

January 13, 2022

- *Spiritual embraces*

It is from the God to whom you pray that you find illumination within that presence. It is the God to whom you pray that gives meaning to your lives and instills sacredness to all that you experience collectively and individually. You are embraced by that presence of God, and it is about that spiritual embrace that we wish to focus our energies upon your spirits.

When you think of an embrace, you think of a kind of presence that is all-encompassing. It is not an energy that is felt only from one direction. An embrace surrounds. An embrace is not judgmental. An embrace has warmth. An embrace feels incredibly close. An embrace is filled with support and caring. There is nothing of substance in human terms that lies outside of an embrace. The embrace contains all that matters.

There are times when you feel the presence of that embrace, and there are times in your lives when that embrace seems to be absent. It is exactly the same characteristics we outline that apply to the embrace *of* spirit and the embrace *by* spirit. It is the same set of descriptors that identify the embrace of God and your embrace toward God. This spiritual embrace has its direct human analogies, and yet it is actually far deeper. The embrace of God is not an embrace that lets go. It is not a momentary experience that then evaporates only to return at another time. This embrace of God is constant. It has always enveloped the core of who you are.

The embrace of your guides is equally constant. You are surrounded by the life of an embrace without interruption. It is part of who we are and not merely what we do. The spiritual embrace not only surrounds you but lifts you up much like a child is lifted up off the feet by the embrace.

You are asked to find ways in your daily lives to embrace another. That embrace we speak of is not necessarily an embrace with the arms but with the heart. That embrace with the heart may be identified as an exercise of prayer. It may be an embrace of listening, of being with another, of thinking lovingly, supportively, affirming another. It is a fact that the other may be unaware of your embrace, and yet your intention to surround someone else with fully nonjudgmental love and caring is recognized by the spirit, and that recognition of the embrace is strength-giving. The strength that is received by such a spiritual embrace is then transformed in the most appropriate ways to that person to whom you offered the embrace.

When you see someone you love after a long absence, the embrace is strong and enduring. That embrace communicates to another something far more profound than words can possibly express. That sense of touch, that warmth, that feeling of being surrounded in such an affirming way is essential to communicating to another beyond

January 13, 2022

words. It is precisely what you are communicating in that human embrace that is an important component to what is offered with a spiritual embrace.

When you have needs of the heart, the seeing heart, the loving heart, and you reach out to God, you are opening your arms to welcome God's embrace. The open heart is the opening of the arms so that you may feel a full presence of the love that is already there. Denying God's presence is like crossing the arms which reduces the impact that is felt. It is never wrong or inappropriate to ask God for that presence of love and support and help. It is not an action of weakness. It takes more strength to reach up and outward than it does to cross one's arms. It takes more strength to be vulnerable to ask for an understanding and a knowing of God's presence than to merely reject the reality of God on the basis of one's inability to see God or to feel God with the human senses.

God's help, our help, the help of those whom you know, the help of those whom you do not know is always present. There is so much caring love existing within human beings. Yes, you are only too aware of evidence that conflicts with God's love, but the presence of that love far outnumbers, far outweighs those who choose to reject that reality.

There is the love that provides for an embrace everywhere. You are embraced by your families, by friends. You are embraced by society. You are embraced by energy around the world. The love we speak of as God's love does not come from a pinpoint source. It comes from all directions, in all forms of energy. That's why we say you are embraced by God's love. You are surrounded by it.

If you pray for peace felt within, and you experience an inspiring sunset, that sunset can provide much peace. If you pray for more of an experience of love in your lives, look for acts of loving kindness from others, and then acknowledge that you are part of the receiving of that kindness, and you are motivated to take that kindness and offer it elsewhere.

Much of the experience of receiving love is understood in the giving of love. If you are warmed by an embrace, you are more able to embrace another. When you encounter someone experiencing enormous grief, you want to hug them. You want to put your arms around them and somehow communicate your loving acceptance of who they are and what they are enduring. That natural response to others is learned, as it were, because of your having experienced similar embraces. The magic, the power of what is offered is therefore given meaning by the magic and power of what you were offered. The giving takes on significance because of what has been received.

We often say that part of the process of becoming love is becoming loving. We also say that to become loving you must have experienced being loved. Being the receiver of that spiritual, loving embrace is the first step in becoming more loving, and becoming loving is an essential step to becoming all love.

We who serve as your guides know very well what it means to be loved, and we have traveled far on our individual paths along the road of becoming more loving, knowing

January 13, 2022

that our journey is part of the ultimate journey of being fully united in all ways with the embrace of God.

So dear spirits and fellow travelers, seek ways of feeling God's embrace. Seek ways to embrace another. In so doing, you are engaged in the magical transition of being loved to becoming more loving.

We surround you with our love because that is who we are. We embrace you because that is who we are. We open ourselves at all times to God's embrace, and that embrace strengthens us and enables us to completely surround each of you with our care, our love, and our inspiration that you, each of you, may proceed on your paths with an evermore open heart, with arms reached out to embrace that ever-present Light.

Amen.