believe the truth. But, even if no one accepts your gifts, continue to give, continue to offer the gifts, and do not be concerned, what others might do, after the gift is given. Give unto others, as I give unto you.

October 16, 2020

When someone tells you that they love you, and you know it is true, you are transformed into the best “you,” you can be. Every possibility becomes reality, because you believe, you are loved. You are happy, filled with joy. There is a spring in your step, a song on your lips, and love in your heart, for everyone. There is joy. You are “in love.” Well, I love you, and if you will believe, what I say is true, every possibility will become reality. When you believe, I love you: nothing can keep you from doing that which you are meant to do; nothing can keep you from reaching your destiny, with a spring in your step, a song on your lips, and love in your heart, for everyone.

And The Holy Spirit says:

Love can move mountains. Love can replace sadness with gladness. Love can calm the fearful mind, and the troubled heart. Love can, feed the hungry, and clothe the naked. Love can provide a home for the homeless, and healing for the sick. Love can make every tear disappear. Love can illuminate the darkness. Love can mend each tear and rip. Love can make clean that which was soiled. Love can be sunshine in the rain, and rain when there is drought. Love can do, all things, if it is allowed.

October 15, 2020

I love you. It might be difficult for you to believe that The Creator of All Things loves you, infinitely, unconditionally, eternally. It might be difficult for you to believe that there is not one thing you can do, which will keep Me from loving you, infinitely, unconditionally, eternally. This is possible, because I know you at your soul level, I know you as the spirit you are. I do not identify, solely, with the body you are wearing, temporarily, now. Our connection, our relationship, is the soul, and the spirit, that is you. Believe this because it is true. When you take yourself away, and walk amongst the trees of the forest, with no other human being speaking to you, or pulling upon you, for attention, you feel that stirring, within. For a brief time, you are living, as it was intended for you to live, upon the Earth, experiencing the magnificence of Earth, while being completely connected with Me. When you are quiet, when you are in this space, this sweet space of silence, you hear Me. You realize a guidance, a direction. You often believe those are your thoughts, something coming to you, created of you. But it is: Me, speaking to you, through The Holy Spirit, guiding you; direction, leading you to where it is good for you to be. I love you. And I shall love you, eternally.

And The Holy Spirit says:

You will come closer to understanding the love God has for you, if you will make it a practice, to set yourself aside from all the work, and the talk, and the noise, of the everyday world, and draw nearer to God. Sit, quietly. Empty your thoughts. Be at peace. And when this practice becomes something that you do, every day, that connection gets stronger, and stronger, and clearer, and clearer. And, if you follow the direction given, you will not lose your way. You will walk into each day, confident that you are being led by Me; and, I was sent to thee: to be your Counselor; to speak the truth; to lead you Home.

October 14, 2020

It is best to curb your appetite for the praise, and approval, of others, for this desire will often lead you into doing something you would not do on your own. Seek to do that which is on your heart. Seek to do the things which make you happy, which you do well; because, in the doing of something that makes you happy, something you do well, there is a feeling of confidence, a feeling of accomplishment, and it is held within the creation, that came from you. You look at it, and you see, and know, what you created is good, and of you.

And The Holy Spirit says:

Do not seek the approval, or praise, of others. Seek to do that which you are meant to do. That, which you are meant to do, will naturally bring you joy, a sense of accomplishment. While seeking the approval of others will often lead you down a path, which is not for you. Seek to do those things that you are meant to do, and joy will be held within the creation of all you do.

October 13, 2020

Let this sacred, new day begin in a whisper, and a quiet stirring, between the two of us. Be still, and sit with Me, and I will share with thee, truth, in all things, so that you will keep the day sacred, in every way. I will teach you the truth, so that you will not call that which is evil good, nor that which is good evil. In truth, you will know the value of life, and respect it in all things. The Wisdom of Heaven will be your companion, as you will walk upon the Earth. You will not be swayed by angry voices, or thundering threats. You will feel My Presence with you. You will know Me, and My ways.

And The Holy Spirit says:

Do not turn from The Hand of God, for it will lead you Home, and you shall walk without fear, or doubt, or worry. Each day is passing, even as it begins. Therefore, do not waste the precious day. It is to be cherished in every way. The gift of this new day is yours, and it is sacred. Respect the gift you have been given.

October 12, 2020

Practice patience, today; and begin, by holding your tongue, when you are tempted to react to words, you consider to be, hurtful, hateful, or annoying. It will be difficult, at first, to resist the temptation to retaliate, but do so anyway. Retaliatory remarks will not curb anger, but will be, as fuel to the fire. No disagreement is ever settled in the argument. Words, spoken into a whirlwind, will never be heard, as you intend them to be heard. They will be misconnected, misconstrued, and misinterpreted, echoing from within the tempest. Be patient. Let the storm recede, and pass. Many relationships have been saved by the unspoken word. There will come a time, and there will be a place, when the words, you wish to speak, flow from you, riding on the grace of God; and the words spoken, will be as a hand of peace, settling all issues with The Miracle of Love.

And The Holy Spirit says:

Patience is a gift of peace. It takes wisdom to see the value of patience, but for those, who practice patience, there is peace within.

October 11, 2020

In the unseen world, in the vastness, which evades your vision, often, there is equal portion, for all of My children. Each of you, upon the Earth, has the ability to be kind. And your kindness, is not limited by anything. All you have to do is to exhibit the desire to be kind, and kindness is yours, and it blesses all around you. And the same holds true for compassion, and understanding, for charity, for love. This does not hold true in the material world, in the world created by man, for there are somethings available to some. But in the unseen world, in the world where The Gifts of The Holy Spirit are the true wealth, nothing is denied you. You may have all the forgiveness you desire. The only thing required is your desire to have, and to hold, forgiveness. Then, it is yours, in copious amounts, and it blesses all around you.

And The Holy Spirit says:

Do not seek your treasure in the material world, for: the seeking of it is, wearisome, and tiresome; and the holding of it, will let you down, and disappoint you. For, no matter how much money, how much jewelry, how many houses, or cars, you gather, and possess, you, always, will want more, because there is something missing, and you do not know what it is. So, you keep wanting, more, and more. The fulfillment is held in the unseen, in The Gifts of Heaven, where you can have all you need. And when you are filled, with the gifts of love, and compassion, and forgiveness, understanding, generosity, then those things, in the material world, which you gather around you, hold a different place, and can actually be blessed, and graced, by The Spirit of God within you. Seek The Wealth of Heaven, that is within you, because it is there, and you may have all you need.

October 10, 2020

Resist the temptation to engage in an argument, taking place between two, or more, people. Resist the temptation to choose a side in an argument, taking place between two, or more, people, and be still. When you are still: you are not adding to the argument; you are not making it more difficult to resolve. Be still, and be present, quietly. This quiet will begin to move all around the room, and it will begin to move all around those, who are in turmoil. It will not add to the conflict. It will begin to create an atmosphere, which will assist resolution. There is power in quiet. Practice it today. Practice.

And The Holy Spirit says:

You have heard it said, "practice makes perfect." To achieve perfection, it is required that, you practice. And this does not mean just to practice the violin, or the drums, or the piano. It does not mean just to practice dance, or to practice throwing a ball. These things can be perfected through practice. But the most important practice is a spiritual practice, wherein you practice, and perfection is the outcome of the practice. Practice makes perfect. Therefore, practice.

October 9, 2020

Do not dismiss those, who walk into your life, as unimportant. Every person, who walks into your life, is important. They bring you a message. They help you see the truth. Sometimes, it is a lesson on patience. Other times, it might be a lesson, having to do with, pride, and ego. But no matter what the exchange, it is important. Therefore, look for the lesson, because the lesson brought to you, by each person, is a gift from Me: so that you will clearly see, all that is happening around you; so that your eyes will be open; so that you will learn compassion, for others. Do not miss the opportunity to be kind, and loving, and generous, with your time. For, there is a Light, which comes to each of you, and often that Light is in the form of another human being. Watch for the opportunity, and be vigilant, and welcome the lesson brought, as it is a Light, which will show you The Way.

And The Holy Spirit says:

Those who are vigilant, those who are watching: see the opportunity; are blessed by The Light; and therefore, know The Way.

October 8, 2020

Pay attention to what you are doing. Stay in the present. Do not give your focus to distractions, calling you to look this way, or to go over there. Be where you are, doing what you are doing, so that you might accomplish the goal, and move forward, without delay, without missteps, without falling into chaos, or confusion. If you find yourself standing on a precipice, or walking on a narrow ledge, high above what you consider familiar territory, be still. Do not look down, or you could become disoriented, and lose your footing. Stay in the present, taking one step at a time, with your focus straight ahead, and soon you will leave the ledge far behind, walking a path in comfortable terrain, once again. Stay in the present. If your journey leads you onto an uneven path, with rocks, and puddles, and slippery slopes, do not look up, and all around, as you walk. Stay focused on where you are stepping, or distraction will bring you down. Stay in the present. When uncertainties or adversities come into your life, stay in the present. Do not let your focus be interrupted with distractions. Reach-out, and take My hand, for I AM with you, through all things. And I will remain with you throughout every day, and every night, until we make our way Home.

And The Holy Spirit says:

Walk in the present piece of eternity that is with you. Stay focused on that which is with you. Take each step with purpose, and respect where you are, at the time you are there. The adventure will unfold with every step of your journey, and I shall be with you, all along The Way.

October 7, 2020

That, which is created in anger, holds within it the energy of anger. That, which is created in sadness, holds within it the energy of sadness. And that, which is created in guilt, or shame, or judgment, holds these energies, as well. If you are going to create, make sure you know the materials you are using, the tools you are implementing, before you begin the creation.

And The Holy Spirit says:

The one thing that each of you can do, as you begin your day, and as you end your day, is to check the energies that are within you, because only you know the energies you are giving safe harbor to. You know, when you are dealing with anger, even if you are hiding it. You know, if you are dealing with sadness, even if you are laughing through it. You know, if you are hiding guilt, or shame, or judgment, even though it appears you are not. Therefore, you are the only one who knows, you are the litmus test. Do not go forward, into this day, spreading negative energies all along The Way. Clean yourself, and cast these feelings from you, so that you might begin the day in light, with nothing to hide.

October 6, 2020

Do not ignore illness. Do not ignore disease. It does not matter whether it is a toothache, or a bone break, acknowledge the illness, acknowledge the dis-ease, because then, in acknowledging, you are not hiding the illness, or dis-ease, behind the door of denial. You are bringing it out in the open, acknowledging it fully, and then, in wisdom, seeking to be healed, or made whole. And for those who seek to be healed, and made whole, they are made whole. Once the healing is complete, that which once plagued you, within your body, will be cast from you, from your body. And you will celebrate, not denying the illness was ever there, but celebrating that you are relieved of it, and it is no longer there. Do not hesitate to seek healing. Do not wait to be made whole.

And The Holy Spirit says:

Healing is available for all. Being made whole is available for all. Realize the power. Realize the glory. Do not pretend the illness is not part of your story. Bring it forward, and seek healing, and in the seeking, it shall be done.

October 5, 2020

The wise one does not seek to mock, or belittle, another. The wise one takes no joy in another's misfortune. The wise one knows where the work is to be done, and it is within. You will not see the wise one shaking their fist in anger against another. You will find the wise one, sitting quietly, moving inward, making the journey, down the corridors of their sacred self, and therein, finding peace.

And The Holy Spirit says:

Seek to sit with the wise one. Seek the company of the wise one. You will not find the wise one strutting across the stage. You will find the wise one, the sage, sitting quietly. The purpose of this is to stay connected with The Wisdom of All Time. You cannot hear when you are yelling, or raising your voice, or stomping your feet. You can hear when it is quiet. Quiet carries wisdom. Seek the company of the wise one, today.

October 4, 2020

I offer The Gift of My Love to you. Whether you accept it, is all up to you. Still, I offer My Love to you. I offer The Gift of My Peace to you. Whether you accept it, is all up to you. Still, I offer My Peace to you. I offer All That I Have to you. Whether you accept it, is all up to you. Still, I offer All I Have, as a Gift, to you.

And The Holy Spirit says:

A Gift, once given, is there. If The Gift is received, and accepted, then there is joy, filling the air, all about you. A Gift, once given, but rejected, is not diminished in the rejection. The Gift remains, given. Whether the intended recipient accepts The Gift is all up to them. But, the act, of giving, is not diminished, at all. Do not let fear of rejection become as a wall, behind which you hide. For then, no one, outside the wall, sees who you are, or receives The Gifts, held within you, meant to be given.

October 3, 2020

When a friend, or family member, finds they are walking through difficult times, be present with them. If they are sad, it is not necessary for you to increase their sadness with your own. If they are angry, or filled with hatred, it is not necessary for you to increase their anger, or hatred, with that of your own. If they are filled with guilt, or shame, it is not necessary for you to feel the same. What is required, what is good, is: that you be a presence with them; that you stand with them; that you bring your inner peace to them, but hold it quietly within; that you walk through that storm with them, bringing your peace. Every step they take, take it with them, quietly, in peace. For that which they are facing is theirs to face, but your presence brings a pool of peace. Each time they look your way, they see your peace. Each time they reach-out, they touch your peace. And as the journey ends, their turmoil is washed away by the presence of your peace with them. And when at last you stand together, in the light of the sun, having taken that difficult journey together, one-by-one: your peace will be the pool in which they wash; your peace will be the rock on which they climb, to stand high, breathe deeply, and to say, "Thank you for this new day." Resist the temptation to increase pain with commiseration. Stand with your loved one in preservation of peace.

And The Holy Spirit says:

Peace is still. It is quiet. It is calm. It is healing. Today, practice being a peaceful presence, wherever you go. The power of a peaceful presence can calm the storm, without you saying a word, without lifting a hand, because peace is healing. The best thing you can do for a friend in need is to be a peaceful presence, and to allow the power of your peaceful presence to fill them, and hold them, until they are ready to rise-up, and say, "Welcome, to the new day."

October 2, 2020

You are the only one who can control your thoughts. Do not permit your thoughts to wander into darkness, or shadow; for that, which you create in your thought, lives within you, the good, and the dark, and the shadowy. And those thoughts, you feed, grow, within you. You cannot see this, but you are filled with the creations of your thoughts. Your thoughts of hatred, and anger, and revenge, and retaliation, will consume you, and bring you down. But, your thoughts of light, and love, and peace, joy, charity, these thoughts of light, will bring you up, will lift you up. No one can make you think "evil." No one can make you think "good." You control your thoughts. And the creation, that comes forth, from your thoughts, lives within you. Be mindful, of that which you are creating, within your thoughts, today.

And The Holy Spirit says:

The thoughts you create will either, lift you up, or bring you down. Your creative power is great. Be mindful of your thoughts. Put your thoughts into check. Make sure you are not fouling your inner landscape with your own creations. Today, stop every thought, that you are considering, before it is created. It is possible to do. Today, create light. That is possible to do. And let the light you create illuminate all shadow and darkness, within you, so you might, see, and know, and take steps to rid yourself, of these creations, before they grow, within you. Your inner landscape is yours. It is yours to dedicate to light and good, or to desecrate. Be mindful of your thoughts, today.

October 1, 2020

The mountains did not begin as towering spires, reaching high, up into the sky. They rose-up from the oceans' floors. They were lifted-up from below. The natural monuments of Earth did not begin as intriguing memorials, noble in the light. They were sculpted by the wind, and particles of sand. Places, such as The Grand Canyon, did not begin as the marvel you see stretched before you. They were formed by the hands of water, and the passing of time. Look beyond what you see, into that which came before, and the miracle will come alive, within you. I sent you forth, into all this, to continue creation, which began before time.

And The Holy Spirit says:

You did not begin as you are now. Your beginning took place thousands of years ago, and more. You are the product of all those who came before you, standing, crawling, walking, talking, feeling, knowing the experience of their lifetime upon Earth. Such is the fertile soil from which you sprang. You did not just happen. You are not a coincidence. You have been lifted-up. You have been sculpted by The Wind. You have been formed by Holy Waters, and the passing of time has brought you to where you are, to who you are. And it shall not end with you. Creation shall continue with you.

September 30, 2020

The lion does not have to say, "I am a lion," for you to see, and recognize, the lion. The horse does not have to say, "I am a horse," for you to see, and recognize, the horse. But, if you have no knowledge of either lion or horse, it is possible that you will not recognize either. Do not rely on someone else to inform you of an approaching lion, or horse, because they too might have no knowledge of either, making it possible to confuse one for the other. Those, who know the lion, will see, and recognize, the lion. Those, who know the horse, will see, and recognize, the horse. They will not confuse a horse for a lion, or a lion for a horse.

And The Holy Spirit says:

The truth does not have to say, "I am truth," for you to see, and recognize, the truth, unless you have no knowledge of truth. A lie does not have to say, "I am a lie," for you to see, and recognize, a lie, unless you have no knowledge of a lie. Those, who know the truth, will see, and recognize, the truth. Those, who know a lie, will see, and recognize, a lie. They will not confuse the truth for a lie, or a lie for the truth.

September 29, 2020

I wish for you to know the importance of two words: apology, and forgiveness. When you put these two words into action, with sincerity, restless nights, and unsettling days, can be resolved. Do not permit pride, or ego to detain, or delay, you from offering, or accepting, an apology, or from offering, or accepting, forgiveness. Once it is done: you will find, you are at peace, again; you will find, you are no longer disturbed through the night, because you did that which was right. When apology is necessary, offer it, or accept it. And then, forgive. Be quick to offer forgiveness to yourself, or others. Your willingness, to do this, will bring you peace. And, the more it is practiced, the easier it becomes.

And The Holy Spirit says:

Pride, and ego, can keep you from making the right decision. When there is a disturbance in a relationship, between you and another person, it can be difficult to make an apology for the things that you said, or did, because your pride, and your ego, will come to you, insisting that you had every right to say the things you said, and do the things you did. Many excuses will be offered: to keep you from making that apology; to keep you from offering, or accepting, forgiveness. If you will sit quietly, in prayer, the answers, coming to you from God, will not include you had every right to say what you said, or do what you did. Instead, you will be guided to push aside ego, and pride, and take the necessary steps to return sleep to your nights, and peace to your days. It does not matter: if, your apology is rejected; or if, forgiveness is denied you. This is not about the choices of the other person. This is about you, and the choices you are willing to make, and the good you are willing to do. Do not permit pride and ego to deny you the freedom apology and forgiveness will give you.

September 28, 2020

Draw your strength, courage, and confidence, from within. Do not rely, solely: on that which you know, gathered from institutions of learning; or, that you might be able to assemble, methodically, and quickly, that which is before you; or, on the friends, and associates, you have gathered around you. For, there could come a day, when the voices of dissent out number, or overpower, the voice of consent, with regard to what you are doing, or saying, or thinking. And, at that moment, it might be possible, for your confidence, your courage, and your strength, to be shaken, when those around you appear not to support you any longer, when that which you thought you knew crumbles, and your hands, shaking, can no longer assemble that which they did before. Draw your courage, your strength, and your confidence, from within; for, I will not leave you; I will not deceive you; I will love you, always.

And The Holy Spirit says:

Even when it appears that no one around you will offer support, you will not lose your confidence in the truth, if you gather your confidence, strength, and courage, from the eternal truth you carry within you. You carry Divine Wisdom within you. I AM within you. For, it has been said, that The Creator of All Things, poured out His Spirit upon all flesh. Do not look to the ways of the world for, support, and confidence. Look for the ways of Heaven, that you carry within, for I AM with you, always.

September 27, 2020

When you speak of The Great Creation, you often say, "The Creation of God." And when you speak this way, I wish for you to include all peoples, of all nations, of the Earth, within that Creation, including yourself. Most of the time, when you are speaking, of all of Creation, you are referring to: mountains, and valleys, and oceans, and deserts, and the animal kingdom, and the birds of the air, and the fish that swim in the seas, and rivers, and lakes. You group all these together with flowers, and trees, and rocks, but most of the time, you do not include humankind, all of your brothers and sisters, all over the Earth. I wish for you to see, all of Earth, including other human beings, and thee, as valuable pieces, and parts, of The Creation, which is all One with Me.

And The Holy Spirit says:

It is easy to behold a beautiful flower, and feel, in your heart and soul, that beauty is part of Creation. It is easy to stand on a beach, in the sand, and look-out over the ocean, and recognize it as a powerful part of Creation. Begin to see, yourself, and all others, all your brothers and sisters, all nations of Earth, as part of The Creation. See it, because God's Creation is sacred, and it does not exclude any part of The Creation from the sacredness that it is.

September 26, 2020

Resist the temptation to raise your voice in anger, or frustration, to call attention, to something you wish to say, to a message you wish to deliver, because it does not work that way. Surprisingly, you draw more attention, to the words you speak, when the words you speak are delivered in peace, quietly, in a comfortable tone, that is pleasing to hear. If you encounter a situation, wherein you can see demons of rage, consuming their hosts, and fits of anger, coming from most, back away, because not one will hear what you say. Be still, until the time is right, and then, quietly, deliver your message.

And The Holy Spirit says:

A voice raised in anger, frustration, serves as a loud, roaring, thunder-burst, announcing the approaching strike. It carries the warning of danger to come, injury, or loss of life. When anger bursts forth, from the voice, when it is carried, on the voice, those listening know, the words following will be as a strike of lightening, a sting of lightening. Therefore, they are preparing for such. And in the preparation, not even listening to what the voice is saying, only seeking shelter from the lightening strike. If you wish to be heard, lower your voice, and make gentle the word.

September 25, 2020

When it is time for a change, when all indications lead you to know that it is time for things to change, this change must first take place in your heart. It must be rooted in your heart. You must feel the importance of this change that is to come. And once you know it, in your heart, once you feel it, and live it, in your heart, then the words you speak, and the actions you take, are evidence of the change of heart. This is the only way to guarantee a change which is needed. It cannot be holding, it will not hold true, if it does not begin within each of you, at the heart level, at the soul level, at the level that your spirit is on fire, within you, to make a change, for the better. It must begin within. Therefore, when it is time for change, be still, go within, sit quietly, asking for guidance, from within. The Holy Spirit is within each one of you. And The Holy Spirit will lead you to the heart of the matter, and provide the truth required to make a change of heart. Once this is complete, within you, you have confidence, and know, you have not been swayed by another person, you have been led to wisdom, by The Holy Spirit, within you. This is the seed of a change, for the better. It is held, in the whisper, of The Holy Spirit, within you.

And The Holy Spirit says:

Most often, I AM within you, but you do not hear Me; or, if you do, you do not heed Me; for I have been sent to you to lead you into all truth. But to hear Me, you have to remove yourself from all chaos, and confusion. Take yourself to a quiet place, and be still, and listen. And I will speak to you, and I will guide you, and this guidance will fill you with the truth. And, even if your heart has been hardened, through anger, or hurt, or disdain, your heart will soften, with hearing The Whisper, and The Name, of God, with you. And your breath will slow, and become deeper, and as peace surrounds you, you will know. You will know the truth, the truth that you could not hear, before. Change begins in your heart. I AM with you, if your heart has been hardened, sit with Me.

September 24, 2020

If you find, you are pressing through each day, making everything work, and sometimes struggling to do so, without connecting with Me, without connecting with the spirit that is you, then you are operating on a third, or less, of all that you are. You are choosing only a piece of the powerful presence that is you. Today, connect with the spirit that is you, and call Home. Connect with Me for guidance, for direction, and then, move into the day, one hundred percent, ready to go, and make your connection with the world. Try it. You will be amazed.

And The Holy Spirit says:

Most individuals spend their energy, each day, trying to accomplish all that is set before them, without even thinking about connecting with the spirit that they are, without connecting their body with the powerful, spiritual being they are; and, I might add, as well, without connecting with God, seeking direction, instruction, and guidance. When you put these things together, even the most troubling of days can be resolved. It might not be the easiest resolution, but you will be using all of you, all that is available to you: The Wisdom of Heaven; the spirit that is you; and the body you wear, so you can manage, to get through, each day. Do not limp over the Earth, using only a portion of that which is yours. Step into who you are, all of who you are. You are of Heaven, you are of Earth, you are a spirit, and you are a physical, material, being, for a while. Use it all, for it is yours.

September 23, 2020

Do not let your heart grow weary, and tired, thirsting for kind, and gentle words, words of love, and encouragement, and support, for I AM with you. All you need do is to be still. It is not even necessary to tell Me what you need, for I know. In our quiet time together: I will whisper, and you will remember; I will speak, and you will hear, and know. The words of encouragement will give you strength, and comfort, and refuel your faith. Come, before you are too weary, before you are too tired. Come, so you might be filled with The Wisdom of Heaven.

And The Holy Spirit says:

When you are living in trying times, it is easier for faith to be shaken, to become disheartened, at what is happening all around you. But, while turbulence may rock the world created by man, you will find peace in The Creator's hand. It will lead you within, so you might know where to begin, again, each day, taking one step at a time, seeking your strength, and courage, from God. When the world threatens to buffet you, and knock you to your knees, the arms of God: will hold you, and draw you close; will support you, and give you comfort; will lift you up, where you will find courage, and strength, and be fulfilled, in The Light. Therefore, do not fear the night of turbulence, rise-up, and be The Light, which devours the turbulence, and brings forth peace.

September 22, 2020

If you were not taught to honor and respect yourself, as a child, it is not too late to begin to do so, now. If you do not have respect for who you are, who you really are, My spirit, that is within you, then you cannot respect another. When you respect yourself, the natural way is to respect another. And, by showing respect for yourself, and another, you are honoring the spirit that is you, the spirit that is another. You are not paying homage to your physical body, or the physical presence of another. You are honoring the spirit that is you, and the spirit that is another. The winds of anger, and hatred, and chaos, can howl about you, knock over trees, and destroy houses, yet not be able to touch the spirit that is you, the spirit that is another. Respect who you are, and let that, same measure of respect, be given to another. When the clamoring crowds have ceased to scream-out, a quiet note will float from the presence of respect you have given to another, and to yourself. This respect, which you have created, this respect, which you honor, lives. And its song is tender, and compassionate, and includes all because, each one of you is spirit, first. The song will rise-up, when the storm has passed, and it will come from the lips of all those who, at last, have created respect for, themselves, and all who pass, on the journey they are taking upon Earth.

And The Holy Spirit says:

There can be chaos, and confusion, without respect. If there are traffic signals, set in place, and functioning, as they are meant to do, they give each direction of traffic an opportunity to pass through. These traffic signals are in place to limit chaos, thus allowing everyone to reach their destination, without delay, in peace. Without respect, for the traffic signals, chaos, and confusion, reigns, and it is only the mightiest who push their way, through the other vehicles, to pass the intersection. Respect, is the only thing that, will allow each one to pass through peacefully, without chaos, without confusion. If you look at anything you do, respect is the key, for passing through: difficult times; challenging relationships; and even, traffic signals.

September 21, 2020

Release yourself from the prisons, from the cells, of shame, and guilt. It is time to use the failures of the past as building blocks toward success. And it is possible for you to do, but first, you must be willing to visit that burden, that is weighing heavy upon you. Look at each mistake, or misstep, or ill-chosen word. See it. Now, make it a lesson. Either forgive someone, or forgive yourself, but see the lesson, in the burden, you are carrying, and change it, from a mistake, to a lesson. There is no need for you to try to wipe-out your past. It is yours, as a lesson. Valuable lessons are held in your past, but they will remain labeled, with words of guilt, and shame, until you understand. You have the power, within you, to change that which was to that which will be glorious.

And The Holy Spirit says:

It is time to refuse to carry your burden around, any longer. It is time to put down the bags, and the sacks, of guilt, and shame, of anger, and revenge. Set them down. Take each thought, word, or deed, which has been the burden, and turn it into a valuable lesson, through the act of forgiveness, forgiving whoever needs forgiving; and oftentimes, you need forgiving. Once this is done, take all that has been forgiven, and use it. Use it as building blocks to a successful new day, filled with light. There is wisdom that comes from forgiving. Let it go. It is doing nothing productive for you, now. It is holding you in place, often causing you to hide your face, or deny the grace, that is flowing to you. Stand up. Let that cape fall from you, and be released from the burdens of the past, by turning them, at last, into lessons for a new day.

September 20, 2020

Do not just say that, today is the present piece of eternity with you. Believe it because it is true. You are not living outside the realm of eternity. You are living within eternity, now. Your body is not meant to live forever, but your spirit shall live forever. When you pass, when it is time for your body to fall from you, you do not die with the body, you do not crumble, your spirit, the real you, rises-up, and continues eternity. If you believe this, your life on Earth is different, because you connect, with the spirit that is you, which animates the body of Earth, and you do so, first. You begin to think of your physical body as the chamber, as the temple, holding the sacred you, so that you might have a physical experience, for a while, and do good works, on Earth, for a while.

And The Holy Spirit says:

If you begin to connect, first, with the eternal spirit, that is you, recognizing that you are enfolded within, the physical body, a new revelation comes to you. And the revelation is, you have all you need. The spirit that is you, animates, and moves, your physical body. Do not get it backwards. If you get it backwards, you will spend a lifetime of lack. If you connect with the real you, the spirit that is you, and make the eternal you, number one, then you will begin to see, all that is happening, through your eyes of eternity, through your eyes of spirit. The realization will change the face of everything, and you will begin to see others, as spiritual beings, wearing coats, and cloaks, and capes, of human beings, for a while. It is all in how you see it. You can see it spiritually, or materially. First, seek to see spiritually.

September 19, 2020

I would like for you to know the joy of accomplishing your goal, the glory of completing your mission, without the spirit of doubt, diminishing, in any way, the victory, the success. Doubt can sneak-up upon you, and make a sunny day cloudy, if you are not mindful of what you are doing. Before you begin, set your plan, in such a way, that the guidance, and the direction, is sure, and easy to follow. Mark your destination, define the goal, and carefully chart your path, from beginning to end, with clear direction, and guidance, before you take one step, or drive one mile. In this way, when those around you clamor for you to turn right, and the directions guide you to, "Continue straight ahead," there is no temptation to turn right, instead there is confidence, as you proceed along The Way. My child, I have sent to you The Holy Spirit, and The Holy Spirit is within you, offering guidance, and direction. Accept it. Do not be tempted by what others might say. Listen for the guidance that is uniquely your own, and doubt will not cloud your journey, as you make your way Home.

And The Holy Spirit says:

Do not permit the spirit of doubt to rob you of the glory of the great adventure, your time upon Earth; for, I will, whisper to you, and guide you. In quiet you will hear Me. Shut your ears to the ways of the world, and you will hear My whisper, within you, and you will know: which way to go; when to turn; when to remain on the path, moving straight forward. Just as you plan an outing, or a trip, let us plan, together, the greatest adventure, the greatest journey. With confidence, be still, and wait for My guidance. The spirit of doubt cannot rob you when your eyes are fixed on the goal, and you are guided by divine direction.

September 18, 2020

Embrace My love, fully, completely. My love: is flowing to you, constantly; is ever-present with you; is the purest form of love you will ever know, because it does not hold within it the possibility for being jealous, or angry, or manipulative, in any way. It is just there. My love is. It has no boundaries. It has no limitations. It has no qualifications. All you have to do is embrace My love, as completely, as I give it to you. And once this is done, you will need no other love, because no other love will hold the heavenly properties of the purest form of love, that is yours, now. You do not have wait to taste the beauty of My love. But you do have to open yourself, to receive it, fully. My love is often lapping against a closed door. And, for whatever reason that door is closed, it is closed, and it requires you to open it. Do not be satisfied with the bit of love that trickles under the closed door, or around the closed door. Open the door, and embrace, My love for you.

And The Holy Spirit says:

The only way, that you will be able: to love your neighbor as yourself; to love your enemy; to give when someone asks of you, and to give freely, and to give more than they ask for; to turn the other cheek, when insulted; to walk the extra mile with the friend, who has sought companionship; is to be in the flow of God's love. You see, it is the power of The Love of God, flowing through you, completely, that gives you the power to love, completely, because it is not your love. It is the unlimited love of God. Today, if you struggle, trying to love, and you find it difficult to do, sit down, and be still, and open the door to all of the love that is available to you, from God. Let it flow. Embrace it, totally, completely, willingly, and you will taste love, as you have never felt it before, as you have never known it before. The goal is to embrace The Love of God, and know it, for it is yours.

September 17, 2020

Know the value of acceptance. Accept, that which comes to you, as it is already with you. Therefore, accept, that which comes to you, and in faith, knowing I will guide you, in quiet determination, move into the day. Accepting, that which comes to you, will bring you: strength; and courage; and empower your faith, to the point, that you do know, that you will be guided into all the wisdom, and courage, you need, to move whatever obstacle is before you; and, to do so, with confidence, and speed, dispatching anything around you: by blessing every lesson, that is brought to you; by growing in faith, and courage, and strength, and wisdom, by doing so. Do not deny a misstep, or a mistake, attempting, to cover it, with lies, or such. Accept the mistake. Hold it up, and look at it, and learn from it. And then, bless, the entire situation, by releasing, all the negative aspects of, that, what is termed, mistake, and bring forth the lessons of light. Accept, that which comes to you. The truth is, you cannot deny it, it is with you.

And The Holy Spirit says:

Just as you cannot deny, when it is storming, and the winds are howling; just as you cannot deny, when the sun is shining, and the day is bright; you cannot deny: that which is with you; that which has come to you; that which is yours to learn, master, and do. See that, which comes to you, as an opportunity: to practice what you know; to practice what you say. Accept, master, and do. It is how you learn. Everything, that comes to you, can be changed: into an object of learning; into a book of wisdom; if you accept, not only that, which comes to you, but the guidance, which follows clearly, either: reminding you; or, introducing you to The Way.

September 16, 2020

Without thinking, smile. Right now, smile. Smile big. Put your whole face into that smile, and hold it, for just a while. Just by smiling, you change your looks. Just by smiling, you change how you feel. Even if it is ever so slightly, your feeling goes up, lifted on the curve of a smile. Now, take that smile into the day with you. Think of it often, during the day, and when you think of "smile," smile. And let it ride up your face, and light-up the space in which you find yourself, for a while. Smile.

And The Holy Spirit says:

It is amazing what smiling, the act of smiling, can do for you. If you are lucky enough to be standing in front of a mirror, and you smile, when you look, and see, the difference, it is almost shocking. Smiling is a sign, to everyone around, that you are eager, and open, to welcome the day, to welcome them into your day. Smile, because that smile will move you to a happier place. That smile will move into your workspace, your study space, your play space. And it will be an open invitation to any who look, and see, to draw nearer to thee. Smile.

September 15, 2020

When you walk into a day, filled with uncertainty, pay attention to the immediate present, to that which is with you. Do not look around. Do not peer ahead of you or turn to see what is behind you. Pay attention, and take one step at a time, for the uneven terrain will cause you to trip, or slip, and fall. When the day is filled with uncertainty, focus your attention on moving slowly, and taking one step at a time.

And The Holy Spirit says:

There are many examples of times which require caution, as you proceed. Time of uncertainty are indeed such. No matter what the uncertainty might be, it requires you to take one step at a time, have one thought at a time. It is often best to limit your words, until you are through the pathways, and the hallways, and the roadways, of uncertain times. Once you have cleared the debris, and you are free, and the path ahead looks straight to thee, then resume your gait, look around. You have made it through that uncertain time. But always remember, in times of uncertainty, it is best to move slowly, and take one step at a time.

September 14, 2020

There is no more important place for you to be than in this present piece of eternity, using the lessons of the past, to create a day filled with loving thoughts, kind words, and noble deeds, that will last, far beyond the point of their creation. Let all endeavors of this day be as a prayer, sacred in every way, as spires of light rising, announcing a new kind of day, a day during which the deeds of the present become the seeds of the future days to come. Celebrate the opportunity that is yours today. Dance and sing of the joy this day will bring, now and forever.

And The Holy Spirit says:

Today, set the intention to create loving thoughts, kind words, and noble deeds; and dedicate, and consecrate, your creations for The Glory of God. Let The Glory of God shine all about you, because The Glory of God is all about you, and what God will do through you, as you are fed of, and led by, The Wisdom of Heaven. Today, you are continuing The Creation of God. Let it be good.

September 13, 2020

When you pray, you are communicating with Me. And, when I answer, I AM communicating with thee. But this is not the only means of our communication. You communicate with Me, every time you interact with all My other children of Earth. For, as you are My child, look around you, and you will see My other children, living amongst thee, with thee. And the way you think about one of My children is communicating that thought to Me. And what you say to My other children, you say to Me. And that which you do, for, or against, My other children, you do, for, or against, Me. You communicate with Me, in many ways. It is time to take this communication seriously, and sacredly, for I AM with thee, all the time. And, you are speaking to Me, not just in your prayer, but in things that you think, and do, and say.

And The Holy Spirit says:

It might be surprising to learn, that communication with God, does not cease, at the end of your prayer. You do not turn a switch, which permits communication with Heaven, when you begin to pray. You do not turn off the switch, which ends communication with Heaven, as you end your prayer. This communication is open all the time. Your thoughts are flowing, in communication. The words that you speak to others, and about others, are flowing, as communication. The deeds that you do, no matter what you do to, or for, or against, the children of God, upon Earth, these acts communicate your thoughts, they fulfil your words. These things are the deeds, and the words, and the thoughts of the children of God upon Earth. It is time to make sacred your thoughts, and words, and deeds, just as you consider your prayer sacred. Let all of these reflect communication with God, on a higher level, a noble level, worthy of a child of God.

September 12, 2020

When you are experiencing illness, or injury, or emotional stress, good direction guides you: to move slowly; to take your time; to seek peace, and quiet, whenever possible; to set aside difficult projects, and tasks; to avoid making big decisions; to avoid noise, and chaos; to rest, and eat well. Well, My child, the direction and guidance is the same: when you are experiencing difficult times; when chaos is swirling all around you; when it is difficult to see The Way, because of the clouds, the disturbance of confusion; when you are not quite sure which story to trust, or which one to follow. Take your time. Do not rush. Rest. Feed your body with good food. Take yourself to a quiet place, and pray, and you will feel My Presence with you, and you will soon know The Way, once again. During times of illness, injury, stress, crisis, or upheaval, the guidance is still the same. Be still and whisper My name.

And The Holy Spirit says:

Resist the temptation to get caught-up in the whirlwind. Be still, and come unto Me, and I will gather thee under My wings, and hold thee, until all storms have passed.

September 11, 2020

It is possible for you to repeat words from Sacred Scripture, yet they are hollow, and without meaning, when there is bitterness upon your heart, when there are people, and situations, needing forgiveness, which has yet been released by you. The most loving of words, the kindest of words, fall short, and hold little meaning, if you do not know love, and kindness, within you. Before you speak of the importance of love, and forgiveness, make sure you are filled with love, and forgiveness. In other words, live that which you say, every day. Keep your own counsel. Live what you are saying. And then, others will accept what you are saying, because you are speaking, from within. It is not surface. It is not hollow. Your words, ring true, because your words abide within you.

And The Holy Spirit says:

An apology, when offered sincerely, from the heart, is always accepted, because it is true. You hear it in the words. They are not hollow. They are not empty. They are rich, and they are full. And they bring forth that which is within you. An apology, offered only as a means to an end, does not ring true. Let the words you speak reflect that which you are, within. If you are going to speak words of love, empty yourself of hate, and anger. If you are going to speak words of forgiveness, empty yourself of retaliation, the desire for revenge. That which you hold, within, can sabotage that which you are saying, unless the two are as one. Before you speak, make sure that, that which you intend to say, can be found within you. And then, there are many dimensions to what you say, and all the dimensions hold truth, and your words are rich, and full.

September 10, 2020

You are a unique piece of All That Is. You were given gifts to use, as you walk upon the Earth, so that you might complete a mission, that is a unique piece of All That Is. Look around you and see: all the other people; and the countrysides; and the cities; and the seas; and the sands of the desert. And each of these is a unique piece of All That Is. All That Is, is diverse in every way. Colors might be similar, some alike, but some different, yet the colors are a unique piece of All That Is. The flowers in the garden, or on the meadow, are a unique piece of All That Is. And the flowers do not struggle to be rocks in the river. And the rocks in the river do not struggle to be the horses, running across the plain, galloping. It is time to recognize the uniqueness of each piece that is. The rocks in the river are as they are meant to be. The trees in the forest are as they are meant to be. Each grain of sand, in the desert, or on the beach, is as it is meant to be. Today, do not struggle to be a rock, or a flower, or a butterfly, or a tree. Be true to thee, for you are a unique piece of All That Is. Treasure that which you are, for it is sacred. Today, be that which you are meant to be.

And The Holy Spirit says:

If you picture a rural setting with meadows, and trees, and a stream, and flowers, and rocks, and clouds, dotting a blue sky, you enjoy each individual piece of that natural setting. But, the natural setting would not be the same, if it was all rocks, or all flowers, or all stream. It is beautiful, and compelling, in its diverse nature. Each being, as it is meant to be. When you draw closer, and focus on the tree, you enjoy the beauty of that unique tree. But when you back-up, and your vision expands, you see that tree is just part of the plan, and you enjoy the one, the entirety, the whole picture. Today, let the peace, of All That Is, settle into you so you might fulfil the piece of All That Is, which is you. Be still, and celebrate, each unique piece of The One.

