

## TABLE OF CONTENTS FOR SOUOPENERS MESSAGES

*In chronological order by year beginning with the most recent.  
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### Messages from 2026

January 13, 2026     Responding to those who feel isolated, fearful, and disrespected

### Messages from 2025

January 23, 2025     Understanding spiritual light and resonance • All prayers are answered through the openness of your own heart, your spirit • In challenging times, remember you are all strings resonating on the same instrument

February 6, 2025     Clear heart vision

March 6, 2025     The arc of humanity bends toward love • Listen with your heart to those with whom you disagree

March 31, 2025     How God grows • The process of becoming all love

April 21, 2025     Sharing with and understanding someone whose views are opposed to yours

May 15, 2025     Working for peace • Guides are always affirming and engaged in the propagation of light  
• There is no hell

June 9, 2025     Resonate with others as God resonates with you • Listen to others with an open, nonjudgmental heart

July 21, 2025     Being God's presence in the world

August 11, 2025     God's light, love, and energy

September 8, 2025     Communication between guides and humans • Disarming the presence and power of fear • Changes in belief and perspective are part of growth

September 22, 2025     The life force belongs to everything • Fear in the animal and plant kingdoms • Try to understand others who are perceived as threats

October 13, 2025     The effect of intentions on the life force

October 27, 2025     How guides interact with human life • All prayer is ultimately directed to self • Healing is not necessarily the elimination of all difficulties

November 10, 2025	Human beings, the Spirit Center, and God • How guides' understanding of God differs from humans'
November 24, 2025	The most effective ways of supporting another • You are one with God and with all that has been created
December 15, 2025	Seek God in as many ways as possible

### **Messages from 2024**

January 4, 2024	The life and growth of spirit • Antagonistic relationships must and will be resolved • Reincarnation may involve other life-forms
January 23, 2024	Praying to God is praying to all • Souls grow because they are alive • Movement on the sphere of spirit affects all • The importance of reconciling differences • All forms of spirit are of equal value • Reincarnation
February 5, 2024	The importance of being in community • A brain is not required for consciousness • Nonhuman, knowing life-forms • Thoughts are energy-forms
February 27, 2024	Praying to God does not activate God • God's power does not control everything • God is creating and expanding with your help • Your role in creating new forms of energy that are knowing life-forms • You are part of God's answer to prayers
March 18, 2024	Take in God's light and offer it to others as love • God's energy of light becomes part of who you are and is permanent • The loving acknowledgment of the dignity of another creates new, knowing life-form energy
April 2, 2024	All forms of energy originate from a single source, but that is not the only source that creates • Spreading the light of God compared to a series of candles
May 28, 2024	The passing of light to others
June 17, 2024	The importance of vulnerability
August 5, 2024	Contemplating a reality far greater than can be observed
August 26, 2024	All belong to the river of love and light
September 19, 2024	Becoming more loving
December 3, 2024	When loving is difficult
December 16, 2024	Do not judge the value of another • Guides recognize humans by the color and character of their energy • Guides' energy resonates with the energy of God • Be open to the beliefs of others

## **Messages from 2023**

January 5, 2023	Communication with deceased loved ones • The connection between animate and inanimate • Everything is you; you are everything
January 23, 2023	Dealing with grief • Growth of spirits on earth and in the afterlife
February 6, 2023	Growth is a natural process of spirit
February 27, 2023	Everything is evolving including God • Dealing with suffering • The relationship of judgment, forgiveness, acceptance
March 14, 2023	The relationship of God, humans, and all that exists • Praying for peace is praying for an open heart
March 28, 2023	No wrong way to pray • Difference between prayer and requests • Prayer is opening to God • Past spiritual leaders • Multiple universes
April 20, 2023	The relationship of love and service
May 8, 2023	Life is about fulfillment through exercising love
June 5, 2023	What strength of spirit means
June 19, 2023	Sacred space
July 12, 2023	Accepting the many ways of asking the big Why? questions • Nonphysical universes and beings
July 26, 2023	A celebration of life on many levels
August 10, 2023	Moving from fear towards peace
August 28, 2023	Accept the criminal as the visible component of a complex past
September 14, 2023	God's presence can be tapped into at all times • Guides serve to encourage humans to seek light for their paths
October 2, 2023	What does it mean to love oneself?
November 7, 2023	Responding to war, fear, anger, and conflict with a sense of unity
November 20, 2023	Approaching peace with patience • Praying for peace is analogous to praying for healing
December 7, 2023	Addressing the Middle East conflict • Guides are totally nonjudgmental

## **Messages from 2022**

January 13, 2022	Spiritual embraces
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January 27, 2022	How God communicates • Other knowing life-forms • The single underlying truth is that all are one • No justification for war
February 21, 2022	Energy of God compared to trampoline • Embrace all that is
March 7, 2022	Ukraine-Russia conflict • Find ways of expressing unity • Prayer benefits the one praying and the one prayed for • Practice love and compassion
March 28, 2022	Offering help to those in need
June 8, 2022	Understanding our connection with loved ones who have passed • All souls are a single entity • Each soul provides for the betterment of all souls
June 28, 2022	God's embrace of you and your embrace with others • How spirits experience humor
August 4, 2022	Find what is good in another • Spiritual growth in life and afterlife
September 12, 2022	Balancing the energies of light and darkness
October 6, 2022	Understanding and enduring the shadow
November 10, 2022	Having vision for the journey ahead
November 28, 2022	Seeking light means seeking vision when in the presence of shadows • Judge behavior but not the individual • All that you do impacts everything
December 15, 2022	Trying to understand human behavior • The nature of God

### **Messages from 2021**

January 14, 2021	Leadership, good and bad • Moving beyond judgment is a lifelong pursuit • Human life helps souls evolve • Even in darkness the Light is present
January 28, 2021	Be mindful of unity in the importance of judging behavior rather than yourself or others
February 11, 2021	The creative, loving force that is God • Everything is in the process of becoming • Shared experiences of present and past lives
March 2, 2021	Multiple manifestations of a soul • Spirit is eternal and evolving • No time in the Now • What God creates serves to expand what God creates
March 23, 2021	Recognizing and appreciating your true essence and the essence of others
April 15, 2021	The relationship between God, humans, and prayer
May 6, 2021	No one lives alone • Understanding the answer to prayer
May 25, 2021	What is God? • Striving to be a reflection of God
June 14, 2021	The ebbs and flows of belief in God

