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- *The moral code bends towards love and affirmation*
- *The power of individuals and groups compared to a reservoir behind a dam*

The power of God that gives you life is in the process of nurturing that life that each of you experiences at this moment. We would like to address the subject of nourishment and its connection to your growth.

Just as you need food to live, you need the nourishment of spirit to not only live but to grow, thrive, and evolve. The nourishment we speak of clearly is a spiritual nourishment totally unrelated to any divisions you may think of related to human life. All humans are given the potential to grow in spirit. This is to be underlined as we speak of potential, for it is absolutely essential.

The fulfillment of this potential depends on many factors, none of which are economic, political, racial, social, or in any other defined category. The souls associated with human life come into that human life already with differing levels of sensitivity. Each soul must learn, and each soul does learn while associated with human life. It makes no difference how long the life is, for each soul experiences what it means to be the recipient of love.

Some souls are more capable of nourishing the outward expression of that love than others. This difference does not mean that some souls are more valuable than others. An individual who completes formal education at a high level is no more valuable than an individual who has benefitted by no formal education assistance. All are the same but merely on different locations along their chosen paths.

There are those whose actions within society seem detrimental and indeed impact many, and there are those in society whose example of living can provide a model for countless others to emulate and follow, but neither groups of individuals so described are more valuable than others. Neither group is less valuable. All are equal, and yet in their own ways they command much authority.

It is at this point that we must underscore that such authority is authority assumed or granted by other human beings. It is not an authority put forth from the Spirit Center. What seems to have enormous impact on many may indeed be the case when viewed on strictly human bases, but the real authority, the authority that is of greatest impact, is the expression of mutual concern, of mutual respect, a loving view as one gazes upon others. That is the authority that is consequential.

It is that kind of authority that is not solely limited to individuals. If you consider for a moment the evolution of societies of human beings, despite what you observe and hear about, there is a moral code that bends towards love and affirmation which is wending its way throughout humankind. Because of the current capabilities of mass communication, you hear much about the exceptions and very little about the many.

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You pray for a wider expression of love worldwide, and yet you hear seldom about such activity. Nevertheless, we see so clearly that the evolution of a more affirming society among human beings is indeed moving forward in God's light. It is not to say that there are no boulders on the path, for there are many, and the boulders are large enough that they cannot be ignored. But those boulders that serve to impede the growth of humanity do not in the end impede that development.

If you build a dam to contain a stream, you look at that dam and it may be enormous, and you say to one another, "Isn't it magnificent? You can see it for miles. It is photographed by everyone."

At the same time, few people give much attention to the river which has expanded into a lake, a reservoir. You may say it is good to have the water, but the construction of the dam is so enormously imposing. That reservoir, that lake, continues on its own to expand, while when left unattended the dam begins to crumble, very slowly at first, and then ultimately it is destroyed. What destroyed that imposing structure? It was the presence of the water behind it, the power of that presence, and that presence continued to expand. In the end, the dam was incapable of restricting the natural flow of the water.

So it is with individuals. Individuals may have a positive impact as has been observed, and that is good, but the individual who provides strong, positive energy cannot go forever. If the benefits that were initiated are to be continued, they are continued by many. It is the power of community that ultimately carries the day, even if the initial presence was focused on a small group of individuals.

The same can be said for the individual who wreaks havoc upon society and many suffer. In time, that individual is no longer present, and in time, the character of the society from which the individual emerged will have experienced a significant refinement, and goodness and light will overcome that darkness. We are not saying the darkness does not exist, for it does exist in human life and is filled with great suffering, pain, and loss. The darkness is a presence, but the light is a powerful energy, and that energy always wins over the darkness.

Where does nourishment fit into this reality? You have an awareness that allows you to nurture life around you and indeed make a difference, for you are a part of that reservoir of natural forces, forces of good, and that reservoir is replenished year by year, season after season. There are those seasons when the nourishment is limited, when drought is experienced. You are experiencing that kind of drought as human beings at this moment, but the rains come. The nourishment of spirit is present, and it is that nourishment of spirit that can provide all with a belief and faith that what is good for all is indeed what will be for all. There is no timeframe as you consider the nature of spirit nourishment, spirit refreshment.

For each of you as individuals, the nourishment you experience will be different than for your neighbor, but the nourishment is still there. You can bring about an increase in your spiritual nourishment by being more aware on a daily basis of evidence of God.

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For many of you, that evidence comes from a deep appreciation of nature. For others, that evidence of God as nourishment comes from the person you encounter today, tomorrow, or later. The evidence of God comes from those whom you have encountered in the past that represent for you the embodiment of the loving good that exists.

You find nourishment from others, and you find nourishment from within. But seeing this nourishment is possible only through the eyes of the heart. It is through the lens of a loving willingness to receive and a willingness to give out. That exchange of giving and receiving love serves to open the heart enabling you to see that presence of God.

It is easy for human beings during these difficult times to place responsibility for a resolution on the shoulders of others, but we are here to comfort you in the awareness that you, each of you, can be a part of all you pray for. You pray for the ending of suffering and loss, but you can be a part of that. You are part of that through your expression of nonjudgmental love offered even to one other person. If everyone could find a way of lovingly giving of themselves in whatever way is appropriate to even one other person, that reservoir of love, of mutual concern, would become so powerful that nothing could restrict its movement. There is nothing an individual could do that would stop that inexorable motion toward light.

Yes, it is important to consider what is beneficial to all as being the greatest expression of God's presence, and you will nevertheless observe those dams, those elements of human life that restrict seemingly with great effectiveness. Never fear that when there is an imposing structure, seemingly not for the good of all, that such structure will ultimately dominate in its destruction. It will crumble. You will see more individuals who move forward being led by concern for all and not concern for self, and such individuals will provide inspiration and encouragement that strengthens the presence and impact of light to push away the darkness.

Your spiritual growth is not limited to your current human life. It is ongoing as you know. You also know that our spiritual growth is in no way limited. We evolve. Our vision through the lenses of love becomes sharper and clearer. Part of our evolution in spirit is for many a return to human life, for there are lessons that can only be learned in life-forms other than just that of spirit. When such learning is to be accumulated through connection to human life, there is a decision that is made by each soul, for each soul is fully aware of what yet needs to be learned. The decision to reincarnate for the purpose of its own nourishment is a personal decision, but it is always made within the company of all who embrace that spirit with love so as that soul reincarnates, it is accompanied on its journey not alone but buoyed up, given light, and strengthened in love by all spirits.

No soul is forced to return to human life for more nourishment. Each soul already knows what needs to be learned and the best route for that learning to be achieved.

Our journey of nourishment in our own lives cannot be measured in time. It is only measured in progress. As we have said before, spiritual growth is not a race where there

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are winners and losers, for all spirits reach the finish line, the complete union with the Spirit Center. All human beings will reach the finish line regardless of the time it may take, for time has no function when we consider the evolution of love and the energy that is outpouring.

We surround each of you with our loving light. We nourish your souls as you nourish your souls, and as your souls nourish and refresh, uplift and embrace you all.

Amen.