September 9, 2020

I wish for you to know how to face a busy day with quiet determination, turning away from any temptation to be agitated, or irritated, or pressed, or hurried. Walk into a busy day with quiet determination within you. When there is a lot to do, when your plate seems filled to overflowing, do not begin rushing, and going here, and there, for the thought, of all that you have to do, is enough to make you weary, and tired, before you begin doing what you have to do. Instead, rise-up, and with quiet determination, take one thing at a time, just one thing at a time, and move through it, filled with this quiet determination to do it. And repeat this through the day, until what has been set before you is accomplished. If you set a course to be quiet, and determined, to do what is yours to do, you take away that bit of anxiety, agitation, irritation. And that, in reality, is what tires you. It is what makes you weary. It is what overwhelms you. The environment, in which you are accomplishing what you are meant to do, is vital. Create an environment of quiet determination, and move, at a slower pace. Breathe deeply, at a slower pace, and then rise-up, and face one thing at a time with quiet determination.

And The Holy Spirit says:

Much energy is expended in anxiety, in playing over and over in your head, in your thoughts: that there is so much to do that it will never be done; that your plate is so full, it flows over, and down; that you are overwhelmed with work, and no rest in sight. This is energy expended, unnecessarily. Do not permit your thoughts to go there. Rise-up in celebration that you have the opportunity to do what is front of you to do. And then, slow your pace, and make it slower, the more you have to do. Use your energy to accomplish what is set before you, rather than worrying about what is set before you. Today, begin the day, no matter how much there is to do, in quiet determination.

September 8, 2020

Patterns of behavior are learned. Patterns of behavior are instilled within you. Patterns of behavior are absorbed by observation, participation. Patterns of behavior are something that is learned. Acting-out, to get what one wants, only works as long as one gets what one wants, by acting-out. Children are a good example of this, and sometimes it can be difficult, to respond appropriately, when a child is acting-out. But it is possible not to fall into the game of manipulation, and still love the child, attempting to play that game. Pay attention to what you are doing, because it is not only the children of the world, and the children of your own house hold, who are observing what you are doing, and what you are saying, it is everyone around you, observing the way you live. Practice patience, practice kindness, practice tolerance, and be loving. Let the patterns of behavior, that others observe, by watching you, be the patterns of behavior that bring forth The Light to show The Way to peace.

And The Holy Spirit says:

It can be a challenging day when you recognize something you did, or something you did say, being used by your children, possibly in a fit of anger. And when you recognize, that you have been the model for the behavior, it is time: to set things straight; to make changes; to be thankful that you noticed; to speak with those around you, to acknowledge the patterns; and, be willing to change. But this type of change only comes from a free will choice. Be the example, of patterns of behavior that hold The Light, because The Light will illuminate shadows and darkness, and it will be possible to see The Way with clarity. Today, take inventory, on the patterns of behavior which are holding you in place, and make a change for the better.

September 7, 2020

Even when it is difficult: be kind to those who are unkind; be charitable to those who are greedy; be compassionate to those who have sealed their ears; be the light to those who lack clarity. Stand in that which you believe, quietly, reflecting that which you believe, in all you do, and say. There is no need for you to calm the fires of your desire to follow that Whisper, within you, just because others, around you, are wandering in shadow, and darkness. Do not forsake your path. Do not turn your head from The Way. I will give you strength, and courage, to move through each day. And as you walk, it will be as a prayer amongst the lost. And soon, the cries, and the wails, will begin to fade away; and there you will be, not needing to say anything, just being: being kind, being courteous, being charitable, being compassionate, being understanding, being forgiveness. Being.

And The Holy Spirit says:

Sometimes, when things seem unsettled, and beyond fixing, there flows, through this particular type of situation, winds of chaos, and confusion, moving those, who once knew their way, to a place of shadow. Do not be caught-up, and moved from your path, just because it seems that all around you are lost, and failing, and falling. Rise-up, and pick-up the banner of light, and walk, from morning until night, and you will be shown The Way, from within you. The light will come from within you, and the light, within you, will always show you The Way. Do not lose heart. Do not give up. Let that, which you believe, grow strong, within you. Let the light flow, from within you. Today is the time to be. Listen for The Whisper, within, for it is direction, coming from Me. God did send Me to guide each of you, from within. You do not hear My voice, speaking to another, but you hear Me, speaking to you. And I shall forever be guiding each of you, from within, so you might be.

September 6, 2020

I wish for you to know love, as you have yet to know it. I wish for you to know peace, as you have yet to know it. I wish for you to know confidence, as you have yet to know it. Love, and peace, and confidence, these things spring forth from within you, from The Gifts within you. Once you establish love, and peace, and confidence, within you, that will be your gift to the world. It is impossible for you to bring peace, to others around you, when you do not know peace, within you. It is impossible for you to give the gift of love, to those around you, if you do not know love, within you. Confidence comes from knowing love, living in peace, and sharing that environment, of peace, and love, with others, as you know it. When you love another person, or an idea, or a place where you live, or the school you attend, you respect that which you love. There can be no true love without respect. Honor those you love. Honor whatever you love, by showing respect.

And The Holy Spirit says:

Love, and peace, developed within, nurtures confidence, so it too might grow. Because you know love, and you live in peace, there is no doubt, there is no confusion, no chaos. You are confident, in that which you know. Nurture the garden of love, and peace, within your being, and share the gifts, from the fertile garden, which is tended, and well-established, within you. The element of love is binding, but not restricting. It holds together but does not force. Today, do not force anything. Sit quietly, in your garden within, and be still, and God will love you, as you are meant to be loved, so that you might know the peace of love. In this way, you will come to know confidence, which comes from the love of God, delivering peace to any who will receive.

September 5, 2020

Resist the temptation to embellish the truth, to fit your agenda; for to do so, will take that which is true, and make it unrecognizable, bringing it to a place where it resembles a lie. Do not break the truth, creating a lie. Let the truth stand, on its own, without embellishing that which is.

And The Holy Spirit says:

Sometimes, it is tempting to take a truth, and bend it, and fold it, to fit your own agenda; thus, taking the truth, and tainting it. Let the truth stand, in all its glory. If there is to be adjustment, let the transformation take place, within your agenda, within your story, until, your agenda, your story, fits the truth.

September 4, 2020

I wish for you to know the importance of being still, and quiet. Stop talking. Stop trying to get attention, so that others might hear what you have to say. Look around, and it will be clear to you, that no one is listening to what others are saying. Even when the words seem to pour straight from the heart, with a sense of urgency, and importance, rather than aggression, they are not heard, with the same intention with which they were said. No one is listening. If you are presented with a challenge, if everything around you seems to be in chaos, and confusion rules, then, be still, be quiet. It is time for those of Earth to stop talking, sit quietly, and pray for guidance, and direction, and then, follow The Way.

And The Holy Spirit says:

Far more is accomplished, after a day of silent prayer, than is accomplished in a day of intense conferences, and meetings, seeking answers, and resolution, to a problem, to a crisis. The answer, and The Way to peace, is within each of you; but few of you are willing to sit, and go within, and listen. Today, speak less. Go within, and listen, for the answer to your prayer for direction, and guidance, and it will come, and you will know The Way to peace.

September 3, 2020

Whenever you seek sanctuary, in a place of compassion, and understanding, seek Me. My arms are waiting to gather you unto Me, and: provide you comfort, and support; to speak, to you, words of wisdom, so that you might know what to do, and what to say, so that you are prepared to rise-up, and follow The Way, greeting each day, with confidence, and strength. When you seek strength, seek Me, and I shall be your strength. When you seek courage, seek Me, and I shall be your courage. When you seek The Ways of Wisdom, seek Me, and I will teach thee The Ways of Wisdom. When you are seeking sanctuary, you will always find it with Me.

And The Holy Spirit says:

You might encounter days and nights, where you toss, and turn this way, and that way, not knowing what to do, when confusion, and doubt, enshroud you, and cloud your ability to see, with clarity. In these times, do not rush here or there, do not go anywhere. Be still, and seek sanctuary in the lap of God, for it is there you will find peace, for it is there you will learn The Way.

September 2, 2020

Whenever you are tempted to wade into The Sea of Excuse, stop, and turn around. Go back to the beach, and sit on the sand, and let the light of the sun penetrate your body, touching face, and feet, and hand. Sit, and be held, and warmed. The Light of The Son will illuminate each word that was said, each deed that was done. When words have been spoken, when deeds have been done, resolution is held in The Light of The Son. The answer might not be what you hoped to find, but it will be complete, and it will be divine. The Light will illuminate every word, every deed, shining truth on that which is good, and on that which is in need, of apology, or forgiveness. Do not belabor poor choices with excuses.

And The Holy Spirit says:

When it is necessary to find an excuse for something you said, or something you did, it is time to revisit the words you spoke, or the deeds you did. You will always find justification in The Sea of Excuse, but this course does not make things right, it does not make things good. There is no lesson learned in ill-chosen words, when an excuse is given, and that is all that is heard. Forsake The Sea of Excuse, and its unsettling ways. Walk on the sand, with your face toward the sun, and seek first the good in all that is done. Be equally quick to apology, and forgiveness, for in this way you will know peace, and joy, all your days upon Earth.

September 1, 2020

There are ways that every, single inhabitant of Earth can make the world a better place, a safer place, a kinder place, a more loving, and accepting, place. And it has nothing to do with how much you have, your financial status, where you live, the car you drive, the clothing you wear, the education you have. Material things are limited. Some have much, and some have little. But the things that are unseen, the spiritual gifts, have been given-out to all. My love flows to each of you, knowing no boundary, or limitation. Therefore, take what I have given unto you, and share it. Share joy, and do so, abundantly. Share kindness, and do so, often. Share compassion, frequently. And be understanding, always. Practice patience to prepare you for whatever comes your way. And fill your heart with love. These things I send to you every day, and they are ignored, while the pursuit seems to be for the material things. Rise-up, and encourage others to do so, making the world a better place by using The Gifts of Heaven.

And The Holy Spirit says:

For today, forget the material way, and focus on using The Divine Gifts of The Dimension of Perfection, your heavenly Home. It will not cost you anything to be kind. It will not cost you anything to be patient. It will not cost you anything to be willing to listen, so that you might hear the heart of another. The Gifts, flowing to you from The Creator God, hold far more value than material gifts, scattered all around you. Focus on that which has eternal value, and you will change the world around you, for the better.

August 31, 2020

Angry words are not the path to peace. Hate-filled rhetoric, and casting the blame, are not sound building blocks for a brighter tomorrow. The Path to Peace shall be set before you by those who embrace The Wisdom of Heaven, and their benevolent words, of understanding, compassion, forgiveness, and love, shall be the building blocks for a brighter tomorrow.

And The Holy Spirit says:

Resist the temptation to use hatred, or anger to, state your case, or stake a claim. Bring The Light of God to every challenging situation, and the matter will be illuminated, the issues resolved, by using The Divine, and Eternal, Ways of Heaven.

August 30, 2020

Do not use times of turmoil as an excuse not to create The Power of Love, within you.

And The Holy Spirit says:

When winds, and words, of war, and battle, threaten your door, and shake your foundation, that is the time for the creation of The Power of Love. Anger for anger will not bring peace. Hatred for hatred will not bring peace. The only road to peace, especially in times of turbulence, is Love. For, it was in times of turbulence, and occupation, that The Message of Love, was delivered to those of Earth, two thousand years ago. Listen.

August 29, 2020

Whenever you are feeling low, or down, even if you have never tried it before, whisper My Name, and come sit with Me, just the two of us, in quiet. I will not condone anger. I will not encourage you to feel guilty, or to cast blame, or to even be sorrowful, or sad. I will not sit to commiserate with all that is happening, because to do so does not resolve the issue, whatever is facing you. It could bring a temporary retaliation, or add to the frustration, or possibly even put you in a position of winning the game, for a while. But when you sit with Me, these things shall not be, for My intention is to bring you The Wisdom of Heaven, so that you are wise, so that you know The Way, so that the matter at hand can be resolved, in a plan of peace. I will replace anger with understanding, which ultimately will lead you to compassion. The guilt, and the blame, and the calling of name, and the sadness, and sorrow, will be pulled from you. And I will fill you with courage, and strength, so that doubt disappears, and confidence remains. When you know the truth, you are confident. When your intention is to take the high road, to experience life, within light, you are confident. When you struggle in shadow, and darkness, and feel down, frustration is the temptation, keeping you down. Therefore, in our holy communion, we will replace these things with wisdom.

And The Holy Spirit says:

Sometimes, when you feel angry, it can be difficult to hear the answer, which will resolve the anger, but requires you to forgive, when you long for retaliation, and revenge. But as you sit, in communion, with God, you come to understand The Ways of the Wise, as this Heavenly Wisdom fills you, and shows you retaliation does not resolve the matter, but forgiveness does. The Light of The Dimension of Perfection illuminates the situation, and you will see The Way to true peace, not a temporary truce, true peace. But the desire to do this must outweigh your feelings for revenge. Today, why not give it a try? Sit quietly, and ask for direction, and guidance. Commit your answer to memory, or write it down, because you shall be given The Map of Peace.

August 28, 2020

Show respect to: that man sitting next to you; or, the woman, coming around the corner; or, the group of people, standing in front of you. Be respectful of your fellow human beings. It is possible, not to agree with another person's opinion, and still respect their right to an opinion. A difference of opinion should not be the cause for arguments, or to create a situation wherein you fight against one another. Respecting another's right, to speak their opinion, brings the opportunity, to know what is on the heart of another. By respecting another person's right to speak their opinion, you come to know what they are thinking. You can store volumes of information, that you receive, by listening, to another person's opinion. And these volumes, of information, can be accessed, for you to have a deeper understanding, and comprehension, of their feelings, and why they do this, or that, or the other. It all comes back to respect. When you respect another person's right to their opinion, you grow in wisdom, you certainly grow in knowledge, and you most assuredly grow in the ability to understand your fellow human beings, better.

And The Holy Spirit says:

When you begin with respect, you end in a deeper understanding of your fellow human beings. When you offer respect to another person, you might not receive their respect back, immediately; but continue being respectful, anyway. And there will come a day, when the seed, planted by your respect, brings respect back to you. Take the time today to allow others to say that which is on their heart. And respect what they say, even if you do not agree, be quiet, and listen. This is The Way to peace, this brings calm, and is a vital step to unity.

August 27, 2020

Master the storms, brewing inside you. Those inner tempests have the ability to either sicken you, and those around you, or poison you, and those around you. Your mood can range from seething in anger, to sullen, to grumpy, but the result is the same, disruption. The only difference is the intensity of the disruptive force, and these churning disturbances are not harbingers of good. That which is created, and fed, within you not only impacts you, the creator, but all those around the creator of the energy. When you feel the storms forming within: be quick to be still, and quiet; be slow in your breathing. Let each breath you take be longer, and slower, than the one before it. And do not go anywhere, but to prayer. Resist the temptation to blame others for causing the storm within you. It is you who must choose: to feed the temptation of anger, and permit it to grow, within you; or, to calm the angry seas, by whispering My Name, thus mastering the invasive threat, in such a way, that it is subdued, fades away, and is not longer a threat to you, or those around you.

And The Holy Spirit says:

When anger threatens to rise-up within you, be still, and sit with God, until the storm passes, swept away by the power of a peaceful presence.

August 26, 2020

Before you begin the tasks of the day, stop, and pray, that all you do will be for the good. Before you check the first item off your list of “things to do,” stop, and pray, that you will bless all you touch today. Before you throw the second, and third, ball, up into the air, beginning your juggling act of all there is to do, stop, and pray, that you might have respect for each one you encounter, during the day. There is a way to move through your day, and accomplish, what needs to be done, in peace. It is possible to talk to your child, about an issue you consider very important, and drive them to school at the same time. But it is better to drive them to school in peace, welcoming the new day; and then, find a time, and a place, that will be perfect to speak to your child about whatever the topic might be. Those with whom you speak assign a level of importance to the words you say, depending on where, and how, you say it. If you are saying something, which you wish to be, not just heard, but taken-in, and pondered, you need to make contact with whomever you are speaking with. You need to let them know it is important enough for you to carve-out a special amount of time, to sit, with them, one to one, and speak together. Go about all that you need to do today, in this way. Blessing, and praying over, whatever you do, so that, when the task is accomplished, it is a blessing from you to all who will receive, pieces, parts, or the whole, of that project you just finished. Make what you do important in its goodness. Set aside the thought that you must accomplish twenty things, when five would do, especially, if the five are done with love, and blessed by you.

And The Holy Spirit says:

Sometimes you will find that you are working through the day with such sense of urgency, and a great deal of speed, that when you stop one task, preparing to begin another, you find: your heart is pounding; you do not feel so good; you are tired, sometimes irritated. Move into your day, with confidence, and determination, to bring peace, to bring a calmness to your environment, as you work. You will be surprised to find how much can be accomplished, when you make the decision to do what needs to be done, prayerfully, and in peace. Slow down. Do not expect others to assign importance to what you are doing, if you do not assign importance to the way you are doing it. Walk into this day in peace, and bring calmness wherever you go, so that all around you will know, and see, what you consider to be important.

August 25, 2020

No matter what you are doing, no matter what you have done, no matter what you have set a course to do, I AM here, with you. And I will not slam the door in your face. If you come back, you will be filled with My grace. The father, in the story of the prodigal son, let the son go, to do what the son intended to do. And the father had a good idea of what would happen to his son. Still, he waited for the return. And when he saw his son coming, there was great joy. When he saw his son coming, there were open arms, no questions, no reprimands, no punishment, just the tender embrace of a parent with a child, returned. There is not one thing you can do that will keep Me from loving you. The door is always open.

And The Holy Spirit says:

Do not delay a prayerful reunion, with The Creator of All Things, because you feel disgraced, or ashamed, or guilty. As soon as you say, "God," the rest of the sentence does not even need to be completed, for you did say The Name. And within the saying of The Name was a knock on a door. And the door is always opened, and you are welcomed in. Do not let anything keep you from, whispering The Name, and going Home.

August 24, 2020

Be mindful. You might have successfully resisted the temptation to react negatively to negative words, and deeds. But what is happening within your thoughts? You might have rejected that temptation to argue with words, to engage in verbal combat, in a negative way. But what is happening within your thoughts? Have you moved the battlefield to a place unseen within you? Do not harbor ill will. Do not let your thoughts react to negative energy. When you hold your tongue, or turn the other cheek, do not silently, within your quiet prayer, beseech Me to react negatively, on your behalf. Let your thoughts, when you encounter negative words, or deeds, from others, go instantly to the art of forgiveness. Quickly fill your thoughts with the word, forgiveness. Let your focus, of your thoughts, be forgiveness.

And The Holy Spirit says:

Resist the temptation to let your thoughts become the battlefield, wherein you retaliate, with unspoken rhetoric. In your thoughts you set the course of the day. Resist the temptation to trample the garden of peace, within you, with thoughts of anger, and frustration, hurt. Let forgiveness rule this day, not only in the words you say, or the deeds you do, but in the thoughts you harbor, deep inside of you. Let today be a day of peace, and forgiveness.

August 23, 2020

You can read a book, of instruction, and know the words you read, for a while. But you can forget some of the words, of instruction. You can go to a lecture, and hear direction, and guidance, words, of instruction. And you can hear these words, and remember these words, for a while, until they are forgotten, and you (do) no longer remember the instruction. You can watch a film, and see how to do something, how to accomplish something. You can see the instruction, the guidance, the direction. But once the film is over, and months, and years, have passed, it is possible to forget that which you saw, just as it is possible to forget the words, of the lecture, or the direction, in a book. But I will not leave you lacking, or longing, for direction, or guidance. For, I will whisper within, and remind you, so that you do not forget the guidance you have received. I AM ever with you, within, so you will know The Way.

And The Holy Spirit says:

Take advantage of that which is yours. You can look around you, and sometimes wonder, when individuals are trying to accomplish something, that they are not using all of the tools that are available to them. It is easy to see, when another is not using all that is available to them. But it is not so easy to recognize it within yourself, because you are trying so hard, you are working so long, you are struggling, you are caught in action. But once you are still, you notice the instrument, the tool, over to the side, which was disregarded, or not even seen, during the struggle, during the work, during the action. You have, within you, unseen, and unknown, tools, to help you through every day, every situation, and in every relationship. But these inner tools can also be overlooked, until you are quiet.

August 22, 2020

You will find love within the practice of patience, for it takes a loving heart to be patient. Resist the temptation to be quick to correct, to prod, to chide, to push. Be still, and be patient. Allow another person to grow at their speed, in their own time, so they do not miss a step along The Way. Be patient with all those you encounter today.

And The Holy Spirit says:

When you practice patience, the act of employing this energy brings peace to your inner being, maybe not at first, because it might take a while to learn this practice of wisdom. But as you become more patient with others, your inner being finds a deeper peace, and you create an environment in which all of those around you can experience life upon Earth, as they are meant to experience it, learning their lessons, repeatedly learning their lessons, until they have the lesson secure within them. This all comes in a patient environment. Be patient, today.

August 21, 2020

I wish for you to invite Me into your circle of friendships. I wish for you to invite Me into your circle of work. I wish for you to invite Me into your circle of play, and recreation. I AM with you, but it works best when you know I AM with you, and it is with purpose, and intention, that you assign Me a seat, that you permit Me to stand with you, in every relationship. Right there, put Me between you and your friend. Put Me between you and your child. Put Me between anyone that you love, right there, between you and the person you love. Do the same with projects at work, or at play. Bring Me to the center of everything you do, each day. When you begin to do this, with purpose, and intention, your relationships change, because I AM there. Your projects, at work, and play, change, because I AM there working, and playing, right at your side. I AM always with you, but when you acknowledge The Presence, and give My entry into your circle, a major role, then everything about your life changes, for the better.

And The Holy Spirit says:

All you need do, is close your eyes, and envision this. See yourself standing, with a friend, and see God, standing between you, bringing wisdom, and strength, and courage, and love, to that relationship. And with your eyes closed, envision everything you do, in that way, because, I can assure you, if you see God with you, the words you choose to say, the thoughts you entertain, and the deeds you do, will change. Everything about you will be light. And you will move over the Earth, showing The Ways of God, pronouncing The Ways of God, through all that you do. It is very difficult to have an argument, with a friend, while God is standing between you. It is difficult to put together a project, which excludes some, and includes others, if God is working on the project with you. And the same goes for play, and recreation. Acknowledge The Presence of God, today, and see a change, for the better, in all that you think, and do, and say.

August 20, 2020

Do not step into self-imposed prisons. Be mindful of your inner chamber, that place wherein you: conceive thoughts; and give birth to words; and, watch them grow, in the deeds you do. These thoughts, and words, and deeds, which come from you, should be, and could be, and will be, of light, if it is your intention that they be so. Be mindful of what you are doing. It is not necessary for you to be a prisoner of anger, or hatred. It is not necessary for you to be confined by doubt, and fear. It is not necessary for you to be isolated, because of guilt, or shame. No matter what the name, the prison is still a prison, and you remain a prisoner, with the key. The key, to open the door, is love. The strength, with which to turn the key to open the door, is forgiveness. Refuse to be a prisoner. Insert the key, of love, and turn it with forgiveness. And once you walk free, from this self-imposed prison cell, set your mind to create thoughts, words, and deeds of love, and light, and peace, because if love, and light, and peace, is to flow upon the Earth, it must begin somewhere. There must be someone willing to open the door, and let it flow. Let that someone be you.

And The Holy Spirit says:

Come the day that you awaken, to who you are, then the responsibility rests in your hands. The opportunity, to show what you can do, with this responsibility, is with you, as well. Choose, operating, motivating, creating, and birthing, energies, which are of Heaven. Reject the darker, shadowy energies. It is all up to you. Rise-up today, in the light of the opportunity, assume the responsibility, and live, as if you know who you are, for you truly are a child of God, upon the Earth. And one important aspect of every mission, upon the Earth, is to bring Heaven onto the Earth, in whatever you do.

August 19, 2020

When creation continues, within the dawning of a new day, rise-up and celebrate that you are there to see it. When the winds rise-up, and shake the branches from the trees, and lift the dust from the soil of Earth, rise-up and celebrate that you are there to see it. When spring, and summer, and fall, and winter display the shades, and colors, the hues of beauty, all over the Earth, rise-up and celebrate that you are there to see it. When night comes upon you, with a shawl of tranquility, rise-up and celebrate that you are there to experience it. When you hold a child in your arms, or you take the arm of an elderly person to steady their gait, rise-up and celebrate that you are there to experience it. Eternity is unfolding all around you. Walk into the present piece of eternity that is today and rise-up and celebrate it.

And The Holy Spirit says:

There is a temptation, when one day follows another, or one season follows another, or one storm goes in and out and is followed by another, to let these things be routine, and very familiar. They are worthy of celebration, each one. Every day is a gift, the procession of eternal life, and you are witnessing it from Earth. You have donned the robes of a human being so it might be your experience. Celebrate it. Do not ignore the miracles that come every day, because they are not routine, in any way. They are as precious as a kiss, or a touch, or a prayer. See that which comes to you in that way, because you are there, on Earth, to see it, to experience it, before you come Home. Today, walk into the present piece of eternity that has come to you, and celebrate it.

August 18, 2020

If your rise from slumber did not include a sunny disposition this morning, go directly to your bathroom mirror, and take a look, a good look. Now, no matter how difficult it might be at first, smile. Your lips might quiver, initially. Still, continue to hold that smile, and take a look, a good look. It is as if you are looking into the face of two different people. And you are. One is going with “the down,” and the other is participating in “the up.” It is really your choice. You can choose to be down all day, or you can choose to play an active role in the lifting-up of yourself. Keep that smile on your face, even if it requires work. It will be worth the effort. And you will learn how much it is worth, as you move through the day. Everyone you encounter will see the smile and greet you in-kind. As the morning progresses, you will be playing the leading role in distributing “the up” everywhere your morning takes you. Come noon, without even noticing how it occurred, you will be smiling, without effort. The smile now belongs exactly where it is, while encouraging others to do the same. Participate in “the up,” today.

And The Holy Spirit says:

There are few things which can accomplish a lot, with a little effort. Smiling is one of them. Smile, and accomplish a lot today.

August 17, 2020

Some days are best when they are left alone, allowed to unfold as they are meant to unfold, without interference, or suggestion. And when you encounter such days, it is best for you to do the same, unfold within the unfolding day, without interference, without suggestion.

And The Holy Spirit says:

It can be a challenge to be still, to be quiet, to be at peace so that that which is to occur might occur, and then be done. When you encounter such days, sit within the day, and be still, be quiet, and let it unfold, as peace unfolds within you.

August 16, 2020

Each person, upon the Earth, has been given the same gift. My Spirit has been given to you. And while it might remain a mystery to you, it is still My gift to each of you. But you must choose to use the guidance of The Spirit within you. It waits. My Spirit waits to give guidance, to give direction, so that you might taste the Wisdom of Heaven, as you walk upon the Earth. It is often necessary to be still, and quiet, to hear the direction, but it is there, waiting for you to choose The Wisdom of Heaven within you.

And The Holy Spirit says:

I AM within you, each one of you. As The Wind blows around each of you, without consideration of who you are, I AM within you, without consideration of: who you are; what you have; your rank; or, your social position. I AM within you, a gift, guidance, direction. But I will not force you to take The Path, to follow the guidance, to adhere to the direction, for you have another gift, The Gift of Free Will, and you must choose. But it is good for you to remember that I AM present, within you.

August 15, 2020

Listening is the powerful piece of conversation, of communication, that is missing from conversation, and communication, today. Instead, conversation, and communication, seems to have taken a turn, and now, it could be easily termed, declaration, proclamation. If two, or more, people, are engaged in conversation, communication, it is often the case that they are all saying what they want to say, and sometimes doing so very loudly, but no one is listening. Therefore, once the conversation is ended, once the communication ceases, each participant knows what they know, but they do not know what the other knows. Therefore, even though they have come together, they are locked in isolation, because they will not listen. Today, listen to what those around you say, and your conversations, your communication, will begin to be broader, in scope, fill you with interest, and you will know the heart of another person, all because you were willing to listen.

And The Holy Spirit says:

Just as in conversations, that are mainly individuals, stating their position, but not taking the time to listen, if you are not careful prayer will take that same road. Oh, you will pray, and you will pray many times a day, and you will pray long, and hard. But will you listen? The answer comes to every prayer. Most often, before the prayer is complete, the answer is delivered. But you cannot hear, The Whisper of God, unless you are still, and quiet, and prepared to listen. Listen. Listen, not only with your ears, but with your heart, because the answer could come in a knowing; in a feeling; in a message, delivered by another, or others. But the answer will come if you but listen.

August 14, 2020

When you choose to incorporate a regimen of stretching, and reaching, and bending, and twisting, into your exercise program, the result is a healthier, toned, and flexible body. It is good for your body. But over-stretching, over-reaching, and bending, and twisting, can damage parts of your body. Therefore, you do this reaching gradually, carefully, pushing the limit ever so slightly, but stopping before any damage is done. And when you do this, you do not incorporate this regimen of reaching for someone else's body. You do it for your own body, so your own body will be more flexible and open. When you stretch your spiritual body, your spiritual body opens, wide, reaches far from your physical body, and people feel your presence. They come to know your spirit, and feel its presence, before they turn to see your physical body. Stretch your spiritual body with prayer. Twist, and turn, and bend, reaching for a better connection with Me, and your spiritual body will be flexible, and healthy, and your physical body will follow the lead of your spiritual body.

And The Holy Spirit says:

When you are reaching, and stretching, twisting, and bending, to improve your own body, do not reach, or stretch yourself out, to alter the course of somebody else's body. Do not over-stretch. Do not over-reach. You cannot stretch, and reach, for another. Do not try to do so. Stretch, and reach, for yourself. Stretch your body, it will be flexible. Stretch your spirit, drawing to a closer connection with God, and your spiritual body will be flexible, and open. But do not step into someone else's territory, and try to make them stretch, and reach. This is something you do for yourself, for your physical body, and your spiritual body. Stretch, reach, bend, move, and connect with God today.

August 13, 2020

My sons and daughters, Love is The Answer to every situation you will ever encounter. Your Brother Jesus delivered these words, with clarity, about those you must Love. And included in that group, was, "Love your enemy." The wise, and the mindful, have repeated these words over all of the years. Love is The Answer. But the solution falls on ears, which are covered with (the) hands, which refuse to hear. It seems too simple. You are looking for more complex answers, when The Answer is not complex, it is simple. You have The Answer. There is a reason why you should be filled with Love, why you should seek, first, all answers in Love, and it has to do with your well-being. If you are filled with Love, then Love is the filter through which all, that you see, and hear, and feel, passes. If that which you see is filtered with the Love within thee, your life is different than it is if your filter is anger, or hatred, or guilt, or shame, or anxiety. Look at the world with eyes of Love, and your experience of Earth will be an experience filtered by Love. It is that simple. It is the truth. Love will show you The Way.

And The Holy Spirit says:

When you encounter anger or you are tempted to be anxious, or fearful, pay attention. Do not be enfolded, and wrapped, with anger, or anxiety, or fear. It is at these times when you draw God nearer to you. Trust, believe, that you are more powerful than all the anger, and the anxiety, and the fear, that is tempting you. Let Love be that which you are creating within you, and do not open your eyes, or your hands, or your arms, or your heart, to anger, or hatred, or anxiety, or fear. Refuse it. When it knocks on your door, do not give it entrance. Create Love within yourself. Know it is The Answer, and act as if you know it is The Answer. And as you build Love, as you create Love, as you believe that Love is The Answer, that which you see and hear, you will see and hear through the eyes of Love. And your Earth experience will be of Love. Choose wisely that which you use as a filter, that which you accept and create within yourself. God has said, Love is The Answer. God sent The Living Word to deliver The Answer. Be amongst those who embrace The Answer, and let Love abide within you.

August 12, 2020

Some days will come to you, and you will wish they would remain. Some people will come to you, and you will wish that they would stay. Some times will come to you, and you would wish that you could hold them in place, forever. But creation is meant to flow, and days, and people, and times are meant to come and go. It does not stand still, creation lives. See it so, and bless and celebrate the coming and the going, as each is flowing with eternity.

And The Holy Spirit says:

Do not attempt to hold a day in place, for the day will fade away. Do not attempt to hold a person with you, for the time comes when they must go. Do not attempt to hold an event, a certain time of history, in place, because it all comes and goes. The only way to hold them within you is: to commit the day to your spirit; when it is time for that person to go, commit the love, and joy, and happiness, that was there, to your spirit; commit the glorious events in your life to your spirit. These things you will carry with you, the memories, the commitment within your spirit.

August 11, 2020

The spirits of darkness and shadow, often come, like thieves in the night, crashing through your door of slumber, invading your peace, planting seeds, within you, of worry, and doubt, and fear, and anxiety. Endure these troubled nights no longer. When you find you cannot sleep, and thoughts of, doubt, and worry, and fear, and guilt, and shame, invade your peaceful dreams, treat these spirits of darkness and shadow as if they are robbers in the night, thieves in the night, and cast them from your domain. Do not permit them to remain with you. If they are bringing baggage, that has to do with past situations, sit on the edge of your bed, and forgive what needs to be forgiven, including yourself. Pay no attention to those words rolling around in your head. Take charge of the situation. Forgive that which needs forgiving, and clear your head of doubt, or shame, or anxiety, of any kind. It is often said that, with the morning sun, with the light of a new day, the troubles of the night seem to fade away. Well, I tell you, with The Light of My Glory, these things that invade your rest, will fade away, too. Call My Name. Speak to Me. Bring The Light to the situation invading you, and illuminate the thieves in the night. And they will run, and they will hide, and you will be at peace, once again.

And The Holy Spirit says:

Nights spent tossing, and turning, worrying about this and that, are difficult, trying, and leave you weary, and worn-out. One of the things you can do, a positive step you can take, is to rise to the occasion, and understand that all, that is invading your peace, are spirits of darkness, and shadow, robbing you, stealing your tranquility, and serenity, taking peace from you. Cast them from you, and do not let it continue. Bring The Light of God to the situation. Do not continue tossing, and turning, thinking it will go away. There comes a time for action. Usually, it is forgiveness. Often, it is to cast the worriers from you, and bring The Light of God to the center of that night of turmoil, and you will find peace. The spirits, of darkness, and shadow, that invade your night, can be cast from you, outright, by speaking The Name of God, and holding The Light that doth flow to you.

August 10, 2020

If you deliver a springtime bouquet of flowers to a friend, and the friend places the flowers on the table, and there, they are left, the flowers will wither. If you carry fresh vegetables, from your garden, to a friend, and they place the vegetables on the table, and there, they are left, the vegetables will dry-up, or rot. If you deliver a current, bestseller, to a friend, and they place the book, on the table, but it is never read, that which is held within the book is not known. Just because your gifts are not recognized, are not valued, it does not mean the gift given was less. Do not dismiss the gift, because the receiver does not value the gift. Keep giving the gift because it is in giving that you are blessed. Give no matter who receives the gift, no matter if they do not know what to do with the gift. The gift, once given, is blessed, and the giver is twice blessed. Ignorance does not diminish the gift.

And The Holy Spirit says:

Do not let another's action, or reaction, keep you from doing that which you feel you are supposed to do. Do not let another's action, or reaction, alter the course, which is set for you. Sail on, move with your course, and deliver the gifts, as you are called to do. Leave the gifts and go on. You have delivered what God asked you. Move forward. Yours is not to reason why they did not value the gift. Your part is to deliver the gift. So today, rise-up, and deliver the gifts, the heavenly gifts, which you are called upon to deliver, and do not concern yourself about how they are used, or misused. Let the gifts be delivered.

August 9, 2020

Every new day, which comes to you, is an opportunity for you to begin, again, to create, anew. When it is time for you to create, be mindful of your thoughts as, as you think, you create. These energies live, and move-out from you, and take-up residence, in the day that is new. Let this day be filled with the best that can come from you.

And The Holy Spirit says:

If you are inclined to rise from your sleep, and run into the day, to begin either work or play, without taking the time to stop to pray: you are more likely to create thoughts, which could be a bit more elevated; you are more likely to say things, which, more likely, would be better eliminated; and, you are more likely to perform deeds, which are not of light, all the time. But when you are mindful, and you know that you are in a new day, you tend to make it sacred, in every way, just because you took the time to stop and pray, before you did begin the new day.

August 8, 2020

During tumultuous times, there will be many opportunities to engage in verbal combat with others, decrying their position, upholding your own, making judgments upon this one or that one; and, the exchange goes on. These exchanges absolutely, never, resolve the issue at hand. These exchanges do not calm the angry seas. The wise refuse to enter this useless combat, resolving nothing, because each side is so caught-up in their own position, they cannot see. Refuse verbal combat, and use your energies to do something which will resolve the issues at hand. Quietly, call upon Me, so that I can fill you with heavenly wisdom. Call upon Me, so My hand will move, and bless the land, and the people, touching their heart, which will soon be at peace. Prayer can resolve what words of anger only ignite.

And The Holy Spirit says:

When there is verbal combat, an argument, between two, or more, people, it is a misuse of energy, because the issues at hand have roots, which began: sometimes, thousands of years ago; oftentimes, generations ago; and possibly even, months ago. But realize you are arguing in the past, of the past, from the past. If you wish your words to be seeds of promise for tomorrow, you must choose, wisely, that which you say, and let it be positive, in every way. There is no need to point-out all that is wrong. Say something positive. Address that which has been done, which is good, and prepare the garden for the seeds of hope and promise, which will feed the children of tomorrow.

August 7, 2020

During times, when you feel low, be mindful of what you choose to do to extract yourself from that hole. Resist the temptation to add project upon project, to change the focus, because adding project upon project, to this feeling low, will only cover it, for a while, until it breaks through, again. When you are feeling low, set a course, for the day, that requires you to create something of light, to lift you from the hole. For a period of the day, make it your intention to create kindness. No matter what comes your way, be kind. For another period of the day, set a course, on which you become more understanding and compassionate, and do not change that course. And all through the day, let your intention be known, by the things that you say. When it is time to create kindness, be kind to everyone, and every situation, including yourself. These things, these energies, these beautiful creations, flowing from you, filled with light, will lift you up, out of the doldrums, high up so you can see the outcome of that which you chose to create, to change the focus, for just a while.

And The Holy Spirit says:

When you perform a kind deed, for another, you feel better. When you choose The Way of love, over anger, you feel better. When you choose to listen, with understanding, and holding compassion, for the individual, who is speaking to you, you feel better. Employing all The Gifts of The Holy Spirit, The Gifts I give unto you, The Gifts you have been given to cherish, treasure, and use, brings a feeling of confidence, and you feel better, because you know, whatever comes your way, you can meet it, and change the color, the course, of the day. Use The Gifts you have been given, and you shall rise-up, from the lowest place, up, up, to the highest. Today, choose kindness, compassion, and understanding.

August 6, 2020

Continue to be kind, even when your kindness is not returned in kind. Continue to be loving, even when your love is not returned with love. Continue to be compassionate, patient, understanding, even when these things are not received nor returned with understanding, patience, and compassion. Do not permit the creation of kindness and love and all good things to be limited by another's reaction. The world needs kindness, therefore, be kind. The world needs love, therefore, be love. The world needs compassion, patience, understanding, therefore, bring these things onto the Earth.

And The Holy Spirit says:

Do not permit another's rejection of kindness to limit the kindness you are willing to create. Create all that is holy and sacred and good. Create these wonderful things, within yourself, and deliver them, without hesitation, without looking for a reward. Let the reward be the creation itself, for your kindness will not fade away, nor will your love, compassion, understanding, or patience, fade away. Once you create them, they live. Do not permit another's rejection to keep you from bringing these things to Earth. Today, create heavenly energies to move-out over the Earth.

August 5, 2020

The first stroke, upon a canvas, is just as important as the final stroke, revealing a masterpiece. And all the strokes in between, are just as important, as well. The artist uses the tools of brushes, and paints, bringing forth light, and color, balance, and beauty. The brush does not lead the hand of the artist. The artist is filled with inspiration, and that inspiration moves the hand, which holds the brush, and applies the colors, creating the masterpiece.

And The Holy Spirit says:

There are many examples of all of the parts, being important, all of the gathered pieces, holding great significance. But when the project is complete, that which is completed is greater than the sum of all the pieces. The hand of The Master will bring forth the light. The hand of The Master will address all the colors. The hand of The Master will bring forth balance, and beauty, harmony, and peace.

August 4, 2020

Whenever you feel boxed-in, trapped in a corner, as if your back is against a wall, or you are in a hole, so deep, that it feels as if it is impossible to get out, whisper My name: and the sides of the box will fall; and the corner will be straightened, and you will be free; and that wall, which you were backed into, will be no more; and I will lift you, and free you, from the hole of darkness and shadow. All things shall happen when you whisper My name. And I tell you, there is another course, as well. Bring Me to the center of all you do. Listen for guidance: before you pass through the door; before you make the turn; before you are boxed-in, or in a corner, or with your back against the wall. Bring Me to the center of every plan, of every thought of ideas, of anything you intend to do, and I will help you walk through, show you The Way, lead you all through the day.

And The Holy Spirit says:

When you have a thought, make a plan, and you want to see it develop, it is possible for you to use the tools, that the world has taught you, to build something, or to write something, or to prepare something in a way that you can use and enjoy it, and others, too, might use and enjoy it. But there is a spiritual approach to creation, to doing things, and that is (to) ask, so that you are doing The Will of God, because The Will of God is your Will, as well. If it is The Will of God that it be done, it shall be done, and you shall be the hands, and the eyes, and the ears, and the mouth, and the feet. But it shall be accomplished, and with much ease. Bring God to the center of every plan.