July 29, 2021	How to handle pandemic-related disagreements
August 24, 2021	How to respond during a pandemic • Comforting words on the passing of a dear friend
September 16, 2021	How to be present for others
October 12, 2021	Human life in the midst of eternal life
October 26, 2021	The process of becoming • Practicing unconditional love • You are your brothers and sisters
November 9, 2021	Transition from human form to spirit form • There are no beginnings nor endings to spirit life • Everything evolves • All that is is part of God

### **Messages from 2020**

January 7, 2020	God listens, and what that means • God consists of many Gods • God is the energy that connects everything • What prayer does
January 21, 2020	God's embrace, receiving it and being it • Thoughts have energy • All-embracing energy connects everything
February 3, 2020	The energy that connects all compared to a trampoline • All that you think, say, and do affects the entire creation • Guides see humans as a unique kind of energy • No evil people • Negative judgments of others affect you, too
March 3, 2020	Everyone can be a healer • The journey of life
March 24, 2020	Special message regarding the coronavirus pandemic
April 7, 2020	Finding the positive in pandemic isolation
April 20, 2020	Being a voice of God • Ignoring the importance of nature has consequences • Death is moving from one community to another • Affirming all forms of life is affirming God
May 3, 2020	Guides use color and music to describe individual human energy • Multiple physical and spiritual universes • Other life-forms know of the Spirit Center
May 27, 2020	Being a reflection of God's light compared to the sun reflecting off Venus
June 8, 2020	Seeking peace compared to being on a boat in stormy seas
June 22, 2020	Reaching for God to help others and yourself means all benefit
July 13, 2020	Pandemic: Be aware of changes for the better
July 27, 2020	Human life is the process of refinement of beliefs • Community of human and spirit life • The importance of stones on the path of life

August 10, 2020	The moral code bends towards love and affirmation • The power of individuals and groups compared to a reservoir behind a dam
September 8, 2020	God compared to a river • Praying for health
September 24, 2020	Souls returning to earthly life compared to the cycle of falling rain and evaporation • What is an old soul? • When seemingly miraculous things happen
October 12, 2020	Seeking balance during challenging times • The sacredness of all things • What divine intervention is and isn't • Guides can act as angels
October 26, 2020	Root of fear is concern about loss • All is in <b>the now</b> • Some other life-forms are aware of the Spirit Center
November 19, 2020	Pathways of all that exists from the smallest particle to multiple universes • The Now is the reality of change • Seeing commonality in challenging individuals
December 10, 2020	Patience from a spiritual perspective

### **Messages from 2019**

January 14, 2019	Asking "where is God" in challenging times • Best prayers open the heart • Judge behavior but not the individual • Do not use prayer to condemn • Life after death and reincarnation
February 12, 2019	Notions of time, space, and unity as regards the human world, spirit, and God • Spirit is both here and there • Death does not separate you from those you love • God compared to light and love • You are God because you are a part of God
February 25, 2019	If God is all-powerful, why negativity • The importance of vulnerability and humility • Purpose of reincarnation • No proper way to pray • When met with hatred, respond with love
March 11, 2019	Faith requires vulnerability • Prayer is to strengthen
March 25, 2019	God continues to create • Spirit continues to evolve • The only thing constant is love • Avoid the burden of judgment • Every human is a part of God Is
April 30, 2019	The light of God
May 13, 2019	The energy of light • The experience of guides
June 6, 2019	Why suffering? • Soul growth through affirmation, your own or others' • Fear drives much suffering
June 19, 2019	When a life is brief • Your guide is a connection to all that is • Spiritual totality compared to cells of the human body • Lifting oneself from despair

July 8, 2019	Service is listening • Looking into another's eyes • Prayers are translated from wants to needs • It is the act of prayer rather than the words that is important
July 23, 2019	Guides function in active and passive ways • Guides learn from those they guide • The value of past life carry-over • As Earth changes, human life will evolve into a very different kind of energy
August 20, 2019	God is present at all times • The nature of God's love • Other universes, both physical and spiritual • Moving in the flow of God's love compared to school of fish
September 12, 2019	Previous lifetimes • Community compared to school of fish • The flow of spiritual love • In substance, all human beings are equal • Do not serve out of obligation but out of love
October 3, 2019	Service to self and others • Understanding God's response to prayer • The circle of love includes God, guides, and humans
October 17, 2019	A lot about light • "Old souls" or "young souls" are not about age but maturity • Knowing beings with souls exist elsewhere • Everything affects everything else • A thought is energy that is never lost • Like attracts like • The strongest energy is the quietest • No chance meetings between strangers
November 5, 2019	Suffering, vulnerability, and faith • Various forms of fulfillment • No chance encounters of people or events • Redemption • No separation between you, your guides, and God
November 19, 2019	There was no beginning; there will be no end • All that exists is God • Time does not exist • Reincarnation as other knowing life-forms • Guides have a symbiotic relationship with humans • The relationship between guides and the guided is permanent • The evolution of energy forms

### **Messages from 2018**

January 11, 2018	Listening with the heart • Anger comes from fear of loss • God does not judge or punish
January 29, 2018	The needs of a good listener • Vulnerability requires personal strength • True trust requires acceptance of imperfection
April 10, 2018	Many voices of God • Intention and intervention in trying times • Accept that you are God
April 30, 2018	Feeling God's presence • The sacredness of all creation
May 10, 2018	Embrace the mysteries • Change is constant
May 24, 2018	Chief guide and relatives in circle of guides • Only positive energy transitions to life in spirit • Challenges provide opportunities for growth • Guides desire to expand humans' perceptions • Standing up for what you believe • The gap in relationships

June 11, 2018	The purpose of negative energy • The assignment of guides • Other life-forms have awareness • Inanimate objects respond to God's energy
July 5, 2018	How guides communicate • Language of God is the language of your spirit • Not all universes are physical • The power of prayer is in opening the one who prays • Generosity of spirit is knowing you and another are one • Being the voice of God
July 16, 2018	The ultimate truth: God is • The ultimate "Why?" questions • Evolution on the Circle of God • Reincarnation is for continued growth
July 26, 2018	Strength from God is quiet • Being peaceful is a choice • Concerns for the environment addressed • Evolution and a vision of the future
August 20, 2018	The value of making choices • Nothing is preordained • Live free of fear of failure
September 6, 2018	Decisions have layers beyond just good and bad • Punish behavior while affirming goodness of the person • No justification for taking a life
October 25, 2018	All pray to the same God, regardless of name • Not just one way to heaven • Losses are really opportunities for love • When does life begin? • Human life is inhabited by spirit • Creation of universe was not accidental
November 8, 2018	Unloved babies • Love nourishes spirit • How to share your beliefs
November 29, 2018	All are in the process of becoming God • How to resist the destructive behavior of others • An expanded view of love • God does not judge, punish, or have wrath • The common bond of all that is

### Messages from 2017

January 19, 2017	The tapestry of All That Is • Love can only grow • Making a difference in the world
February 6, 2017	The nature of love • The energy of observation • What Jesus knew • Good coming from destruction compared to forest fires
March 7, 2017	Time as it relates to past, present, future • The spiritual plane is a limitless present • There is an existence with no strife or war • Choices made in the spiritual realm
April 2, 2017	All is now, all is one • Your thoughts impact others • Difference between heart and mind • Guidance for sharing this material
April 18, 2017	An expanded definition of being alive • Guides and humans are fully one • Heart is the bridge between human consciousness and everything else
May 4, 2017	Life is the natural extension of love • Fulfillment is a commitment to being loving • Negative energy can make space for love to follow
May 25, 2017	The light in darkness • Loving when loving is difficult

June 6, 2017	Human life is about relationships • One God or many Gods? • Stand up for what you believe with patience and forgiveness
July 10, 2017	Transitions in life and death • Suicide • Thinking about praying is a prayer • Dealing with loss
July 24, 2017	Naming God • Love is a gravitational force • The eyes of the heart
August 10, 2017	Societal and human challenges • Listen with the heart • Anger comes from fear
September 7, 2017	Peace is the acknowledgment of oneness • Balance compared to weight on a scale • A church seeks spiritual leadership • Fear separates, but love and acceptance unite • All that exists leads ultimately to balance and becomes peace
October 2, 2017	Faith comes out of belief • Thoughts on the mass murder in Las Vegas • Praying for one who does harm • Difference between who and what one is
November 2, 2017	Having faith in challenging times • The functions of light and darkness
November 16, 2017	Fear always involves loss • Purpose of life is enhancement of spirit • Spirit is the rudder of life
November 30, 2017	Healing as it relates to beauty • Remove ego from relationships • No justification for killing • Guides communicate through the blending of light

### **Messages from 2016**

January 4, 2016	Some life-forms are more advanced than humans • The importance of dreams for the spirit
February 8, 2016	The relationship of prayer, words, and thoughts
February 22, 2016	Prayer is learning to be loving • No division in meaning between guardian angel and guide • Guides know humans more profoundly than family members • Growth toward pure Love did not begin with this human life and does not end with it
March 7, 2016	What it means to create love • Positive thoughts have a direct benefit
April 11, 2016	Spirit energy compared to candles and mirrors • Relationship of thoughts and prayers • Value of corporate prayer • God's response to prayer
April 25, 2016	The light of God and humans compared to candles • God is equally present to believers and nonbelievers • The relationship of thought and prayer • Helping the soul grow during human life
June 30, 2016	Words are inadequate expressions • These messages become clearer over time • All beings are sacred • Guides are guardian angels • Concerns about the political process •

	Individuals have principal guides, but all guides serve all • Children may be aware of guides
July 14, 2016	Dealing with the fear of loss • How to address political tensions
August 25, 2016	Peace is the recognition that the Creator is present in all • Soul is the window to God's light • The importance of touch to one who is dying • When embracing another, you are an expression of God • Nothing is more sacred than anything else
September 12, 2016	Assurance about loved ones who have transitioned • Identity within oneness of Spirit compared to parts of body and flowers in bouquet • Differences in messages received by others • No soul is lost
September 29, 2016	How people are equal • Animals do not have souls but can be present in the afterlife • Celebrate all human life
October 24, 2016	Change and adaptation in life • Political and societal tension • How pendulums and other divining devices work
November 28, 2016	True listening in an act of nonjudgmental love • All can experience the guidance of spirit
December 19, 2016	God is not a single entity • Source of guides' inspiration • Spirit grows through decisions humans make

### **Messages from 2015**

January 6, 2015	The nature of darkness • The effect of grief on the departed soul
January 27, 2015	Negative forces are receding • The mutually beneficial relationship of body and soul • The role of the heart
February 12, 2015	Communications from God and from guides • Love is to be shared in life and not just in the remembrance of life • In giving love, it is received • Vulnerability is a state of great strength
February 23, 2015	Humans are never alone • Humans are both creation and creator • All that God has created is sacred • Guides are evolving • Expressing love when it is difficult • Connection of body and soul is immediate • Guides for the inanimate in creation
March 12, 2015	Consciousness
March 31, 2015	All that exists is a single entity • God does not create but transforms energy • Jesus' travels
April 21, 2015	Who and what you are
May 5, 2015	Balance and its many applications
May 19, 2015	Finding balance through grace and Presence