August 3, 2020

Do not underestimate the recuperative, sustaining, and healing power of rest. Do not resist rest, for it will make you whole. Embrace rest, with all its healing properties, and your life will be better. When you accomplish a goal, rest. Take the time to look, and see, and appreciate, what you have done. When you have completed a task, or a big job, a difficult job, rest, and acknowledge what you have done. Let rest become a part of all that you do, so that rest can be a part of the healing within you.

And The Holy Spirit says:

Rest is not a waste of time. It is not something to be put to the side, to bring-out only at the assumed proper time. Use rest, as it is intended to be, a comfortable place to stop, and gain sanctuary, as you move along the path, marking all that you do, during your lifetime upon Earth. Embrace the healing power of rest.

August 2, 2020

It is time for you to understand who you are, and to place great value and worth on the sacredness of who you are. The butterfly does not come onto the caterpillar. The potential, and the beauty, of the butterfly, is always held within the caterpillar. Know who you are.

And The Holy Spirit says:

There is, within you, the sacred spirit that is you. Right now, you are wearing a body, to move over the Earth, for the experience of Earth. But there is always within you, the potential to rise-up and fly, to light the sky with iridescent color. Know who you are.

August 1, 2020

An interruption, in life, as you know it, is often the potential for growth, spiritual growth. When the interruption is a major illness, the outcome, frequently, is a deeper appreciation: for life, all life; for relationships; for that which is important. When the interruption is a financial setback, the outcome is often the wisdom to know that which you need, and that which is unnecessary. Interruptions in life, as you know it, can often be the pivotal point in your life, upon Earth, when you have been called back to "center," pointed in the right direction. Look back at the times you have considered difficult, you might have considered a trial to walk through, and study the end result, because often the end result, of these situations, is: a deeper compassion for other people; a richer enjoyment of life on Earth; and, an understanding of what is necessary. Today, focus on the real joys of life.

And The Holy Spirit says:

When everything is taken away from you, and it appears as if you must begin again, usually, when you begin again, you are not so quick to amass things, that had once been important, or held significance for you. You begin to look anew at what is important for you. The baggage you carry is not so heavy. Place value on all that you can see of this beautiful creation called Earth. Look at it carefully, and see yourself as part of this great creation, and walk gently into this day, with gratitude upon your heart. Appreciate that which is with you, today.

July 31, 2020

Those thoughts, you entertain within your head, are communication, and it is important for you to know with whom you are communicating, before you establish a relationship with the spirit of doubt, or the spirit of anger. It is time to clean house. Open the door and show the spirit of doubt out. Clear away the debris in the aisles and send anger away. Remove worry, fear, and anxiety from your being before they find a comfortable place and occupy all your attention. Prepare your inner chamber to be ready for company, heavenly company, and then send out the invitations to welcome the spirits of love, and light, and peace. Be sure to invite the spirits of understanding, compassion, generosity, and kindness. You have the power to cast from you that which is not good for you. There is no need to harbor shadowy or dark energies within your sacred self. Invite Me into every relationship, every communication, and each will be blessed with The Wisdom of Heaven.

And The Holy Spirit says:

Once you have taken inventory, and cleaned your inner hallways, and chamber, of all debris, invite God to the center. Establish a relationship with God, and let it be the most important relationship. Draw nearer to God by communicating with God. When you find you are beginning a conversation with fear, or doubt, or anger, or jealousy, ask God to join that conversation, and soon the spirits of these shadowy energies will flee, because God is there, standing with thee. Shadow, and darkness, cannot abide in The Light of God. Take your place there, because that is your place, standing in The Light of God.

July 30, 2020

Heaven is near to you. Heaven is with you. Now, in the present, it is so. Say it, all through the day, until you begin to feel it. And when you begin to feel it, remove the word "Heaven," and say, "God," because as Heaven is near to you, in the present time, now, today, so too am I. I AM with you. I AM near to you. We are one.

And The Holy Spirit says:

When you read words that are uplifting, it is easy to read them. It is fairly easy to understand them, in your own way. But today, God is asking you to live in the present, knowing that God, and Heaven, as one, are with you, are near to you. And because this is so, you can hear God, you can feel the presence of God. It is so. God is with you. Repeat it. Say it over, and over, until it slips into your being, and you know it, because it is true.

July 29, 2020

Once you embrace the truth that love is the answer to all conflict, then your life changes, for the better. If someone has been unkind to you, or hurtful, in any way, do not retaliate. Do not seek to get revenge. Do not hold a grudge. Holding a grudge, about something that has happened in the past, is as if you are carrying a heavy anvil around with you all day, and into the night. Even in rest you cannot set the anvil aside, and come morning, and dawn breaks, you rise-up, and carry the heavy weight, into the new day. The same goes for anger, and hatred. The only answer to conflict is love. No matter what another is saying, or doing, there is another option for you. It is love. It might take a day or two, for you to get used to love being your response, to all that happens around you, but once it settles in place, and you begin to operate from the spirit of love, within you, your perspective of everything changes. Slowly, but surely, everything, around you, softens, is less mean-spirited, people are kinder, because the energy of love is more powerful than anger, or hatred.

And The Holy Spirit says:

Try, just for one day, to let your response, to anything that happens, be love. Anger meeting anger makes everything worse. But when you stand in stillness, and when you are quiet, things begin to calm down. When your response is love it is an announcement of impending peace. It can be easy to forget that love is the answer to everything, so do not just say it, do not just write it, live it, so that you might experience love, in every situation. When love is created within you, and flows from you, it begins to change everything about you. Be the bringer of love to every situation, every encounter, and every relationship, and you will change the course of the world around you, because once it is created love does not die. It moves-out, and touches others. It lives, like you, forever.

July 28, 2020

All throughout the day, the week, the months, all the years of your lifetime, upon Earth, you make choices, from the options available to you. Consider the quiet options, that are always there: the door, slightly ajar; the window, open enough for the curtains to move in the breeze; the path, dimly lit, beckoning you, in stillness. There is always an option to choose the quiet way, the way of tranquility. Open the door and walk through. Lift the window higher, and let The Wind embrace you. Take the path, which seems to be just for you. These are signs, messages, bringing you an opportunity to choose a more contemplative way of living.

And The Holy Spirit says:

I call to you, from within, especially when you are in turmoil, or frustrated, or just do not know what to do. If you will stand still, you will feel My Presence within you. And as soon as you acknowledge My Presence within you, you will begin to know what to do, so that turmoil falls from you. When there is an issue, choose the quiet way. Avoid the chaos, and confusion, and you will be in peace.

July 27, 2020

One of the most important things you can do is to establish, and maintain, peace, and love, within you. You cannot alter that which others create within themselves, but you can have a profound impact, on what others create, by standing in your peace, and love. You can walk in chaos, and confusion, holding peace within you, and slowly, but surely, change the course of the chaotic river; and it will flow, in peace, because you created peace in the river. And the same goes for anger, or hatred. You can walk into that river, creating within you, and maintaining, the energy of love, to such a degree that, that which flows from thee, which originated with Me, will flow into the river, and create a river of love. Opportunity comes. Look, and see. And let it be today, that you are peace, and you are love.

And The Holy Spirit says:

It is time to do your inner work. When there are times of turmoil, or even frustration, floating about you, do not try to reach-out, and grab that energy, and mold it to something that you think it should be. It is like picking-up a ball of tar, your hands get stuck to it, easily. Therefore, go within, and create more peace within, because that which you create within does not stay there, locked away, it moves through you, and out from you, permeating all about you. It is possible for you to stand and be peace. The power of a peaceful presence is profound.

July 26, 2020

Be humble, and quiet, about the things you do, to help others. It is not necessary to create an organization to be kind. It is not necessary to create an organization to hold compassion upon your heart, to be understanding. Therefore, when you wish to be kind, and compassionate, and understanding, do so, at a personal level, first. Feed the hungry. This is, possibly, one of the easiest things you can do. Take someone to lunch. Prepare a box of food, and take it, and leave it at the doorstep of someone you know is in need. You can do the same thing for clothing. Go visit someone who is in a prison. Pray for someone. Let your intentions to help begin in a very personal way.

And The Holy Spirit says:

So many believe that, since they are one, what they do cannot make a mark, or be of much help, in the world today, but I encourage you, to do as you are guided every day. That box of clothing, that you leave on the doorstep of another, anonymously, does much, especially if you do some deed of kindness, like that, on a weekly, or a monthly, or even an annual basis. It might not seem like much to you, but before you are through, you have taken food to hundreds, if you carry it throughout your lifetime. Begin today, to live your love for God, in a personal way, by loving God's creation, today.

July 25, 2020

The benefits of sitting quietly, in prayer, at the beginning of each day, will amaze you. You will be surprised at the results of carving-out a space, and a time, to begin each day in prayer. At first, this will be difficult to do, because the temptations will bother you, nagging you to hurry into the day, to rush to that place, or to open-up your desk, and begin your work, because there is so much to do, you will not finish, if you do not apply yourself, immediately. And on, and on, it goes. They come at you almost as a threat: if you do not do this, you will not succeed; if you do not hurry into the day, you will not get all you need to complete that assignment. Soon you feel as if you are a wind-up toy, and the key, of anxiety, is turned, and turned, and turned, until everything is tight inside. But, when that key is released, instead of operating, in an orderly fashion, you begin spinning in circles, running here, and there, flipping over, no longer functioning, wheels spinning in the air. I promise you this. If you will begin each day quietly, no matter how much is ahead of you to accomplish, that which you do accomplish will be done in peace, and calm. You will not waste energy, running in circles, you will be fueled with My love for you.

And The Holy Spirit says:

It can be trying, when you decide you are going to begin a practice of prayer every day. It seems like many things just flow into the way, and you start your day filled with ego chatter. "I must do this and that." "I will pray later." "I will find time tomorrow." "I will start tomorrow." The best time is to start now. Take some time to connect with The Source of all life within you. Connect with God, Who has given you life, an abundant life, an eternal life. So, sit, and chat, for a while. Listen, as God speaks to you, and guides you. Do not focus on the ways of the world, first. Sit in the lap of God, and be filled with love, and then you will be fueled with love to last all through the day.

July 24, 2020

Today, be the person you were created to be. Be the real you, for there is not one other person upon Earth that can be a better you than you. And as you begin this day, let it be your intention, let it be your purpose, and say it with authority, "Today, I shall be the best I can be." My child, when you are the best you can be, you are creating the possibility, and the environment, in which all that you are meant to do shall be done by you. That is the best you.

And The Holy Spirit says:

Do not run from who you are. Lift yourself up to be better today, and begin working on you, so that you might be the best you, you can be. Doing this requires you to be still, and quiet, to connect with God in a special way, to meet nature, God's Creation, the Earth, in a special, and revealing way, so that you draw your energy, to be the best you, you can be, by being fueled through your connection with God, and your connection with Earth, Mother Earth. Today, be the best you, you can be.

July 23, 2020

Your power does not lie within the body, the physical body, you wear upon the Earth. Your power lies within the spiritual body, and your spiritual body is not confined to reside within your physical body. Your spiritual body is not locked in the cage you call your human body. Think about this. That which you create, within your spiritual body, is not held within your physical body. It moves from you. Your creations, whether they be positive, or negative, move-out, and move beyond your physical body. You will have so many opportunities this day to bless every individual you encounter, all along The Way. Now, your blessing of smiling, at a total stranger, whom you pass, will touch their heart, in a special way. But that smile upon your face stays on your physical body, yet the energy, of the creation of kindness, that came from your spiritual body, moves through your physical body, and out into the world. That energy, that vibration, of kindness, moves from you, touching, and moving into, the individual, who just passed you. That energy continues to move out into the world. You do not yet comprehend the power of your spiritual body, but it is far more powerful than your physical body. Your thoughts are creations. And when you put your thoughts to action, in words, and deeds, you bring these creations more solidly into the third dimension. But these thoughts you create do not remain within you. They move through you, and out beyond the boundary of your physical body. Pray for guidance, and wisdom, to comprehend this, so you know what you are doing, as you make your way through this day.

And The Holy Spirit says:

Many times, you can feel the energies and vibrations, created by another, even after they are no longer physically on the scene. You can open the door to a room, and walk-in, and feel, and know, that a type of argument has taken place in that room. While there is no physical evidence, there is spiritual evidence, because the room feels unclean. You can walk into a room and feel love. Even though there is no physical evidence, you feel the presence of love. You feel the presence of peace. You feel the presence of forgiveness. You feel these things, often without knowing it. Today, begin to recognize the power of the creation within the spiritual body, and come to realize your spiritual body is not locked away in the physical body. It reaches beyond, and its creations move beyond. Pay attention to what you are creating.

July 22, 2020

It is important to connect with Me, at the beginning of every day. With intention, and purpose, connect with Me, every day, because as we walk together, into the day you are to experience, everything you encounter, all that is placed in front of you to do, is possible for you to do, because we are working together. As we walk through the day, and you encounter individuals, who in the past you might have found difficult to love, together I shall love through you. And as My love flows through you, to the individual in front of you, they are blessed, but My child, you are blessed too, for My loved has poured through you to another. When we walk together, through the day, all the obstacles, that you encounter, will fall away, because that, which I wish for you to do, will be done by Me through you. In this way, no task is impossible to do. This is why I have said to you, "If it comes to you, it is yours to do." But you do not have to face all that comes to you alone. Connect with Me. We will walk through each day together. And as we walk, and talk, and grow nearer, you will see that all that comes to thee can be done.

And The Holy Spirit says:

Use The Gifts that have been given to you. The one who is asked to go out and dig a hole, and given a shovel, and a pick, does not leave the shovel, and the pick, at their doorstep, and go out, and begin to dig with their hands. You have been given all that you need to do what is yours to do, as you walk upon the Earth. Do not leave these Gifts behind. Do not make your task more difficult, by rejecting The Gifts you have been given, by leaving them behind. Today, in faith, walk through the day knowing, not hoping, knowing that you have within you all that you need to accomplish your mission. But you must use The Gifts, or the mission will seem more difficult. Use The Gifts that are especially assigned to you, for the mission that is ahead of you. Come the end of the day, you will smile, and realize, that which came to you was possible to do, using The Gifts Divine.

July 21, 2020

Be mindful of your thoughts. Do not give, the voices of darkness and shadow, sanctuary, within your sacred being. Do not embrace words, or thoughts, telling you: that you should be ashamed; that you are bad; that you are greedy; that you are not generous; that you are not kind. Do not listen to these inner voices of turmoil. They are spirits of fear, and doubt, and worry. They are spirits of shame, and guilt, and greed, prompting you to pay attention, and to heed what they say. But when you are listening to these words that berate and belittle you, it is difficult for you to hear Me, whispering to you, "Come, let us talk of kindness, today." "Come, let us speak of the ways of peace, today." Because you see My child, I will not berate you, or belittle you, in any way. I will show you The Way. Be vigilant. Listen.

And The Holy Spirit says:

When your thoughts are filled with doubt, and worry, guilt, and shame, rise-up, and proclaim who you are, for these voices are not of Heaven. They are voices of darkness, and shadow, and will lead you astray. There is no need for you to wander in darkness in this way. When you are filled with any negative thoughts, pronounce yourself as a child of God, with the authority to rid your inner being of this darkness, and shadow. And you do it, by simply saying, "Get thee behind me;" or, "I cast you from me;" or, simply, "Be gone from me." When you realize that you have the power, the God-given power, to protect your inner sanctuary, then: you will keep it free from debris, and clutter; and you will hear the voice of God better; and you will know My guidance, because you will hear, and you will know. And a sure sign is that we will encourage your steps forward, rather than putting you down, or crushing your spirit. Pay attention to your thoughts. Be discerning of the guidance you are receiving. And, when it is positive, and filled with all possibly, then rise-up, and do, and say, and think, and pray, for you are being led, all along The Way, by the voice of God.

July 20, 2020

I wish to teach you My ways. Come, draw nearer to Me, and I will enfold thee within My love. I will teach you the ways of Heaven, so you know the glory of My love. And, when it is time, and you are ready, I will whisper, rise, My son, stand, My daughter, because I will know, as you have been prepared, it is time for you to rise-up, and go into the world: to speak the ways of Heaven; to perform deeds, glorious, and grand. My child, do not rise-up in anger, for there will come a temptation to speak, before it is time. Be patient, and wait for My voice, and I will whisper, and you will recognize My call. And, in this good timing, as you rise, as you stand, your words will be perfect, your deeds wonderful, as you have been taught, and led, by My hand. The farmer does not harvest, the crops in the field, until it is time, until they are ready. The master, of the orchard, does not pick the fruit, until it is time, until the fruit is ready. The master, of the vineyard, does not send workers into the field to cut the grapes, until it is time. And, the baker does not remove the bread from the oven, to offer it as nourishment, until it is time. Wait, and listen, and be vigilant, for My voice will echo within you, when it is time. And, when you speak, at My call, when you rise-up, in answer to My voice, your words will be as rewarding as the wine from the perfect grape, as the bread from the master baker. And, your deeds will be glorious, fulfilling, sustaining, as the harvest from the fields, as the fruits from the orchard. Wait until it is time, and then rise-up.

And The Holy Spirit says:

Once the seeds and the plants are in the field, the farmers watch carefully, tending the fields, keeping them clean, and free of weeds, so that the weeds do not strangle-out the tender plants. The farmers watch the fields, and the rains come, and the sun shines, and the plants grow. And the Earth is filled with gardens of vegetables, orchards of fruit, vineyards of grapes on the vine, but these things are not harvested, until it is time. Before it is time, the fruit can be bitter, the vegetables sour, hard. And the grapes, from the vine, cut early, will not produce a pleasing wine. You are the same. Listen to the voice of God within you, so that you might know when to speak. And, if you have been taught well, and listened carefully, when it is time your words will be sweet, tender, pure, and a joy to behold. Wait until it is time, and then rise-up, and go forth: to speak the words of Heaven onto the Earth; to perform the deeds of Heaven, as you walk upon the Earth. These things are all possible to do because God is waiting to teach you. Listen. Be patient. Wait for the time.

July 19, 2020

An important part of communication is listening, hearing what the other person is saying, hearing for the purpose of knowing how they feel, knowing what is on their heart, accepting what they are saying. Without this vital piece of communication, you are left with two people, or more, saying exactly what they think, and no one listening. This is not communication. This is making pronouncements, and announcements, and stating your opinion. But, as you walk away, you leave no richer than when you came to the situation.

And The Holy Spirit says:

The wise one listens, listens for the purpose of knowing the heart of another. The wise one does not listen to correct, or find fault, but to gain understanding. And, by gaining this understanding: it is possible to have compassion; it is possible to hold another in high esteem. It is possible to know the heart of another, but first, you must be willing to be quiet, and listen.

July 18, 2020

Do not wish you lived in another time, or in another place, for where you are, right now, in that space, in which you find yourself, is where you are meant to be. In that place, that sacred space you hold, right now, you have a course, a path. The Way is before you. You have a destiny, a purpose, a mission. And this mission, for right now, was never meant to be for another time, or another place. It is brought to Earth, by you, to be addressed, in the place, in the space, in the time, you abide. When you feel the call, within you, to rise-up, to stand, then rise-up, and stand. And let your words be words you were meant to deliver to every woman and every man, every inhabitant who will hear you. And, let your deeds follow your words, so they might see you, too. Do not fulfill your mission with anger upon your heart. Be strong. Rise. Stand in My light, and deliver your message, as a song of love, bringing truth to all who will hear.

And The Holy Spirit says:

When you see another person rise-up, and take a stand, but do so, not with a hand formed with a fist, but a heart formed by the hand of God in love, then it is difficult to look away. It is impossible not to hear what they say, because the lion of God is speaking, and the words are truth, and the truth comes from love. And, once they are spoken, the message is complete, and the mission, fulfilled.

July 17, 2020

Come, and sit with Me, and we will sit in the power of Wisdom, for a while, for My ways are the ways of Wisdom. Wisdom does not lead you to tear-down, mock, or humiliate another. The ways of Wisdom lift you up, and all those around you are lifted- up, as well. The ways of Wisdom bring light, where there once was darkness; and as you see in the light of Wisdom, all those around you will see, as well. The ways of Wisdom bring clarity for all. When you are tempted to speak ill of another, to be angry with another, to harm another, in any way, stop before you speak or act, because the ways of Wisdom, My ways, do not tempt you to destroy, they guide you, they lead you, to the glory of My Light. It is time to discern the difference. That inner voice, tempting you away from The Light, is not My voice, is not the voice of Wisdom. Wisdom is pure. Wisdom is truth. Be still, be quiet, and listen, for I AM speaking to thee, and My words will lead you, and guide you, into The Ways of Wisdom.

And The Holy Spirit says:

Wisdom is not held in the thundering outburst of anger. Wisdom is held in the tender dewdrop, resting at the petal's edge, sparkling in the light of the sun.

July 16, 2020

When you are in the season of sweet, and tender, times, and fair winds fill your sails, and move you over calm seas, celebrate. Have gratitude on your heart for all that is with you. Tell you friends, and family, tell your loved ones, of your joy in being with them. Be generous with that which is yours, with that which has come to you, during these times. Give freely of the treasure you hold. Give freely of both: the spiritual treasure, and the temporal treasure. Give, because when the change comes, and when the wind blows, and brings in the stormy seas, blowing so hard that it scatters the friends and family, that you find the money is depleted, and the sun has gone, you will not be alone, because those, who you shared your treasures with, will return, and bring you that which you have given. That, which you gave in generosity, will come back to you, in a gift of love. And those who you told, so often, how joyful it was to know them, will come back and sing that song, that they learned from your lips. That which you give will always come back to you.

And The Holy Spirit says:

Be sure today, you tell those around you they are loved by you. Do not take joy for granted. Do not take the comforts you experience for granted, because the winds of change can move-in, suddenly, and all that you knew will be scattered. But, if you have planted those seeds of love, with tender words, and if you have always shared that which you had with others, during these stormy times the words you spoke, and the deeds you did, will come back to you, through the hands, and the lips, of others.

July 15, 2020

Let joy fill your heart today. Do not permit the lists of things to do, and places to go, occupy your focus for this day. Let it unfold in a sacred way. Before you attempt to do anything: breathe-in, deeply, and fill your lungs, with the life-giving power of the air, around you; then, breathe-in, deeply, and fill your spirit, with the life-giving power of The Holy Spirit, within you. You do not have to go into this new day alone. The truth is, you are never alone, as My Holy Spirit resides within you. Just because you ignore, or forget, or deny this sacred truth does not make it less sacred, or less true. It is My gift to you, My Holy Spirit within you.

And The Holy Spirit says:

I AM with you, and within you. Let us go into this day together. I will answer your questions, and bring you The Wisdom of Heaven, if you will allow it. It is time to begin this new day, in a sacred way. Seek the answers within, and you will know The Way.

July 14, 2020

Every thought you have, every word you speak, every deed you do, has an impact on the world around you. And while you are tempted to believe that your thoughts, words, and deeds are small, and insignificant, in comparison to the world around you, it is not true. Once created by you, your thoughts, words, and deeds, live. And each drop of kindness, released into the world, makes a difference. If you release only one drop of food coloring into a large bucket of clear water, that solitary drop of color alters the shade of the water. You impact the world around you much more than you know. Today color the world with drops of compassion and kindness, and watch the results glow, bringing forth The Glory of God into the world around you, one drop at a time.

And The Holy Spirit says:

Be mindful of what you are creating, for each drop that comes from you, influences the world around you. It does not matter whether the drop is positive, or negative, it makes a difference. Make a positive difference in the world today, through all you think, and do, and say. Release the power of The Gifts of The Holy Spirit of God into the world, one drop at a time.

July 13, 2020

Embrace the gift of life you have been given, and live. Live for the glory of living upon Earth. Live for the everyday delights which occur upon Earth. Live for each sunrise and sunset and celebrate the rising and the setting of such radiance. Live with enthusiasm. Live in a glorious way, so that those around you might know Me through the living you do. Celebrate that you are alive, and you shall not die, but continue to live, moving, for all time, through this eternal creation of Mine. I have given you a place in eternity. Live as if you know this. Embrace the gift of life.

And The Holy Spirit says:

Most of you need a special happening to celebrate, joyfully. Some of you require only a kind gesture to celebrate, happily. Few of you realize that waking each day is cause for celebration. And still fewer of you realize that living, just being, is worthy of great celebration. Today, sing-out in song, and celebrate all the day long. You live, and you shall live forever.

July 12, 2020

The one who walks in Wisdom is more radiant than the sun, shines brighter than the moon, is more glorious than the stars; for, as they walk upon the Earth, they carry within them, in a sacred way, The Wisdom of Heaven, held in all they think, and do, and say.

And The Holy Spirit says:

It is possible to read all the books, and watch all of the videos, and go to all the lectures, and gain the current knowledge, as it is recorded in the world of man. But to hold wisdom you must, take The Hand of God, and open to the ways of Heaven. This Wisdom comes from God.

July 11, 2020

You will never be free while anger is dwelling inside of thee, while anger has a hold upon thee. For, when anger finds a place within you, it throws open the doors, and calls-out, so that you are inundated with the spirits of judgment, hatred, anxiety, fear, and many other names. And he summons them, and they join the spirit of anger within you. Wisdom does not abide within anger. Therefore, when these spirits take up residence within you, you will not find wisdom amongst them. When you feel as if you are drowning, in these spirits, call My name. Do not hesitate, do not wait until the morning sun rises. Stir from your bed, or sit down from your chores, and call My name, and together we will pronounce a litany of Gifts of The Holy Spirit, and Fruits of The Holy Spirits, and we will summon The Powers of Light, and they will cast from you, as you call them forth, the darkness of shadow, the darkness of anger. Be mindful how you feel. Do not rest when anger is with you.

And The Holy Spirit says:

Every day, make sure that you announce, make a pronouncement, of that which you wish to hold within you. Create charity, and forgiveness, and generosity, within you. Create compassion, and understanding, within you. Create justice, within you. Create all the good, within you. And continue this heavenly creation, all through the day, because doing this, the process of this creation, will act as a shield, and keep darkness away. Today, rise-up, and work, and play, but fill yourself with light in every way. Do not give anger a place within you, for you will know not the words of wisdom.

July 10, 2020

Plenty can easily turn into excess, if you are not mindful; and, excess can also turn into greed, not being happy with what you have, before grabbing more than you need, as a child, running through a candy shop, might take handfuls of this and that, and eat them quickly, not savoring one taste, but filling their mouth, until their stomach is aching, and the joy turns quickly to sickness. Enjoy the life you have been given, one taste at a time. Enjoy all that comes to you. Experience all that comes to you, one thing at a time. For when you are seeking for more, it is easy to forget, or dismiss, the joy of the one taste you just experienced. Soon, it gets all jumbled-up. Take life one minute at a time. There is no hurry. You have exactly the right amount of time to gather to you the joys and the pleasures of Earth, and to have that experience, one at a time. When you reach for too much, the tastes are comingled, and soon you cannot tell what taste belongs to this, or that, or the other. Remember, possibly some years ago, when you cut open an orange, and that first drop of the juice, from the orange, touched your tongue, and filled your mouth with delight. That is the experience to seek. The glory of all is held in every drop. If you taste, completely, and fully, every drop, you come to know the whole, for that drop holds the taste of the whole orange. Taste it.

And The Holy Spirit says:

So often, so much, is available, and you can be easily swept-up in a sea of plenty. Seek to enjoy one thing at a time, so that you know it, so that there is pleasure in knowing it, whether it be a day, or a friend, or the taste of an orange. Whether it be a walk in a park, or the sunset, at the end of the day, enjoy what is with you. Enjoy that which is with you, because as you enjoy the sunset, at the end of the day, and breathe-in the colors, you will know The Way to happiness. Each sunset holds every sunset. Each walk holds the energy of every walk. It is all one, and it is important to come to know the one with each unique piece of the one.

July 9, 2020

You and I have an agreement. I wrote the words, the living words, upon your heart, and spirit, and soul, when you began. And as you were sent forth, to make the journey to Earth, I reminded you of the worth, of the living words, you held within you, and whispered, as you departed, remember the words within you. But, as is so often the case, when you arrive upon Earth, and make your foray into the world created by man, the words get covered-up. Other things seem to distract you and draw your attention from here to there. It is as if someone has given you a valuable book, with directions, and you have put it at the bottom of a draw, and piled clothing and objects upon it, so soon it is at the very bottom, all covered-up, forgotten. But that does not break our agreement. The agreement is: that I AM always with you. The agreement is: you shall not be lost. The caveat is: to hear Me, to feel Me, to know Me, and to be at home, and safe, within Me, you must stay close to Me. Today, go open the draw, and take everything out, and pick-up the book, the agreement, the living words, and hold it close to you.

And The Holy Spirit says:

Be aware, and be able, to separate the things that have eternal value from the things that have temporary value. The love of another person is to be treasured over the gift of a bracelet. The respect and admiration of another person is to be valued over a new car or a house. Begin to pay attention to the words which are spoken to you. Many times, My messages will be delivered by another person. Pay attention to the world around you. Many times, My words will be delivered in the song of a bird. Pay attention. Be vigilant. Hold the agreement between you and God sacred, and I will whisper, and guide you, all the way Home.

July 8, 2020

When you seek answers to questions, be the issues great or small, bring your questions to Me, and I will sit with thee, and speak, and together we will find the answers, which are perfect for you, and they will be true, and the answers will be pure and filled with wisdom. For, if you come, bringing questions, and you are feeling afraid, I will not feed the fear within you so that it grows. My answers will bring you peace and cast the fear from you. When you come seeking answers, holding anger on your heart, I will not feed the anger within you. The answer will be of peace and love and we will cast the anger from you. No matter what you seek, as an answer, I will not feed sadness, or sorrow, or shame, or guilt, or frustration, or any of these things that fill you with anxiety. No, My child, The Wisdom of Heaven, once you receive it, and embrace it, will free you, and these things will be cast from you, so that you are no longer burdened by shadow or darkness. Bring your question to Me, sit, and let us talk. I will speak the answer, and it will flow into you as water to quench your thirsty spirit.

And The Holy Spirit says:

When issues take over, and situations occur, which must be resolved, it is often tempting to seek counsel from those around you. And if you seek counsel, from those around you, who are filled with anger, or frustration, fear, doubt, worry, concern, whatever these things might be burdening them, their answers, coming back to you, have a bit of these experiences held within them. But, if you take your questions, and seek answers, within you, you will find that I do not seek to feed the anger, or frustration, or loneliness, or sadness. I will cast it from you with My answers created within love, and light, and peace, holding The Wisdom of Heaven. Decisions made in fear hold fear within the decision. Decisions made in anger hold anger within the decision. And, on it goes, inserting different words, but still holding the same meaning. When you make a decision let your decision hold Wisdom.

July 7, 2020

The owner of a large piece of property decided to put this land to good use, so he announced, to all in his small community, that he was going to prepare a garden, and this garden would be able to feed the community. Those who needed cabbage could come find the cabbage. And those who needed potatoes could come find the potatoes. And the community was very happy, and excited. The landowner, knowing the special gifts of each of the people in town, decided to use their offer of help. And so, he found the one who he thought could go find a special cord, a string, some stakes. He sent him out to get these things to mark-off the garden. And then he found another, whose talents he thought would help him perfectly, in seeking the right seedlings and plants. And he gave him some money and sent him to the store to purchase these things. And still another came, and he thought, you are strong and healthy, go down to the area and begin pulling all the stones, rolling them away from that area, which I showed to you, so that the earth will be prepared, so it might be turned easily. Then he found still another, and said, go and find hoes, and rakes, anything you believe will help turn the earth and clear it further of the smaller stones. And so, he sent one after another out to get certain things. And he picked those that he sent out carefully. He picked those who would have the special talents to know how to bring back exactly the right thing, without question. And so, they did. And as they came back, the plot was clearly marked, the stones were pulled from the land, the implements, that were brought back by the one sent to get hoes, and shovels, and rakes, (they) were used to start turning the earth. And some raked, and some turned, until the earth was smooth, turned, so rich you could smell the earth. And it was good. And then they set about planting, sowing seeds. And then the rain came, so gently falling that it did not disturb a seedling, did not move a seed. And a few months passed, and the garden grew, and there was a special crew that came in to pull the weeds, so that they would not use the nutrient(s) of the soil, so that the plants, intended to feed the community, would grow, be strong, and healthy, and produce fruits. And come the harvest, they all joined-in, harvested that which the garden had provided, and shared it amongst themselves at a great feast. And there was enough yet for all of them to take home. My sons and daughters, this is story of you, of Me, of a Great Garden, of those of you sent out to assist in the Garden, and the planting, and the clearing, and the tending, and the harvesting so that all might eat as one.

And The Holy Spirit says:

You have been endowed with special gifts. You call them Gifts of The Holy Spirit. And these Gifts, that you have been given, they bear Fruit, and this Fruit assists you in living upon Earth. You have also been given special Talents, and these Talents assist you, as well. But when you use The Gifts of The Holy Spirit, The Fruits of The Holy Spirit, and The Talent, that you have been given, you become whole. You do that which you are meant to do. Treasure that which you have been given. Do not waste your time, wishing you had The Gifts of another, for your Gifts are uniquely designed for your mission, not another mission. Do not try to tell another that their Gifts are not as good as yours, that your Gifts are better, more pleasing, can do more, accomplish more, for this is not true. The Gifts, The Fruits, The Talents, specifically assigned, and designed, for each of you, allows you to do that which you are meant to do. Just as in the garden: you cannot turn the soil with a string; you cannot plant the seedlings, and seeds, on rocky ground. Each individual is required to do their part, so that you might have a bountiful harvest. And the harvest serves the one, the whole. Do not listen to those who tell you, your Gifts are not good enough. Do not tell others, their Gifts should be like yours: or, you will end up with a community filled with people, holding strings, and stakes; or, you will end up with a community of people, holding hoes, and rakes. But then, the garden is lost. The food, that is meant to feed all, will never be produced. Celebrate your Gifts. Celebrate The Fruits that grow from The Gifts. Celebrate your Talents. And while you are celebrating your Gifts, celebrate The Gifts for others, so they are encouraged to use that which they have brought to Earth, for The Glory of God. For, The Glory of God is The Glory of One.

July 06, 2020

I send My word, from this heavenly Home, The Dimension of Perfection. And it rides upon My breath, and flows into the third dimension, appearing as a spark from another realm, flowing constantly, so that those willing, to hear the word, know the word. And those who hear the word and know the word breathe-in the spark, and within them it becomes a flicker and a flame. My word is sent to you, so that you might see, so that you might live, free of shadow and darkness. For I tell you this, no manner of darkness will overtake a flame. The light always illuminates darkness and shadow. Even in a vast cave of darkness, a solitary match brings light, pushes the darkness away. But, left untended, the light, once ignited, will eventually flicker, and go out, and darkness invades, once again. Embrace the words I send to you. Hold them close and draw them within you. Tend the flame that comes from within you, as the words bring you My light. If you tend the light, if you are vigilant with the light, that is within you, then the light will shine from you, and darkness and shadow will not have dominion over you, but you will show The Way in The Valley of Darkness.

And The Holy Spirit says:

In the darkest of night, when the moon has no light, and clouds cover the stars, as they twinkle above, far off, in a distance, you can see a torch. You can see the torch, and you believe it is a flame, because that is your experience, your life experience, upon Earth. But, when you revisit that experience of total darkness, seeing light coming to you, from afar, think. Think of the power, that one light can be seen, in all that darkness. But if many torchbearers are carrying the light, and they walk together, the darkness fades, and soon the light, carried by many, in a place that was filled with darkness and shadow, brings so much light that it appears that a day, a new day, is dawning. And it is a new day, the day when those who are ready rise-up and use that light within them, and let it shine, and walk in the darkness, so others too may follow. When you stand-up, others too will rise to the occasion. And the lights will appear, and the shadows will disappear, and darkness shall be no more.

July 5, 2020

Know the importance of peace. Establish peace within yourself, especially when there is chaos and confusion rumbling around you. Resist the temptation to be contentious, argumentative. Resist the temptation to fight with another with words, because when there is anger and hatred, chaos and confusion, even though the words, coming from you, might be remarkable words, they are not heard, the way you intend them to be heard: because of the chaos and confusion; because of the anger and frustration. When you are in the midst of turmoil and upheaval withdraw. Find a place where you can walk, alone. Find a place where the wisdom of nature will fill you with answers, answers you will not receive by reading books, going to lectures, watching films, or having discussions with friends or family, or arguments with those you consider your enemy, at that time. Often, the answers you receive from friends will support your position, enforce your position, confirm your position, but do little to resolve the situation. You do not find peace by standing firm in your position. You find peace when the minds meet, from a Source of Love, and resolution comes in quiet. You will not receive good answers, all the time, from family, supporting you, encouraging you, sometimes to continue all that they have taught you; these, again, will often support your position, even though your position might be in question. You will certainly not find the answers when you enter into an angry exchange with another, or others. This just adds to the chaos and confusion. Where do you find the wisdom to resolve the issues? I will tell you. I have sent The Counselor to you. The Holy Spirit is within you. No matter what question you have, it will be resolved; but you must take yourself away to a quiet place, so that you are not distracted by what is happening around you. And there, on that path, amongst the trees, listening to the songs of the birds, listening to the call of the breeze, you will begin to know. The answer will come, and it will not be an answer filled with retaliation. It will be a heavenly answer to resolve the situation.

And The Holy Spirit says:

Oftentimes, the answer to a situation is simple. The complexity comes: when ego enters, and you want the answer that you want; when you reject the answer that is not what you want. Accept the answer, as it is, and go forward.

July 4, 2020

Most battles, for most individuals, are not waged on a battlefield, with bullets flying, and tanks rolling. Most battles take place within. You can prepare for almost any trial, or challenge, you might face, especially when it comes to preparing with your body, getting it into shape. You can run, and jump, and lift, and push, until your body seems to respond to anything you ask of it. But with this strong body, when you see an individual trapped in a situation from which they cannot escape on their own, (with this strong body) are you willing, do you find the courage and strength, from within, to run into a desperate situation, and be a helping hand? Even with your body in great shape, if you see someone drowning in a river, do you find the strength and courage within to jump into the water, and begin swimming toward the drowning person, dragging them to shore? What I AM trying to say to you, My sons and daughters, is that you can appear to be ready, on the surface, but the true test, the true battlefield, is within. Standing in the place where you make the difference, can you find the strength and the courage to go where you need to go, and to say what you need to say, and to live within the light, the courage, the strength that is within you? You can only do this when you have prepared that which is within you to the degree: that you have prepared your body; that you work and exercise your faith, your commitment; that you work and you exercise The Gifts of The Holy Spirit that are within you. A strong body will respond to what you tell it to do, but when you are weak inside, it is possible to lack the courage, and the inner strength, and the faith, and confidence, to do what you have the opportunity to do.

And The Holy Spirit says:

When you take the time, every day, to sit in prayer, and when you make this a practice, you begin to feel the result of exercising your connections with God. It is vital, to your inner strength, to stretch, to grow, to connect with God, every day, at certain times. Develop a regimen, develop a practice, for this is where you will find your true strength and courage. Those who might appear weak on the surface often are capable of performing great deeds of service. Those who appear weak on the surface often respond, and from their inner strength, and courage, and faith, they are able to lift the car, open the door, and stand a savior for those who need more than they can do, at that moment, on their own. Prayer, practice, and grow in strength.

July 3, 2020

I wish to tell you a story of a journey, and the journey begins in the middle of a country, a big country. The country has an ocean at the East and the West, and they are mighty oceans. But the child, growing-up in the middle of the country, only knows the ocean because of pictures, and stories, and books of learning, until one day, the child makes the journey to one of the oceans. And, upon arriving, the child walks up and over the dunes, and stands high looking-out, and, as far as this child can see, is a magnificent body of water ebbing, and flowing, and moving, and growing, and splashing upon the sand. And the child sees all of the people running into the water, as the water embraces them, and they ride the waves back to the sandy beach. It is with awe and wonder that the child sees the ocean first-hand, personally, and begins to run with such joy that all on the beach stop and watch as the child, who did not know the ocean personally, jumps into the waves, and is carried-out, and then delivered back onto the beach. In seeing such joy, and fulfilment, all along the beach jump with joy, as well, dance with joy, as well, celebrating that the child, who did not know the ocean, now knows the ocean. This is your story too, My child.

And The Holy Spirit says:

There are many who read about God, who hear stories about God, who think, and ponder, about the existence of God, when God is close at hand, on either side, and up, and down, and around, and within. But when the journey begins, the child makes the decision to go and know God, not from books, not from stories, not from movies, but personally, the journey always ends sweetly. Dance and celebrate when the child, who did not know the ocean, makes the journey, and then knows the ocean. Dance and celebrate with the child, who did not know God, but made the journey, and now knows God, personally.