June 1, 2015	“Suffering of spirit” defined • Guides serve as a bridge • God does not see religions but beliefs • God’s single wish is for us to see everything as sacred • Those who have died are not separated from us
June 29, 2015	God is found in unexpected ways • Praying for enemies • Condemn actions while loving the perpetrator • Condemnation and forgiveness are the two sides of judgment • No separation in the realm of Spirit
July 9, 2015	Life-forms that resonate God’s vibration accompany humans • Humans are containers for strength-giving, loving energy • Resonance compared to piano strings • Loved ones in spirit-form accompany humans • God does not create challenges but does allow them • All life is sacred
July 21, 2015	The protagonist for each life is the soul • Spiritual energy is nonlocal • Prayer connects people through the spirit • Anger is directed toward preservation or destruction • Violence comes from fear • Nuclear attack to end war
August 20, 2015	God’s presence during difficult times • United States culture is reinventing itself • Other life-forms that help humans • “Coincidences” are a synchronizing of energy forms • Pray to be open to what you need, not what you want
September 3, 2015	Personal and spiritual growth requires change • Those who do harm are still growing • When a life is cut short • The spokes on God’s wheel
September 21, 2015	Unknown energy-forms that recognize the Centrality of Presence • Coincidences • Dreams • Spiritual entities connect all people
October 6, 2015	God and guides see only what leads to spiritual growth but nevertheless are aware of human suffering • When humans feel abandoned by God • Web of life involves other conscious energy-forms that are permanent • Big Bang was not the beginning • One religious belief is not better than another • No reason for forgiveness
October 27, 2015	Expanding the concept of Spirit as connecting filaments • Religion is not crucial for everyone but connectedness is
November 13, 2015	Understanding human-caused suffering • The energy in darkness
November 30, 2015	Acknowledge fear and then let it go • Your core is who you are
December 21, 2015	The relationship of fear and forgiveness • Supporting those who are sick or dying • Dreams have a spiritual component

### Messages from 2014

January 6, 2014	The value of collective commitment to discover Truth
February 6, 2014	Communication with spirits • Giving and receiving love • The place of past lives

April 1, 2014	Societies evolve at a different pace than individuals • God is in everything • Dealing with adversity
April 14, 2014	Becoming more loving, more vulnerable • The soul has no shape, no boundary • All spirits know each other • You are God
April 29, 2014	Every human being is part of God • Any separation is a mirage
June 12, 2014	Focusing on light eases burdens • See yourself and all others as God • Avoid giving energy to what is dark • Names of guides • Following your heart's desire
June 30, 2014	Creation: there was no beginning, and there will be no end • Guides experience transitions in spirit life • "Heart" refers to the connections that bind all that exists • The world's problems are crises of connections
July 8, 2014	The soul's evolution of insight is ongoing • Guides serve for our growth and theirs • Spirits experience joy • Love is expressed through service • Awareness of beauty affirms presence of guides
July 23, 2014	All souls learn from similar life experiences
August 12, 2014	Prayer is really about openness • How God creates • Reincarnation compared to appearances of a rock
August 28, 2014	Religion should be about asking questions rather than providing answers
September 23, 2014	Questioning is encouraged • Why suffer? • God is present
October 30, 2014	Life before and after human life • Prayer's impact on and response from those in spirit • Many entities communicate to humans • How to enhance the lives of those in spirit
December 11, 2014	All life is equal • To reincarnate or not • Human life is a journey toward the perfection of spirit • Vulnerability is central to growth • Life review is an acknowledgment of growth • The presence of known souls after death
December 22, 2014	Christmas is about hope • Jesus was one of many who provided a perspective of the Creator • All religious beliefs require hope • Faith is the embodiment of hope • All forms of life—human, animal, plant—experience a kind of hope

### Messages from 2013

January 14, 2013	Guides serve all that exists • God is a kind of connective tissue that unites everything • Dreams are a connection to reality • Spirits are visible as lights of different colors • The momentum of human life is toward peace and love • Every day find evidence of God and you will believe in God
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January 28, 2013	All humans are spirit in physical form, seeking and progressing • Avoiding relationships stunts personal growth • Addressing disagreements in relationships • God loves everyone completely and unconditionally
February 11, 2013	The presence of God is a quiet presence, for God does not shout or bellow • Your lives ideally are lives of listening • Listen to the plants and rocks, for they speak • God created all for the purpose of establishing total unity • When you pray for those who have joined us, those prayers are really prayers of gratitude
March 7, 2013	The relationship of God, spirit guides, humans, and All That Is • The perception of God's abiding presence compared to the filter of sunglasses
April 4, 2013	The power and influence of thoughts • Prayer is not words but an opening • The true meaning of Easter
April 22, 2013	Positive and negative thoughts and actions • Questions and answers about Jesus • Study religious stories for true meaning, not for specifics
May 9, 2013	Faith is exercised most profoundly when tested • Humans have the strength and power of light • Your neighbor is God just as you are • [Note: First message since three kidnapped women were freed from a decade of captivity in Cleveland.]
May 23, 2013	Birth is not a beginning but a continuation • Multiple lives—human and nonhuman • There is no guilt nor judgment • Spirit has a shield around it and is fully protected
June 10, 2013	Invisible life-forms that accompany humans • There is no chaos nor randomness • Guidance is part of creation
June 19, 2013	Humans are a part of God as is everything • How God seeks and expands • Unseen life-forms protect the human spirit and contribute to its permanence • Human spirits and unseen life-forms interact and are interdependent • Guides share info about unseen entities because humans are ready to understand • Pray for all forms of creation, known and unknown • There is no need for ego when you understand your place in the circle of All That Is • Unity compared to molecules in the ocean • All that you do impacts everything
August 5, 2013	Listening to God • The closeness of the spiritual and physical worlds • With prayer, what matters is intention • Recognizing, accepting, and responding to needs • God is because you are
August 22, 2013	God is because you are • Suicide
September 3, 2013	There is only now • Cast away worry, concern, anxiety • Praying for world leaders • Compassion • Guides welcome souls who have transitioned
September 19, 2013	The importance of circle • Crop circles • Circles of negative and positive energies • Overcome guilt
October 3, 2013	The unity of All That Is • Prayer impacts All That Is • The power of prayer comes not from words but intention