July 2, 2020

Many of you will encounter a period, in your lifetime upon the Earth, when each new day feels more like training camp than a walk in the park, or a day at the beach. It seems as if those around you are enjoying life, while you are rising-up each day to see how far you must run, how far you must walk, how far you must go to master the obstacles and challenges that are in front of you, waiting to be tackled, to be overcome. And, as you rise each morning, and put your feet on the floor, you feel exhausted before you begin, because you know, once more, there are miles to walk, and miles to run, and obstacles to endure. But somewhere, between the enduring and the event, for which you are being prepared, endure results in endurance, exercise results in strength, all the obstacles you encountered, turns into confidence. And come the event, for which you are being prepared, you are ready. You are ready because: after jumping the rope one hundred times, you knew you could jump the rope one hundred and one times; after mastering one hundred obstacles in the course, you knew that you could tackle just one more. And, so it goes, one step leading to another. But, the first step always begins at the door, the door that is in front of you. Will you open it and walk through? Are you willing to meet the obstacles in front of you? It might make it easier for you to do, if you know that the obstacle in front of you is something you can do, for the one who is training you does not give you something impossible to do. The strategy of the training is to give you something that you must reach to do. It is in the reaching, the going one more step, the jumping one more time, to making another climb, where you are truly prepared. If your life feels more like a training camp than a park bench, it is for a reason. You are being trained for a great event. Therefore, look at each day as your opportunity to grow, to move from that which you endure to endurance, to strength, to confidence.

And The Holy Spirit says:

If you are being led to climb to the top of a mountain, it is for a reason. If you are being led to walk through the desert, it is for a reason. If you are being led to ford a river, or cross an ocean, it is for a reason. These things, to which you are led, are a piece of your journey upon the Earth, are part of your mission upon the Earth, and all that you encounter, is for a reason.

July 1, 2020

I AM love. I love you. Nothing can change that which I AM. Nothing can change My love for you because I AM love. And since you come from Me, and since you are My creation, you are of My love, you too are love. As I open My arms and wait, love is pouring from Me, with no measure, and it fills the cups, and they overflow. And this love, and these overflowing cups of love, are your treasure, an endless stream of love, flowing from Me to you. And, since you are held within this embrace of eternal love, it is possible for you to love too.

And The Holy Spirit says:

While you are upon the Earth, it can be difficult to comprehend unchanging, unaltered, unending, love. But God is love. Therefore, nothing comes from God but love. When you permit the love of God to embrace you, and hold you, you find comfort and peace, a sanctuary in which to dwell, during your time upon Earth, as you complete your mission. Nothing can alter this love, no matter what you do. Nothing you do can change that which is. You see a tree, and you know it is a tree, because it is a tree. You see a flower, and you know it is a flower, because it is a flower. As you come from God, as you come from love, you can carry this love of God, this unending, unchanging love of God, into the world created by man, and you can let it flow through you, extend your hand, and let those around you see God: because of the loving things you do; because you permit the love of God to flow through you. And, because you are held in the love of God, and the love of God flows through you, those around you know God too, through what you say, and what you do. You see, God's love continues through you, if you will allow it.

June 30, 2020

You hold the key. Every answer to any situation, issue, or matter, is within you. For, I was asked, and then did send, My Holy Spirit to descend upon you, to move into you, to live through you, so that you might turn your back on the answers of the world, and choose, of your own free will, to meet every situation using The Gifts, or one of the many Fruits of The Gifts, of The Holy Spirit, because there is a heavenly answer to every situation in the world today. When you look at The Gifts, and The Fruits of The Gifts, they are many. But you will not find The Fruits, or The Gifts, with the names such as: hatred, anger, retaliation, blame, or greed. These are not The Gifts that I sent unto you. Therefore, turn away from darkness and shadow, and choose The Gifts within you. Use them well and use them long. They will serve you well and they will serve you long. You have the answers. Now use The Gifts you have been given, so that you might know peace.

And The Holy Spirit says:

The reason that there is war upon the Earth, and it does not end, it continues to come, in a circle, repeating, over and over: hatred, retaliation, anger, blame. It is repeated: hatred, retaliation, anger, blame. And then, these explode into war. And this explosion, and this war, might be limited to two people, or three people, or states, or countries, or it might impact the entire world. But it never matters who wins the war of hatred, retaliation, anger, and blame. These things do not disappear unless they are met with love, peace, compassion, and understanding. You cannot dictate peace. You cannot command kindness. You cannot demand love. These things come from the heart and are gifts of the heart. Using The Gifts of The Holy Spirit, using The Gifts that I carry within you, you will find peace in the midst of chaos and confusion, because that is where I will guide you.

June 29, 2020

Complete freedom is not held in the apology. Complete freedom is held in the act of forgiveness. For when it is your intention to hold this forgiveness sacred in your heart, and soul, and spirit, it is as a key, unlocking the prison door, and you fly, you soar, free, free to be all that you are meant to be, no longer held in place behind the prison door.

And The Holy Spirit says:

Sometimes it falls to you to offer an apology, and each time you have done so, it seems there is something missing from the circle of apology and forgiveness. Sometimes it falls to you to receive an apology, and here too, you will find, many times, it does not seem complete. What is missing? The apology has been offered. It is complete forgiveness that is missing. Freedom is not held in the apology. Freedom, complete freedom, is held in forgiveness. You hold the key to freedom within the act of forgiveness. If you cannot forgive completely, you are still in the prison, the door is still locked. But the very moment you forgive completely, from your heart, this key of forgiveness opens the door, and you are free, once more.

June 28, 2020

Know the value, and the worth, of that which has been given unto you. Know the value, and the worth, of that which you can create from within you. Know your value, know your worth, as I have created you, so that you might love, and be loved, by Me.

And The Holy Spirit says:

It is easy to see the things, the objects, that the world created by man values, thinks has worth. But it is also possible to see the things God values, to see the things God believes has worth. It is possible to see the seen and the unseen.

June 27, 2020

When you long to know Me better, leave your houses, and buildings, and tents, and awnings, and go out to walk amongst the trees, through the grasses, next to the rivers and streams, because it is in these places that you will know Me. Look up into the sky, see the blue. Feel the sun, shining down on you, warming you. Look up into the sky, even when the clouds promise the gift of rain. And as it falls, I wash your face, and tears are gone, no longer remain. Turn in a circle, and feel the breeze: wrapping you, moving you, touching you. It fills you with life, the breath of life. And as the breeze caresses you, it is easy to fall to your knees, and feel the Earth below you, as you lower your head, and I whisper, within you, "Child, I love you."

And The Holy Spirit says:

It is easier to know God in nature. You can know God in a city, or a building of bricks, but it is easier to feel God, and know God better, when you are walking in God's creation, when you look at wonder, when you look at majesty, when you see the waves of the ocean as they rise and fall, when you see the tops of the mountains touching the sky, and realize, wrapped in the love of God, that you are a piece of it all, God's sacred creation.

June 26, 2020

When you go out into the world, every day, you are an emissary, a representative: often times, of your country; many times, for your state, or the area from which you come. You represent your family, your city, your school, the clubs you decide to join; all of these things you represent. You represent your family. You do not walk out into the world void, with nothing behind you. There is a long pause, because not many of you are assigning the importance to be mindful of what you think, and say, and do, because you represent so much. And the individuals you meet often form an attitude, or perceive something, about your country, your state, your school, your family, your clubs, by the things that you say and do. You come from Me. I AM your Eternal Parent. You are a representative of The Kingdom of Heaven. So, when you meet another person you have the opportunity to show them, with your words and deeds, a bit about Me. You are representing Me. Those you meet might come to know Me better through what you say and do. Today, before you go out into the world, understand the importance of your presence in the world.

And The Holy Spirit says:

Most of you do not often think, when you meet another person, or you go to school, or work, or play, that individuals you encounter make assumptions about your family, your friends, your schools, your countries, your belief system. And they do this through how you represent your family, your country, your state, your city, and so on. What you say and do leads others to a place where they feel: they know your family a bit more, through you; they know your country a bit more, through you; and, so on. This is a big responsibility, and whether you want to accept it or not, it is there. So today, accept your responsibility. Take the opportunity to be a representative, and move into the world: letting people know God a bit better, through what you say and do; letting people know your country a bit better, through what you say and do; letting people know more about love, and forgiveness, and understanding, through what you say and do. Today, be sure to assign the great importance: of all that you say and do; to your actions in the world.

June 25, 2020

You will encounter days when the body, that was filled with energy, and song, and dance one day, is drained of that energy, the song is missing. You feel depleted, in every way. When this happens, My child, do not deny the depletion, the exhaustion, the missing song. Sit quietly. Rest. Let your body rest. Let your thoughts be still. And in the quiet, and in the stillness, I will fill you, I will refuel you. And soon, you will be singing, and dancing, and filled with energy again.

And The Holy Spirit says:

While you are upon the Earth energy can ebb and flow, as the ocean does. A good way to keep it constant is to: rest; and eat well; and keep your thoughts on a high level; maintain your energy in a sacred way. But sometimes, someday, it will just happen that you feel low. It is best to acknowledge how you feel and let go of any frustration, or judgment about "you should have done this, or that, or the other." Just sit quietly, take a nap, rest. And this rest will be a restoration for you, if you will connect with God, and whisper, quietly, "I am tired, God. What shall I do?" And the answer will come, and soon you will be filled with energy, you will be renewed.

June 24, 2020

The timing is not right to repair a frayed lamp cord when you are in the midst of an electrical fire. The timing is not right to begin a lesson on the importance of “getting along with others,” when the schoolyard fight is already in progress. The timing is not right to bring-up past wounds and injuries when there is a heated argument underway. First, you must move to put-out the electrical fire, break-up the schoolyard fight, cease the argument, and restore peace. The time, to repair, to mend, to break-up, to cease, comes before the outbreak. And you might ask, “How do I know something will happen? How do I know the things which I should check?” And I say to you, be vigilant. Just as you would check your house for frayed lamp cords, and such, check your relationships for frayed situations or emotions, things that have happened that have never been addressed, pushed under the rug, so to speak. The time for mending the lamp cord, which is frayed, is before the electrical fire ensues. The time for teaching children about how to get along with others, is before the fights break-out. And the time, for addressing past injuries, unresolved, unforgiven, is before the argument takes place. Be vigilant, be watchful. Forgive those things of the past that are bothering you, festering within you, growing larger within you. The time to put out the fire is before the fire begins.

And The Holy Spirit says:

Make some time each day to sit alone, quietly, and pray, asking for guidance, being ready to follow The Way. By doing this, you assure that you will not turn around one day, and find you are totally disconnected from The Creator. Maintaining a connection with God, every day, is the surest way to stay connected. You cannot become lost if you are holding the hand of God. You cannot lose your way when The Holy Spirit is guiding you every day. You cannot be riddled with doubt when you hear the whispers of Jesus, reminding you of who you are, and all that you can do. Be vigilant. Stay connected. Watch-out for the frayed cords. Renew the lessons you learned on the playgrounds within you. And forgive the things of the past, so that you might walk into the new day, filled with promise, knowing your way is clear, because God is with you.

June 23, 2020

In times of unrest, when turmoil flexes its muscles, disrupting all around you, do not think you are helpless and there is nothing you can do, because that is not true. When unsteady times are with you, be still within you. Be quiet. Sit with Me, and I will guide thee to the truth with blessings of peace and grace, so that you might move through each day, loving those around you. As you actively love those close to you, your family, your friends, this creation of love moves-out from your dwelling, from the place where you are. The most productive thing you can do is be at peace within yourself and love those close to you.

And The Holy Spirit says:

Times of strife and turmoil can impact you, in such a way, that your inner being is disturbed, twisted, anxious. And the only way to relieve this tension, untie the knots of dissension, is through prayer, quietly connecting with God, calling Home Base for re-enforcements to move into you in a mighty way, and restore the peace that has been taken away. Once you have restored peace to your inner being, open your arms, and love those close to you.

June 22, 2020

I love you. I love each one of you. I love all of you in a very special way. I love you powerfully. I love you intentionally. I love you eternally. If you turn your head, and look from side to side, or even straight ahead of you, you will see others walking around you. When you see another know you are looking at one whom I love, just as much as I love you. Do not slam the door on the face of one I love. Do not turn your head, ignoring one I love. Do not deny your hand to one I love. Begin to see each other as loved by Me.

And The Holy Spirit says:

It can be a bit tricky, when you look around and you see so many individuals, to introduce the thought, the truth, that each one is loved equally by God. God does not place an exception, when it comes to love, it just flows from God. The only way you feel less of it is if you are backing away from it, running away from it, turning away from it, denying, or rejecting it. But it is there, just as the air around you. It is there for all because God loves all. Today, when you see someone remember, they are loved greatly by God, just as you are loved greatly by God.

June 21, 2020

You have two fathers. I AM your Spiritual Father. I gave you eternal life. You departed from Heaven, for a while, to walk upon the Earth, on a mission, especially designed for you. And the father assigned to you, for this earthly mission, opened the door for you to experience Earth, to guide you in the material world. I sent you with gifts. In fact, you have been endowed with gifts to use. Today, honor the fathers of Earth.

And The Holy Spirit says:

There are many Gifts of Spirit. These spiritual gifts are meant to be your compass, your guide, your response to everything that comes to you, as you walk upon the Earth. It is time to begin to use your spiritual gifts more than you use material gifts. It is time for you to begin to understand eternal rather than material, in an extraordinary way. It is important for you to remember that you have two fathers, your physical father, and your Spiritual Father. You were born of Spirit first. You will experience the physical for a while, and then you will return to your Eternal Father, for He has given you The Gift of Eternal Life.

June 20, 2020

Sometimes, when within you, there is a disturbance, such as turmoil, or frustration, sadness, or despair, you can encounter an acquaintance, or a casual friend, you all exchange greetings, and they go on their way, never knowing that within you is a need for help, for a kind word, for a gentle touch. But those with whom you have a more intimate relationship, family, spouses, children, your children, or dear friends, they will notice something is different, something is off. They will pause, and sit a while, take your hand, and ask you how you have been. Because they are closer to the situation, they notice what is happening within you. I know you, beyond those you know intimately. I know every thought, every desire, every longing. There is no need to speak, or recite a litany, of those tender places, wounded places, hurts, or despair. Just sit with Me, and I will wrap you in My loving care. Just sit with Me and you will be blessed, and together there, we will heal the wounds within you quietly, tenderly, totally.

And The Holy Spirit says:

It might seem awkward at first, depending on how you have been taught to pray, to sit quietly, at certain times of the day, and just be in The Presence of God. But once you slip comfortably into this practice, you will begin to feel The Presence of God with you. And with this feeling comes comfort, and you relax. And as you relax, you hear and know, because God will be speaking to you, and you will hear, because you are not speaking, or reciting your petition, but you are ready and open just to sit and listen.

June 19, 2020

Today, I encourage you, to go just a bit farther, take another step forward, stretch, move, turn, and twist, engage. Do this and you will feel healthier, you will be happier, you will be stronger, you will have more energy, and laughter will come quickly, because you will be conditioning. I AM not addressing your physical health. I AM suggesting you do this to increase your spiritual health and endurance. Think on that.

And The Holy Spirit says:

Every day you will drive passed, or walk by, (or perhaps yourself will be engaged) people doing exercise, of all types. They will be running. They will be jogging. They will be walking. You might see people going into doors, which lead the way to a building, filled with those riding bicycles, stationary bicycles, swimming. (You, yourself, might be engaged.) It is true that, when you stretch your body, when you work out, when you walk just a bit farther than you did the day before, you are building strength and endurance. When you are engaging in such physical activity, do not forget that the same applies to your spirit. Your spirit does not grow, your spiritual life does not maintain a richness, and a quality, without exercise and practice. Today, exercise your spiritual body. Stretch it a bit farther. See how deeply you are moved when you are in the state of prayer, speaking with God. Exercise today.

June 18, 2020

Every day is another page, in a chapter, in the book, that is your lifetime upon Earth. As you begin this day, set in motion that which you wish to exhibit, to show, all through the day. Be prepared to meet every challenge, every joy, every obstacle, every excitement, with confidence. Let the writing on the page begin.

And The Holy Spirit says:

Welcome to this new day, a new beginning. And during this day you will be given the opportunity to write of a great adventure that is yours, and how you have spent every minute, every hour, of this piece of the adventure that is yours. God forth this day. The page is turned. The pen is in hand. Let the writing begin.

June 17, 2020

It is important for you to remember that: you do not merely walk into My creation; you do not casually wander through My creation; you do not just look at My creation. Saying these things, believing these things, is good. But today, I ask you to go one step further. Begin to know that you are My creation. There is no need for you to walk into it. You are My creation. Look at all that is around you. And, as you touch the trees, and look at the beauty of the trees, and are amazed at the flight of the butterfly and the birds, the song of the streams and the rivers, the mighty oceans and towering mountains, speak to them as your “co-inhabiters” of all creation. When you speak, pay attention to the words you say, so that your words do not hold you in a place, slightly aside of My creation, because, My child, you are all that you see. You are in it. You are of it. You are of Me.

And The Holy Spirit says:

It can be an interesting adventure, when you set your goal to be of creation, all of it. You are a part of it. You are not simply observing it, touching it. When you breathe, you are breathing the breath of God. When you exhale, you are exhaling the breath of life, as it was breathed into you, you held it for a while, and then released it. This breathing is a circle of life. It is as simple as The Word of God, and in the beginning, there was The Word of God, and you were held, and continue to be held, within The Word of God, “Live.” And you live. Ponder this circle of life, which includes you, not as a visitor, not as a watcher, but as a part of All That Is.

June 16, 2020

I wish for you to become aware, on a deeper level, of the gift you have been given, free will. And to help you draw closer to a better understanding of the power of free will, I want to give you a brief example, using you as the example, so that you might revisit times, in your life, when this example has happened to you, and remember all of the feelings that were associated with the choice, the free will. You have a relationship with a co-worker, a family member, or friends. And, in the course of this relationship, let us say with a co-worker, there is an accident, and without purpose to cause harm, something is broken. It does not matter whether that which is broken is a cherished treasure of the other, or a trust. You stand before your co-worker, having broken something of value. When such a situation arises, you are hoping that the co-worker will forgive you. Your first utterance, upon the breaking, is to say, "I am sorry. Please forgive me." And then, you wait. Will there be a tirade of anger, or open arms of forgiveness?" Just by looking at this example, you remember, or recognize, the power of the tirade of anger, or the open arms of forgiveness. Your co-worker has made a choice. Your co-worker has used the gift of free will. And their choice has an impact upon you. That is as simple a representation as can be given, because each of you, My children, as stood before another, praying for forgiveness, not a tirade of anger. And, in the memory, you might recall, the gratitude on your heart, when forgiveness was the choice, the free will choice of another. This happens every day, many times a day you have the opportunity to make a free will choice. You made an instant choice in that scenario, asking for forgiveness, "I am sorry. Please forgive me." So, no matter what the free will choice is of your co-worker, you have taken the step that you needed to take, in that situation. The example today will not go any further, because I believe each of you, hearing these words, or reading these words today, will recall such a time. And memory of this occurrence will spur you to begin paying attention to what is happening around you, and how the free will choice, that you make, and others make, impact(s) others, impact(s) you. And so, it goes through the day, free will choice here and there. Once you begin to notice the power of free will choice, the next step along The Way to illumination, is to make sure you are practiced in making the good choice, the choice of light, and love, and peace. And let your choice impact others in a heavenly way.

And The Holy Spirit says:

As you go into this day, remember you have the power to deliver peace or to deliver isolation, condemnation. Remember, as you move into the day, the power you hold within you, and make a determination, at the beginning of the day, that how you impact others will be: a blessing for them, rather than a curse; a loving for them, rather than rejection; inclusion for them, rather than exclusion. Today, let your free will choice be The Way of God.

June 15, 2020

When something goes wrong with your vehicle, and a flat tire, or an engine issue, leaves you stranded on the roadside, you call for help, and help arrives, to fix the tire, or check the engine. When something goes wrong with an appliance in your home, or even with a utility problem in your home, you call for help, and help comes, and the appliance is fixed, along with the utility issue. When you are sad, and feeling lonely, you call for help, and a friend talks to you, and shares their love for you, and all seems better. When you have something wonderful occur in your life, you call to share this good news, as well. Call Me. Call Me to fix the problems, to address the issues with you, for I will give you guidance, which will lead you directly to The Light, guidance which will not negatively impact the issue, or matter, or individual, but will show you The Way. I will hold your hand, when you feel lonely, and I will dance with you, when all is well. Talk to Me, for in our communication you will grow spiritually, and you will know what to do, as you walk along The Way.

And The Holy Spirit says:

Sometimes, when you reach-out for help, the response, the reaction, to your call, might not be what you should do. When you reach-out to a friend, and they commiserate with you, this really does not do anything to resolve the matter. It makes the matter seem even bigger, even more complicated. Before you call for help, call for The Help, The Guidance, The Direction. Call God, and God will tell you exactly what to say, and exactly what to do. Direction is at your disposal. It is within you. Call Home, and God will answer the phone.

June 14, 2020

You have forgotten the peace of Home, The Dimension of Perfection, from which you traveled, to experience Earth, for a while. You have an example of eternal life, that you see often around you, in nature. The sun rises and sets, the moon rises and sets, and so it continues, in a circle. The seasons come and go, bringing a taste of something different in the air to permit the flow; and seasons come, and seasons go, in a circle. Take some time, away from clocks, and radios, and televisions, and loud voices saying do this, and do that, and walk amongst the trees. Walk next to a river, and watch it flow. And as you watch it flow, you will begin to hear its song, as it moves through the banks, going forward, for it also moves in a circle: water flowing into the seas; going back up into the clouds; and then, falling back to Earth, as a blessing, a circle, a flow of water upon the Earth. This gives you an idea so you might begin to remember eternity.

And The Holy Spirit says:

An entire day can be altered: when you feel hurried, and rushed, and pushed; or, when you feel conflict; or, when you feel supported, in what you are doing. There are many things that can influence, or impact, your day. If you can manage to push these distraction away, you will begin to experience the day, as it unfolds for you, bringing you gifts, guiding you to that which you are meant to do.

June 13, 2020

There is a comfort associated with: following a recipe; having a pattern; using a template; holding a key to unlock a door; having a map to follow, so that you might arrive at the right place. But, what if your dreams, and your visions, and the answers to your prayers are leading you to more? There will come a day when these dreams, and visions, and answers to your prayers, are calling upon you to make the template, to create the pattern, to have a key unknown before. What if your dreams, and your visions, and answers to your prayers, are leading you to a door, which has never been opened, or asking you to draw the map to show The Way. It is in these times that you are called to rise-up and leave the comfort of that which has been, to move boldly into a place which is meant for you to see what others have not yet seen. Therefore, someday you might be called to be the creator of the recipe, or the template, or the pattern, or the key, or the map. Pay attention to your dreams, and your visions, and the answers to your prayers. Be courageous and bold in following them through, making sure that the guiding Voice, coming from within you, is My Spirit leading you toward your destiny, the place that is meant just for you.

And The Holy Spirit says:

Your time upon the Earth will be one day, and another, and another, and they all string together to create your week, or your month, or your year. And sometimes, within the creation of a week, and a month, and a year, you will hear direction coming from dreams, or visions, or answers to your prayers that lead you slightly out of your comfort zone into a place of promise, into a place which will fulfill that desire within you to find your destiny, to make your way, to follow through. And in these times, you will hear My Voice prompting you, because in these times you will be showing The Way.

June 12, 2020

Whenever you go out into the forest and the fields, walk along the rivers and streams, stand upon the mountain peaks, or set your course upon the oceans or seas, you see, and feel, the majesty of creation, of everything around you that I created. But when you stand next to a towering tree there will be the temptation to feel small, to feel little, possibly even insignificant in the presence of such giants. Do not let this feeling overwhelm you, or takeover within you, for you are as a tree standing in a forest with all of your brother and sister trees. You are as the fishes in the streams, and the rivers, and the oceans with all of your brother and sister fishes. You stand upon the mountain and feel its power. You are not insignificant, for they look at you, as you walk amongst them, and they say, "Look, here comes a child of God." Begin interacting with My creations like you know them. Talk to the mountains, and tell the mountains how amazing they are, how they have lifted themselves up, from the ocean floor up into the sky. Tell the oceans and seas how vast they are. Tell the forest and each tree how precious they are. Acknowledge creation and bless it, as you are My child.

And The Holy Spirit says:

It can be a difficult task, when you are walking upon the city streets, below towering buildings of stone, and concrete, bricks, and mortar, to feel connected with Earth. It can be done, but it is more challenging than it is when you are sitting beneath a tree. It can be difficult to connect with God, The Creator of All Things, when you are walking upon the streets of a city, beneath towering buildings. It can be done, but it is not done with the ease, and confidence, and beauty that it is done when you are sitting under a tree, with your hand in the grass. God's creation is waiting for you, and it will herald your presence, as you walk through. Make some time to go to the forest and fields, to walk along the rivers and streams, to climb the mountains, and set your course upon the seas.

June 11, 2020

You might find it difficult to love every individual you encounter, without exception. But it is possible, with the intention to love, to speak My name. When you see an individual approaching, or you are approaching an individual, speak My name, and then add, "I open to your love for..." whoever that individual might be. My child, you do not have to do anything except call on Me, because I will provide the love you need to show them, by letting it flow to you. All you need do is to open and let My love flow through. The source of love is within Me. When you find love in the material world it can be fleeting, and temporary, and certainly held in place by conditions. And you will find individuals who will withdraw their love from you, if you do not do what they want you to do. But that is not My love. My love is constant. It is there. You do not have to do anything to gain My love. It is there. But, to receive it fully, (you) just open to My love. Many of you are blocking My love without even realizing what you are doing. Open, open to receive My love, and once it is flowing into you then release it. Open, and let it continue its flow into and through you onto those of Earth. This is only possible if you maintain your connection with Me because I AM The Source of Love. Today, see loving others in this way. Draw a mental picture. See the others in your picture, see you in the middle, and see Me. See a stream love, flowing into you. And when you decide to open and let it flow from you, see My Light touch others through you, see My Love touch others through you.

And The Holy Spirit says:

It is easy to see that some assign the message of Jesus, to love one another, as simple teaching. It is assigned more to a Bible story level. It sounds simple. But as you peel the layers from the words, they gain in importance, and you see they are profoundly simple. Love one another. See God as Love. See God with you and all others. Ask for guidance today to understand the wisdom in the words you say, when you say, "love one another."

June 10, 2020

Everything that comes to you is yours to do. You have all you need to face that which comes to you and master it. Make a choice and continue along your path. You have been endowed with many gifts. You carry within you the spiritual gifts, especially designed to meet every challenge and obstacle you will ever face, as you make your way over the Earth. There is a gift for every obstacle. There is light for every darkness. There is an answer that is good and pure for every shadow. I have given you the gifts. Do not hide them under a basket. Do not bury them in a field. Do not ignore them, because to do so will limit all that you are capable of doing, as you walk upon the Earth. Today: embrace the challenges, as opportunities; embrace your gifts, as valuable tools to meet the opportunities. It is all set before you. Do not ignore that which comes to you that is yours to do. Meet the obstacles of Earth with the gifts of Heaven.

And The Holy Spirit says:

As you live upon the Earth, it can happen that, days of challenges and obstacles seem to overwhelm and overcome you. It is at those times when you will come to know all that is within you. Do not run from the challenge. Do not hide from the obstacles. Rise-up and with faith go within. Go to the chamber, and there you will find The Wisdom of God, the chamber within you, which holds the answers to all the questions. Use the gifts you have been given to meet the obstacles of every day. Master what comes to you, rise-up and walk along The Way. As you walk you will show your brothers and sisters how to live without anger, or frustration, or guilt, or greed, or envy. You will be the example of how to meet the issues of Earth with the answers from Heaven.

June 9, 2020

In general, you would not pick-up an unwrapped piece of candy, lying on a sidewalk, and eat it, or offer it to your child. You would not pick-up a half-eaten apple, sitting on a park bench, and eat it. On going into a grocery store, you would not continue drinking from a bottle of juice, left in your basket, as you purchased groceries. And as you shopped, you would not choose bruised or old fruits or vegetables. You would be searching, looking for the freshest and the best you could bring home to feed your family, your friends, and yourself. These things are done so that you might be in good health, so that they contribute to, rather than take away from, your good health. Today, consider your thoughts just as carefully. The thoughts are unseen, but they can make you sick, or bring-in diseases, such as anger, and fear, and doubt. If you feed thoughts, that are shadowy or in darkness, they will grow, and multiply. Your spiritual body, the spirit that is within you, the spirit that is you, needs to be carefully checked. There is so much you do to maintain your physical body. Today, begin to maintain your spiritual body, in the same way, with the same vigilance and care.

And The Holy Spirit says:

Do not give safe harbor to thoughts of anger, or frustration. Do not become irritated with another person without checking it, and washing yourself, and freeing yourself from these thoughts, these types of thoughts. They will make you sick. They will diminish The Light. Be mindful of what you are feeding your thoughts. If you will take the time to be careful: (and) choose The Light; choose the gifts you have been given. And when you choose to feed your thoughts, with all the glorious creations of God, you will be healthy and happy, spiritually and physically, because it will be from the inside that you grow in health, that you gain confidence, that you go out into the world and boldly proclaim The Presence of God, not with words, but with the deeds you do. Feed your thoughts with Light today.

June 8, 2020

Look up into the sky. There you find the sun, shining brightly. But you do not have to look up into the sky to see the sun, to feel the warmth that comes from the power of the sun. Look up in the sky and see the clouds rolling, gathering, growing darker and darker. But you do not have to see the gathering clouds, to feel the thunder rumbling and roaring, or to look up and see the lightning bolt that strikes and marks the sky as an exclamation point to the rolling thunder. You hear these things, you feel these things, because they are powerful. They do not stay at the source of the power. That which comes from them moves out and touches many, covering countries and continents. My child, within your mantle of humanity is My Spirit, and it is powerful. As you move amongst your brothers and sisters you can walk as the sun, warming all around you with your love, or you can walk as thunder and lightning, shaking those around you. You are as powerful as the sun. You are as powerful as the thunder and lightning. How will your powerful presence impact those around you today? Only you can make that choice. Only you can choose The Way.

And The Holy Spirit says:

Most of the time it appears that those who are human, for a while, forget the power that is theirs, forget the majesty carried within the mantle of the body, the human body. There is so much going on around you, distracting you, that you are drawn away from the majesty of that which is going on within you. Your words and your deeds are powerful and impact many. Your words and your deeds do not stay in-place. They move from you, carried by those who hear you, or who encounter you. They are transferred from person, to person, to person. See yourself as the sun in the sky, shining brightly, providing warmth for all who will stand in the light.

June 7, 2020

I wish for you to know that your time upon the Earth is a piece of your eternal life, and your time upon the Earth will be filled with love and an eager anticipation of what is to come rather than strife, if you see it as such. Close your eyes. See a golden cord in a circle, and pick a section of that cord, any place around that cord, and mark it as a section. There you are. That is where you are in the eternal circle of life. When you begin to see your adventure upon the Earth as a piece of eternity, then your response will be just that. You will respond to what happens, or comes to you, rather than react to what happens, or comes to you. This is your opportunity to shine, My child, shine with The Light I share with you, and bless all that you do. Do not see what happens to you as a curse, but as an opportunity to bring great wisdom back into the circle of life. Let what you do today, let how you respond today, illuminate The Way for others. You are, right now, living your eternal life. Let what you say and do reflect this.

And The Holy Spirit says:

While you are upon the Earth it is easy to feel detached, disconnected, away from God and all that is your Eternal Home. Do not let those feelings overwhelm you. When you feel detached, or disconnected, or far away from Home, it is a sign that you need to reconnect, call Home. Call Home so that you can feel the love flowing all through you, that is there, but it is covered-up with sadness and despair, with a longing, that you cannot find anywhere, that you cannot fulfill anywhere. Today, connect with Home. Give God a call. As I AM within you, I AM guiding you. You will not be lost. You will not slip away to a distance where I cannot bring you Home.

June 06, 2020

I say this to each of you. I AM present with you. I open My arms to greet you, just as a parent on Earth gathers their children to them, first thing in the morning, that is how I wish to greet you. I open My arms, and they stay that way, just as a parent stands on the steps, opening their arms, to greet the children who have come to visit from far away. See Me this way. It does not matter if you have been asleep over the night, or you have traveled far from Me, My arms wait for thee. And I will draw you near to Me, and hold you tenderly, and whisper to you that you are precious to Me.

And The Holy Spirit says:

If you allow yourself to look around and see what is happening near to thee, you will see reflections, or examples, of The Presence of God, The Love of God, The Light of God. You will see it in a parent's tender caress of their child. You will see it as you drive by a house and notice someone, standing on the steps waving, as a car pulls away. And you will see it in the rising sun, announcing the beginning of a new day. Look around. How will you see God, today?

June 5, 2020

You have all of My Wisdom within you, for My Spirit is within you. My Holy Spirit is meant to be your Counselor, The One who will show you The Way. It is designed to be that you are not left alone: wondering what to do; wandering from place to place. Sit quietly, and ask for guidance, and you will receive the counsel of The Holy Spirit from within you. And the answer you receive will not be temporary, or fleeting in use, but will be Eternal Wisdom.

And The Holy Spirit says:

In today's society, upon the Earth, you see many people using devices of all kinds, devices they hold in their hands, or prop on their laps, or that sit stationary on desks and tables. These devices provide information. You read opinions. You listen to editorials. You watch programs, telling you what other people think you should think about many things. Today, try going to The Source of The Wisdom of God, and there ask your questions, and then treasure the answer you receive from The Counselor within you, for I AM there within you. I was sent so you would not wonder or wander into darkness and shadow. Visit Me today, and I will show you The Way of Heaven.

June 4, 2020

One of the most difficult challenges you will face is learning not to judge. If you do not attempt to understand the teaching “do not judge,” then you will never realize how it is ingrained within you, that judging of others and yourself. You have not been given authority to judge. And while you are in human body form, you cannot judge wisely. You do not judge with wisdom, because you do not know all things, you do not see all things. You only see from your perspective, you only know from that which you know, and there is much you do not know. When you reach the point of wisdom necessary to judge fairly, you realize, then and there, that there should be no judgment at all. Where there is love there is no need to cast the curse of judgment on another, or yourself. It will not come easy, this learning not to judge, but it is worth the journey. You will start and stop again, and start and stop again, because it will be demanding. But every step you take, through the lessons of judging, will be as a badge of learning.

And The Holy Spirit says:

You will find it quite easy, almost comfortably so, to see someone doing something “inappropriate,” and then permitting your thoughts to think, “how foolish,” “how stupid,” “how ignorant,” “how mean.” When you are walking passed, or driving passed, a group of people, there is often a temptation to look-over and see: the one who might be “too heavy;” the one who might be dressed in a “gaudy fashion;” the one who might be... and you can take that on, and on, and on. The first step, to understanding what you have been told in The Scriptures about judging, is to curb the appetite to judge by practicing a “blessing” in the place of judging, and move through your day. You will be surprised that even this takes much attention and intention. But with practice, you will spend the days of your life blessing rather than cursing with judgment.

June 3, 2020

My Kingdom is within you. Therefore, it is possible for you to walk over the Earth, delivering Heaven, everywhere you go. It is easier to do this, if you take some time each day to rid yourself of shadowy energies, such as: being a bit frustrated; or, even slightly disappointed; or, address that grumpy attitude. Whatever you need to address, address it. Sweep it from you, as it is residue, dimming The Light of The Kingdom within you. It is not necessary for you to look around and find that which: means a lot to you; (which) you think is very special; and, you hold it in a view which is bright and light. First, address what is within you. And I tell you, as your Brother said, thousands of years ago. The Kingdom of God is near. The Kingdom of God is at hand. The Kingdom of God is within you. So, once you sweep away the debris, everything you say and do will reflect The Kingdom of God within you, because, you see, My child, it is not just My Kingdom of Heaven, it is your Kingdom, too.

And The Holy Spirit says:

Do you know, or remember, how you felt when you would put on new clothing, something that you had saved your money to buy, and you felt it fit perfectly? The clothing looked good on you. And as you put it on, you stood taller, and you knew you looked just fine. There is something greater within you than you can imagine. It is divine. The Kingdom of God is within you. When you wake up each morning, as you brush your teeth, and wash your face, sweep the steps of The Kingdom within you. Get rid of the debris, and rise-up, ready to walk into the world, bringing The Kingdom of God with you. That is your gift to the world today. Bring all that God wants to say into the world today. It is your opportunity. It is your blessing. It is The Kingdom of God within you, your Kingdom within you.

June 2, 2020

Seek to spend time amongst those who are genuinely kind, kind to all peoples, kind to all animals and birds, kind to all creation, for in their kindness they show honor and respect for My creation. Sitting in the garden of their kindness you will find peace.

And The Holy Spirit says:

Stop your busy ways. Be still. Seek kindness, and let your will be to sit within the energy of kindness; for it will wrap you in a cloak of peace, and you will go to your rest this night: feeling loved; feeling honor and respect for God's creation; knowing peace.

June 1, 2020

There will be times when, as the day begins, you are met quickly with thoughts of shadow, seems that they are tapping at the door, trying to get in. So, My child, let Me tell you what to do, and where to begin, because when these things occur, you have forgotten My Power is within you. So, declare it. If it is doubt, knocking on the door, trying to invade your sacred space, acknowledge it, and make a declaration. "Be gone from me. The Confidence of God is within me." Maybe it is sadness. There is a response for sadness, but one could be, "Be gone from me. The Glory of God is within me." And, what if it is anger? There is also a response for anger, "Be gone from me. The Love of God is within me." You must use The Power that I have given you, as My child, to make a declaration to meet whatever shadow threatens thee. I have given you all you need, but you must use it. Do not declare yourself helpless and invite them to come farther through the threshold. Make a declaration of Power, and Light, and Peace, and Love. Rise-up. Your time upon the Earth is limited. Fill your time with My Light because I have given it to you to use. Today, meet all that threatens you with shadow by declaring My Light within you.

And The Holy Spirit says:

When times approach, when times come near, when times are upon you, which bring you to a place of sadness, or hopelessness, or restlessness, or a feeling that you are all alone, or that you cannot do something God has asked you to do, then it is very clear, if you are in those times and have those feelings, that you need to step into The Power of God that is within you. It might surprise you to know that nothing will come to you that you cannot overcome because I AM within you. Accept who you are and rise to the occasion. Today, make a declaration, and let it stand, because your declaration of The Glory of God is at hand in turning away all shadow and darkness.

**May 31, 2020
Pentecost**

Doubt will rob you of realizing My glory within you to its fullest potential; and fear will hold you in place, when you could be rising-up, filled with grace! There will come times, throughout your life upon Earth, when you are covered with doubt, or gripped with fear. That is the time for you to whisper My name, so you know I AM near. And by saying My name, the doubt disappears. And by repeating My name, you overpower the fear. This is done, with My Glory, and Grace!

And The Holy Spirit says:

Believe, I AM within you; for, it is true. When you believe this, and doubt or fear capture you, you will spend more time going within to listen to My counsel, than you do running from here to there, asking others what you should do, to cast-out doubt, to cast-out fear. I tell you, remember I AM near, I AM within you! I will guide you, every step of The Way! Believe!

May 30, 2020

In the world around you, you can hear anger, and see hatred. In the world around you, you can hear kindness, and see love. Let your kindness be heard. Let your love be seen. Reject the calls of anger, reject the deeds of hatred, and let your kindness and love rise above them. Be still, and come sit with Me: for, in My presence you will feel The Light, within My whisper you will hear The Love, within My teaching you will know The Way; for, My Kingdom is a Kingdom of Light and Love, and My Kingdom is within you. Therefore, do not go into the kingdom of darkness and shadow. Come, sit with Me in The Kingdom of Light and Love.

And The Holy Spirit says:

It is important not to be distracted. Let your thoughts be still for a while. Be quiet, so you can hear The Whisper within you. Be still, so The Whisper will touch you. And then, rise-up in The Light and Love of God, and let your thoughts reflect what is happening within you, because while the world around you cannot read your thoughts, or see your thoughts, or hear your thoughts, they can know your thoughts through the words you speak, and the deeds you do. Your words and your deeds bring your thoughts into the world created by man. Today, let your thoughts and deeds reflect The Love and The Light of God, and The Kingdom within you.

May 29, 2020

For those of you who are seeking to be healthy, and strong, and at peace, and happy, I tell you: the prescription for health is good food and proper rest, and you know where to find the food, you know how to get the rest; the prescription for strength is to move, is to exercise, is to stretch, is to take part in doing manual labor, and you know where you can exercise, and stretch, and walk, and you know where you can apply manual labor; the prescription for happiness and peace is to create, within yourself, and supplement within yourself, My love, My compassion, My understanding, My charity, you know where to find these things, they are within you. But it is important to remember, that while you hold the receipt for a basket of healthy food, it requires that you do something. You make a choice to eat the food. You might hold a membership in a local gym, but it requires you to do something. You must exercise your body. And you might know about love, and kindness, and generosity, you might read about these things, but to create them you must do something. You have the prescriptions for a healthy, strong body, and a healthy, strong spirit, which will bring you peace and happiness, but you must do something.

And The Holy Spirit says:

When you set-out to create a healthy body, by eating the right food, sometimes it can be a challenge. But you find, as you go along the way, eating fruits and vegetables that are good for you, it becomes a part of you, and health becomes a part of you. It can be demanding and challenging to exercise and move your body, but once you make that start it becomes easier and easier to do, and soon it becomes a part of you, a strong body. But one of the most challenging things to do, when you are seeking peace and happiness, is to turn your thoughts from shadow and darkness toward the light and create: love; and charity; and compassion; and forgiveness, forgiveness is important; understanding. Taking the first steps toward(s) peace and happiness is one thing; but continuing to feed your thoughts with light and love, and strengthen your thoughts with kindness and compassion, this requires work, it requires attention and intention. But the result is peace and happiness. So today, eat some good food, take a long walk, and fill your thoughts with thoughts of light, and you will truly feel healthier, stronger, happier, and you will end this day in peace.