October 14, 2013	Past life experiences • Welcome disagreements • Struggles of the United States
November 18, 2013	All paths in spiritual development are needed • Pray to be open to God's presence, not that God does what you desire • Every human experiences love in some form
December 9, 2013	The value and purpose of light • Why souls share the experience of human life • Humans progress because light is attracted to light • How to truly embrace life

## Messages from 2012

January 5, 2012	Governments evolve just as human beings evolve • Peacemaking among nations • People and nations must become vulnerable • Focus should be on what is best for all • God continues to create
January 23, 2012	Human life is for spiritual growth • Everything encountered is sacred • Both words and actions reflect one's current journey • Transition (death) is a graduation • Journey of life compared to ship on the ocean
February 13, 2012	Life is a process of spiritual broadening • Journey through life compared to a ship at sea • Your physical being accompanies your spirit on its journey • Every human being becomes God
February 28, 2012	Burdens, emptiness, darkness, negative energy, evil • Human life is not predetermined • No soul is evil • Souls grow in the presence of light • Difficulty moving forward in the afterlife
April 12, 2012	Life's burdens are to be shared • Life is about serving, about giving • The true value of any gift is the love offered by the giver • Prayer does not activate God
April 30, 2012	Authentic sharing • Meaningful listening • How prayer works
May 14, 2012	Love and light are interchangeable • Individuals are identified by color of their lights • Spiritual light compared to candles • No judgment on one type of loving relationship over another • [Note: Message received shortly after President Barack Obama stated his support of gay marriage.]
May 31, 2012	The importance of sharing joyful times • Embracing the foe • Faith compared to crossing a bridge in fog
June 25, 2012	Looking inward and outward for God • You are what you seek • You, individually and collectively, are God
July 18, 2012	Hearing God speak • All human thoughts and actions impact all that is • Synchronicities are evidence of the actions of God • Life moves toward balance
August 28, 2012	What being centered means • Darkness and Light
September 13, 2012	A slow transition to the afterlife • Everything is evolving towards peace and love

October 4, 2012	Asking questions of denial or discovery • Candidates for election • God provides strength to prevail
October 25, 2012	The importance of sharing personal concerns • Life is about letting go of judgment • Whatever is done out of nonjudgmental love is always adequate
November 8, 2012	Extraterrestrials • Chaos and order • God is both Creator and Created • Quantum theory and interconnectedness • All that exists is alive • Every thought and action affects everything else
November 26, 2012	Quantum energy • God's energy described • It is important to embrace the light • Extraterrestrials and other life-forms • You and your neighbor are the same entity • Life is permanent
December 13, 2012	The unbroken circle of creation • The universe is a living entity that is part of a greater one • Living multiple existences simultaneously • Dreams are a bridge to a broader reality • Religious beliefs are a kind of magic

### **Messages from 2011**

January 17, 2011	How to find what you seek • The unity of all that exists and all that is sought • Human life is a process of becoming unconditionally loving • Humans are not an image of God but rather a manifestation of God
February 3, 2011	Concern for a critically ill loved one • All benefit from prayer • Be a manifestation of God's compassion
February 21, 2011	God as Comforter • Dealing with grief
March 15, 2011	What "being in the Light" means • The timing of death • Bodily death compared to molting • All that is created eventually becomes the Creator • Prayer is what you are, not what you do • The earth, along with everything else, is evolving • [A devastating 9.0 earthquake and tsunami hit Japan on March 11, 2011]
March 31, 2011	The origin and qualities of guides • Other intelligent life, other earths, other universes • Value life; resist its termination • Seeing with the heart • The unity of all that is
April 18, 2011	Spiritual exchange compared to multiple candles • The difference between who you are and what you are • How guides recognize human emotions • It is not life's events that are important, but your response to them
May 14, 2011	What is good is expanding • Various perceptions of God • Living with earth changes, natural disasters, and adversity • Be the change you seek
June 21, 2011	God's response to us and our response to others • Proselytizing • Seeking and acknowledging balance • All that has been created is changing

July 7, 2011	Every human being is guided by a multitude of spirits • Love is a portal to a vision of God • Uplift others so that their horizons may be expanded • You are what you do and not what you say
July 21, 2011	Be open to glimpses of God • All life is sacred • How to help your guides • God Is and therefore you are
August 18, 2011	Balance requires the positive and negative of life • There is value in all that exists • Every individual moves toward God
September 8, 2011	How guides relate to and communicate with humans • Reflections on the tenth anniversary of 9/11
October 25, 2011	Relationship between God and humans • Qualities of God • Life does not begin at birth nor end at death • Human identity transcends death • The unity of God with All That Is
November 17, 2011	Reincarnation: considering time does not exist, and the possibility of different life-forms • There is no space, therefore all souls are united • Souls of the dead are aware of the living • Invisible life-forms on earth • All souls receive guidance, but those who have lived multiple lives may have an increased awareness due to more experience
December 5, 2011	Other worlds, other life-forms • Unseen life-forms on earth are positive • Only human love and goodness are detected by other energy-forms • Negative thoughts and experiences are ultimately obliterated • No judgment day, but acknowledgment of all that is loving
December 20, 2011	The difference between getting and receiving gifts • Sharing beliefs about guides and these messages best done in small groups • Your gift to others is who you are

### **Messages from 2010**

January 14, 2010	Balance self and community, the I and we • Collective prayer and personal prayer • Praying for the dead
January 28, 2010	Finding peace/balance in times of suffering • Haiti earthquake response
February 8, 2010	Turning point in attention humanity gives to compassion and nonjudgmental love • Balance of emotions • Both space and the smallest particle of matter seek equilibrium • Faith is acknowledgment that what is real and good will prevail
February 17, 2010	Requested clarification on darkness/evil/negativity
March 30, 2010	The light of communication • Interconnectedness compared to movement in a pond • Give and receive with no expectations • Be the difference
April 22, 2010	When "bad" things happen to "good" people • Faith for challenging times
May 10, 2010	Intersection with guides • Characteristics of light, darkness, and energy

May 24, 2010	Comprehending reality beyond the senses • All thoughts communicate • Unseen life-forms transmit your thoughts and prayers to their beneficiaries • The created and Creator are one • Compassion is a natural occurrence
June 7, 2010	Death is not separation • Capital punishment has no place • Negative thoughts attract light • The importance of being vulnerable
July 15, 2010	All that exists is guided • Death does not separate those who love • Difference between knowledge and belief • Differences between positive and negative energy
July 29, 2010	The dynamics of absorbing and reflecting energy and God's light • Absorbed light provides insight • Prayer described as energy absorption and reflection • Why does God exist? • Why do humans exist?
September 1, 2010	Choose love at life's intersections • Sticks and boulders in the river of life
September 25, 2010	There is no time, space, or distance • Everything that is is united • Individual souls are part of THE Spirit • Exchanges of energy in giving and receiving • No life is more blessed than another
October 4, 2010	The interrelationship of service, vulnerability, peace, love, and equality • Contemplating other entities, and the universe and beyond • The energy of God permeates everything
October 28, 2010	Peace and balance • Unity of all • You are each other's keeper • Sharing these messages
December 9, 2010	Spirits experiencing human life can serve as guides • A human's group of guides constantly expands • Prayer benefits both parties • Praying for pets • Past, present, and future are all now

### **Messages from 2009**

January 6, 2009	Spiritual relationships • We are a product of our history, therefore do not judge • The absence of love is fear • Actions are more important than beliefs
January 29, 2009	The path through life • All exists in the now • Difficult persons provide opportunities for growth • Reincarnation • The year 2012 • Recent changes in U.S. leadership
February 16, 2009	Judging another is judging God • Staircase of life • Presidential leadership, and ours • Other beings • Attached spirits
March 23, 2009	God can only love • Being a vessel • Pray for balance • Consider context
April 9, 2009	Love is a requirement • Discover who you are and why you are • After death, a sphere of life • Answered prayer
April 23, 2009	Incarnation/death compared to ocean evaporation/rain • Relationships are exchanges of energy

May 11, 2009	Transformation
June 4, 2009	Human needs • Natural tendency of spirit is to reach out, expand • Love honors that which is permanent • Grief
June 22, 2009	Building and tearing down walls • Humans create their experiences • Share all messages
July 9, 2009	Barriers to knowledge of God • Life is for seeking • Faith essential for peace
August 13, 2009	Humans' and spirits' parallel lives • Human struggle offers opportunity for soul growth • All perceptions of God are correct but evolving
August 31, 2009	Individual and corporate faith • Conflicts over differing beliefs
September 21, 2009	Illumination • God creates the context of life • Seek ways of being loving
October 5, 2009	Why humans don't remember past lives • The issue of time • All That Is is a single entity
October 26, 2009	Your soul's identity • Reincarnation may involve both a new body and a new spirit • Praying for and receiving guidance • Sacred value of everything • Share your beliefs with respect for another's • Pray for your soul
November 16, 2009	The nature of God • God and humans share the same "Is" component • Seeking, exploring, questioning encouraged
December 10, 2009	God's comfort

### **Messages from 2008**

January 8, 2008	Giving and receiving the hand of God • Leadership • Peace requires tolerance and respect • Freeing stuck spirits • Links to the Divine
January 22, 2008	Perceptions filter reality • All life paths are of equal value and lead to God • Prayer is always beneficial • Past, present and future are all now • Intersections on life's path provide opportunities
February 11, 2008	Sharing your spiritual journey as with an upturned palm
March 6, 2008	Purpose of human life is the transformation from being loved to giving love
March 24, 2008	All choices provide opportunities for growth, even those resulting in failure or victimization • Thoughts are energy and have impact • The positive side of grief • Guilt is self-punishment • Every human is basically good and must be cherished • Be the first to forgive
May 6, 2008	Be a reflector of God's light • Accept the goodness of everyone • There has always been light • The light you reflect is brought back to you

May 19, 2008	Difference between soul and spirit • Auras • Exchange of energy • Prayers for another are prayers for openness to the presence of God
June 3, 2008	Prayer is simply your personal acknowledgment of God • World peace is dependent on seeing the light in others • Adaptation is a sign of strength
June 30, 2008	The soul's identity • Interdependence among souls • Making the right choices
July 22, 2008	Spirit progression • Reincarnation does not occur immediately • Faith leads to love • When lost, become vulnerable and accept help
August 12, 2008	The role of the Bible and other sacred texts • Whether to test a fetus if risk involved
August 26, 2008	Nature of divine light • Life begins as one cell creates another • Light always overcomes darkness
September 15, 2008	Relationship to God • The upcoming election
September 29, 2008	All That Is is God • Enhance transformation by honoring the divinity in yourself and others
October 16, 2008	There is no failure or reason for guilt • Evil is a human creation • There is no devil
October 30, 2008	Seeking peace or healing is seeking balance • Take time to listen • The upcoming election
November 10, 2008	Results of presidential election • Movement toward God compared to magnet • Role of suffering
December 11, 2008	Human spirits, nonphysical spirits, and God • Strengthening humans protects them • God and spirit perceive only positive energy

### **Messages from 2007**

January 11, 2007	More on other life-forms • Avoiding conflict from differing perspectives
January 22, 2007	Perspectives of God • Affirming when disapproving • Life and death in the animal kingdom • Killing is against God's wishes
February 8, 2007	See God with your heart
February 19, 2007	Spiritual growth through relationships
March 12, 2007	God engages with every thing • Honoring differing perspectives in conflict
March 22, 2007	The importance of self-love • Fear precedes anger