May 28, 2020

It is helpful, and important, to take the journey within, and to look at incidents, happenings, and occurrences, of the past, in such a way, that you no longer hold anger, or frustration, or sorrow, or sadness about something that has happened, that is done, that is over; because, until you find a way to forgive and bless, and turn all that has happened in your past into a glorious lesson, a lesson from which you can learn how to move forward, not in just your present temporary life, but into your eternal life, until you can change that which is within you to be The Book of Lessons, then it has the ability to hinder you in your forward moving progress. The truth is, until it has all been arranged, and set in place, so that your past is a lesson, and you face tomorrow, and all other days, equipped with lessons, everything that comes to you will be colored, or tinted, by what is held within you. Be mindful that it is necessary, for good forward progress, to check that which you carry within you. Make sure there is no hatred, or anger, or frustration, or sadness, no negative feelings, in any way. As you practice doing this, you will find that those you once thought were your enemy, or those who disrupted you in any way, were actually teachers, bringing lessons to help you along The Way.

And The Holy Spirit says:

You might find this difficult to believe, but I assure you it is true. That which you hear, and process, is pushed through a sieve of that which is within you. Everyone hears the same words in a slightly different way, depending on that which is within them. This gives you two opportunities: to take care of your inner being first, and clear yourself, in such a way, that you carry lessons for a new day; and then, choose your words wisely, speak of love, speak of light, speak of compassion and understanding. Speak as God would have you speak.

May 27, 2020

I AM speaking to you, especially those of you who feel: you are in a state of discontent; you are longing for a gentle touch, or a kind word; you are waiting to be held tenderly; you are waiting to feel compassion and understanding streaming from someone else to you; you are waiting to be loved. I say, "I love you." Nothing will ever change that. But today I want you to live within My song of love for you. If you pay attention to what is happening around you, you will begin to feel the strains of My song of love for you move into you, and the notes will touch you, and hold you gently and tenderly. Within each note you will feel compassion and understanding. So today, let us walk in the world together, Me singing My song of love to you, and you hearing it, and embracing it, and allowing it to renew your spirit.

And The Holy Spirit says:

Every day you are surrounded and filled from within, with the song of God's love for you. And if you pay attention, as you make your way through the day, you will hear it. You will hear the notes rise and fall, like a symphony carried on the wind. There will be gentle parts, which caress you, and you hear the words much as you do when you walk by a stream or a brook. You will feel the tenderness as you do when you look-up and see a deer, quenching its thirst, at the water's edge, for God's song of love for you is living, and it is all around you. Those gentle times are sweet. But then the notes rise and fall with a majesty and with intensity that will remind you of waves crashing on a beach, with drops of the salty water flying up into the air, appearing as if they are gems, dancing in the sunlight, suspended all around you. It is (in) listening to the song of God's love for you that you can hear grains of sand, as they are scattered here and there by the wind. You can feel the refrain as it approaches, held in the leaves and branches of the trees, encircling you, coming back over and over again, repeating the same lines in a song that your soul remembers, and the words are sweet. God's love song to you is real, and it lives. Look around you today and see it, hear it, feel it, be wrapped within it. Be renewed in God's love song to you.

May 26, 2020

No matter where you are, who you are, what you have done, who you have hurt, whether it be yourself or others, I love you. Nothing you can do will ever stop My love for you. So, in a dark or shadowy time, when you feel as if all that you have done does not merit the love of anyone, look up into the sky toward the sun. See it blazing in the sky and know My love for you rivals that light. All you have to do is think of Me, or whisper My Name, and My Light will fill you. My child, it is only you, holding you in isolation. Come, sit with Me, and let The Celebration of Light begin, sooner rather than later.

And The Holy Spirit says:

Do not listen to those who reside in darkness and shadow when they say to you, "Come with us. You cannot restore the light. You have done too much, you have spoken too harshly, you have hurt too many." For these are words of trickery, spoken to plant the seeds of doubt within you, and they are not true. God's love is never denied you. Believe that, and in your belief, and in that faith, in God's love for you, you will rise-up and do things you never imagined you would do. And your story will be great. And you will lead many to the truth of The Light because they will watch the story of you, as it unfolds in clear view, for all to see.

May 25, 2020

It does not matter how completely you are bound, wrapped in darkness, I AM only a thought away. It does not matter how completely you are ensnared in sorrow and sadness, locked in isolation there, I AM only a whisper away. Do not sink deeper into darkness, do not permit the hands of isolation and sadness to hold you where you are, for I AM here to show you The Way to The Light of a new day. Call on Me, and I will see, and show you The Way.

And The Holy Spirit says:

There are times, as you live upon the Earth, when you feel stuck, when it seems as if you cannot move, when there is a feeling that there is no light, only darkness. It is important, when you feel this way, to acknowledge that darkness has gripped you, that sadness has ensnared you, and remember: to think of God; to whisper the name of God. That is all there is to begin the journey to The Light. God is with you. Use your free will and escape darkness and shadow, and The Hand will guide you, and His Words will show you The Way.

May 24, 2020

Live your life completely. Live your life fully. With all that you have within you, live. And let My Holy Spirit guide you from within, taking you into experiences that will be yours only through faith. There is so much to do, and so much to see. Let the doing and the seeing be complete in believing. Listen and follow The Spirit within you. My Holy Spirit will guide you through your lifetime upon the Earth: without missing an opportunity; without missing an experience of faith.

And The Holy Spirit says:

I AM within you. I AM not a voice from outside of you, coming from another saying, "Come with me today. I will show you this or that." No, I AM within you, slowly guiding you, slowly taking you into places, as you are ready to go. And as we move together, your experience upon the Earth will be a journey of faith. But no step will be taken, if you are following Me: for which you are not prepared; for which you are not ready. I will not push you. I will encourage you. I will not prod you. I will invite you to see Earth, to live upon Earth The Way you were meant to see Earth and live upon Earth.

May 23, 2020

I wish for you to know, within your being, at the core of your being, that everything that comes to you is an opportunity, not just the good times, and the laughter, and the celebration, and the gifts, but the challenges and the obstacles. Everything that comes to you is meant to be a blessing to you. Embrace all that comes to you, with a sense of gratitude and thanksgiving: gratitude upon your heart for the celebratory times; and, gratitude upon your heart for the obstacles that come, for they are a sign that you are ready to climb the mountain, that you are ready to take the next step. Let there be a song of thanksgiving, coming from you. And if you find you can do this, to be grateful for all that comes to you, acknowledging the opportunities, as well as the glorious gifts of celebration, if you can do this, if you can hold gratitude and thanksgiving within you and sing of it, then you will recognize the gifts hidden within gratitude and thanksgiving. The gifts are happiness and joy. Once you are grateful, you will be happy. Once you are singing of thanksgiving, you will be joyful. It all goes together. So today, be grateful, be thankful, and the rewards will be joy and happiness in great abundance.

And The Holy Spirit says:

It is easy to accept a package, a gift wrapped lovingly just for you, and say, "Thank you." It is easy to accept an invitation to a party that seems prepared especially for you, and have a wonderful evening, and say, "Thank you." It is easy to accept a new assignment, a career opportunity, an advancement, and be grateful. Today, look at everything that comes your way. The things that you can celebrate are easily seen. But see the obstacles and challenges as what they are, a statement of that which you are prepared to do: a mountain you are ready to climb; a river you are ready to ford. See the opportunity and embrace it, thankfully.

May 22, 2020

Do not make your brother's or your sister's journey more challenging, more difficult, by creating thoughts, words, and deeds which are unkind, harsh, damning. Do not mock, do not make light-of or joke-of, do not belittle. If you cannot lift another up in your words and deeds, then you can bless them in your prayer. Do not besiege another's journey with your thoughts, words, or deeds. Bless them with your thoughts, words, and deeds. And I shall see, and I shall know.

And The Holy Spirit says:

Sometimes, the temptation comes to laugh at another, perhaps they have made an error or a mistake, or bumped into a table, or fallen, in any way. Do not cast dirt upon one who has fallen. Do not make light of another who has encountered problems, and challenges, and obstacles. Do not belittle another. Let your thoughts, words, and deeds be noble, kind, and loving; for if it is not possible for you to physically reach-out a hand and touch them, or speak a kind word to them, it is always possible to bless another with your prayer, as we bless you as you journey there upon the Earth.

May 21, 2020

Do not stand in your position so rigidly: that it hurts to bend-over to help another; that it tries your patience to listen to the position of another; that you are unable to open your heart to acknowledge the gifts of another. Watch the wind moving branches, and trees, leaves from the ground until they lift in the air and tumble down, grasses, and flowers, and flags, and kites. See these things moving. Be flexible as you are held in The Wind. Move with The Wind so you might go where you have never been before. Bend down to lift another up, sit back to hear another's story, open your heart to receive the gifts of another, acknowledging their beauty and glory, for each one of you carries gifts, The Gifts of The Holy Spirit. Today, open and permit others to tell you their story.

And The Holy Spirit says:

If you close your ears to what others are saying, you cannot know them. And if you do not permit others to tell their story, you do not know them. Stand, with confidence, in who you are, and listen, as others tell who they are. Do not deny another the opportunity to tell their story. Soon you will hear all the stories, and you will know all the others around you. Rise-up, in confidence, celebrating The Glory of God all around you.

May 20, 2020

It is by doing, the things you do not want to do, the things you think are impossible to do, that you learn what you can do. When the obstacle is a mountain, climb it. When the obstacle is a river, ford it. When the obstacle is endless days and nights, one meshing into the other, endure it. When the obstacle is peril or jeopardy, take one step at a time until you are through it. For My child: it is by climbing the mountain that you know your strength; it is by fording the river that you gain confidence; it is by enduring the days, one after another, that you come to know patience; and, it is by facing peril that you know your courage. Every obstacle has a reward. If it comes to you, it is yours to do. But in the process, as you make your way through, the awards and rewards are great, for at the end of the day you will find you have strength, and confidence, and courage, one step at a time, moving into a place, where you begin to know all that you can do.

And The Holy Spirit says:

Do not turn away from obstacles and challenges set before you. If you turn your back on the challenge, you will never know what the result could have been. This is your lifetime upon Earth. Take the opportunity to know what you can do. With faith, ask for guidance, and proceed, because the world needs to see that all things are possible when you and God are working together. God does not send you sunshine when you need rain, and God does not send the rain when it is sun you require. Obstacles and challenges come and go, but as you meet them you will know what you can do, what God can do through you.

May 19, 2020

I love you. I love each of you. I give you My love, in equal portion. I pour My Spirit out upon you, in equal portion. I send messengers, so that you might know The Way. I send messages to guide you, so that you might follow The Way with confidence, ignoring darkness and shadow, choosing light. And I ask you, each of you, My children, to do the same. While you cannot make your brothers and sisters know Me, as you know Me, you can hold My love, and let My love flow through you to your brothers and sisters. And then, even for those who deny Me, there will be the knowing of Me through the kind things you do, through the good words you say. I ask you to embrace My Spirit, which fills you, and let it flow-out to others so that they too might know My Spirit, through you. For those who might turn their back on My Spirit with them, there is the seeing of My Spirit in all that you do and say. The messengers and messages come to each of you. The opportunities are within each of you. But each of you must choose that which you wish to use. Let the world know Me through you, not by demanding they know Me, not by commanding they realize The Spirit, but by seeing My love living and My Spirit living within you and all you say and do.

And The Holy Spirit says:

Many find it easy to doubt that God truly will speak to each person on Earth every day, because if they begin to try to know this, with their intelligence, they will be led astray quickly, because it is not the way of the world. The way of the world is: to ignore those who ignore you; to turn your back on those who turn their back on you; to speak harshly of those who speak harshly of you. And on and on it goes, driving a wedge between relationships by doing to another as they do unto you. God has given you love, in equal portions, and this is done because the love is just there. God is love. God cannot stop the love from flowing because God is the love that is flowing. And those who know the love of God bring their buckets to The Well and use the love of God for the glory of God. The love of God is within you, it is with you, it is all around you. You must make a choice to ignore it, to turn your back on the love of God. Other than that outright choice the love is always there, and still, when you make the choice to turn your back on the love of God, it is still there with you, waiting for you to use it. It is available to you. And it is the same when God speaks of Spirit, for I AM The Holy Spirit of God, and you cannot divide Spirit into pieces and portions. I AM everywhere. I AM with you. You cannot see Me, for I AM as the wind blowing, and while you cannot see the wind, you know the effects of the wind. The wind impacts your everyday life, as I impact your everyday life. And just because you choose to ignore Me does not mean I AM not with you. I AM with you.

May 18, 2020

When you find you are in a period of disease, fear, worry, isolation, and you do not know what to do, I whisper unto you, there is something you can do to change the world. Today, create love, within your being. Sing of love within your being. As you actively focus your attention on being love, from within, the energy and the power of love moves from you out into the world. My child, love is contagious. You can meet an angry person, a worried person, a person who is distraught, and simply by putting your arm on their shoulder you will pass to them the energy of love. And do not let this be passive. I AM asking you today to actively create love. When you look upon another being, within you create love. In this process you will begin to open, more completely, to My love for you, and then as My love pours into you and through you, and you are busy creating love, My love and your love will come together, bringing forth a new love of Heaven and Earth. And this new creation will bless all around you.

And The Holy Spirit says:

If you find that you just do not know what to do, if you feel displaced, in any way, if you are longing to be active, create love. This might sound simple to you. It might be a direction which you feel will possibly accomplish very little. But if you close your eyes, envision actively creating love, within your being, creating love which will mix with the love of God for you. Then see yourself standing, as a lighthouse, beaming love out from your presence into the world. See it. This love does not stay with you. It is not passive. It is an active energy, and it will move from you, blessing all around you. Encourage others to do the same. Create a sea of love today.

May 17, 2020

Seek first to know the richness of life rather than seeking the riches of the world.

And The Holy Spirit says:

There is a landscape within your being that is the source of life. It is the source of the richness of life. Do not ignore that which you carry within you to seek the temporary riches of the world. You are the bringer of the richness of eternal life. It is within you. You carry it within you. Walk upon the Earth and into the world created by man, knowing who you are, where the wealth is found, where the treasure is located. Resolve your everyday issues and matters from that well of wisdom within you. Begin within and let the roots of your being sink into the soil of your soul and begin growing from there, and the richness of that eternal life, you carry within you, will show as you blossom and grow. Do not deny yourself. Do not resist knowing the real you. Do not permit the roots to wither. Go within and begin anew.

May 16, 2020

Come, seeker of beauty. Come seeker of balance and harmony. Come seeker of wisdom. Rise-up and come and stand by Me. Close your eyes, so that you are not limited in any way, so that you see, as I see! Stand by Me. Look, and see, 360 degrees all around, look and see. See the beauty springing forth from Mother Earth, see it. Look and see that which grows on hillsides, in the deserts, in the valleys, by the rivers, next to the oceans. Look and see. There is balance and harmony in that which springs forth from Mother Earth, and held within that beauty, and balance and harmony, you will find wisdom. Look and see. Now, open your eyes, and that which you see is no longer dull, it is radiant, it is filled with beauty. You will find balance and harmony in a dandelion, or the branch of a tree, and held within all that you see, you will find a piece of wisdom, waiting, just for thee!

And The Holy Spirit says:

Sometimes, in order to see, you must: close your eyes; permit yourself to transcend that which you think you know, and begin to see with the eyes of your soul. You will not be limited in that way. All will be possible, in that way. And once you open your eyes once more, you will see in a different way, because you have been blessed by the eyes of your soul. There is great beauty, natural beauty, all around you. Look and see. Balance and harmony exist in nature. Look and see. And there is wisdom in that balance and harmony, and in that natural beauty. Look, and see!

May 15, 2020

Listen, and you will hear it. It begins on a majestic peak of a mountain, and echoes down over the rolling hillsides, into the canyons and the valleys, and down to the riverbeds, and then up, and over again. It is the waking song of a new day, calling you to rise-up, to stand-up, to say, "Good morning," to this new day. And all of Earth awakens in the glory, waiting to write another verse, another page, another chapter in the story of life upon Earth. And as you rise-up and pray, you connect with Me, and I whisper unto thee, "Rise-up; My child, and create!" It is a new day, in every way. Rise-up, and do that which is stirring inside of you, calling you to do!

And The Holy Spirit says:

No matter where you are, as the new day begins, there are certain sounds that you associate with the beginning of a new day. Rise-up, and let your voice become a part of the new day symphony, the song of life, the song of waking, the song trumpeting, announcing the news of a new day. Breathe it in that way, begin anew that way. The new day is with you, walk into it!

May 14, 2020

Sometimes, a day arrives when you know it is time for something new: and that something new might be a new car, and the joy of driving is renewed; it could be a new house, and a peaceful sanctuary is comforting; it could be the move to a new job, which holds promise for the future; or, it could be a new hobby, which can fill the spare time and occupy an interest. But there is no guarantee that this joy, and security, and promise of a happy future, or occupied interests will be constant. And as the months and years go by: the car is not always a carrier of joy; the home is not always a peaceful sanctuary; the job, which once held promise for a happy future, becomes dull, unfulfilled; and, the hobby no longer occupies your interest. There is no guarantee that joy will be constant, that peace will be constant, that promise will always be there for a fulfilled future, that your interests will always be occupied with the same enthusiasm. Life upon Earth holds no guarantee, and those things that you might believe are guaranteed often disappoint you. I AM constant with you. I will be your joy. I will be your peaceful sanctuary. I will be the promise of a fulfilled future. I will occupy your interests. I AM ever-present, unchanging, and My love for you only grows more intense and complete as we move closer and closer together.

And The Holy Spirit says:

You might be unable to find a guarantee, a constant, in your everyday life, as you live upon the Earth. Those things around you: will come and go; will be built-up and torn down; will live out a life of usefulness and then be set aside. All things will change except that which is within you. God is always with you. God is ever-present. God's love does not depend on what you did or did not do. God loves you, and on this you can place your trust and faith. The promise of a fulfilled future is held in the love of God for you.

May 13, 2020

I know you from the inside-out, when most of those around you know the surface you, the you that you choose to reveal to those around you, but I know all of you. I know your thoughts about revenge, seeking to get even with someone you feel has betrayed you. I know those thoughts. No one else knows those thoughts, yet I know those thoughts, but because I know those thoughts, seeking revenge, I also know the nobility in that which you create to override the action, the words, the deeds. I know the conflict within you, and I see the heroism when you overcome that which is tempting you and send it from you. No one else knows these inner battles, these conflicts, requiring courage and strength, for the tempter has an attractive web, which will ensnare you, if you are not careful. I rejoice when I see you avoid this web of doubt, or deceit, or revenge. There is as much going on within you, as there is going on all around you in the physical world, and I love all of you. I love the inside of you, and the outside of you, and the noble thoughts of you, and the kind deeds of you, and the gentle words of you. I AM the only one that knows the real you, the only one that sees all you do.

And The Holy Spirit says:

Sit with God and be quiet. You do not have to introduce a particular issue or tell God what is “the matter at hand.” God knows these things, you see, so all you have to do is sit quietly, and let the wisdom of God enfold you. When you rise-up, you will realize that you know what to do. You have been touched with a lesson from Heaven. You understand, better, because you know God. You meet God on the inside, and God knows you from the inside. Therefore, this is the most sacred relationship that could ever be because it is one that lasts throughout eternity.

May 12, 2020

I hear your cries. I see your struggle. I know there is pain within you. It does not matter whether you have been cut down, knocked down, or fallen, the standing, the rising-up again, all comes from a power within you. Every fall is a lesson, and held within the lesson of the fall, is the strength and the courage to rise again. You will find wisdom in the lesson of the fall, if you will be still so that you might hear it, know it, feel it flowing throughout your body; for, that which is within you is as soil, well-tended, and turned, and prepared to give life. Do not let your worries create tomorrow. Come and sit with Me, for your recovery is within, your strength and courage is within. Rest your head upon Me.

And The Holy Spirit says:

There are times, in every lifetime, when you feel as if you have been pushed down for the last time, when you think it is impossible to rise-up again, and at these times, your courage and your strength is found within. If today you feel as if you have been pushed to the limit, and worries occupy all of your thoughts, go into a room and close the door. Be still and pray. Connect with God in a sacred way, asking that God show you what you need to see, and tell you what you need to hear. God, The Creator of All Things, is nearer to you than your closest friend, your family, those who love you, and those who support you, in the physical world. God is within you. God knows everything concerning you, so you do not need to list all that is troubling you, all you need to do is be quiet, and let God fill you with love.

May 11, 2020

How often, during the day, do you think of a loved one, that your thoughts move from that which you are doing, at that particular moment, to the thoughts of the one you love. This is a return to that person, in a spiritual way, touching them, all during the day, because you are thinking of them, in a loving way. In order to take our relationship to a more intimate level, I ask that you think of Me in that way, for you know I love you, and I know you love Me. Even though you cannot see My face, or feel My touch upon your hand or arm: you know I AM with you; you know I remember you; you know I know who you are. The sign that you have reached an intimate level, in the relationship between us, is that you think of Me, in a loving way, all through the day.

And The Holy Spirit says:

When you are in a loving relationship the contact is always with you in thought: you think of the person you love; you remember something they said or did; you can sense their presence before they call your name. You know them. This is how God wants you to relate; together, connecting every minute of the day, by thought. Looking at birds, and flowers, and trees is an easy way to think of God. But when you touch the one you love, think of God, because therein you will find God's love, in that touch, in that person, that individual that carries The Spirit of God. If you set your intention to do this, all through the day, you will be surprised how many things remind you of The Presence of God with you, and that is as it should be, for you are one with God, you are one with Me.

May 10, 2020

It is not always possible to find: one string which will move through every human being upon the Earth, uniting them, binding them as one; one experience that is the same for every person upon Earth. Yet there is one. Every single person, upon the Earth, was born, born of woman. Each of you had to: pass through a doorway; move through a threshold; pass over the threshold, onto the Earth. And that doorway, that threshold, was an individual. It does not matter what your relationship is with the individual who served as a threshold, as a doorway, between the dimensions. What matters is that you honor that doorway, that threshold, that individual who gave you the opportunity to experience life upon Earth. For this day, that is what you should remember.

And The Holy Spirit says:

Throughout your life you will experience certain times that are important milestones. And these are birthdays, graduations, marriage even, job accomplishments, life accomplishments. Everyone's milestones are different. They come at different times. They are observed by different types of celebrations. But all of this is made possible by an individual who was willing to be the threshold, the doorway, through which you passed. As you honor, and celebrate, the important times of your life upon the Earth, be sure not to overlook honoring the individual who was your doorway, who was the threshold, for the experience to take place at all.

May 9, 2020

The first gift a parent gives to the child is love, and that gift of love sustains that child, and nurtures the child, building a foundation on which to grow. I AM your Eternal Parent. The first gift I gave to you was love, My love, and My love will sustain you and nurture you as you grow. It will be a foundation for you to rise-up, and from which you will see all the possibilities set before thee. Do not underestimate the gifts of love. They come in many forms: a smile, a handshake, a telephone call, a genuine hug, a kiss upon your cheek, a warm blanket on a cold night wrapped around a little one. There are many forms of love, but the first love you ever received was My love for you.

And The Holy Spirit says:

Today, take a bit of time, and sit quietly, open to the love God is pouring to you. Accept it with an open heart. Participate. Receive the love of God actively. Let it fill you. Let it touch every fiber of your body. See it. Close your eyes and see the love of God, flowing through you. It is the first gift you were ever given, and it will remain with you forever.

May 8, 2020

It is possible for you to possess a cherished family recipe, for you to gather all the ingredients, mix them together, carefully following each step of the directions, and even wait patiently for it to bake, but until you take the first bite, and the glory of your lineage fills your mouth with wonder, you cannot know the value of that which you have been given. You cannot know the worth until you ingest it, until you taste it, until you know it.

And The Holy Spirit says:

Recipes, handed down from one generation the other, are more than just ingredients and directions set down upon an index card, or written on note paper. If you have such a treasure it is actually a piece of who you are, part of your history. If you have such a treasure, take it out, look at it, prepare it, and eat of it. It will remind you, of who you are. If you do not have such a treasure, let it be your intention to create a treasure which you will pass down. All that is necessary is for to look around and see what fills your family and those you love with joy, and then write each ingredient upon a card, or piece of note paper. Put all the directions on how to assemble the ingredients and mix them together, what degrees the oven should be, how long to wait. Put everything down, so that they too might enjoy, and eat of their lineage later in life, after you have returned Home.

May 7, 2020

Do not turn away from Me. Do not try to hide from Me, even when you have stumbled and fallen into the biggest pool of muck and mire that could ever be, for I AM calling thee. Come and sit with Me. Do not hang your head, for I will say this to you, My child. Look out at the trees. They are still growing. They are cleaning the air for you to breathe. Look out upon the streams and rivers. They are still flowing, providing water, so drink. Look out at the gardens, the orchards, filled with fruits of the Earth. Look and eat, for I give you My hand and bring you from the fall, and I say to you open your eyes and look and see. Breathe, and drink, and eat, and while you do I will pour My love out upon you, in copious amounts, and I will say, now that you have looked, now that you did see, breathe, and drink, and eat, and love with Me.

And The Holy Spirit says:

When you have taken a tumble, or even tripped slightly, do not turn your back in shame or guilt, for God is waiting to tell you all the wonderful things you have done, all the noble deeds you have performed, all the right words you said at the most opportune times. Do not define your life upon the Earth by the stumbles and the tumbles you have taken. Define your life by the glorious things you have done, and the love that God has given. Today, breathe, drink, eat, and love, for it is all provided for you.

May 6, 2020

The path of forgiveness requires patience, intention, and determination. It is a long, winding path. It often takes you back to places you need to see so that you might be willing to forgive completely. As you proceed along the path though, you begin to know how to forgive, to know how to forgive completely. Partial forgiveness is exactly what it implies, it is partially done, it is not complete, and until the forgiveness is complete you are not free. But as you continue along the path of forgiveness, you notice you have a companion. Your companion is patience. You are more patient with yourself. You are more patient with others. The wisdom of patience begins to dwell within you as well as walk the path with you, because it takes patience to completely forgive. It is always a good idea to set aside a few minutes of each day to address forgiveness actively, picking it up, volunteering, you might say, to work on forgiveness, for part of the day. Forgiveness, complete forgiveness, can evade you, if you wait until it is time, until there is no place else to turn, but to decide whether to forgive or not to forgive, and this can be challenging and daunting. But if you begin to practice forgiveness a little each day, it will become familiar to you, you will understand the importance as you feel lighter. Your body feels lighter, everything about you is lighter, because you are ridding yourself of the debris. You are unclogging the passageways of your body, and in the process, you are free.

And The Holy Spirit says:

Some of the most rewarding things are the things that are most difficult to do, this is why it is rewarding. You feel you have accomplished something, when the task is through, when the chore is done. Forgiveness falls into this category, because very few do it completely, very few are willing to pick it up each day and make the review necessary to continue along the path of forgiveness. Do so. It will reward you. You will be free.

May 5, 2020

I love you. I love the strongest amongst you, and the weakest amongst you. I love the most belligerent amongst you, and the most docile amongst you. I love the angriest amongst you, and the happiest amongst you. I love you. Therefore, it is not necessary for you to tear-down another for you to rise, for you are each one precious in My eyes.

And The Holy Spirit says:

Resist the temptation to tear-down another: so that you might rise;; so that you might appear to be the better choice; so that you might be chosen. Set your goal on loving one another, and being kind, speaking tender words, and performing deeds of goodness; for in the end, there is nothing another can do to keep good deeds from rising so that all might see and know. Resist the temptation to tear another down, thinking you might grow in the process. Do not destroy that which God loves.

May 4, 2020

You will not find answers, resolution, or guidance in an atmosphere of chaos and confusion, or fear, or anger. You will find the words leading you to the answers, the resolution, and the guidance in an atmosphere that is calm and at peace.

And The Holy Spirit says:

When you seek answers in quiet, you will find the answers you seek. When you seek resolution, you will find resolution in quiet. When guidance is the goal, you will find guidance and words of wisdom in quiet. Therefore, go forth this day and seek peace and quiet, and you will find the answers, the resolution, and the guidance.

May 3, 2020

I wish for you to know the value of a good investment. It is possible to save your money, and put all your trust in a banking institution, and have the banking institution fail, and leave you with very little money. It is possible for you to purchase insurance, guaranteeing that your bills will be covered if you become ill, and must go to the hospital, or have many treatments; yet it is possible that this insurance institution will fail you when you need it most, leaving your funds depleted, and your health weakened. It is possible for you to put monetary support into religious institutions, hoping that in this way your spiritual life will be cared-for in a loving way, and have this religious institution fail you, tempting you to feel as if your spiritual life has been uprooted, bankrupted, leaving you with nothing. There is a way to invest in a solid future, a future that goes on forever. The unseen bank of The Kingdom of Heaven will not fail you, it will avail you every opportunity to store-up treasures of kindness, and charity, and compassion, and generosity, patience, and forgiveness, and any other noble attribute you can think of. And when you make a deposit of kindness, your deposit of kindness will be multiplied many-fold. Invest wisely, in that which cannot be taken from you!

And The Holy Spirit says:

Your real treasure is not in your wallet, or your pocketbook, or in a vault in a bank somewhere. Your real treasure cannot be diminished. You carry it within you, and the only way you can lose this treasure is for you to choose to throw it away, or not use it. It is yours, and no one has dominion over that which you carry within you. Their decisions cannot diminish that which is yours. While you are upon the Earth, you have an opportunity to multiply the gifts you have been given, and as you do it, it will be a sign of the glory of God within you.

May 2, 2020

When you are tempted to anger, or hatred, or to be resentful, or to retaliate, to speak ill of another, or even to hold onto a grudge you have been carrying, or desire to pick-up and hold, come and sit with Me. Be quiet, because you do not have to tell Me what occurred, you just have to be still and sit with Me, and I will fill you with My light. And once you are illuminated with My light, you will begin to see wisdom unfolding before you. The radiance of My light will show you The Way, and The Way I wish for you to walk is not littered with resentment, retaliation, anger, or hatred. The Way I wish for you to walk, The Way I AM lighting for you, is not littered with gossip, or grudges. The Way I wish for you to walk is illuminated, and you can clearly see and know the beauty it is truly just to be in My light.

And The Holy Spirit says:

I can assure you of this. There will never come a day when you wish that you had been more spiteful, angrier, more meanspirited. There will never come a day when you wish you had spoken even harsher about someone, or turned your back sooner, or held a grudge longer. That will never happen. But the day will come when you will wish you had been more compassionate, you had been more loving, you had been kinder, quicker to reach-out to another. The day will come when you look back, and you see all that could have been. Begin to create those days today, and fill them with compassion, and kindness, good deeds, and gentle words.

May 1, 2020

Do not make a decision, especially an important decision, when you hold, within you, anger, or when you have been hurt, or when you feel dismayed, or if you have been rejected, in any way. Resist the temptation to choose at those times, to make a decision at those times, because your decision will hold within it: retaliation, remorse, rejection. When it is time to make a decision, free yourself, free yourself of these energies; so that the decision you make: is made in the light; will benefit your mission; will be a blessing to all the Earth. Make your decision, within My light!

And The Holy Spirit says:

When you are tempted to turn a decision into a retaliation, or to carry the energy of remorse within it, because of rejection or sadness, be still... before... you make the decision. Make it, when you are free of anger, frustration, or hurt, or any such energy; for a decision made in shadow and darkness will be tainted with that shadow and darkness forever! It might turn out not to be the decision which would have been a blessing to you or those around you. Wait, until you standing-in the light of God, and then choose, and choose wisely!

April 30, 2020

In times of chaos and confusion, worry, and fear the number of voices raised in prayer increase(s) greatly, as trouble seems to move closer and closer, inundating your very home. Most often the prayers, raised in times such as these, are a litany of lack, and anger, and fear, and doubt. When you are tempted to begin to pray, listing all the things that are wrong in the world that you are living-in today, listing all of the things that you need and do not have, be still, and know: I see these things; I know these things. I know everything that is happening. I feel your terror, sometimes horror, fear, because we are one. Now, if I can feel your terror, and horror, and fear you too can feel My tenderness, compassion, and love. But while you are sending out the songs of worry, it is difficult for you to hear My song of peace to you. Therefore, as you pray, make some time, during the day, to just go sit alone, and be still. Do not even think of the things that worry you, just open your heart so that you might hear My song of love for you. Prayer does not go one way, it is not a corridor marked, "this way only." It is a huge avenue, and when you are within that avenue, you feel the grace and the blessings that I send to you. Be still today and hear Me. Receive My song of love for you.

And The Holy Spirit says:

When you expect to receive guidance and direction from God, be quiet. You cannot hear when you are filled with chaos and confusion. It is like: everyone calling-out at the same time, all running wildly, in a house on fire, all calling-out, "the door is this way, or here or there," until one rises-up and says, "Quiet. Everyone be still. The door is here. Follow Me." Take yourself out of the chaos and confusion. Be still and follow Me.

April 29, 2020

When you become tired, and weary, and deflated in all ways, yet you know there are others counting upon you to provide courage and strength, to be the well of their comfort and trust, do not be tempted to be dismayed, or frustrated, in any way. When this happens to you, be still, sit with Me, close your eyes, and envision this. See yourself as a big pond, in a clearing, surrounded by trees. And see yourself as a pond that is drying up; but then, comes the gentle rain from above, filling the body of your pond with fresh, clean water. Feel it flowing into you, fulfilling you, filling you with life sustaining water. And then, as you are filled with the water from above, look and see, all around you, the animals and the birds of the forest, leaving the trees, and coming to the edge of your pond, of your body of water, to drink from it, to have their thirst quenched from within it. This will happen every time. I will fill you with the waters of life. So, when you feel weary, or tired, or worn, do not keep going so that the layers of your pond become cracked and dust ridden. Be still and open your body to the life-giving waters I send to you, and you will be filled, and you will be fulfilled, and all will see and gain life from that which I gave to thee.

And The Holy Spirit says:

There is always an answer. There is always an answer, coming from God. And these answers, to your questions, will fill you with wisdom and light; but to be filled with the wisdom and light, you must be still and quiet so you can be fulfilled. It is a promise. You shall have all you need; but for you to have all you need you must be still and receive that which is coming to you. Today, see yourself as that pond, see yourself filled with the waters of life, see yourself fulfilled.

April 28, 2020

Today, I give you guidance and instruction on how to make sure that you achieve the goal to grow and use your spiritual gifts every day. And it is this. When you begin each day, state clearly, aloud, that which you intend to do that day. And I am not addressing house chores, and work tasks, games, or any other such pursuit. When you begin the day, what do you feel, what would you like to do, spiritually, that day? So, if you would like to seek joy and happiness, say it aloud. If you would like to be a bringer of light that day, say it aloud. If your intention is to forgive, say it aloud. Make the commitment, and then move into the day, because once you make that commitment, the opportunities will flow to you, and you will begin to recognize that which comes to you as the opportunity for you to do exactly what you had hoped you could do. Pay attention, that is how it happens, and go forth this day, and do.

And The Holy Spirit says:

Every day you have another opportunity. It is another link in the long, long, unending chain of your eternal life. Each link securely attached to the one before and the one ahead of it, perfectly placed for each portion of your eternal life. Today, you have the opportunity to create within the link of this day, doing that which you would want to do. Make the commitment. Decide that which is going to receive your focus for this day, recognize the opportunities that come your way, and do, so that The Glory of God might be known upon the Earth through you.

April 27, 2020

Do not be troubled when someone you have considered a friend turns their back and walks away. If this happens, consider this. Possibly your light was shining so brightly that they needed to back away, because they were entertaining spirits of doom and gloom, they were grumpy, unsettled, and the light, coming from you, was disturbing these energies of shadow and darkness, to the degree that they wanted to be away from you. If your friend walked away, and you are filled with light, then shine brightly still. But also consider this, was it you, could you have been the one who was gloomy and down, disturbed, grumpy? Then possibly it was your friend who was filled with light and joy and did not want to go into shadow and darkness that they found within you. Before you do anything consider these two scenarios. If you feel that you are filled with light, and love, and joy, and happiness, then continue, by all means, to shine, to be a beacon of light. But if in consideration, you find that possibly you were entertaining spirits of shadow and darkness, then go to work, casting them from you. Remove all the darkness, and there, within you, hidden under that shroud of shadow, you will resurrect the light, and when you find it, let it shine, let it beam. And, as the light continues to grow in intensity, joy will be yours again. No matter what others do around you, make sure you are the light.

And The Holy Spirit says:

As you make the walk through the life you are living upon Earth, for a while, you will find friends and lose friends. This is the coming and the going of people into and out of your life. Some will come and stay, and some will stay for a while, and then walk away. To make sure you can adjust, in balance, to the coming and the going of all things, even energies, make sure you are holding the light of God, as best you can. Make sure that it is you, in balance, in light, walking upon the Earth. And then, no matter what happens around you, you will have a happiness within, because you know what you are doing. You are letting the light and the love of God shine from you, and there is nothing else better that you can ever do.

April 26, 2020

I sent you to Earth, carrying the gifts of Heaven within you. Your mission, upon the Earth, was set in place before you arrived. Your mission might look different from all the other missions upon the Earth, but there is one unique, core piece of each mission that is the same, to deliver a piece of Heaven to Earth, by using the gifts you carry within you. Do not be distracted by the toys, and the baubles, and the things of Earth, of the world created by man, to the extent that you ignore the treasure you carry within, for that which you carry within is meant to be used so that those around you might know the glories of Heaven through all that you do. Today, sit, ponder, pray about how you can use your unique gifts of Spirit to make Earth a better place, to plant seeds of Heaven all along The Way. Do not ignore your eternal gifts. Do not forget eternal life, while you are upon the Earth.

And The Holy Spirit says:

Look around you and see how all the people are dealing with the issues and the matters of the world created by man. Everyone has a different way of handling things that come to them, during the day. But one thing is the same, within each person, and while they might be deeply planted within, the seeds are still there. The treasures of Heaven are within each of you. Go within. Dust them off. Look at them. Practice with them. Enjoy the gifts you have brought to Earth, for they have eternal value, and they are worth far more than the trinkets of the world.

April 25, 2020

There will come a time of darkness and fear, of shadow and doubt and worry, when you will question if I AM even here with you. And, as you begin to wonder and question, you will be filled with shadow, you will feel alone. When this time comes, My child, do not give-in to the shadow, do not give-in to the darkness. Be still and pay attention to what is happening around you. Acknowledge the darkness, acknowledge the shadow, acknowledge the fear, and the doubt, and the worry, and be still. For, as you acknowledge these things I will see, and I will know your heart. And, as you are still, I will be there too, and My love will be pouring down upon you, and My arms will be wrapped around you, and the presence of The Wind will be profound. And soon, as we sit together, your faith, your belief, will be resurrected from the doubt, and the darkness, and the shadow, for I will show you, and I will remind you, that while you cannot see Me now, I AM there with you. You cannot see the wind, but you see the effects of the wind. You cannot see love, but you see the effects of love. You cannot see faith, you cannot see trust, and courage, and strength, but you see the effect of these powerful gifts. That which is unseen is more powerful than that which you can see. And soon, you will begin to see, and you will understand, and you will feel your faith stirring again, and you will reach-out, and take My hand, because you have experienced the effects of the unseen presence of God. No one can see that flicker of faith within you, but they see the effects of the faith growing within you. No one can see the thoughts you are thinking, the comprehension and the understanding settling within your thought, but all around you can see the effects of the thoughts which are creating, comprehension and understanding, a knowing of Me.

And The Holy Spirit says:

There are many things that are unseen by the human eye, many things which require assistance to see; and so, for the minute, you use a magnifying glass, or a telescope, or a microscope to see that which the eye cannot see; and you begin to understand the nature of the unseen all around you. The unseen has access where the seen cannot enter. Think on that, and you will begin to understand that, that which you carry within you, while unseen by those around you, is known by the effects of the unseen within you. Your friends and family, co-workers, acquaintances cannot see the faith you hold within you, the love of God you hold within you, but they can know what is within you, because of what you say, and what you do. They cannot see your thoughts, but they know what you are thinking by what you say, and what you do. The unseen is powerful. Today, work with the unseen within you. Let your thoughts go to healing, and goodness, and compassion, and keep your thoughts in these gifts. Do not let your thoughts wander to darkness, or shadow, which would be fear, or worry, or concern, or anger. Do not go there. Practice today to keep your thoughts in a holy way, and go within, several times, in silence, to sit with God, to be taught by God, to understand more and more within your being. And all of this unseen activity will have an impact on the world around you. It will affect all those around you. And, all those around you will know faith, and strength, and courage, love, compassion, and understanding, and many more beautiful energies, because you have brought them into being, in the realm of the unseen, and you are allowing them to flow onto the Earth: as a gift from you; as food from the gardens within, which you grew, with the help of God.

April 24, 2020

When you speak to Me, while you are cutting the grass, it is as if I have received a letter, from a loved one far away. When you think of Me, as you are planting flowers and working out in the yard, it is as if you have picked-up the phone and called Me to say, "Hello." When you acknowledge the great beauty and majesty in a mountain, or a sunrise, or the vast ocean, it is as if I have received a message, telling Me about your great journey afar. But when you take yourself to a quiet place, alone, and in stillness call-out to Me, reach-out to Me, embrace Me, and we are alone, that is communion with you! We are alone, and it is as if the door flies open, and there is your lover, standing at the threshold, just the two of you. It is good to touch base, to connect, while you are doing something else; but do not forget that special time, when you are doing nothing but loving Me!