April 9, 2007	Doubting is a sign of strength • Jesus' conception and resurrection
April 30, 2007	Spiritual guidance compared to a compass • The soul/body assignment is lifelong • Tribulation (reference to Mayan calendar year 2012) provides necessary correction
May 21, 2007	Consulting the guidance compass • Natural disasters and climate change
June 5, 2007	Developing faith • Guidance compared to a wedge in a door • Multiple sources of guidance • Communication between a fetus and an adult
June 21, 2007	Darkness and light • Individual faith journeys • Circumcision and other symbols of faith
August 21, 2007	The journey of life, accompanied by guides
September 13, 2007	Seek not perfection but receptivity • Being faithful to the great truths
September 27, 2007	Spirit guides evolve • Many ways to receive guidance • Who is Emmanuel? • Sharing these messages • Your goals or God's?
October 8, 2007	Transition from human to spirit life and levels of spiritual development • All knowledge imparted by guides comes from God • Negative energy, dark power, and evil
October 29, 2007	In vitro fertilization • Abortion • Recognizing guidance
November 12, 2007	Seeking is more important than knowing • Respond with love in challenging situations • Pray for guidance • More about conception and spirit attachment • Spirit, energy, and light • Tear down walls of mistrust, suspicion, fear
November 29, 2007	Spiritual peace • Be vulnerable rather than defensive • Why the soul attaches to human life • Seek understanding more than knowledge
December 11, 2007	Assisting a friend in need • Responding to those who don't believe in spiritual guidance

### **Messages from 2006**

January 9, 2006	Reflecting God and living in faith • The soul/human relationship
January 26, 2006	Serve others with love, not duty, obligation, or guilt • Conscious life elsewhere
February 9, 2006	The nature of the universe • All That Is embodies God • The system of guidance
March 14, 2006	Recollection of earthly life in the afterlife • The relevance of scriptures
March 30, 2006	The importance of transformation • How the love of God grows • The equality of everything • Embrace all experiences
April 17, 2006	Substitute faith for fear

May 15, 2006	The nature of faith • The elimination of fear • Our connection to those we love who have passed on
May 30, 2006	How guides are connected to humans • Soul growth in the here and hereafter • Nature of time and light
June 15, 2006	Guides and humans focus God's light • Be present with caring intention
July 19, 2006	Temporal guidance and spiritual guidance • Do not judge the spiritual path of another
August 1, 2006	Moving from war towards peace • An appropriate sense of entitlement • The role of karma and multiple lives in the spiritual continuum
August 15, 2006	Defining God • Evolving from loving to Love • Love as balance
August 31, 2006	God/Love compared to a river
September 18, 2006	More on the river of God/Love • Letting go and letting God
October 9, 2006	Dealing with "difficult" people • Predestination
October 30, 2006	No requirements for guidance • Dealing with loss
November 20, 2006	Relationship of guides, humans, and spirit
November 30, 2006	Other life-forms • Going with the flow • Scientific breakthroughs

### **Messages from 2005**

January 17, 2005	Tragedy and suffering (The devastating tsunami of December 26, 2004)
February 21, 2005	Transition • Seeking guidance through kinesiology, the pendulum, and channeling
March 7, 2005	Transitioning through the field of love • Why there are individual souls • Where memory is stored
April 5, 2005	Afterlife • Angels
May 2, 2005	God, love and human life as circles • Vibrations • All souls were together previously
May 25, 2005	Every soul achieves unity with all other souls • More than one human lifetime may be necessary • Connect with all creation • There are no chance intersections • Importance of forgiveness
June 7, 2005	The relationship between thoughts and prayer • Thoughts create reality
June 22, 2005	Prayer is listening • Transforming evil • Be compassionate

July 13, 2005	Suffering • Violence and fear • All humans are innocent • Capital punishment • Transform imbalance to balance • Commandments to love • [Note: Recent current events include terrorist bombings of subways and a bus in London, and a suicide bombing that killed many children in Iraq, as well as increased violence in Afghanistan]
July 27, 2005	How to support those who've passed over • Communion through peaceful listening • God's omnipotence
August 17, 2005	Recognizing guidance • The relationship of peace and love as process and product
August 29, 2005	The rhythm of God's creation • [Message received as Hurricane Katrina struck New Orleans and the Gulf Coast]
September 12, 2005	The nature of God • [Message received two weeks after Hurricane Katrina]
September 27, 2005	Grow in your breadth and depth of understanding
October 24, 2005	The importance of light and love in the life of spirit
November 10, 2005	Celebrate differences • Acknowledge equality • Love nonjudgmentally
December 1, 2005	Awareness of spiritual entities • Protection from "negative" energies • Opening to God compared to searching for radio channels • The expansion of love compared to water evaporation and its return to the sea
December 15, 2005	The purpose of human life • Winter religious celebrations are based on light

### **Messages from 2004**

January 19, 2004	Illness and suffering
February 9, 2004	Unity of all souls • Predestination • Glimpses of God • Adversity is a catalyst for developing grace and character
March 11, 2004	Hearing and listening to God • Responding to one in need • Life after life • Relationship with guides
March 29, 2004	Fully embracing your own spirituality • Soul compared to a beacon of light • Cycles of life compared to inhaling and exhaling
April 8, 2004	The concentric circles of life and love • The role of all souls, including Jesus, within those circles
April 19, 2004	God's gift of love given through service • Finding balance results in growth of the spirit • The concept of time
May 4, 2004	Balance is essential • Inner and outer circles • Unity of all souls as spokes on a wheel

May 18, 2004	Unity of all as water in a bowl • Intelligent life beyond Earth • Human life is but a moment • Seek your center
June 9, 2004	Find strength to hold the vision of the resolution of conflict • God does not take sides • Prayer does not activate God • Give thanks for blessings and challenges alike
June 22, 2004	Physical needs as ministered by God • What it means to be "saved" • Beliefs are important in healing
July 26, 2004	How to hear God and discern God's will re the national political scene and world stage [Note: the Democratic Convention commenced this day]
August 26, 2004	Comparing the unity of all souls to islands in the sea • Young lives cut short • Reincarnation may not be immediate • Shared suffering, compassion, grace • Eternal nature of spirit
September 9, 2004	Suffering and a proper response to it • Be free of fear
September 21, 2004	The relationship of the material to the spiritual, the temporary to the permanent • Many forms and uses of energy • Spiritual evolution is about losing differences • No human-produced Armageddon • Earth will be consumed by sun • Intelligent life on other planets • Universe is a single entity • Prayers are for wholeness