And The Holy Spirit says:

Communication with family and friends, loved ones who might be afar, is much like communicating with God. It is good to do it in many ways, but always savor those moments that are set aside, just for the two of you, you and God, nothing else! It is as if the world stands still for the song of love to echo from the communion of God and a child of Earth, a child on Earth, reaching from one dimension to the other, to say, "I love you," "thank you," "we are one!"

April 23, 2020

I speak. Who will hear Me? I call-out. Who will come? I light The Way. Who will follow? The time is now. Rise-up. If you will hear Me, then heed the words I say. If you will come, rise-up. If you will follow, you will see the rising of the sun, and it will fill you with great joy to see the things that were done in the name of Love and Glory. Rise-up, it is time. For, if you follow you will see the things that are being done now, but to see and to know, you must listen, and hear, and follow.

And The Holy Spirit says:

Do not shake The Whisper from your ears. Do not push The Words from your thought. Embrace The Whisper and The Words, and they will lead you to the rising of the sun.

April 22, 2020

It is not necessary for you to know how to prepare a feast for you to appreciate the taste, and the company of family and friends at the table. It is not necessary for you to know how to build a car for you to enjoy a ride in the countryside. It is not necessary for you to comprehend creation for you to celebrate the gift of life. And, it is not necessary for you to understand eternal life for you to live eternal life, because: part of the feasting is the eating and the camaraderie; and part of the joy of owning a vehicle is driving, wherever you wish, to see and explore the Earth, and all her wonders; and, the greatest part of life is not understanding the beginning or the continuing, but to be part of the beginning and the continuing, and to do so with great joy. Experience what is yours to experience today. Accept the gifts, with gratitude, or give the gifts, with charity. Enjoy what is yours to experience today.

And The Holy Spirit says:

Today might be the day that you give the gift of love, and give it, freely. And today could be the day that you receive the gift of love, and embrace it, warmly. It could also be the day that you give the gift of kindness or compassion, or perhaps it is your time to receive the gift of kindness or compassion. Life is not dull and boring. It changes from minute to minute. For those who are willing to experience life, the taste, and the joy of eternal life, it is not boring or dull at all. It is the greatest adventure you can imagine. Today, embrace the experience that is yours, whether it is giving or receiving, do so in celebration of your eternal life.

April 21, 2020

Think back to your favorite books, your favorite movies, your favorite stories told to you, and as you do this, you will recall the heroines and heroes that filled the pages of the books, the scenes of the movies, the words of the stories told. And as you remember these heroines and heroes, you will also recall, that no matter what they encountered, no matter how dark the picture might have seemed at the time, they found the courage and the strength to overcome that which was trying to impede their progress, and they resolved all matters. They fulfilled their destiny! My child, those heroines, those heroes, they are you! You are the star, of your book, the movie of your life, of the stories which will be told about you, even after you have returned Home. See yourself that way. This is your time, your opportunity, so seize the moment, and the opportunity, and do not let the demons of darkness dismiss your mission by pulling you down, ensnaring you in their web. You are the heroine, you are the hero, and My hand is on your shoulder. Let us go forth and fill the pages of your book, and the scenes of your movie, and the words of the stories to be told. Go forth this day, My child, and be who you are.

And The Holy Spirit says:

Some days are filled with sunshine, and it is easy to dance and sing, as you watch the butterflies and the birds, and see the flowers of spring. But then, there are other days that are filled clouds, sometimes even darkness and shadow; and, it is on those days that you wish to pull the covers up, over your head, not wanting to leave the comforts of bed. No matter what type of day it is, the adventure is before you. You are the star, rise-up and shine. Shine in the sunny days, and shine in the darkest of days, but shine. This is your lifetime. You are writing the book with everything you do. You are creating the movie, with all your actions; and, the words, which will be spoken about you, have yet to be created, in full. So, rise-up, it is time! Let us begin to tell the story of today.

April 20, 2020

Your thought, that which you focus your energy upon, is created. Know this. Once you have a thought, no matter what it is, you have created an energy, something that exists, at first within you, and then, through your words and deeds, all around you. It is in thought that it is born, and it is in word and action that it is released to the world around you, scattered over the Earth. But hearing these words does not deepen your understanding of the words. So today, I give you an opportunity to practice, to exercise, with this thought. Let us take kindness for today. When you have the opportunity, anytime of the day, focus on being kind to the other person, or persons. No matter what the situation, think to yourself, "I shall deliver kindness to this person;" and then, smile, and listen. Listen with your heart. Smile with your heart. And soon, you will see the other person, looking at you, possibly while they are saying, "thank you for your kindness;" but, perhaps just looking at you, and you see in their eyes they are thanking you for your kindness. This is how you create a well of kindness within you that is so deep it seems there is no bottom to it, because every time you give the gift of kindness your well grows deeper and deeper. But, unless you will practice, with the intention of looking and seeing what your kindness is accomplishing, you really do not have a good understanding or comprehension of the power of your thought. Every thought, even the thoughts you think no one knows about, is powerful, and it creates. It creates either darkness and shadow, or goodness and light. Pay attention to it today. Use this day as the day to see the power of your thought in simple acts of kindness.

And The Holy Spirit says:

You read about it, you hear people say it, that "your thoughts create," but sometimes it just becomes a phrase that you say, but you do not take very deep within you. It is a nice phrase, it is helpful, but follow it through to another level, and begin actively thinking. Yes, go into the laboratory of your thoughts, and create kindness. You do not even have to wait for the opportunity, just go there right now. At this very moment, with your eyes closed, focus your thoughts on kindness, focus your thoughts on being kind to another person. Instantly you find, that just in the thought process, you feel lighter, truth is you feel kinder, because that is exactly what you have created. Today, experience creating kindness, intentionally. Focus on kindness and feel a new lightness of being within you.

April 19, 2020

When your guidance comes from Heaven, be assured that you will never be asked to do anything you cannot do, be assured that the guidance you receive from Me, The Whisper carrying instructions for you, will be exactly “on-the-mark.” It will be something you have been trained and prepared to do, but this training and preparation has all taken part within you. This training, and preparation, has come in the guise of individuals, bringing messages, even when they do not know they are delivering a message. The guidance, and direction, comes in signs, in the sky, and in the grasses and tress. The guidance and direction, that began within you, moves through you, and ultimately becomes the completion of the mission, in all you think, and say, and do. Do not be baffled or dismayed. When it is yours to do, My child, My hand is on your shoulder, showing you The Way.

And The Holy Spirit says:

You can compare following your divine destiny to reading a map, better yet, a treasure map, leading you from one point to another point; and, all along The Way, you find messages. Sometimes the messages are under rocks, or in trees, sometimes they are hidden from view, and sometimes they are clearly seen, but are missed, because most are not looking. Follow the guidance you receive from within. Do not be afraid to take the journey. You are prepared and you are ready. The map is on your heart. Your spirit is ready. Your soul is singing the song of your destiny. Rise-up, and follow.

April 18, 2020

Do not ignore that which is yours to follow the ways of the world, seeking that which you know not. Nurture the gifts you carry within you. Nurture the gifts of Heaven that are yours, and these gifts, which were given especially to you, will produce fruit, and this fruit, grown by the gifts of Heaven, will feed you, give your strength and courage, lead you to The Way, and guide you to that which you are to do, to that which you are intended to do. And in this way, you will know peace upon the Earth, because it will be My hand guiding you.

And The Holy Spirit says:

While you are upon the Earth joy and happiness can be elusive. You can search for things that you think you desire, knowing, once you have them, that the embrace is empty, and you are unfulfilled. While you are wandering and searching, the eternal gifts of Heaven were within you, unnoticed, unopened. Go there. Go within and open the gifts, and celebrate the treasure that is yours, for this treasure will show you The Way, will provide all you need to complete your mission, to fulfill your destiny upon the Earth, and return Home victorious, victorious because you do know Earth, you have lived upon the Earth, but you did so using the gifts of Heaven. And, because you experienced Earth, using the gifts of Heaven, your experience was divine, lasting, eternal. Do not ignore the gifts that are yours to open that which you know not.

April 17, 2020

You take steps, often, during the day, to protect your physical body, your physical environment. You wash your hands, often and well. You wash your hair, and shower, and bathe. You clean your home and your environment, so that you might free yourself of the germs and bacteria, which could bring disease and illness. This you do to protect your body, your physical body, and your physical environment. My child, it is time for you to take the same steps, be as vigilant, with your spiritual body, and your spiritual environment, as you are with your physical environment, because darkness and shadow carry bacteria and germs, which can invade your spiritual environment and body, and bring sickness. Pay attention to that which is eternal, at least as much attention as you pay to that which is physical and temporary.

And The Holy Spirit says:

Sitting with God in prayer, listening to guidance from The Heavenly Kingdom, is washing, cleaning, protecting your spiritual environment, your spiritual body. Sit often in prayer, reflecting on how you can bring more light into the world created by man. Push from you all things of darkness and shadow; and, create great light. This is The Way you protect your spiritual environment, your spiritual body. Do not neglect it. Wash yourself clean, many times during the day, to prevent disease of the spiritual nature. As you wash your hands frequently, sit with God quietly. As you wash your hair and your body often, pray often. Do these things to protect your spiritual body, and you will be healthy, and you will be at peace, and you will live a life of abundant joy. Protect that which is yours, and live.

April 16, 2020

Once you make the commitment to walk The Way of Light there will still be times when you feel you are weary of being the only light in a sea of darkness, the only smile in a sea of anger, the only compassion in a sea of chaos and confusion. There will be times when you are tempted to let your light dim. That is when you will feel My presence, and you will rise-up again, and continue, making your way along the path. Your heart will seek another, whose light will accompany your own. But My child, what you do not know, what you do not see, is the path of light behind you, comprised of those who have ignited their flame, because of the fire that burns on yours. Your torch has been the source of rekindling an ember within others. And, while you might not see it, I see it. What was once a solitary light, moving along a path, in a sea of darkness, has turned into a highway of light all because you did not surrender to the darkness, but you continued to make The Way a way of light for others to follow.

And The Holy Spirit says:

When you make the decision that you will not meet aggression with aggression, that you will not meet fear with fear, that you will not create more chaos when chaos is standing all around you, when you make these decisions to choose The Way of Light, this commitment does not necessarily guarantee that it will be an easy path to follow; but, it will be a rewarding path to follow, the path that will fulfil you. And, while you hold your torch high, this determination will not let your arm waver or fall. Today, understand the meaning of a solitary candle in a sea of darkness, and then accept the responsibility to carry that light; for, there are many seeking light. Today, be the source of light for many in a sea of darkness and confusion.

April 15, 2020

Come, and sit with Me, and together we will resolve all that is troubling thee, using the ways of Heaven. For: I will not fuel your anger with anger; I will not fuel your sadness with sadness; I will not fuel your frustration with more frustration; and, I will not fuel your misery by commiserating with you. Everything you bring to Me, My child, will be resolved, and resolved by using forgiveness and love. For, there is not one person that you can name to Me that I will not say back to thee, "But, I love them, and I ask you to forgive them." It is not always easy to forgive and to love; but, it is always divinely right to forgive and to love.

And The Holy Spirit says:

When you feel injured, when you feel another has taken advantage of you, in any way, it can be difficult for you to say, "I forgive." It can be even more difficult for you to say, "I love. I love in the face of hatred and anger. I love in the face of aggression. I love when there is the spirit of meanness, moving through others." But, if you wish to say, to God, "Thy will be done," then you must do the will of God. You must let the will of God be done through you. And, the will of God is for the children of Earth to be forgiving and loving.

April 14, 2020

If you are a loving parent, you know how fulfilling loving your child can be. If you are a child, receiving love from your parent, you know how rewarding receiving this love can be. If you are in any kind of loving relationship, you know the gift, and the power of love. Come sit with Me, and as we sit together alone, quietly, you will feel My love for thee, and you will know love beyond what you have provided, received, or imagined, as you live upon the Earth. For, as you sit within the energy of My unconditional love for you all things are healed, all wounds are healed, all you feel is My love, and at that moment, My love is enough for thee.

And The Holy Spirit says:

You can calm anger by standing within the energy of love. If you can avoid encounters of anger, or aggression of any kind, then maintaining love is rather easy, you will find. But, it is in those moments that are intense, when another is falling apart, and being totally consumed by fear, or worry, or anger, when your ability to create the energy of love shows the glory of God, shining through you, because: love will quiet the tempest; love will calm the fear; love will bring peace to hatred. Fill your well with love by sitting with God quietly each day, so that you might have more than enough, so that your well might flow-over with the love you are receiving, nurturing, and exchanging. There are many gifts, there are many talents, but none of these are greater than love. Love is first.

April 13, 2020

I hear you, My child. Even when your lips are still, even when your cries for help no longer fill the room, and space, around you, I hear you, because I know you. I know your heart. I know your yearnings. I know your longings. I know the periods of desperation, which flood over you, sometimes. I know sadness when you feel sadness. I hear you. But, when I hear you, it is not in the words you say, it is not in your cries for help. It is the unspoken call of your heart, knocking on the door of Heaven. Be still, and you will hear The Whisper, and it will begin to cast from you fear, and worry, and doubt. Be still, and listen, for The Whisper will fill you with strength and courage, and soon the darkness will leave you, and the sun will bring forth The Light, and the day will begin anew. If you are not still, you cannot hear Me. Be still.

And The Holy Spirit says:

Do not cease seeking communication, communion, with God when fear no longer invades you, when anger, or sorrow, or sadness sits with you no more. Do not cease seeking communion with God when the storms have passed, and the birds are singing, once more. For, if you will maintain that sweet communion with God by listening for The Whisper: you will be prepared for the next attempt to invade your sacred chamber; you will be prepared for the storms, which will surely come; and, you will be prepared to embrace the day filled with Light all around you. God knows you. God is speaking to you, but to hear the words of wisdom, you must be still.

April 12, 2020
Easter Sunday

When every prophecy, spoken through the prophets, was done, was completed, The Light walked amongst those of Earth, and The Light fulfilled all of the prophecies, spoken by the prophets, to the last utterance, and The Light returned to Heaven. But, The Light did not return to Heaven until The Light was passed amongst those who had recognized fulfillment, and embraced the teaching of The Light. The Light of Heaven is still with you, within you. Rise-up this day and light the world with that which you have been taught within. For, as The Light was born into the world, the world carries The Light, by those who embrace The Light. If you know The Light, rise-up and be The Light, today.

And The Holy Spirit says:

Sometimes, waiting can be difficult, trying; and, for those who waited, for The Messiah, it was long and tedious. But, there walked amongst them, those who spoke of a promise, of that which was to come; and, those words were the flicker of hope in the hearts of many. The flicker of hope has turned into a flame of faith, for you know; and, as you know you are. You are that which you know. You know The Light, therefore you are The Light.

April 11, 2020

You might not be able to put a name on it. You might not be able to describe completely that which the human heart is seeking, that which the heart yearns for, and desires. It is unconditional love, understanding for who you are without trying to change you, or mold you to fit a form, but unconditional love for you, as you are. Seek no farther, seek no longer, for unconditional love is within you, because I AM within you. Be still. Come within to meet Me, and you will experience that for which your heart is longing.

And The Holy Spirit says:

The reason, the search for love is often not complete, or falls short of what one might think it should be, is because the human heart is seeking the love of God. The love of God can be seen all around you, because God created Earth and Earth responds to the love of God. The love of God can be seen in you, because God loves you, and God's love is within you, waiting. It is unconditional. You do not have to do anything except go within and be still so that you might feel this love that is with you, that is there all the time, that will embrace who you are, just as you are. Your heart is longing for the love of God. Go within and receive it.

April 10, 2020

When you pass through the doorway of silence, and enter the chamber quietly, in stillness you will hear Me, you will hear The Whisper, which has evaded thee, as you were distracted by the noise, the chaos, and confusion of the world created by man. In silence you hear The Wind. In silence you can hear a leaf fall upon the ground. In silence you can hear raindrops, as they splash against a window. In silence you hear that which is not heard when there is noise. In silence you hear Me. Silence opens the door to hearing. When you are still, you hear all that is held in the arms of silence, and wisdom begins to take root and grow within thee.

And The Holy Spirit says:

When you are facing difficult times, or issues come-up which must be resolved, the starting place for resolution should be the room of silence, because when you are silent you will hear the ways of God, as they are whispered to you, so that they might bring peace to you; and, once peace settles within you, and you are still, inside and out, matters become clear, and those things that seemed to be turned inside-out fold gently into place, and all is right, because you sat quietly to see how God would have everything unfold around you. Most of the time, resolution of the issues, and the matters at hand, take care of themselves in The Creator's hands, when you are still and quiet.

April 9, 2020

Close your eyes and envision yourself as a being filled only with love, the energy of love moving through you, touching every cell, every organ, everything within your body. If you are filled with love you have everything, all of the other gifts, all of the other attributes and fruits, which you mention frequently, such as: understanding, and compassion, patience, kindness, forgiveness. These things spring forth from love. Therefore, if you have love you have everything you need. Do not dismiss the command to love one another as simple instruction, because if you sit with the command to love one another, you will find that it is rich, and deep, and powerful, all encompassing, because when you love you give the greatest thing you could give away. When you love you give all that is held within love. Be mindful of love today.

And The Holy Spirit says:

Your capacity for love is limitless, endless. You cannot love too much. And, the more love you hold within you, the more it is possible to increase the love within you. The only thing that will diminish the love within you will be the energies of a darker or shadowy nature, such as greed, anger, frustration, you can name them. Anything you choose, other than the light, goes into the space where love should be. At first, it is as a piece of dust; but, as these particles of dust begin to gather within your being, it is possible for the love to be greatly diminished. Pay attention to what you are thinking, and doing, and saying. Protect the energy of creation that is within you. Protect The Breath of God that is within you. Guard, with vigilance, the love that is within you.

April 8, 2020

Rise-up, and be as The Wind, moving into stagnant places, exchanging stale air for The Breath of Life.

And The Holy Spirit says:

Come forth, and be as the spring rains, cleaning all of the Earth, so that the peoples of Earth might see life coming forth from the soil. Come, it is time. Awaken to the eternal life that is within you. Rise-up and come.

April 7, 2020

As it is with great adventures, journeys, the trip begins with planning and preparation. And, this is the way your mission begins, with planning and preparation: for setting your course; for sitting quietly in prayer for guidance and direction. A great adventure, an exciting journey, is not a point of excitement from the beginning to the end. It comes in segments, and this is how your mission unfolds. Preparation is the beginning, and then practice fills in all the “betweens,” as occasionally there will be great events, and then it is back to normal, practice, prayer, practice, prayer, until the great event comes again. It is the same with any great novel, or a movie, or an epic poem, or a story told, and passed down from generation to generation. There are peaceful intervals, there are intervals of preparation, of rest. Therefore, I encourage you today to do a few things, which will always prepare you for that which is to come. Let the spaces of your mission, those times when you think nothing is happening, be filled with kindness and consideration, and compassion. In other words, be kind to one another, love one another, and monitor your thoughts, and your words, and your deeds so that you cast from you any energy that is not of light. Prepare yourself, every day, in this way so that when the great event comes, you are prepared, you are ready, you are clear and clean, you can hear My words and My direction coming to you. Every one of you has a mission. Every one of you has a mission that is appropriate for you. When it is not one of the highlights of your mission, spend the time you are given in preparation. And, let the preparation be kindness and love, rest and recuperation. Be at peace this day, and prepare yourselves for whatever comes your way.

And The Holy Spirit says:

When you are preparing to take a great trip, a trip of a lifetime, something you have been planning for most of your lifetime to do, it is comprised of many parts. You save for the trip, you read about the country you are going to visit, the places you are going to see. You plan how you are going to take the trip, and what cities and towns you are going to visit. And, when you have enough money saved-up, and when you have set a course, marked a map, where to go, where to stay, you begin to pack. You pack a suitcase, appropriately, so you are not carrying heavy luggage, but you are light and ready for the road ahead. You purchase tickets, you plan. The day comes that you go on this trip, and you make the trip and it is wonderful. You come back home, and you begin unpacking your bags, washing your clothes, putting all your memories and photographs in an album, getting back to normal. You see, most of that great adventure was not spent on the great adventure. It was spent in preparation so that the great adventure might unfold as you had hoped it would unfold. Take these words of wisdom and apply them to your everyday life, because there is a great event, or maybe even two, or three, or five, held within the mission that is yours. And, these great events will unfold as they come to you, when it is time for them to come to you. And, how easily they unfold all depends on the preparation. Prepare every day, be vigilant every day, then you will be ready for whatever comes your way. The great adventure of your lifetime is unfolding. Most of it is preparation. Prepare and be ready for your time will come.

April 6, 2020

If there is a feeling of optimism about you, and hope and trust are the garments you choose to wear for the day, when all around you is chaos and confusion, doubt and fear, do not be dismayed, do not be perplexed; for, this optimism, this trust and hope, are springing forth from My words of truth within you; for, you feel it within you, as well as hearing it within you. "This too shall pass." You have heard it before, you hear it now, and you shall hear it again. It is good to remember. "This too shall pass." So, do not deny your optimism, do not put away your faith and trust, your hope. Let them fuel your spirit and guide you through the day. Do not be dismayed for, "this too shall pass".

And The Holy Spirit says:

As you live upon the Earth you are given many days. The sun rises and sets, and the moon rests comfortably in the sky, the stars twinkle. You experience rain and drought. You experience warm days with flowers, and cold days with fallen leaves covered with icicles. You experience so much, which, blended together, is your story of Earth. Face whatever is with you. Look at, and live-in, each day given to you, for right now you are writing your book of your walk upon Earth. Let it be filled with wisdom and truth rather than fear and doubt. No matter what you are going through today, there is wisdom to help you along The Way. No matter what fears tempt you, there is truth along The Way.

April 5, 2020

Do not place your trust in, or seek support from, those around you, in the world created by man, for no matter how much they love you, or are devoted to you and your plan, it is possible for them to turn from you, leave your side, at the moments when you most need support, when you need their trust. Place your trust in Me, seek support from Me, I will not leave thee. Even when those of the world turn from you, I will be with you. If I ask you to rise-up, and bless you with the honor of a mission upon Earth, I will support you until it is done, until it is accomplished. Do not let your soul be weary. When those who you wish would support you, desert you, or even reject you, let your vision come within you at those times. Within you will see with clarity. Within is where you seek support, place your trust, for I AM there. And, once your mission is accomplished, all will see what you did through the support I gave to thee. Do not expect another to have your measure of faith. Be an inspiration to others by exhibiting your measure of faith in all you think, and do, and say. Place your trust, and seek support, in Me, and from Me.

And The Holy Spirit says:

Even if a great mass of people are yearning for the exact same thing, as they approach that unique place, they cannot all enter together. There must be those who take the first step into realization of that which is sought by so many. There must be the first-goers. And, as the first ones step into the place of recognition, of knowing, of achieving, others will see, and follow quickly, and it will be accomplished. If you are called to be one of the first, it will require faith, and courage, and strength to do that which is asked of you. Do not seek support from those around you, for you see they are standing in your place, as well. Seek support from God, who will guide you, and lead you, to The Well of Wisdom in The Place of Enlightenment, and give you courage and strength to do so, to make the journey, to complete the mission.

April 4, 2020

True joy, bliss, and happiness are yours when you are within My Light, held within My Love, when My Light is completely with you, when My Love enfolds you. When you become distracted, by the things of the world, you are inched from the Light, your focus becomes on material things. And this distraction lessens the Light, reduces the Love you feel, not because My Love is not real, and not because My Light is not real, but because you have placed something between My Light and Love and you. Your focus has been altered. To achieve the ultimate joy, and bliss, and happiness refocus, change your perspective. Let the goal be within My Light, let the goal be within My Love. Soon you will see, from this exercise, where happiness, joy, and bliss can be found. My child, it is with Me.

And The Holy Spirit says:

Be mindful where you are focusing your attention. It is possible to go to work every day, but not make work your goal. In fact, it is possible to go to work every day and bless all the work you do with the Love and the Light of God, flowing through you. In that way, your work does not take away from God, it is embellished and enlightened by the Love of God and the Light of God. And the same holds true for everything, even your relationships, loving relationships. When you bless that relationship with My Love and My Light then it goes beyond an earthly delight into something sacred and divine. Do not make your loving relationship the goal. Make the goal to bless your relationship with the Light and the Love of God, and then watch it unfold as a piece of God upon Earth. Refocus and you will gain happiness, joy, and live your life blissfully upon the Earth.

April 3, 2020

When you find yourself living in times which are trying, challenging, be mindful to stay connected with Me. Make sure that you are connected to Earth and connected with Me, so that you are flowing within you, one to the other, so that, that which is upon the Earth is being blessed, and healed, and loved with that which is of Heaven. The combination of the two within you brings a blessing, brings joy and happiness, no matter what is happening around you, because the blessings from Heaven give you the courage and the strength to move through every time of testing, and trial, and challenge. If you do not stay connected with Me, you are opening the door to a possibility that, that which is challenging you soon becomes a threat to you, and The Way of life you have come to know. And, once this challenge becomes a threat within your thoughts, then shadow begins to creep-in where there had once been light. No matter what is happening in the world around you today, My child, focus on Me. Sit with Me, and I will give you courage and strength to meet the test, to overcome the trial, to make your way through the challenge. And on the other side, you will look back, before you move forward, and hold gratitude within you, for you know your strength and courage by what you just walked through. Walk with Me, and I will remind you how strong you can be when you stay connected with Earth and Heaven, creating a new energy within thee.

And The Holy Spirit says:

When you hear whispers within you, tempting you to fear, or worry, or concern, know that these whispers are not coming from God. When you realize that, stop. Fear is not a heavenly product, nor is worry or concern, for your faith in eternal life should carry you through these things; but for, the spirits of darkness and shadow who long to taste of your light, who long to dine on your joy, who long to rest their head upon the pillow of your peace. Do not be duped into giving your energy to supporting darkness and shadow. Live fully, and completely, and with great joy in eternal life. Your life has no end. Every piece of your life, your eternal life, is a bit of the story of your eternal life; but, it is not the end. Stay connected with God today, and you will be reminded of your courage, and strength, and heritage, and your destiny, for your destiny is to live forever within The Love and The Light of God.

April 2, 2020

Whenever you are tempted to retaliate, to get even, to get back at another, to swap insult for insult, or even to have the last word in an argument, be still. Use all your will to fight the temptation to retaliate, in any way. It takes two or more to continue an argument. The invitation to join an exchange of bitter or angry words can be rejected, and should be rejected, My child; for, to do anything else, other than be still, adds fuel to the fire, creates more darkness and shadow, extends the battle. And, that is not what you want to do. Be still and sit with Me. Tell the story to Me, and with every phrase you say, I will guide you wisely in My way. My way will be love. For, as you tell Me all the ways you have been wronged in the exchange, I will whisper to you, "I love you." When you repeat each word that was hurtful to you, I will whisper, "I love you." And as My love enfolds you, you will finally be at peace; and, you will also find the temptation to retaliate is melting away, as it is held within My love. This is My guidance to you. When you are tempted to join into an argument, or a fight, or any type of discord whatsoever, be still and create peace within your being.

And The Holy Spirit says:

God is waiting to teach you, and as you are taught The Ways of God, you find it easier and easier to turn away from bitter exchanges, of any kind, because you know the value of peace. And when you are at peace, it is much more difficult to disturb the peace within you. Those around you might feel angry, chaotic, they might feel they are living in confusion or doubt; but as long as you maintain your peace within, you will not be drawn into the chaos, confusion, anger, or doubt. There is a Kingdom within you in which you can dwell, go there, and you shall live well. You will be happy, and you will be joyful, living within The Kingdom that is in you.

April 1, 2020

It is easier to refrain from publicly exhibiting behaviors, which express fear, loathing, frustration, or disrespect, than it is to hold these temptations at bay, mentally. Within your being, where no one else can see, it is not easy to continue the vigilance with regard to these energies, and that is where I would like you to work today. Be mindful of what is slipping into your thoughts, for on the outside you could be behaving in a kind and receptive way, while internally, within your being, you are laughing, or mocking, or upset with others say or do. It might be difficult to grasp, but that which you entertain within your being, within your thoughts, can be just as damaging as the outward signs you express of fear, or anger, or frustration, worry, even sadness. Pay attention to what you are thinking, because, My child, your actions and your words are created within your thoughts. Therefore, if you catch your thoughts, and cast from you all thoughts of a negative, a shadowy or a dark essence then, outwardly, your words and your deeds will shine brightly. They will not be cloaked with a bit of shadow. They will not be tainted with the darkest of spirits. Today, set your course to mind what is happening within you, within your thoughts. Clear The Way for My Light today.

And The Holy Spirit says:

Sometimes you see another person, acting in a certain way, and you assume, from their actions that, that is what they think, because it is what they say. But, that might not be the case. Hold judgment, regarding any word or action, on the part of another, and go within yourself, first. Clean-up your thoughts, first. Make sure that the Love of God is flowing through you, first. And once this is done, you are ready to walk-out into the new day. Do not go out into the new day with your thoughts tainted, in any way. Take the brooms, and the washcloths, and the buckets of hot, soapy water into your inner being, and clean yourself up. Then, go out, and you will be surprised at the results of your day, because all that you see will be seen with clarity, with the vision of Heaven within you, with the eyes of your soul.

March 31, 2020

Sometimes, it can be very difficult to open to love. You could ask yourself, "Why do I want to sit in frustration or anger, loneliness and sadness, guilt and shame, when all I have to do is remember The Name of God? All I have to do is open the door, and there it is, The Light of a new day, without darkness, with guilt or shame, leaving anger and frustration behind." It is that simple; but, it requires that you desire to be in love, rather than anger, or hatred, or bitterness, or even loneliness and sadness. Make your choice today. Choose The Light, choose Joy. It is not necessary for you to be alone when all you have to do is open the door and feel The Light and The Love of Home.

And The Holy Spirit says:

Have you ever noticed that sometimes, when you get upset with someone, and you decide that you are not going to talk to them for a while, that this distance, created by noncommunication, gets farther and farther apart. The distance grows, and all of a sudden you find now, it is harder to communicate what you want to say, because of the distance, because they are so far away, spiritually. When you feel this happening, resist the temptation to sit in your frustration or anger, or even hurt feelings, and reach-out. Let God's love fill you with light. Push your ego aside, push judgment aside, and reach-out and love today.

March 30, 2020

When you come to believe, and know, that you are an eternal being, destined to live forever, then, and only then, are you able to bring Heaven onto the Earth, because then, and only then, you come to understand that your present piece of eternity is a piece of your eternal life. And, then, and only then, you can make the determination that: every minute of your time upon Earth will hold a blessing, will hold love; every minute you exist upon the Earth you will create peace, you will be the bringer of compassion and understanding. In other words, your earthly experience will be of Heaven, of My love and light. You will not waste your time, building-up storehouses of temporary possessions, possessions which will last only one very limited lifetime. You will resist that temptation, easily, because you will be determined to add to your eternal lifetime, the glorious experience of Earth, as seen through the eyes of a heavenly being.

And The Holy Spirit says:

You can bring Heaven to everything you do. No matter how menial you believe the chore, the task, assigned to you might be, you can embellish that chore, that task, by creating, within your thoughts, things of lightness, things of glory. That task, that chore, will: live eternally; hold the sacredness that you put into it. Create around the chore the energy of eternity. You can bring all your memories Home, but you cannot bring Home a storehouse filled with coins and objects made in the world of man. But, you can bring Home those things created within your thoughts that are of spirit, and last forever, such as the creation of love, and light, and peace.

March 29, 2020

I AM always with you, and available for you to come, and sit, and talk, and listen. If you believe this, if you know this, then act upon this. I sent a Messenger to you to deliver words of love. Love one another was the message delivered. If you believe this, if you know this, then act upon it. This Man, you came to know as Jesus The Christ, delivered other messages too, but said that this message of love is what you must do. This message of love was the foundation of the new order, the New Testament. And He also gave testimony to the message that He would be with you. His words of oneness could have stirred-up doubt, but they did not. They stirred-up faith, and belief, and trust. If you believe this, if you know this, then act upon it. You have been shown The Way, now walk in it.

And The Holy Spirit says:

There always comes the day when it is time to stand-up, and no longer say you believe, no longer say you know, but act upon the belief, and act upon the knowing. Words come easy, especially words you have heard throughout your lifetime; and sometimes, something you say repeatedly can take-on notes of a refrain, sung over and over again. It is time to live what you believe, and to live what you know. Do not postpone this living testimony of all that you know. It is time for you to rise-up and live eternal life. Live your life today as if you know it is your eternal life, because it is eternal life. It is not something assigned to you later, after you pass. It is something that is with you now and will last forever.

March 28, 2020

Strike from your thought that you do not know how to love, that you are unworthy of being loved, because you are created of My love; therefore, love is the initial ingredient, the first ingredient, the most powerful ingredient, that is you. And, as you come from Me, carrying the initial, the first, ingredient of love within you, you are, most assuredly, worthy of being loved. Love is the most powerful energy ever created, because it is pure, and the intention is sacred and holy. Love is not greedy, love is not meanspirited, love is not jealous. Love does not restrict or bind another. Love is pure in its creation, as it is intended to be. You are created of love and of Me.

And The Holy Spirit says:

Remember, if you love someone, you do not try to control and manipulate that person, you love them. You love them as they are, and you love them so much that you point-out all the magnificent pieces and parts that roll together, creating them. You do not point-out flaws. You do not judge harshly. You are not suspicious of that person. For, if these things come into your thoughts, what you are calling love is not love at all. Love is pure, and love is kind and accepting. So today, give the gift of acceptance and understanding to those you love. Point-out everything that is wonderful about them. Ignore anything else, because where you focus, there is the light, and that which holds your focus grows, and it becomes a delight. It grows. Today, love, and love unconditionally. Today, come to know love in a sacred and holy way.

March 27, 2020

Many of you know what you are to do. And, if you are not absolutely sure of your mission, there are bits and pieces of it that you recognize as that which you are to do. Once you know your mission, be mindful to watch for the signs, because there will be signs sent to you that say, "move forward," "wait," "stop," "begin again," "slow down," "go quicker." As you hear these words you begin to understand the importance of reading the signs, because the sign of one day might not be the same sign for another day. So, you need to be vigilant. Free will choice is given to each one of you. And sometimes, another's free will choice, once made, alters, slightly, that which you are meant to do. But, if you are watching for the signs, you will be led around the roadblock, or over the mountain. You will know The Way. If it is yours to do, there will be a way made for you to do it. So, do not concern yourself with anything other than the signs. Keep yourself willing and watch for the signs. Be vigilant, and you will see them as they come, for each of you has a mission, and each of you has an important mission. And, these missions will be completed, as the time comes.

And The Holy Spirit says:

Once you know your mission upon Earth celebrate. It takes a while to recognize the mission as yours; and oftentimes, you sit and wish someone else's mission was yours, because it is something you would like to do. But, when you are tempted to look on another's mission, wishing it was yours, understand that the mission that is yours is perfectly suited for you. In fact, it is just perfect for you; all your qualities, all your gifts, everything rolled into one that makes you who you are is rolled into that mission, as well. Be vigilant, watch for the signs, and embrace your mission. Let the sun rise, and let the sun set, let the moon track over the sky, let the stars shine in the darkest night, and let each one of you know, you are Mine, and I love you.

March 26, 2020

It is easy to forget, in times of great darkness and shadow, that you carry My Light within you. When you find you are caught in this darkness, and others are there with you, and all about you seems to be in chaos and confusion, a panic sets-in, anxiety moves-in, darkness can cloak you, but it cannot stop The Light you carry within. Yet, to bring it forth, it takes a knowing, a remembering, that you carry The Light within you. When you find that you are afraid, or caught in chaos or confusion, or held in the darkness and shadow, with others all around you, remember The Light within. As soon as one Light begins to flicker and shine, others will remember The Light within them that is Mine, that is divine; therefore, begin. Do not give-in to the anxiety or fear. Begin saying, within, "I carry The Light within me. The Light of God is within me." Repeat this over, and over, and over; and, after a while, and with great intention and purpose, you will feel a Light begin to shine within you; and, as you begin to feel this Light shine within you, continue to pronounce that you carry The Light within you, continue to pronounce that you carry The Light of God within you, and your Light will come forth. And, others will see your Light, and the sight of your Light will remind them that they too carry My Light. And soon, there will be one thousand points of light all around you, and these points of light will diminish the darkness, and the song of peace will rise again, because of The Light you remembered within.

And The Holy Spirit says:

Do not find fault with yourself when you forget that The Light is within you. Celebrate that you remember The Light is within you. And, with great joy, embrace the faith that The Light of God is within you, and summon forth that Light, because your announcements, that you carry The Light, work as the bellows on a fire. They fuel the flicker and bring it to a flame, and there you are, once again, walking upon the Earth, carrying The Light of God for all to see. This is The Light of Eternity held within thee. Celebrate it, bring it forth, and shine.

March 25, 2020

My child, do not permit yourself to be limited by what others say, by who others think you are, by what others believe you can do. Do not permit others to set these restrictions, to bind you with the cords of what they believe you are, what they believe you can say or do. I call you today to rise above these things, and do not let yourself be restricted. I know who you are. You are a citizen of The Dimension of Perfection. You have come from Heaven. You are on a mission. And My intention is to be with you, and shine My Light upon you, and let My Voice be heard within you, so you will remember always, I know who you are.

And The Holy Spirit says:

You have often heard small children announce, to anyone who will listen to them, that when they grow up they are going to be an astronaut, or a cowboy, or a geologist, or a fireman, or a policeman, or a teacher. And everyone smiles and concurs that, that child can be whatever they wish to be. And, after receiving acknowledgement, from those around, the child runs out to play, to enjoy the day. But, as you grow-up, and people begin to know your parents, your brothers, your sisters, your family, your friends, where you come from, even the grades you made in school, and sometimes the little foibles that follow you. And, all of these things go together in their mind to restrict you, to some degree, so that when you say you are going to be an astronaut they look at you, and in their mind, say, "How can you do that when you failed geometry or chemistry?". Do not permit to bind you or restrict you, go deep within yourself. And, when you begin to realize who you are, and what your mission might be, standup and pronounce it, announce it to all who will hear, because those who knew Him well also thought that your Brother, Jesus, could not be the Messiah, because He was the son of Joseph and Mary, and His brothers and sisters knew Him as family. They saw Him and used the standards of the world to classify Him as who He might be. They did not know, they did not realize, they would not accept Him as a Citizen of Heaven, on a mission, from God; but, these things did not stop His mission, and they did not change who He was. Therefore, they shall not change who you are. Rise-up today and claim your heritage. Rise-up today and accept your responsibility. Rise-up today.

March 24, 2020

If today, you find yourself locked away, behind closed doors, which you have sealed-shut with shame, or embarrassment, or guilt, be still, for I AM within you. Be still, so that you might feel The Light getting stronger within you. Release the cloak of sadness you are holding around you. Release all fear, for I AM here with you. With intention, begin to feel My Light grow within you, because it is there, and I long to fill you with Light, once again. I long to lead you out of your despair into My arms. I AM calling. I wish for you to come, and as My light grows it melts the embarrassment, and the shame, and the guilt, and the sorrow, and you begin to breathe clearly, again, and the new day dawning is with you, again. Do not look back for those things which held you in place, for they are gone, they have melted, because My Grace has poured upon you. I love you. I believe in you. I ask you to look at the new day. It is yours.

And The Holy Spirit says:

No matter what has happened, do not fall victim to the trickery. Do not believe that you must set yourself aside, locked in a prison of shame, or guilt, even embarrassment. Stand-up, reach-out to take The Hand of God, and move forward. Shake the chains which bind you. Shake them strongly so they break and fall to the ground. Step from them, and you are free, because The Grace of God is within thee, The Light of God will fuel thee. Lift you head and see the new day with thee.

March 23, 2020

There will be times, My child, when darkness threatens, and fear circles about you. Remember, fear is not positive. Fear does not lift you up. Fear cloaks you, and ensnares you, and holds you in such a way that you begin to sink deeper and deeper into darkness. When you feel this darkness, this fear, beginning to draw near, call on your faith. Breathe deeply and know I AM with you. Breathe deeply and know My light shines upon you. Breathe deeply and know that you cannot feel My light or see My light, because you are engulfed in darkness; but, I assure you, I AM with you, and together we will make it through, walking step by step, until the light holds you, until the light lifts you up, until you are floating above all threats of darkness and fear.

And The Holy Spirit says:

Fear is contagious. It does not lift you up, therefore cast it from you the very minute you feel it hanging upon you; and, turn your thoughts to things of light. If you must, be it day or night, make a list of all that is right. Count your blessings, and repeat the count, until you are singing, until there is no doubt that you are so very blessed; and, all of these blessings lift you, and your faith begins to shine, and the light is within you, and that light is divine. It is of God. When you shake the darkness from you, you will begin to feel the light, which could not penetrate, for a while. But remember, there is a piece of God within you. So, when you begin to fear, go within and find that light, for that is where it doth reside, within you. Faith dwells within you. Heaven is within you. Go within and begin the journey out of fear.

March 22, 2020

Sometimes, during the day, when you are at play, or when you are at work, or even when you are idle, for just a while, you feel My presence in the song of a bird, or the way the breeze touches your face, or the sign of the clouds, moving in the sky. These things, these things of Earth, are signs to you, and you know I AM with you. But, when it is time for that sacred communion, that time, you set aside to come to Me, to join Me, to be in prayer, is sacred, and it needs quiet. Take yourself to a quiet place and sit. Close your eyes. Detach from the world, and open. Go inward and open, and you will begin to hear Me like you have never heard Me before, because there will be no distraction. There will be you. There will be Me. There will be communion. You will feel we are united, as one, and blessed.

And The Holy Spirit says:

Sometimes, it can be difficult, in prayer, to stay focused. Your intention is good. You settle yourself down, and you begin to pray, and then your eyes open, and you spot something, and it reminds you that you have this to do, or that to do. And, as soon you begin, you are distracted. When you desire close communion with God, go to a place where there is no distraction, and that place, where there is no distraction, is within. You carry that meeting room within you. Close your eyes, and close your ears, to the ways of the world, and go within. And there, in that sacred space, you will hear God.

March 21, 2020

Love, love is the most powerful energy ever created, and it will resolve all things. I give you My love freely, it flows to you daily. And, when you permit it to flow into you and through you, and then add the love you created to the mix, and then let it flow from you out to others, you see miracles in action, miracles unfolding in the light of love. Everything, around you, becomes colored, intensified, raised to another level, because of this gift of love. And, you feel different as well, when love is flowing through you. Your thoughts are elevated, your words are sweet and tender, your actions are compassionate, filled with understanding. Your physical body changes, as well. You are healthier, and happier, you even look different, you glow; and, it is so all because of love. Today, let love fill you. Let love fill your heart. I send it to you, permit it to flow into you. It is a healing balm that will cure all things. Let love flow into you and through you, and then offer it as a gift to others.

And The Holy Spirit says:

It might have been today, it could have been yesterday, or possibly even a week ago, when you felt filled with love, and you gathered your children, or your loved ones, and you told them, "I love you." And then, you watched their face change, and a smile appear, and eyes twinkle. These gifts come from love. The source of joy is pure love. And, as love can lift you up to a new plateau, a different place, the temptation to anger or hatred can take you in the opposite direction. For, if in the last day, or yesterday, or a week ago, you were tempted to be frustrated, or to be angry, about anything, you remember how you felt. It was heavy. It was hard. It was difficult to get back to joy. Love is the life source, flowing from The Creator, to lift all inhabitants of Earth to a different place, to a space where you can see "in love." Practice loving today. Let it fill you, let it fill your heart, and then let it touch others. Love, the miracle sent from Heaven.

March 20, 2020

When you cannot believe that I AM with you, I AM still with you, for your not believing does not make it so. When you cannot hear, I AM speaking, but just because you cannot hear does not make it so. You feel My presence with you when you are still, when you are not harried, when you are not rushing here and there. When you take yourself to a quiet place and you sit, you feel My presence, you know I AM with you. You cannot hear Me when there is noise, when there are voices raised in fear, or anger, or even excitement. But, when you take yourself to a quiet place, and you are still, and you are quiet, you do feel a stirring within, and when you join in the silence going deeper within, you hear The Whisper, The Still Small Voice speaking to you, from within. My child it has always been The Way. When you go about the tasks of your day, when you complete the jobs and the chores of your day, there is time to sit, to reflect, to pray. There is no need for you to feel alone when you can be still, and quiet, and come Home.

And The Holy Spirit says:

Take some time every day to be still and quiet, for the world is filled with noise. In the world you often find chaos and confusion. But, when you sit quietly, preparing to hear from God, knowing you will be touched by God, you know you are not alone, comfort and peace wrap you in a blanket which is warm. This day make your way to the chamber within to greet God, and then be still, so you might receive direction and guidance. Oh, it might come in a small voice, but it can also come in a feeling, in a knowing, a sacred experience that is yours, yours together with The Creator of All Things. When you rise-up from this meeting of sacred intent, you will be ready to face the world again.

March 19, 2020

Today, think of yourself as a lighthouse, a beacon. And, those around you are beacons too, if they choose to be one; but, you hold My light. Now, what you do with My light, what you do with My love, is yours to do, it is your choice. You must choose. Today, choose My light. Walking in My light will bring you balance, will bring you peace, and you will feel My love with every step. And, when the temptations come, you can send them away quickly. The simple way to maintain your balance, and stay in My light, is to reject temptation, because no matter what comes to you, it cannot overpower you, unless you choose to give it your energy. So, you will be tempted to argue, or fight, or even gossip. And, while gossip might seem a lesser temptation than anger or hatred, it can destroy your balance and your light just as quickly. Do not give your energy to that of darkness, because when the energy is drawn from you, when your focus is centered on anger, or frustration, or hatred, or talking about another person in a negative way, your energy is distracted with you, and it goes to the focus, and your light is diminished. Keep your light burning brightly. Stay connected with Me, and your day will be one of peace and joy.

And The Holy Spirit says:

When you are driving your car, your focus should be on the road ahead, and the drivers around you, where you are going, what is coming-up next, so that you are prepared. If you permit your focus to be distracted, looking from this side to that side, staring at the countryside, or reading a sign that is erected along the road, your focus follows your attention, and soon you are a hazard to the other drivers, because you are not watching what you are doing, you are not focused on where you are driving your car. And this makes it more likely that you are to have an accident, to have a wreck to run-off the road, or into other cars. Watch where you are doing. Do not be distracted. Focus on the light of God, and this day will be bright, and clear, and one that you will remember for days, and months, maybe a year, as the day that you focused on the light of God, and it brought you great joy.

March 18, 2020

Whenever you have questions about health, or relationships, or finances, or careers, or education, or children, questions of any kind, you can receive the answers to your questions, at any time. Resources are available to you. Truth is available to you. But, to use the resources available to you, and to hear the truth that comes to you, you must set aside your defenses, you must set aside denial and refusal to hear, and embrace that which comes to you. And sometimes, that which comes to you, is in the form of words, or messages, others bring to you, and it can be difficult to muddle through and embrace those messages, when those bringing the message to you are not your favorite person that day. It can be difficult to hear the truth from those you do not love. But, they often carry the message of truth, and the message of truth falls on closed ears. Messages of truth, and guidance of light, will always come to you, day or night – answers to your prayers. And, the answers to your prayers might not come in words. The answers to your prayers could be sent to you from Heaven: in a sense of knowing something is right; in a sense of feeling something is right. Do not ignore all the signs around you; but, more important, do not ignore the signs within you. I speak to you every day, hear Me.

And The Holy Spirit says:

You must be willing to engage, to give and receive, to do your part, and drop the curtains of denial, before you can use all the signs around you to their fullest extent. There are signs. If there were no signs, you would not be told to be vigilant and watch for the signs. Yet, many signs are passed by. Oh, they are seen, the message is clear, but the message is refused, rejected, denied. Your life will be healthier, happier, and more complete, if you will accept the signs and the messages, and act upon them, rather than reacting to them. Be open and embrace the signs.

March 17, 2020

Seek the company of those who are at peace, of those who seem to rise above every situation, maintaining balance, undisturbed by the chaos and confusion; for, when you find such a person, learn, observe, watch carefully all they do, hear what they say, because it is an outward sign that they are living more in the spirit than they are in the material world. You have heard it said, "Be in the world, but not of the world." This is a goal. Be in your spirit, and experience Earth. It can be a backward experience, if you end-up being a human being, having a heavenly experience. You are spirit first, not body first. Therefore, claim your true identity. If you really wish to experience the authentic you, you must return to the spirit that is you, for the body holds the trappings of the world created by man, but the spirit comes from Me, My child. And, the spirit is willing, and the flesh can be weak, without being fueled, and enlightened, and lifted-up by the eternal spirit that you are. If you cannot find such a person, then be the person, be the one, who exhibits, who teaches by living, that you are spirit first. Know the spirit that is you, because in knowing the spirit that is you, you know Me and My ways, for I AM Spirit. Today, let your spirit show The Way.

And The Holy Spirit says:

Do you remember when you were in school, and there was to be an important test? Now, some would study for this important test in a manner, which used to be termed "cramming." Basically, cramming all the information into your head, and trying to hold it until that moment that it was time to take the test, take the test, pass the test, take a deep breath and let it all go; for you see, the goal was not to know the material, but to pass the test. And, once you passed the test, the material, the information that you had crammed so quickly into your brain began to flow away, not important, the goal achieved. But there are those amongst you who remember it was important to learn the material. They studied a different way, because they took into them all that the teacher, the professor, did say, and they read the books, and they studied the books, and it all came together, and made sense for them. And, the test did not seem so much the goal, but it gave them an example to show what they knew, and how much they needed to know. Now, those who crammed for that goal of the test, forgot what they learned, mostly. But, those who felt the information was important, and to become a piece of them, a part of them, they retained this information decades later, because the test was not the goal, knowing the truth, knowing the information, was the goal. I set this before you today, because many of you know God one of these ways. The spirit that is you knows God, and the ways of God, and holds The Wisdom of God. The temporary body you wear, the human being, knows God for a while, until there is a distraction, this way or that way, and you are submerged in the project, focused on the goal for the day. When you live in your spirit you know God all The Way.

March 16, 2020

Believing that there is a Divine Plan will lead you into knowing that all will be as it is meant to be, unfolding before your eyes. Watch and see. At this time, you are privy to be part of the eternal movie, all things playing-out upon a stage. It is unfolding as it is meant to unfold, and sometimes this does not include how you think it should unfold, because you cannot see three hundred years from now, you cannot see one hundred years from now; but, you will be a part of what is to be one hundred, and two hundred, and three hundred years from now, if you do as you are meant to be, play-out your piece of the present eternity. This is what is important. Do not be concerned about how those around you are playing their role in eternity, just go inward, be still, and follow the guidance at The Well of Wisdom within you. In that way you will play your role, and (have) done your piece for eternity.

And The Holy Spirit says:

If there is any doubt within you that there is a Divine Plan, look around you. Watch as nature unfolds every season. Spring comes, buds open, flowers, that have been sleeping over the winter, begin to appear, bringing joy along with them, bringing signs for you to observe. For, that which comes in the spring prepares you for that which comes in the summer, and that which comes in the summer prepares you for that which comes in the fall, and that which comes in the fall prepares you for winter. And then, it begins again, this Divine Plan, unfolding in nature all around you, the Parade of Seasons. And, you are a part of this Parade of Seasons, as you experience every season of your life, before it is time to go Home again. The Divine Plan shall not fail. Play your role in The Divine Plan. It is an eternal role. It is your piece of eternity.

March 15, 2020

The gift of faith, which you hold within you, is not meant exclusively, and only, so that you might have faith in Me, and let it stop there, so that you might believe in Me, and let it stop there. Faith is within you so that in believing in Me, in having faith in Me, you ultimately grow in faith for thee, for yourself; for, in placing all your trust in Me, you are having faith in yourself, for that which comes from Me to thee reinforces the faith within you. It is time to take these things that you know, on a surface level, and go deeper, see where your faith will lead you. Your faith will lead you closer to Me, and drawing closer to Me, your eyes will be opened, and eternity will be revealed to thee.

And The Holy Spirit says:

It is possible for you to see through the eyes of God, and while this might sound foreign to you now, as you take your faith deeper and deeper, and begin to feel God moving within you, you will see the path, set before you, growing brighter, and more clearly defined, as your faith carries you where none other could carry you. Faith, it is not blind faith. It is eternally open, it is clear. See it. Go deeper with your faith, and see what the human eye cannot see, eternity is within thee.

March 14, 2020

Find a sacred space to pray, or create a sacred place to pray, and once you have found that space, or created that space, guard the door carefully, and do not permit chaos and confusion to take root within that sacred space wherein you pray. It is easy to see chaos around you. It is easy to recognize confusion around you. But, if you are connected with Me, My child, you will not experience chaos or confusion. There is no need to run here or there, there is no need to find a teacher who will show you how to this, or that, or the other. For, as surprising as it might be, you carry The Teacher within thee. For, I have poured out My Holy Spirit on all flesh. There is no need to wander, there is no need to seek in confusion. Let your seeking be done in peace, in a sacred way, within.

And The Holy Spirit says:

Look about you today. Do not be distracted by the things of the material world so much as you are in delight of the natural world around you. Feel the bark of a tree. Breathe-in the aroma, the fragrance, of a flower. Feel the rain touch your face, or a breeze. Let these things be sacred, let them be signs. The tree, and the flowers, and the breeze, and the rain are as they are. They need no embellishment. They do as they are created to do. Let this, today, apply to you.

March 13, 2020

Pronouncing that you know you are a child of God, pronouncing that you come from God, is brave, and enlightened, and true. And, every time you make this announcement, this proclamation, whether it is aloud for anyone to hear, or in the silence within you, you believe it more and more. Yet, even though you pronounce it, and you proclaim it, and you begin to believe it, more and more, it is elusive, the understanding of it seems to escape you. It is as a dream, you begin to understand it, and then it escapes you, leaving you only with the proclamation, and the journey into belief. While you are upon the Earth you call these things mysteries of faith. You do not understand completely, but you do believe them wholly, within you. The more time you take to set yourself aside, in sacred reflection, in holy contemplation, you begin to have an inkling of how this can be; and, this journey into understanding begins, and continues, every time you are quiet, and sit with Me.

And The Holy Spirit says:

Do not be disappointed that you cannot understand this mystery of faith. Be encouraged that, for fleeting seconds here and there, you feel you have grasp it, until it floats from you, twirling in the air, your mind unable to hold it and mold it into something you can understand and comprehend. But, deep within you, you know it, deep within you, you understand it. Be still this day, and as you walk, understand that God is with you, and within you, and comprehension will come, in God's time.

March 12, 2020

Do not avoid Me, because you feel as if your heart is full of revenge, retaliation. Do not hesitate to come to Me, if you feel your heart is full of anger and hatred. Do not avoid Me, do not hesitate to come to Me, for the very second you make the decision to turn, to see, you will feel Me, and you will begin to sense and feel My love for thee; and, My arms will open, and gather you in, and I will love you. There will be no chastisement. There will be no lecture. There will be no punishment. There will be love, unconditional love. So today, do not hesitate. Come to Me, and you will know love, as you feel My love growing around you, and in you, today.

And The Holy Spirit says:

There is no heart that has been hardened, with revenge or retaliation motives, there is no heart that has been darkened by shadow, which cannot be molded in The Hands of God, molded into a loving heart, a giving heart, a kind heart, because you see that is what is beneath the debris that has hardened the heart within thee. It has been said that He will take the hearts of stone and break them, remake them, so they are hearts which are filled with love alone. Today, do not hesitate to sit, held within the love of God, for it will change thee, and remind thee, of who you are, eternally.

March 11, 2020

Do you believe that I AM here within you, waiting for you to come, and sit, and be still? There is so much for Me to tell you, and these things that I wish to tell you will help you along The Way, will be the answer to your prayer. I AM here waiting, just for you.

And The Holy Spirit says:

If a high-placed dignitary called you on the telephone, and said, "I am two doors down from you. I am waiting. I have something I would like to share with you. I have something I would like to tell you. Would you come, and sit with me, visit with me, for a while, and I will fill you with wisdom?" you would probably get-up, walk two doors down, and go and sit with this highly placed dignitary. And the same could be said for anyone that you feel might be prominent, might be someone you would like to spend some time with, might be someone you would like to ask a question. If the call came, and you knew they were there, close by, waiting to answer your questions, and share what they knew with you, you would go quickly, you would not hesitate. The Creator of every highly placed dignitary, of every important person, of all that you see around you that is of Earth, the trees, the flowers, the grasses, The Creator of All Things waits, every minute of every day, just to hear you say, "Here I am, Lord. What is it that you can tell me, today? Let me do something for your glory, today." God is waiting. Rise-up and go be taught by God.

March 10, 2020

Be mindful, be careful. Do not reject messages brought to you just because you do not want to hear them. Hear them. Be vigilant and watch for the signs. They will come to you from birds, and clouds, and bolts of lightening that streak across the sky. Direction will come to you in the form of squirrels, and chipmunks, and flowers. Guidance will come to you from within, whispered when you are still. So, when you say you feel alone, or feel lost, remember the words of this day. Accept the messages, read the signs, listen for The Whisper within. All these things have been set in place so you do not feel alone, so that you are encouraged, so that you will rise-up and do that which you are meant to do.

And The Holy Spirit says:

It is possible for those who have eyes to be unable to see. It is possible for those who have ears to be unable to hear. It is possible for those who have hearts to be unable to love. You must be willing to see. You must be eager to hear. You must be ready to love. Open your eyes and see, see the beauty that is around thee. Do not hold those things of the world so close to your eyes that you cannot see anything else. Do not hold the coin so close that it blocks your vision. Do not fill your ears with noise, because this noise will block the message. Do not fill your heart with anger, or frustration, or fill it with love of material things, because it will become hardened to the tender love that the angel brings, it will be hardened against the sweet love that Jesus did bring. Today, open your eyes and see, open your ears and hear, and open your heart to love.

March 9, 2020

My child, do not permit the demons of meanness to tempt you to mock, or belittle, or taunt another, no matter what they are saying to you, no matter what they are doing to you, or others. Do not take into yourself the demon of meanness, the spirit of meanness. It seems as if the world around you is guiding and leading the way into retaliation every day. Resist this temptation as well, for the demon of retaliation will do you no good. Come the end of the day you will not feel better, as you prepare to sleep, if you have dabbled in mockery, or taunting, if you have picked-up the cloak of retaliation. Let these things go. Let them go.

And The Holy Spirit says:

When your focus is upon your relationship with God, this, and this alone, will save you many times; for, if you are standing in the presence of God, and I can assure you, you are right now, you would not begin to taunt another, if you believed you were in the presence of God, you would not mock another, you would not seek revenge, or retaliation, upon another. You would stand in awe of the goodness, and the light, and the love that you felt in the presence of God. You see, just being in the presence of God, and holding yourself in that place, will prevent you from doing many things that are of darkness and shadow. So today, check-in, all through the day, and make sure you are in the presence of God. And, your day will be good, and your motives pure, and the words you speak sweet and tender. Today, you are in the presence of God, so, let it be.

March 8, 2020

Do not relegate the piece of Heaven you carry within you to a corner of your inner being. Be mindful not to pile-up debris, and ashes, anger, hatred in front of this piece of Heaven you carry within you. Guard well the precious Kingdom you carry within you, and keep it clean, and free of debris, so the counsel you receive from within is of Me.

And The Holy Spirit says:

There are so many distractions, all around you, pushing, waving, jumping to attract your attention so that these distractions of the world keep you occupied, keep you from paying attention to The Sacred Realm you carry within you. Guard it well, for it is precious, and it is in this way that you, each of you, will bring The Kingdom of God onto the Earth. It is a doorway for you to open and allow Heaven to flow onto the Earth through you, through all that you think, and say, and do.

March 7, 2020

I know each time you want to sit down and cry. I know each time you wish to rest, because you are so tired. I know each time you would like to hide so others cannot see you. I also know the times you wish to dance. I know the times you feel moved to help others. I know the times that you extend yourself, beyond all reasonable doubts, and hold onto faith. And, in these times, when you are tempted to doubt, I see your faith grow. I know all these things, My child, because we are connected. We are closer than your family members, than your friends, than your spouses, your partners, your co-workers. We are closer than all of this. We speak without speaking. We know without saying anything. I love you beyond everything. I see your challenges, your trials. I see your victories. I see you rise-up. I know you. I see you. I love you.

And The Holy Spirit says:

You can search over the entire Earth, and try as you may, you will not find another person who will love you as completely as does God. You will never find a person who will know you as does God. Think on this, pray on this, reflect on this, today. God sees you, and knows you, and loves you.

March 6, 2020

Sometimes, it can be tempting to look around and see what others are doing, to support what others are doing, to praise what others are doing, and in the meantime forget to do what you are supposed to be doing. Sometimes, you will be called to support what others are doing, this is true; but always, you are called to do what you are meant to do. Do not believe that all those around you have lofty goals, and noble missions, and yours is rather plain and simple, without flourish or embellishment. You, My child, are the only "you" that will ever be. And, as unique as you are, so too is your mission. Today, I will whisper. Listen, so you might hear, and you will know when to rise-up, when to go, when to speak, when to listen, when to bless, when to love, when to hold compassion upon your heart, when to show understanding for others. You will know what you are to do, if you will be still and listen, today. Yes, sing the praise of others, encourage others, but do not deny yourself the mission that is yours.

And The Holy Spirit says:

Part of being connected to The Whole, to The One, is pulling your own weight, lifting when you are to lift, walking when you are to walk, singing when you are to sing. This is done in support of others. But, there is something important to remember. When you are working as a team, when you are working as a piece of The Eternal One, you must lift your piece, pull your weight, so that it all works together as One. Therefore, do not stand still applauding another's will. Take part, participate, complete your mission, and in this way, you are helping others, you are assisting others, for they do not have to pull your weight, they do not have to lift you up. Participate.

March 5, 2020

I wish for you to open your eyes and see, with clarity, the value of you. Do not be so quick to be harsh and condemning of you. See the value. Even when it is hidden, in the things you think, or say, or do, the great value is still there within you. No matter how many missteps, or poorly chosen words might pour from your lips, the value is still there. You stand like a noble dwelling, a home; and, if that home needs a bit of repair, do not release the wrecking-ball, as if it were not there, as if it were of no value. Set about to remodel, and clean, and restore. As an old house standing, needing repair, see yourself standing and know, repair is possible through prayer.

And The Holy Spirit says:

Be kind to yourself. Be understand and compassionate with yourself. If the day has come when you overreached, spoke harsh words, performed unkind deeds, then stop. You do not have to demolish yourself in a tirade of correction and judgment. All you have to do is be still. Recognize the missteps, the ill-chosen words, and set a course to change the thoughts, words, and deeds you entertain. Set a course to remodel. Set a plan for renovation. Throw open the doors and welcome the light of the day. Throw open your heart and welcome words of love. Throw open your spirit and your soul, and let your true identity be revealed. Today could be the day that your remodeling begins. Let it be a joyful day, because when you are finished you will realize, recognize, and celebrate the value of you.

March 4, 2020

The power you hold to cleanse and repair is amazing. But, to use this power effectively, one must be willing to focus on the goal, to not permit ego to enter into the situation. And, once you are prepared to do this, then you see the power, as you use it. Whenever you are injured, hurt in any way, by the words of another, instantly, immediately, forgive. Wipe away the insult with a blessing. Diminish anger with forgiveness. And, do this at the moment, in the moment, in the present piece of eternity, when it occurs. You will be surprised, and you will be astonished, at the power you have to instantly heal energy.

And The Holy Spirit says:

Today, you will not have to wait very long, the hours of the day need not be many, before you have the opportunity to see the power you have to correct and to heal energy. It will take intention to do so, because your ego will tempt you to react, rather than to respond with the true power of God. Bless, forgive, and do so instantly, for as these things of negative energy are hurled toward you, your shield, your defense, is forgiveness and love. It alters the energy of the room about you, or the place where you stand; and, this power is there for you to use, if you will resist the temptation to react, and use it as an opportunity and a stage, to show the power of forgiveness, the power of a blessing, the power of God flowing within you.

March 3, 2020

Honor all individuals you encounter today, permitting My love to flow through you to them, permitting My love, flowing through you, to say, "I love you." "I respect you." For, when you hear the command, "love one another," it means love one another. There are no exceptions. There are no boundaries. Simply put, "love one another." And, this is only possible to do when you set aside ego, give up the trappings of judgment, and set your intention to be loving, to permit My love to flow through you, out to all you encounter, without denying those you meet My love, by bottling it-up and backing away. If you walk The Way, they will all know you, because you love.

And The Holy Spirit says:

It will not take very long, as you look around you, to find that most are not loving today. It seems to be the season of the "me," the "I want," "I need," "give to me." If you desire a sacred environment, a place to be nurtured and to grow, seek those whose intention it is to give to others, to give of themselves, to provide a clean environment. In other words, find those who are "in service," and wish to do, to give, and to share.

March 2, 2020

You are upon the Earth for a purpose, and that purpose is to complete your mission, fulfill your destiny, and return Home. My child, it is that simple. You have a mission. Do not permit the ways of the world to distract you from your mission, for held within these worldly distractions you will find confusion and chaos; and, when you are ensnared in confusion and chaos, you will find fear, because you do not know which way to turn, because you are scattered in too many directions. I say, sit with Me. I will remind you of your mission. I will point-out to thee your destiny, and you will remember. When it is done, you are to come Home. When it is done, you will escape the bonds of Earth, and come Home.

And The Holy Spirit says:

To have a mission is a glorious thing. It is a presentation of something that is yours to do; and then, to know that promise, that everything you need to complete your mission shall be yours, furthers the excitement of your adventure upon Earth. Do not give this adventure up for the toils and the ruts of the world created by man. Hold your head high, accept your mission, and move forward to completing your destiny upon the Earth. This is exciting. This is promising. This is living The Way.

March 1, 2020

I have sent unto you The Word, but, My child, I know, words are subject to interpretation. So, I sent you an Example, The Living Word, so you could see how The Word looked, living and walking upon the Earth. But, My child, I know that when someone else is doing something, their actions, their words, are subject to believing: you cannot do it, but they can do it; they are special; they are unique. And so, I sent unto you My Holy Spirit to dwell within you, so there is no mistaking The Whisper within you. But, My child, I know, the temptations and the distractions of the world can turn your head from within, until you no longer hear The Whisper, but are caught-up in the den, and a cacophony of sounds, and songs, and voices. So, I come to you with encouragement to listen, to be still, and to know, I AM with you.

And The Holy Spirit says:

Hear Me all beings of Earth, I AM within you. And, while it might be difficult to understand the uniqueness of you, it is true. You are uniquely a piece of The One, and I AM within you to guide you, so that what you are destined to do shall be done, but done for The Glory of God.

February 29, 2020

Choose every day to live what you know, and to live it in such a way, to live it with such joy, to live it with enthusiasm, and in so choosing, others will see and know, because living what you know is more compelling than telling what you know. Live that which you know today.

And The Holy Spirit says:

If you have lived enough years to have been responsible for teaching someone, another person, how to do something, you will remember that, even in telling how to go about doing something, another person, the one who was listening, found it difficult to do. But, when you showed how to do it, they followed your example, your direction, and they learned quicker by what they saw. They were hearing with their eyes that which they could not hear in the words you spoke. Live what you know so others can see that it is possible to live The Way while they are upon the Earth today.

February 28, 2020

All that you create is born within your thoughts. It could be said that creation dwells within your thought, first, because you do not create it without the thought of it. For, in the beginning My thought was love, and from this thought of love you were born, you were created within My thought of love; therefore, everything else is alien to you, at the core of your being, but love. This is why you feel so much conflict, chaos, when you permit your thoughts to go anywhere but to dwell in love. Be mindful of what you are creating in your thoughts, and remember you are of love, therefore do not create the conflict, create from love.

And The Holy Spirit says:

While you might believe that you are not a loving person, that you do not know how to love successfully, or completely, this is basically not true. If you follow the thread, all The Way back to God, you will remember, God is Spirit, God is Love. You were created of God; therefore, at the core of your being, you are the spirit and the love of God, walking upon the Earth. Therefore, let it be so today, in all you think, and do, and say.

February 27, 2020

I love you, and I support you, and encourage you, as you make your journey upon the Earth. And, this is how you are to support and encourage each other, through the gift of love. For, if you have made your way through a few years, you have found-out that criticism, correction, trying to make someone do something the way you want it done, very rarely achieves the goal you held in your heart. For, your heart, your intention, was always good, hoping to show the way, or to guide. But I tell you, the way to guide, the way to show, is through love, and support, and encouragement.

And The Holy Spirit says:

If you have ever been involved in a project, be it running a marathon, or making it through a difficult course of study, or making your way through illness, or sadness, you will remember, when your will began to waiver, you turned the corner, and saw those supporters standing, cheering you on, like the runner in a marathon. And, while your body is tiring, those cheers, those songs of encouragement, coming from the supporters along the way, buoy your spirit and your determination, and you make it through. You make it through, because others are standing there to support you, and to cheer you on. Support each other, encourage each other, and do it with love.

February 26, 2020

Whatever is troubling you today, come and sit with Me, and I will tell you The Way. When the world says, "You should be angry," I will say, "Love them." When the world says, "You should be guilty, you should feel guilty, you are guilty," I will say, "I love you." When the world cries-out that you should seek revenge, I will say, "Be at peace in My light." The world will send you in one direction, but I will draw you to Me, and we will be at peace together.

And The Holy Spirit says:

There will come a day, when you have moved beyond the veil, when you will be asked to speak, to tell all that happened along your journey upon the Earth. And, it will be at that time when you will find that many times your way of acting, and speaking, and thinking, was divine, and you will know, then and there, that God moved you beyond despair into love and light. These things you will know once you pass through the veil; but, it would be good for you to know them and practice them, now. Begin today to live another way, a way that is filled with The Love of God and The Light of God. Do not follow the temptations to anger, even to mockery. Do not laugh at another's despair. Walk upon the Earth as if you know God is there.

February 25, 2020

Have you ever noticed that the only time you feel lost and afraid is when you have been distracted, when you have turned and walked away, and the connection has become less and less complete and fully made? Today, refuse the distractions, maintain the connection, for when you are standing in My light, when you are receiving the love that flows constantly to you, it is impossible to feel lost, it is impossible to be afraid, for you are living within the light wherein you were made, wherein you were created, wherein you are eternally loved. So, when you do feel lost, when you do feel afraid, let it be a sign, of immense proportion for you, that it is time to return Home, it is time to reconnect fully, it is time to stand in the light and feel My love for you.

And The Holy Spirit says:

It is most often true, that most of you have electric outlets in your home. And, when you plug the electric cord into the outlet it provides energy, electricity, to power lights, and vacuum cleaners, and fans, and ovens; but, the source of the power must connect. If the cord is not connected, the light will not turn-on, no matter how grand the light, no matter how bright it is meant to be. The vacuum cleaner will sit silent, the tools will do nothing, the oven not cook, the refrigerator not cool. You must tap into The Source of the power, and you must do it with thought and intention, to make use of the power that is available to you. Use this as a sign today, you have, at your call and intention, The Power, and The Glory of eternity. You have The Source from The Creator of All Things. Now, connect to it, and sing.

February 24, 2020

Put down your worry. Set aside all concerns. Take a long look around you. Do not hurry as you observe Earth and all her beauty, for I did set her amongst the stars, and decorate her with great mountains, and oceans, flowers, plants, birds, and beasts, and fishes, and you. Today, forget that which is a problem for you and walk upon Earth as you were meant to do.

And The Holy Spirit says:

The worries you had ten years ago have melted away. The songs you sang fifteen years ago, most of them, still remain, in fact that sweet refrain echoes in your ears. The worries and fears you had five years ago have melted away. But the joy you had, while you did walk and play, these things remain within you. Pay attention to that which lasts, it is the sweet memory referred to as the past. It lingers with you, the good things you did, the good things you received, the songs you sang, and the dances, which were complete. Today, set aside all concerns and walk upon Earth, announcing who you are in song.

February 23, 2020

There is no need for you to be lost, wandering in shadow and darkness, calling-out, because you do not know The Way. There is no need, because you have already been sent all the answers you need. The Messenger came. The Messiah delivered. Listen to the words which are still ringing, waiting for any who are willing to hear and follow. You have the answers, live them.

And The Holy Spirit says:

Over two thousand years ago a Messiah was sent to show The Way. And, The Messiah did show The Way, did leave the words, echoing through the corridors of time. The words were pronounced clearly. The words were pronounced distinctly. They were a clear map to lead you Home, to set you apart, so that others might see and know The Glory of God in you. When you stumble and fall, they see another fellow human being. When you rise-up, they know The Glory of God by seeing.

February 22, 2020

Know what you are doing, what you are thinking, every minute of the day, for in this creation process much is taken into consideration as you fold, and mix, and stir, all the ingredients, until it is done, until it is completed. But, understand this, that, as you are creating, as you are making, all of your thoughts, all of the things you think in the process of the creation, are held within the creation. Therefore, bless whatever you are doing, be mindful of what you are doing, so that when it is done, when it is completed, it holds the energy of light. That which is created is the product of the creator.

And The Holy Spirit says:

When you are upset or agitated, angry or worried, whatever is causing your inner landscape to be disrupted, this impacts every move you make, every thought you have, every word you say, for the agitated individual does not speak the same as the individual who is in peace. So, look around, pay attention, and when you are given the opportunity, when you encounter one who is in need of peace, bless them, and let it be.

February 21, 2020

Change the way you are thinking. Change your thoughts so that they are more positive, so that they are filled with light. Once you change your thoughts, to flow in a more positive way, your perspective is altered, in a good way. And, once your perspective is altered, broadened, you are no longer limited by what you could see before. Once you change your thoughts, and your perspective is broadened, you see, with clarity, that which you could not see before. You understand, clearly, that which you could not understand before. It all begins with a thought. Clarity begins with a thought.

And The Holy Spirit says:

Do not hold yourself in place, do not weigh yourself down, when it is meant for you to fly, to see all the beauty of Earth. When your thoughts are heavy and dark, filled with shadows, doubt and worry, you are too heavy to fly, your thoughts are cramped, your perspective narrow. Today, begin to see clearly with a thought, and monitor your thoughts through the day, so that you keep them clear. And, once they are clear, the clarity you created within your thoughts will show you The Way to a beautiful new day.

February 20, 2020

It truly is more important to be kind, loving, compassionate, and understanding than it is to “be right.” Making your point, having the last word, being right is a practice which has slipped into mainstream amongst the human beings upon Earth. And, this is a waste of energy, a waste of time. Today, practice letting another stand in their statement. Practice living your word. Practice not confronting someone who has made a statement you believe is in error. Let it be. Far more is accomplished when others see the word living; it is more powerful than shouting the word or singing the word, living the word is.

And The Holy Spirit says:

Resist the temptation to continue an argument by insisting you have the last word. This practice strings-out the flow of negative energy, and it is totally unnecessary, because it will accomplish nothing, except elevate negative energy all around you. Let it be. Allow another to stand in their statement, for that is what the world will see. The world sees you standing in your statement. What does the world see? Today, stand in your statement and resist the temptation to argue, counter, or do anything but live the word.

February 19, 2020

My children, your roles, your missions, your ministries, are all different, and uniquely suited to you; and, the promise is you will have all you need to accomplish your mission and return Home victorious. I do have a plan for you, and it is wondrous. I will provide all you need to make it happen, but that, which will be given to you, is held until the timing is just right. Do not be distracted from your mission by the temptations of the world, leading you this way, and that way, so that your focus is taken from your mission and applied somewhere else. Be at peace in knowing that The Plan is yours, you are uniquely suited to your mission, and that which you need will be there, when you need it. The Plan, and the timing, is perfect.

And The Holy Spirit says:

Do not listen to the temptations that whisper in the night that God is not answering your prayer, God does not hear your prayer, God does not even know you are seeking an answer to your prayer, for these are all wrong. God is with you. God is within you. And, that which you need will be delivered to you, when the time is right to complete the mission in the proper way. So, rise-up and greet this day knowing that whatever you need to accomplish your mission shall be there, when you need it. When it is time, it shall be done.

February 18, 2020

Be mindful, be vigilant and careful, so that you do not go dancing in the fields of judgment. Judgment is a very tricky energy and it tempts you, often; but, if you succumb to the temptation to judge, know this, My child, in judging another you are judging yourself, in placing judgment on another you are casting judgment upon yourself; and, so too it is measuring, for the measure of one thing, the measuring of another, is a measurement of yourself. Therefore remember, and hold this to your heart, before you utter the words, or even before you think of the words. I have not given judgment to you, because your eyes are cloudy, your ears cannot hear, your hands and feet often lead you into places of deceit. So, let it be enough to keep yourself clean. I have left judgment in the hands of the perfected one. Leave it there, it is in His care, and lift yourself up with the forgiving prayer, for all that you have done, and do, and will do forever, I forgive you. You are forgiven. The act has already been done, so do not make The Way cloudy or murky. This forgiveness is for everyone.

And The Holy Spirit says:

If there is work to be done, let this work be done within yourself. What a noble way to live, making The Way: by perfecting yourself, every day; by creating more love from within yourself; by creating understanding; by creating compassion, more charity. Do these things within yourself, for what you do for you, you do for others. As you ponder these things today, you will find they all fall together when you believe that we are all one.

February 17, 2020

Do not drag the burdens of yesterday into the new day set before, for these burdens will slow you down, impede your progress, keep you from standing directly in My light. When you come to the end of the day, set yourself aside, and review, for a while, all that occurred during the day so that you might clear all of these trespasses, challenges away from you before you rest your head on the pillow. And, in this review you will soon begin to acknowledge, even the most challenging occurrences as the opportunities to learn that they actually are. You will see the lessons, you will understand the process, you will accept responsibility, and you will forgive and bless, thus clearing the slate for sweet dreams, and rising-up to greet a new day. As you make your way through this day see the opportunities. Use all you have learned from the past to accept the challenge at last and master every occurrence which comes to you.

And The Holy Spirit says:

When you know what to do, no matter what happens, no matter what happens during the day, you use your talents, and all that you have gathered informationally, and accept the task, complete the task, and continue to move on. This is what happens when you can look at a situation, forgive all things that happened of a negative nature, bless the lesson that it is, and carry it forward, leaving the baggage behind. By the time you reach a certain age you should have mastered many things, you could have mastered many things, and it is never too late to learn how to master many things. It requires only that you accept the responsibility for doing so. Take each challenge and turn it into the lesson it is, thus resolving the negative energy, and bringing it fully into the light, the light you carry with you to shine in the darkness.

February 16, 2020

Do not limit the gifts you have been given by entertaining the tempters of doubt, by permitting doubt to toss a shroud over your light. My child, do not be less than you are, for your Brother was not lying to you when He said clearly not only that you could do all that He was doing, but that you could do even greater things. Stop and think and allow the seed of hope in you, and the seed of faith in you, to sprout so that you might grow into believing these words.

And The Holy Spirit says:

Look around you, and it will be obvious. There is a difference between hoping something is true, thinking something might be true, holding onto to a possibility that it could be true, and believing and knowing it is true. There is work to do, to take your hope and place your faith in the garden of words left for you, a recording of the inspired things He did do, so that you too might walk the ways of God.

February 15, 2020

Let forgiveness well-up in your heart, pass over your lips, and flow-out to embrace all those around you. Be quick to forgive, when it falls to you to forgive. The act of forgiveness is never complete, for if you are trespassed against, in any way, forgiveness is the answer, it is the key. Forgiveness resolves the offense, the trespass. And so, if it is necessary for you to forgive once, it is necessary for you to forgive over-and-over again, without ceasing. Do not ask, "How many times should I forgive this?" You already know. You must forgive, and forgive, until you are free. Forgiveness is a gift, created by you. Forgiveness is one of the treasures you can bring back Home with you. It is something you have created out of nothing. It is something you have created from a desire to heal, to heal all things – forgiveness. Even when you are pressed, to the point of not wanting to forgive, one more time, stand-up, hold your shoulders back, lift your head, look up to the sky, and let the forgiveness begin in your heart.

And The Holy Spirit says:

There can never be enough forgiveness, true forgiveness. Often you hear, "I forgive you." Often you say, "That is forgiven. It is okay." But, until the wound does not sting, until you can think of that person with only love, until you can embrace those who once spit in your face, the forgiveness is not complete. Therefore, create a prayer of forgiveness for yourself, so that you can visit that prayer often, so that you can speak that prayer frequently, so you can bless all trespasses and transgressions with the golden gift of forgiveness.

February 14, 2020

I wish for you to know the freedom that comes with addressing a task, which is yours to do, sooner rather than later, for each of you knows that there is something that you usually put-off, because you do not like to do it, because it is difficult to do. Today, look around, pay attention. What has been sitting, waiting? Yes, it is waiting for you, and all these months it has been waiting, and there has been worry attached to this waiting. You will soon find that addressing those things that come to you, that are bothersome to do, are best addressing immediately, so that you might relieve yourself of days, or weeks, or sometimes months, of knowing something has to be done, but putting it off. This is carrying negative energy with you. It is nagging at you. It is bothering you. And, what has taken months of worry can be addressed, usually, in a day or far less. Today, look around, and if you only do one thing, do that one thing that has been sitting, waiting for your attention.

And The Holy Spirit says:

Do not fall to the temptation to look gloomy, or sad, or irritated, frustrated, even grumpy, or out-of-sorts, because a task has fallen to you, and it is yours to do. Ignore the temptation to do this task, to complete this work, in negative energy, and put a smile on your face, sing a song. Do anything that distracts you from being upset or irritated, however you approach your task is important, because that is the energy that will be held in the completion of the task. So, when you have an opportunity to complete something, or to start something, to do a job, do it with the best energy possible. And, while you are at it, why not bless it?

February 13, 2020

I love you, and I want you to know, that as you draw nearer to Me, as you stay close to Me, you will not be afraid; for, you will feel My presence with you, you will know, wherever you go, God is there too, standing with you. In the course of walking with Me, and talking with Me, and being so near to Me that you feel My presence with thee, you will come to understand the importance of not making other matters, issues, peoples, or things, more important than our relationship. For, if you create an alter or a temple, and you place upon that alter that which is most important to you, you are showing what holds your heart. Therefore, if you are consumed about the worries and concerns of monetary matters, it is possible for these concerns to drive a wedge between you and Me, and that is where you place your focus, on monetary concerns. You might put a job upon that alter and find that it distracts your focus from Me to your job, your work. You might put a relationship on that alter, then it is possible for that relationship to replace Me. Think on these things today. If you will stay close to Me, all things, which are meant to be, will come to thee. I will be the center, holding all things together, and that which revolves around you, as you walk upon the Earth, will circle both of us; for we will stand together, in the center, and watch as it moves on, without fear.

And The Holy Spirit says:

You have often heard it said not to put strange gods before The Creator of All Things. These strange gods could very well be described as money, clothes, position in life, anything that distracts you from your connection with God, because with God all things are possible. Without God, life can be challenging, disappointing, you can feel lost, and alone, you can know fear as your companion; but, with God, all things are possible, without fear.

February 12, 2020

Oftentimes, it can be easy to slip into the temptation of jealousy. If you are mindful of it, it is still easy to slip into the temptation of jealousy, especially when you know someone, or someone who is close to you, is celebrating the purchase of a new car, the purchase of a new coat, the gift of a new ring, or a necklace, or perhaps even a new house, it could even be a trip to a far and distant land, something they had planned for a very long time. And, this temptation will come knocking on your door, especially when it is time for you to buy a car and there are no funds, when you would like a new coat, but it just is not possible. Celebrate the things that come to others. And, once you practice celebrating the joys of others, the achievements of others, the things of others, you will find you are not so jealous, because you are too busy celebrating with them, rather than wishing you had what they have. Today, practice. When someone tells you, they have bought something new, celebrate. It will not take long before this practice settles into you comfortably, and it is the first choice, the first thing you do is celebrate the good news of others.

And The Holy Spirit says:

There is so much to celebrate, but one of the most glorious things, about living upon Earth, is the opportunity to celebrate all the good that comes to those you know. When this is the first choice, when this is the only option, then the joys of others are your joys. If today you find that you are wishing you had that new coat, or the new house, or a trip to a far off place, celebrate that another has the coat, has the house, or is going on a trip. Celebration will be the practice which will keep you from sinking into jealousy. Try it, today. It might sound simple, but I can assure you it is The Way to overpower the temptation to be jealous. Celebrate.

February 11, 2020

When you are in doubt, in a state of confusion, when frustration has moved into you, anger or hatred is squeezing your heart, or fear has tossed a mantle over you, whatever is challenging you this day, come and sit with Me, draw near to Me, let Me wrap My arms around you, for I will hold you until all has moved from you. My child, I know your heart, and I know the troubles which besiege you; but, I also know the strength and the courage that is within you, because I made it so. When the darkness comes it is often tempting to think that you cannot escape the shadows; but, that is not so. You have everything within you to rise-up and let your light lead you out of the shadows and darkness back to balance and harmony, as it is meant to be. Do not be afraid. I know what you need, even before you know it, and I will give it to you. It has been given to you. It will always be given to you, because you carry it within. One of the greatest secrets to knowing how to pray is to be quiet and still, so you can hear Me, and My whisper will bring you the answers you need, and be the guiding hand, which holds yours, as we make our way together through every challenge you will ever face.

And The Holy Spirit says:

Be mindful of how you pray, understanding in every way, that God knows exactly what you need. It is, as every good parent knows the needs of their child, The Great Parent, The Eternal Parent, also knows the needs of every child, and will provide it. Look around and see what The Eternal Parent has provided for thee and live this day in gratitude for all that is yours.

February 10, 2020

My love is constant, My love is present, My love lives; and, I do not withhold My love from those who dwell in shadow. I do not withhold My love from those who live in darkness. My love is there, as a light, showing The Way. You are My children; therefore, let your love be constant and present. Do not withhold your love from those who displease you, or contradict you, or hate you. Let your love live.

And The Holy Spirit says:

Rain falls upon all. Rain is not selective to nurture the fields of those who are considered good, leaving the fields of those who are considered bad to parch, wither, and die. The sun shines on all, because the sun is present, it is constant. It is the same with the moon, it is present, and its beauty is there for all to see. Therefore, live today and let your love be constant and present. Do not withhold it, as punishment, from those who do not please you or agree with you. Live in a state of love, and let it be.

February 9, 2020

My child, let the spirit you are lead The Way, and let your heart live The Way, bringing your body and your spirit into sync, so that your spirit teaches, and your body learns. Be mindful to let your heart live, in such a way, that all around you know, they know what you believe, without your ever having to speak, to utter words. Your spirit knows already, your body is learning.

And The Holy Spirit says:

Sometimes it is easy to say something, to string together a grouping of words, in such a way, that they automatically come out of your mouth, because you have committed them to memory. At one time, they were said to be so important that you should know them, and know them without even thinking, about what you were saying. And so, there are many things, from the time you are small, to the time you are grown, that you have committed to memory: saying, 'thank you,' saying, 'please,' those are easy; saying, 'I love you,' that takes sincerity; praying, making statements of faith. Do not let your words become empty, while your heart is held prisoner behind the bars of frustration, or anger, or greed. Let your heart speak that which you know, that which has been taught to the body by the spirit you are.

February 8, 2020

For those of you who might be tempted to join into an argument, of any type, today, I say unto you, resist this temptation. Listen to what another says. Allow another to have the last word. Be still, for in the quiet you learn much. Once you are drawn into an argument, of any type, you are using your energy to try to convince another person of your position; and, that other person is using their energy to try to convince you of their position, and so it goes, on and on; and, when finally, the argument ceases, there is no change, except you have used-up your energy and feel tired and drained. Do not be tempted into the arena, doing verbal combat, which will never produce the desired outcome. Rather let your position be known in The Way you live, in the things you say, in the deeds you do. Let goodness be a crown which you wear.

And The Holy Spirit says:

Be quick to listen, for in the listening you know another far better than if you had a retort, a rebuff, a rebuke. Let the other one speak and know what they are saying. And, come the end of the day bless yourself and all others, for this is The Way.

February 7, 2020

Whatever you put into your body, impacts the health of your body. If you eat healthy foods, if you have a regimen of stretching and exercise, this will help ensure that your body will reach its full potential; but the same thing applies to your spiritual body, as well My child. Be mindful of what you are feeding your thoughts! Be certain to reject certain thoughts, those thoughts of darkness and shadow. It is as if you are ingesting poison, into your spiritual body, when you dwell in thoughts of anger, frustration, worry, concern, sadness, greed. These energies are heavy, and they will bring you down. To ensure that your spiritual body is as healthy as it can be, that it reaches its full potential while you are upon the Earth, feed your spirit with thoughts of light and love! Even saying these words, you find that they are lighter on the tongue, than the words of anger and hatred. You feel the difference in saying the words. Therefore, it is up to you to maintain your healthy body, and to maintain a healthy spirit! The two together will assure that you reach your full potential as you journey upon the Earth.

And The Holy Spirit says:

After a while you will find that it is easy to reject thoughts of darkness and shadow, because you will identify them as soon as there is a knock upon the door. And after much practice, you will say, "Go away," "Get thee from me." "I cast you out." "I will not entertain you, of this there is no doubt. Today, I intend to welcome in the thoughts of love, and light, and peace, and feel My spirit grow."

February 6, 2020

Retaliation is not easy to identify, because it seems justified; but I tell you, retaliation is a temptation which will lead you into shadow. When you are tempted to retaliate, for anything, remember: turn the other cheek; be kind; be forgiving. Let the action, whatever it was, stop with you. When you forgive all things the temptation to retaliate melts away, because the rewards for doing good fill you with light, and where there is light there can be no shadow.

And The Holy Spirit says:

It is often easy to feel justified when you want to "get back" at another person, or an institution. Walk into this new day knowing that there is no justification for retaliation. Stop, listen, and God will whisper The Way, and you will walk in it, and you will stand tall, and the truth will be observed by all who wish to see that, that which was hurled at thee stopped there.

February 5, 2020

I AM with you, My child, and The Kingdom of Heaven is with you. The Kingdom of Heaven is within you, as I AM within you, for we are one. Therefore, as The Kingdom of Heaven is within you, revel in it, be happy in it, and bring it forth for all to know that The Kingdom of God lives. Let them see it, and know it, through you, through the things you do, through all that you say, through those whom you touch with your love, and compassion, and understanding. Live in The Kingdom of Heaven today.

And The Holy Spirit says:

Most say it, but very few live it. Live that God is with you. Live that The Kingdom is within you. Live that you know these things, for you are a citizen of The Kingdom of God. Let it be known. Let it be shown. Bring The Kingdom of Heaven fully upon Earth today.

February 4, 2020

You have heard it said that a city on a hillside cannot be hidden. And, when the light shines upon the city on the hillside it is even more glorious, more amazing, more compelling than ever before. As you go forth this day, you are as the city on the hillside, and My light is already within you. Therefore, carry My light, and do not try to hide it, do not mask it, do not cover it. That which you feel upon your heart, that whisper you hear from within, bring it forth, let it pass through you into the world, for you are the connector between Heaven and Earth; and, that which comes to you from Heaven is yours to give birth upon the Earth. You are (as the city on) the hillside, you are the light, you are My child.

And The Holy Spirit says:

For those who carry light into the world created by man there is a peace within them. They know not the darkness or the shadow, because they are the light. Therefore, within their simple passing they bring the light, and within the light is held the peace of God. And, those who deliver the peace of God to others are known as the children of God. Deliver the light of God today. Be the city on the hillside as you walk along The Way.

February 3, 2020

I wish for you to know the life changing, powerful experience you might enjoy, during your time upon Earth, when you acknowledge first and foremost who you are. When you are asked who you are, what is your first thought, what are your first words? Do you identify yourself as a child of so-and-so, a spouse of so-and-so, a mother, a father? Do you identify first with your profession or your job, or anything you do in the arts, science? How do you identify yourself? However you identify yourself, whatever role you have chosen in your lifetime upon Earth, first and foremost you are My child. You are a woman or a man of God. Come the day when this is the first thing you say all the other roles you play will be enhanced and illuminated with the light of a child of God.

And The Holy Spirit says:

No matter what role you play, no matter which identity you have chosen, first and foremost you are a being of Heaven. You are an eternal being and you are upon the Earth for a brief time to accomplish a goal and return Home. Let that be who you are today.

February 2, 2020

If today you find you are facing adversity, of any kind, be still, be quiet. Come and sit with Me, and My love for thee will fill you with strength and courage enough to make it through. And, once you are on the other side of adversity, and all is well within you, you will acknowledge that adversity brought you nearer to Me. And, as you were nearer to Me, My love for you grew into you in a powerful way. Love is the most powerful energy in eternity, in yesterday, tomorrow, and today. Love will resolve all things. Love will resolve any adversity.

And The Holy Spirit say:

You find great comfort, sitting with those who love you, with those who love you enough to say, "We support you in whatever you must do. We support you and we give you our love, unconditionally." When you come forth from such a gathering you feel prepared to face any adversity, because you have drawn strength and courage from the gift of love.

February 1, 2020

Do not hesitate to set yourself aside from others, for a while. Do not ignore the prompting to be still and quiet. Respond to The Whisper, calling you from within, and go. Make the journey along the corridors of your sacred self and settle within the chamber where you will find God within you, where you will sit with God within you. Tarry there a while, and listen; and, that which you need to know will be given to you. Much growth takes place hidden from the world, and so too you shall grow every time you make the journey within; for My child, I will be waiting there for you. I AM your Creator, I AM God, and I AM waiting for you.

And The Holy Spirit says:

There is much joy in the springtime when seeds are being sown beneath the soil, and plants are set in the rich garden. There is celebration and anticipation for the growth that will come, and the growth that comes begins within the Earth, beneath the Earth, hidden from view, as the roots begin to move through the soil. They are the impetus of growth; and, if the roots are not healthy, the plant will wither. The roots begin the growth beneath the soil, but as the plant begins to grow the light from the sun encourages more until the plant is fulfilled and the garden is beautiful. Go within and let your roots feel your soul.

January 31, 2020

Sometimes, when one, who has been in the limelight, in the spotlight, upon the stage gathering accolades, placed before you in prominence, or been the focus of delight, and other forms of praise, has fallen, or slipped from grace, there is the temptation to feel smug, saying to yourself that he or she deserved the fall. Resist this temptation completely, for it is not good to draw pleasure from another's trials and tribulations. For, if you feel they are deserving of such punishment then there must be judgment somewhere within you. If you find there has been judgment somewhere within you, then forgiveness of yourself is the thing to do. My child, be mindful and do not draw joy from another's tribulations.

And The Holy Spirit says:

As you walk through life upon Earth there will always be the temptation to look around and surmise that this one or that one has gotten exactly what they deserve. There will be these temptations, but pass them by, and rather than feeling smug inside, whisper, "I bless you. I bless you." Begin to make this a habit, a practice, because as you walk through life you will slip and fall, and the measure of goodness in it all is that you rise-up, dust yourself off, and stand tall. Be concerned about what you are thinking, saying, and doing, and bless all who could do with a blessing or two.

January 30, 2020

Close your eyes, and envision an individual carrying a heavy load, a burden so big that they have balanced it on their shoulders and back, and stoop to bear the weight of it as they move. Understand that you too carry a burden, and often times this burden will weigh you down: to the point that you cannot stand-up; to the point you only see the ground, denied the beauty of the sky above you. This burden you carry could be anger, or fear, or doubt, or worry and once you pick-up these weights, these energies of darkness and shadow, they begin to multiply and grow, and soon your sack is heavy, and the only way to go is to bear your burden bent and stooped. This is not necessary, My child, you are meant to walk with your shoulders back, and your head high, so that you might see the Earth and see the sky, and master all between it, using My love flowing to you. If today you are bent and stooped, under the weight of anger, or irritation, frustration, doubt, worry, stand and walk. Free yourself, forgive. Forgive all things. Shake anger from your shoulders. Toss worry and doubt away and rise-up to see the glory of a new day.

And The Holy Spirit says:

It is not often that we realize the weight we have chosen to carry with us wherever we go. But, every day it is possible to rise-up and make it so that you are free of this debris, of all temptations, of worry and doubt, and The Way begins when you greet your God at the start of the day. If you begin the day and end the day in prayer there is a better chance that you will demolish all that is there to weigh you down, because the love of God will do so. Rise-up, stand tall and walk into this new day.

January 29, 2020

Today, I wish to speak especially to those of you who feel rejected, lost, alone, dejected, to those of you who feel you are blamed for all bad, exclaimed for nothing good, that you are in a place where you feel as if no one hears you, no one cares. Listen, and feel My arms slip around you, for I know your heart. But, My child, if you allow your heart to grow darker, and darker still, you will feel totally lost and alone. I AM here today to lift you up in a special way, and to let you know I do know your heart. In fact, I recall your heart singing as you made your way toward Earth. This is the experience for which you longed. You asked for an Earth experience, and I will help you, your brother, Jesus, will help you, The Holy Spirit will lift you up and fly you to where you need to be. So, today I ask one thing of thee, be still so you can hear Me. I love you. I have faith in you, because I know you

And The Holy Spirit says:

When the time comes when those who feel lost begin to know the touch of God then the time has arrived for you to arise and go to others who feel alone and rejected just as once you did, because you have a story to tell, and you have a glory to share. And, as you touch each one with the possibility of a full, glorious life, they too will rise-up, free of strife, touched by God through you.

January 28, 2020

What do you deliver to Earth? How do you impact the world every day? Pay attention, for your thoughts, and words, and deeds have an effect on those around you; and, oftentimes, it is profound. When you walk into a room, where people are gathered, and you deliver sadness in your presence, soon sadness works its way through those gathered. If you walk into a room, where people are gathered, and you are carrying the virus of grumpiness or sullenness it infects the group gathered. If you walk into a room filled with joy and happiness, this fills the room, and those gathered, with joy and happiness. If you pay attention to what you are doing, you will find the truth in this. Be mindful of what you are delivering to the world today.

And The Holy Spirit says:

It will take practice, and it will take desire to practice, clearing your thoughts, checking your words, being mindful of your deeds so that they are of light rather than shadow. Begin today to deliver light. Today, be the bringer of light to all those who gather around you.

January 27, 2020

I wish for you to begin to know the untapped sacred resources which you hold within you, which have been within you all along. When you come to know that which is within you, it will not be necessary for you to seek high and low for that which you carry, the wisdom that is yours. For, when you are researching, and looking into history, and trying to find the reason or the facts which will go with the feeling that was in you, or is in you, you are looking at what has been, the old, the recognized. But, My child, what if I want to send you something new? What if I wish for you to tap into that resource you carry, and open the treasure that has been buried within you? It will lie dormant until you say, "I will be still. I will no longer search in the world created by man, I will be still, and take The Hand of My Father, My God, My Mother of Spirit, The Creator of All Things."

And The Holy Spirit says:

Have you ever been looking or searching for your glasses, only to find that your glasses are perched atop your head, or you are wearing them, just as they are meant to be worn? Have you ever searched for something that you have on your person? This happens more frequently than you know. You are searching, looking, seeking, for that which is with you, on you, in a pocket, in a purse, in your hand. Today, be still and let Me guide you into the richness of The Plan for you. It might hold some old, it might bring some new; but, if you will be still, I will show you what is meant uniquely for you.

January 26, 2020

Trust in Me with the same enthusiasm you use when trusting others around you, when trusting a weather forecast will allow you to prepare better for what the day holds in store for you. Trust in Me, as much as you do your loved ones, to support you. Trust in Me, because I will show you The Way, for The Way is already set, it is clear; and, even free will choices, will not prevent that which is to unfold for you. If it is meant to be, it is meant to be, and no matter how much you worry, or fret, or create a miserable situation regarding a situation, it still will unfold as it is meant to be. Today, put more faith in the miraculous than you do the magical, put as much faith in the unseen as you do the seen. This will bless your day in every way.

And The Holy Spirit says:

Watch and see how a day, give it only one day, will unfold in a most miraculous way, when you permit it to do so. Soon you will find that no matter how much worry and frustration you insist on adding to your day, it still will unfold the way it was meant to unfold, and what is going-on inside of you really has very little to do with how the day is set in history, in eternity.

January 25, 2020

Before you left Heaven to travel to Earth your spirit was given gifts for you to use from the time of your birth upon the Earth until you returned Home. Many of you know these gifts. Some of you know your gifts. Some of you use these gifts. These gifts of The Holy Spirit were given so that your way upon the Earth might be easier, more fulfilling, rich, abundant. It is time to recognize that it is possible to use your gifts of spirit to magnify and embellish your talents, the things you do upon the Earth with your body; for the good athlete, for the artist, for the parent, for anything you do, and show a good instinct for doing, can be magnified by using your spiritual gifts in parallel. Today, let the gifts of The Holy Spirit you carry within flow into your talents, your accomplishments and see. Look and see what you can do. Let the world see the spiritual gifts within you, flowing through the talents that are yours. Then, your accomplishments will ring of Heaven and Earth.

And The Holy Spirit says:

You are of Heaven and you are of Earth, and you have a rare gift, an unusual opportunity to be the connector between Heaven and Earth. You also have the opportunity to create a miraculous energy, that has never existed before, when you use the things of Earth and use the things of Heaven together. Draw from Earth, draw from Heaven, mix these things, these energies, within you, and let them flow from you. For, there has never been another you to mix the things of Heaven and Earth anew.

January 24, 2020

If today you feel alone, saddened, burdened, guilty, frustrated, or any of these things, or similar feelings, be still. Go within. Walk the corridors, that is where it begins, the corridors of your inner self, and you will come to that door. You will come to the door where behind you will find Me waiting for you in the chamber meant for us two. And, we will sit together, and I will speak to you, reminding you of who you are. I will not put you down or push you away. I will not say to you: you should have done this; or, you should have done that; or, because you did this, or because you did that, you find yourself in this place of despair. No, child, I will not say that as we sit there. I will remind you that you are My child. I will remind you that you are a being of eternity. I will remind you that your light rivals the brightest star. I will remind you of the powerful being you are. And then, we will talk of love, and I will fill you with it; and then, we will talk of light, and I will restore you with it; and then, we will talk of forgiveness, and you will sit with it. I forgive you, you forgive others, and slowly, while you remember who you are, and the powerful gifts you hold within you, your shoulders will rise, your breath will be deep and long, and soon you will be ready to walk amongst those who told you how wrong you were. But this time, you will walk with confidence, their words will hold no meaning like the words we spoke during that sacred meeting.

And The Holy Spirit says:

Do not hesitate to withdraw from the ways of the world to meet The Creator of All Things, within you because: this is where you are restored, within; this is where you are made whole, from within; this is where you meet your God, from within. Until the day you pass back through the veil, and go Home, the place to meet God is within.

January 23, 2020

I will tell you a story. The story is rich and full. The central figure of the story faces many challenges, sometimes encounters sadness, difficulty, extravagance, lack, tears, and cheers. Sometimes the obstacles, that you will hear about, seem immovable, but the star of the story is able to overcome, sometimes in outright glory, sometimes stooped by the burden and the weight of the rock they must move to continue their journey. Oh, My child, it is a grand story, and it has everything which will keep you riveted, on the edge of your seat. And, just when you think all is well, something will happen, but it will be the telling of the true character of this central figure. And then, when you think there can be no more, the light can be seen, through the crack of a door, and a whisper will come through, at the very end, and say, "It is time to come Home. Tell Me where you have been." My child, the story is the story of you, and it contains everything you think, and say, and do as you make your travels upon the Earth. So, heads-up, let the laughter roll from your tongue, and tickle all around you with delight, for the story does not end in the dark of the night, it ends with a whisper, calling you Home.

And The Holy Spirit says:

Can you imagine how life upon the Earth would be, if you knew that it just does not end? All the adventures keep coming, and you never know what is around the bend, but you know, at the core of your being, it will all be fine, it will all be right, and you get to play from morning until night, forever. This concept might be difficult to grasp, but it is true, it is forever that you will last, and you will see night and you will see day, and you will see work and you will see play. But, what will count, at the end of the day, is your gift to God through what you did think, and do, and say.

January 22, 2020

When you want to teach a child how to color, you do not tell the child how to color, describing the process and all the options and choices of color and paper, lines and abstract, you show the child how to color. And soon, the child is coloring. And the same applies to teaching a child how read, and dance, and sing, and put on their clothing, and look both ways before they cross the street. You show them how to do these things, guiding them along the way. And when it is time, you show the child how to live, and soon they are living a most beautiful life. This is why I sent your Brother to show you how to live, to show you what to say, and how to do it. You have The Living Example, showing you The Way, rise-up and follow.

And The Holy Spirit says:

Sometimes, when someone is trying to tell you how to do something, the words, and the options, and the directions get twisted, and you cannot remember what was first or last, or what made-up the entire middle process. But, if they will walk you through it, and show you how to break the eggs, and add the milk to the flour. Soon, you are doing it, and doing it with confidence, because you have been shown the way. So, today you have an opportunity, you have been shown The Way, therefore rise-up and live, with confidence.

January 21, 2020

Trust that which is written upon your heart. Believe My Whisper within you. For, if you are not led from within, then you will most assuredly find you are lost, or, at the very best, delayed often, for the ways of the world can be fickle, the ways of the world can be one-sided. Set your course, and rely on The Compass within you, for I will not fail you. If you are led to do something, which most of the world says cannot be done, then you must realize, My Child, that it could very well be you who will show The Way, that without your faith, to follow The Voice within, the world will continue to "be right" for a while, until the day comes when another hears The Whisper, and is stirred from within to rise-up and do that which has been impossible for men.

And The Holy Spirit says:

If it is upon your heart to do it, it shall be done. If not by you then another will come, and the same words will be written upon their heart, and The Whisper from within will lead them forward where no one else has been. No one knows who will be the first to bring the message, to complete the task, but if it is on your heart, if The Whisper is within, then it is you. It is you.

January 20, 2020

You will come to know Me better, our relationship will be deeper, when we begin in quiet, when you are still, when there is no movement, when I AM reaching to touch you, and you are reaching to embrace Me. In that miraculous moment we touch, and know, and love, for it is in the quiet, in silence that you can hear a snowflake falling, that you can hear the stream moving, that you can feel the air around you touching your skin. It is in this state that you are living, living more, and experiencing more, than when you are moving, and running, and talking with others. For, in this state you are one with all around you, and we are in communion.

And The Holy Spirit says:

These sacred times, when you sit in silence with God, fill you with courage and strength, and fuel you, so that you might go out into the world and do good deeds, and bless those you encounter, and send songs of sweet gratitude into the world around you, because you are filled with gratitude for the love that God has given unto you. And, it is because of the love, that comes from God, that goes and flows into you, that you are able to love others around you. When you love it is God's love, flowing through you to another.

January 19, 2020

When your days seem long, and the nights even longer, because your faith has been dashed in a tempest of mistrust, broken beliefs, disasters of all types, pain, sadness, and sorrow, then I will say to you, "Be still, My child, and come." As a good parent sees a distraught child, tossing in worry and fear, picks them up, and draws them near, so I too see you are distraught, anxious, worried, and I AM here. Sit so that My light will become your wisdom.

And The Holy Spirit says:

As you make the journey upon Earth often you cross choppy seas, tempests rise-up and threaten to drown you, or pound you to your knees. In these times, the best thing you can do, the safest harbor you can find is The Lap of God. You cannot reason doubt away. You cannot demand that the crisis dissolve. You cannot read your way out when it is dark all around you; but, you can be wrapped in The Love of God and use The Light of God to bring you Home.

January 18, 2020

Come to Me in your hour of need and I will wrap My love around you, and I will whisper, and your pain will diminish, and your hurt will dissolve, and your anguish will no longer haunt you. Call upon Me, and I will help you; but, do not forget to come to Me on the ordinary days, when everything seems to be flowing as it is meant to be flowing, and all is just fine. These are the days when I can speak to you, and you will know The Divine Way, because you will not be crying, you will not be hurting, you will not be calling-out like a lost lamb. On the ordinary days come to Me, and sit with Me, and be still. For, it is in these times when I will tell you that which you wish to know. I will tell you that which I wish for you to know. I will fill you with wisdom, and you will grow in it. And, as you grow in The Wisdom of The Divine, those days that once did wound you, and haunt you, and bring you to your knees, no longer have a hold upon you, because of that which I taught you, during the ordinary of times.

And The Holy Spirit says:

When caught in a dilemma of any size, of any proportion, the first thing, usually, is to call upon God for help. During a disaster, during great illness, it seems easy and natural to call for help and speak The Name of God. These times you are weakened by the ways of the world, and God comes and lifts you up. Begin a practice of speaking with God when there is no dilemma, when there is no whirlwind or tornado, spinning around you. Sit with God quietly when there is no petition upon your lips, and let God speak to you and prepare you, teaching you all you need to know, so that the ways of the world will not be so burdensome. It is in the ordinary of times when you are filled with courage, and strength, and wisdom.

January 17, 2020

When you are tempted to think of yourself as insignificant in comparison to the multitudes around you, I want you to: Consider an individual snowflake. No matter how small the snowflake might be it is unique in its structure and its beauty, and the way it catches the light, and celebrates all the way from the heavens to the Earth; Consider a solitary piece of sand. This solitary granule of sand is uniquely beautiful and reflects the glory of each grain of sand around it. It is part of the whole, it is a piece of the entire beach, or the ocean floor, or the desert, and it is special in its own right; Look at the miniscule wildflower, on the floor of a forest. If you use a magnifying glass you will see that, that minute flower has every piece that the larger might show. It is unique and beautiful in its smallness. You are the same. In the sea of the population of all of Earth, you are just as unique as a grain of sand, as an individual snowflake, as a minute flower on the forest floor. You are special. You I adore.

And The Holy Spirit says:

Believe in your unique ability to fit a space in the eternal picture, The Divine Plan, God's Kingdom; for, as grand as The Kingdom of God is, and will always be, you are there, too. You are a piece of eternity.

January 16, 2020

You are the light of the world. It is possible for you to be at peace, and in the light, every second of your lifetime upon Earth, for My light is within you. Therefore, go within and nourish this light. Work with the light you have been given and bring it to full flame so that you shine from within. Do not permit what is happening in the world around you to diminish your light. Bring the light. Be the bringer of light.

And The Holy Spirit says:

Most often it is the case that what is happening in the world around one alters that which is happening within one, when it should be opposite. That which is in you should change the world around you. Begin to think that way. When turbulence, or sadness, or anger is happening all around you do not let it confound you. Bring your light to the situation, for you are the light of the world. The most productive work you can do, the best practice you can maintain, is going within at the start of every day, and sitting with God, and stoking the fire, and the flame and your light will burn brightly. And, rather than having what is happening in the world around you diminish your flame, your light, your flame, will impact the world around you in a positive way. Try that today.

January 15, 2020

Come, and sit with Me. You do not have to come with a prayer, a list of petitions, just come, and sit quietly with Me, for My child, I know your heart, I know what is stirring around you and within you. I know these things, because we are one. Therefore, come and sit, and as you sit quietly with Me, I will fill you with information that is Divine Guidance, instructions for you to follow, so that you might know The Way, and easily escape the bonds of shadow and darkness. Listen, and even if you do not understand, at the moment, all that I say to you, you will absorb it in your spirit and your soul, and your heart will rest and be at peace. Come, and sit with Me and let us fulfil the prophecies that one day all will be taught by God. This is what I desire of thee, to learn My ways, to speak My words, because they are also your ways and your words, as we are one.

And The Holy Spirit says:

When you take the time to sit with God, when you sit quietly and are filled with The Wisdom of God, your words, your thoughts, and your deeds bless the Earth every day. You are not tempted to retaliation when God is whispering, "Just love them." Sit with God, and you will know the ways of God, and the ways of God will spill onto the Earth through you, and you will bless all you encounter, for you know God, and God knows you.

January 14, 2020

The journey into shadow and darkness most often begins in a place unseen by others, that private conversation going-on in your thoughts. Be mindful. Who are you talking to? Who is your partner in conversation? If your thoughts are going back and forth about what another person did, how terrible this person is, or how awful that situation was, blaming this one and that one, and sometimes you are the victim of this conversation, this hidden conversation, I will tell you this morning something that will help you, it will save you when the temptation is to open the door and go down the pathway of shadow. Know who you are talking to! If you are talking with Me, if I AM The Whisper within your being, I will be speaking of love. We will not be discussing what is wrong with this person and that person, or why they did this or that. My response, My child, will always be, "I love them." And, it will cool the fires threatening to roar-up within you until you are filled with rage. This is the pathway to shadow and darkness, which begins in your thoughts. So, remember, when the conversation begins, be discerning of your conversation partner. If it is not of light and love break the connection, and call Me, for I AM there with you.

And The Holy Spirit says:

There are some days when it is easy to resist the temptation to think ill of others. And, there are other days, maybe the days that do not seem to unfold the way we would like them to unfold, or maybe we do not feel so good physically or emotionally, those days can be easy for the shadowy spirits to come calling, to knock on the door, and be invited-in. But, for those of you who are ready and willing to accept this information, and put it to good use, you can save yourself many journeys in shadow, if you will refuse the conversation, break the connection, and speak with God, because God will offer Divine Guidance, miraculous intervention, which will change the course of your thoughts, and bring you peace.

January 13, 2020

Every day is a cause for celebration, for singing, for joy-making; therefore, let the song ring-out over the Earth. Do not be so concerned about how others are singing. Sing your note, sing your song the way you are meant to sing your note, and sing your song. And as you are singing, permit others to sing their notes, and sing their song, exactly as they are singing. For, when all the voices are lifted in song, singing their note, it all moves along as a beautiful symphony on one note, every variance of that one note is held within the song. It is not a monotone; it is a glorious tone. Sing and allow others to sing along, for it will blend, and they will become as harmony, and it will tie the world, wrap the Earth, with ribbons of song and celebration.

And the Holy Spirit says:

When God sends-out the call let there be song. All of the angels sound their tones, and the sweetness of the melody holds Heaven in its song. The same can be done on Earth. Send-out the call. Let there be celebration for all. Raise your voice. Do not hesitate to sing your song, because the song is not complete until you sing along.

January 12, 2020

I AM The Constant in your life of change. I AM always there for you as things around you shift. I will always listen to you as doors shut all around you. I will give you Divine Guidance when you come and talk to Me. I AM the only Constant in your life.

And The Holy Spirit says:

There is change involved in living a lifetime upon the Earth, and it begins at birth, and does not end until you pass back through the door headed Home, where you live eternally. Sometimes the change seems good. Sometimes there is a temptation to resist the change. But, there is always one Constant in your life, one Presence ever with you, unchanging love, and that is God.

January 11, 2020

That which you seek you will find, and when you seek Me you find that I AM seeking thee. The good parent knows where their child is. Even when they say go out to play, or to school, they know where their child is. But, when it is time for the shadows of night to come, the good parent calls the child home to rest. I call you Home to rest. I seek you every day. I speak to you every day. And, there is a place next to Me for you to be, for as you seek Me, I seek thee.

And The Holy Spirit says:

What a blessing that God, The Creator of All Things, seeks each child individually, knows the heart of each child individually, and calls each child individually to come and rest.

January 10, 2020

Give some consideration and thought to the possibility: that your struggle every day does not have to be so difficult; that all the effort you put into the tasks you perform every day does not have to be so tiring, overwhelming. You try your best, you work your hardest, but there is a component you are missing which will help make your way easier. It is the sacred component you hold within you, the answers you carry within you. Before you hurry out the door, be still, take the time to sit-down, and ask for guidance from within, and let it be known that you are willing to take this inner direction, and use it through the course of the day. It will come, because it is already there. All you need is within you.

And The Holy Spirit says:

You might think that it takes great faith to make a forward movement based on inner direction, and you are correct, it does take faith. But your faith is not a gamble, your faith will lead you to the real thing, that which you are meant to do, that which will bring joy to you while you are doing it. Do not be afraid to chart your earthly course using The Sacred Compass you hold within.

January 9, 2020

The spirit, that is the eternal you, is held within the body that is temporarily yours to use, to move over the Earth, to accomplish a mission. But, one day the body, which is temporary, will fade, and the spirit will grow, and bloom, and blossom. It is more magnificent than the body, yet you do not see it. It is hidden within the body. But, if you will take some time to connect with the spirit that is you, feel the eternal you, you will experience the real you, reaching beyond the body, out into eternity.

And The Holy Spirit says:

Because you see your face reflected in a mirror, or a window, or in a picture, or in a book, you see your face and your body every day, therefore it is easy to believe that your body is you. You associated the physical body as you. But today, spend some time pondering that you are grander, and greater, and more magnificent than the body you see every day. Your spirit, held within your body, can show your body The Way, if you will begin to acknowledge the real you, and what you are upon the Earth to do.

January 8, 2020

When you are beginning a new day, a new month, a new year, it is easier to make a commitment, a commitment to which you intend to hold true. It is easier to say today, "I will be kind in every way, and compassion will fill my thoughts, and words, and deeds. This is easier when you are beginning. But, it important to remember that once it is said you cannot leave it there, you must carry this commitment with you throughout the day so that it might be fulfilled come the end of the day. When an intention comes to you, reach-out and hold it, accept it, embrace it, and walk through the day, following through. It is possible for you to fulfill every commitment you utter, but it does take practice and intention.

And The Holy Spirit says:

Oh, when you are beginning anew everything is bright and shiny, and you are eager to do. But, as you walk through the day, or the week, or the month, or even the year the intentions of the new begin to fade as you face challenges, and compensate here and there, and find you must make-do to just get through to the end of the day, or the week, or the month, or the year. But, if you take that intention, and carry it with you, repeating it every hour, you find that it gives you the most unusual power to move into the next day, or the next week, or month, or year, renewing this commitment every hour. It does not take any time to repeat to yourself quietly, "I will be kind, and compassion will rule my thoughts." That does not take a long time to do. So, whatever you find you are compelled to do make a commitment and follow through by carrying it with you, wherever you go.

January 7, 2020

Begin to realize that you are upon the Earth so that you might do My work there, so that the walls might fall, and The Kingdom of Heaven might flow freely onto the Earth, because you care. There are those around you today who long for a gentle touch, a kind word, a deed performed in friendship. They present the opportunity for you to be My gentle touch, speak My kind work, and do deeds of love and friendship. Go forth this day and be My hands, My eyes, My lips, My ears, and My heart.

And The Holy Spirit says:

If you will take the time to ponder your position, who you are, the responsibility that sits firmly in your lap, you will realize that you have the privilege and the honor of bringing Heaven onto the Earth, one thought, one word, one deed at a time. Therefore, let that be your goal, for it is a worthy goal, a noble goal.

January 6, 2020

Resist the temptation to be critical of others, to judge others harshly, for you do not know what is upon their heart. Choose to work within yourself, creating thoughts of compassion, and letting these thoughts lead you. Speak words of kindness, which will fall upon others as the song of a bird, lifting them up, removing their sadness. Your deeds will be as arms wrapped around the rejected. Resist the temptation to judge.

And The Holy Spirit says:

Many of you ask daily, sometimes hourly, "What is it that I am to do, what is my mission upon the Earth? I want it to be grand." And, the answer is, begin first with: the simple way; the gentle way; the way of monitoring your thoughts; the way of holding your tongue; the way of directing your deeds. Begin at home within, and once your thoughts are of light, and your words are of kindness, and your deeds come from compassion and understanding of other, then you are ready to speak the words, do the deeds. Today, focus on your thoughts, your words, and your deeds.

January 5, 2020

You cannot pry open a heart which is not ready to receive. No argument, even one comprised of compelling words, will achieve the same result as words living, as words breathing, and walking, and doing, for the unwilling heart will remain closed, until the eyes that see open the heart, and the living words are accepted and embraced within.

And The Holy Spirit says:

You cannot know the time of those around you, the exact moment when their heart will be opened, and they will embrace truth and light and find peace. You cannot know this, because life begins hidden within. As every gardener knows, the seeds, planted beneath the soil, begin to grow, but you cannot see the growth until there is evidence of life, when the most tender, delicate shoot pushes-up through the soil, and embraces The Light.

January 4, 2020

The mighty tree, the tree which has lived hundreds of years, withstands the storms and the winds, because its roots are deep within the Earth, and its branches reach-up into the heavens. It knows day and night, it knows sunlight and rain, and its roots know the Earth, as they move through the dirt and grow stronger. The tree knows the light, the tree knows the Earth. Because the roots are deep, and the branches are wide it withstands the storms. Use this example with relationships of all kinds, because when the storms come the relationship will remain as long as the roots are deep, and the branches and limbs are open to receive the light of the sun, and the nurturing of the rain. Let this be our relationship as well, for in our relationship you will find all you need.

And The Holy Spirit says:

When the root system on a tree is very shallow sometimes, when the winds come, and the storms howl, the tree is toppled, and it is easy to see the fallen tree's root system exposed as very shallow. Let your roots go deep, becoming familiar, let your arms reach-out to embrace the sun and the rain. Experience Earth and all its glory. Experience God and the glory of God by reaching-out, and up, and going deep.

January 3, 2020

Seek to establish peace within your being, for when there is turmoil within you it is as an angry sea, rising-up. Seek to establish peace. You know how it feels to be at peace within. When you are at peace within, you are in communion with Me. It is within the garden of peace that love flourishes and grows. Today, establish peace, and let your garden of love grow.

And The Holy Spirit says:

It will take effort to establish and maintain peace within your being, especially when the world around you is eager to feed anger, and hostility, retaliation, and resentment. Do not dine at these tables set before you. Go inward and dine at the table set by The Hand of God. Drink from the cup of love, and you will know peace.

January 2, 2019

Imagine yourself as a stately tree, standing in a winter environment, branches bare, showing strength in some, displaying weakness in others which are broken, dangling, or perhaps fallen. See that tree, and see the beauty in that bare tree, exposed for all to see the limbs, as they are, at the present moment, living. You are as that tree. When you are stripped of all the finery, you stand exposed, limbs as they are, whether they are strong and mighty, or broken and twisted. There is a magnificence in you as there is in that bare tree. Stand tall, extend your branches, your arms, your legs, your neck. Stand tall as the mighty tree, because you are perfect just as you are.

And The Holy Spirit says:

When you see the tree of winter begin to bud in the spring, you are seeing the beginning of the gifts the tree will bring to Earth. When you see the unfolding of the buds, when you see the flowers, on the fruit trees and the nut trees, you see life. When you watch the leaves appear, you see glory. The tree is bringing to Earth all that is within it, showing the glory that it is. And, once it is all displayed, and the delivery of that which it holds within is complete, the tree sighs, and each leaf dies, and is carried upon The Wind, and the magnificent tree is still, resting, preparing to begin again. You are the tree. Rest so that you might begin again.

January 1, 2020

Every morning is a new beginning. All, that has been sleeping, through the hours of the night, awoken with the coming of the light, and there is movement, and motion, and excitement about that which is to come. The day is set before you. Who will lead you? What ideas will inspire you? For, The Breath of The Holy Spirit will fill you, and thoughts will come, and the thoughts of light will lead you forward. Be mindful of the leader you choose, of the one you will follow, of where you are going, of what you are thinking, and the seeds you are sowing.

And The Holy Spirit says:

Some might say it is difficult to know: which way to go; what to do; right from wrong, for you. And I tell you this, if you are mindful, if you are intent on standing directly in the light of God, to pursue happiness upon the Earth, to live a joyful life, then awaken to the fact, to the truth, that you will know, because you will feel it. You will know thoughts, and words, and deeds of light, and how they might differ from thoughts, and words, and deeds of shadow, or darkness. You feel the light around you, you feel the shadow around you, and you feel the darkness around you. So, pay attention to how you feel, and set your intention to live in the light.