### **Messages from 2003**

January 16, 2003	The difference between soul and spirit • The evolution of Jesus • Human potential compared to fire
February 10, 2003	War and peace, in reference to concerns about U.S. threats to invade Iraq
March 3, 2003	Fear • War • Transition from life to Life • Listening is not only for words • [Note: there were individuals present who had relatives who had passed over during the previous week]
March 24, 2003	God does not take sides • All are equally blessed • The relationship of anger, fear and hate
May 1, 2003	Detecting God's presence • Moving from self to
May 26, 2003	Spiritual connectedness compared to the sea • Guidance for creation of a book of messages • Prayer, faith, and flexibility
June 3, 2003	Rain as metaphor for spiritual nourishment • Nature, spirit, and the unity of all creation • [Note: Message received on a rainy night]
June 17, 2003	Answers to the expressed desire for more inclusive language in the messages • Does God hold us accountable for our actions? • The role of karma and reincarnation in spiritual growth • These messages serve two main functions

August 19, 2003	The power of prayer for self versus for others • In learning you are healed • Our relationship to animals and all that has been created
September 8, 2003	No one is alone • When soul connects with body • The abortion dilemma • War is never defensive • Human souls do not exist in animals • The number of lives lived is unimportant • Qualities of guides
September 25, 2003	Celebrations [Note: Message received as a friend's birthday is celebrated] • Loving and being loved
November 5, 2003	Good and evil
November 18, 2003	Vulnerability and separateness
December 11, 2003	Eternal relationships with guides and family members • Loving relationships originate prior to human life • Spiritual identity within unity
December 30, 2003	Praying for healing is praying for balance • The power of prayer is in listening • See God in the face of another

### **Messages from 2002**

January 24, 2002	The quiet voice of God • Know yourself so you can serve others • Accentuate the positive
February 15, 2002	The consequences of superficial living and denial of God • The community of souls, incarnate and discarnate
February 28, 2002	Spiritual reflection of God's light • Auras
March 28, 2002	The nature and evolution of souls • How the human experience affects the soul and how the soul affects the human experience
April 23, 2002	Unconditional love defined • The fear of loss • The source of evil
May 6, 2002	The continuum of life • Being open to guidance
May 28, 2002	All souls are a single entity • There is no time, only presence • Life is spiritual rather than physical • All religious practices are valid • Loving light of God
July 2, 2002	Why live a human life? • The expansion of God • Relationship between body and soul
July 22, 2002	Living in the present • How to affirm the lives of others • The detriment of negative emotions
August 20, 2002	Affirming the dignity of all life • Praying for peace • Peace and the abolition of self-interest • The importance of community

September 19, 2002	Resolving conflict in the world • Turning inward and living by faith • [Note: USA considering invading Iraq]
October 7, 2002	The nature of the soul • Child prodigies
November 6, 2002	The relationship of the physical and the spiritual • Chakras • Positive and negative energy released into the world
November 26, 2002	Perception of self and response to others • Meditation is listening

### **Messages from 2001**

January 15, 2001	Growth of the soul • The importance of silence
January 29, 2001	The interdependence of body and soul • The importance of silence • Meditation
March 4, 2001	What God is and is not • Energy is logical and organizational • Reverence for all that exists
April 17, 2001	The dignity of life • Experience cultivates compassion • Acknowledging God's presence in the past, and trusting God's presence for the future • The power of positive thinking
May 23, 2001	Hearing God
June 13, 2001	Love as the source of energy and light • Allowing rather than learning God's way
July 2, 2001	How to be receptive to guides • How being positive or negative affects others • The relationship of body and soul • Capital punishment • No justification for judgment
August 21, 2001	Humans choose to hear God • God's presence and activity in times of challenge and uncertainty • The power of prayer to open others • Prayer does not call God into action
September 11, 2001	Dealing with 9/11 • Understanding and loving the hand that strikes • [Note: This message was received on the evening of the tragic hijacking of four commercial airplanes and subsequent crashes into the World Trade Center Towers in New York, the Pentagon in Washington, DC, and a field in Pennsylvania.]
September 24, 2001	Spiritual unity • How guides develop • Guides' experience of God • The way human lives resonate • Finding blessings in the midst of tragedy • [Note: This is the second message received since September 11, 2001 and contains more thoughts about the tragic events of that day.]
October 15, 2001	Authentic listening
November 1, 2001	Making a difference in the world • The difference between action and reaction • Appropriate action begins with listening

November 27, 2001	Gender references to God • Defining and practicing forgiveness
December 13, 2001	Prayer is affirmation • Why guides pray

### **Messages from 2000**

January 20, 2000	Seeing and hearing with your heart • Use your blessings to bless others
February 2, 2000	Nothing is lost • Never lose hope • Spiritual particles
February 29, 2000	There is nothing to fear • Vulnerability is a sign of openness
March 23, 2000	Function of guides • Praying is being vulnerable • Immortal strength granted through prayer • How to pray for others • Prayer does not influence God • God Is!
April 4, 2000	The true nature of loss • Reconciling with departed souls
April 19, 2000	God works in communion • Spiritual light • Everything is sacred and generates light • Each soul has its own color • Guides can change although the connection is permanent • All of humanity is a single unit
May 10, 2000	Divine direction and the gift of choice • Recognizing God's guidance • God Is—You Are
June 29, 2000	Growth through choice • All humans are related spiritually and genetically
August 28, 2000	The power of corporate prayer • Unity without time or space • Psychic predictions
September 11, 2000	The nature of God • Evil is a part of creation • Corporate prayer and meditation
October 2, 2000	Spiritual vision is essential • Imaging prayer
October 15, 2000	Welcome conflict and adversity • Be God in action
November 7, 2000	The futility of defining God • The inward and outward journey • Conflict and growth
December 10, 2000	Relationship between humans and guides • Represent godliness in your actions

### **Messages from 1999**

January 13, 1999	Choose optimism over pessimism • Welcome challenges • Evaluate appropriateness of goals • How a successful life is measured
February 9, 1999	Exercise spiritual presence in relationships • Be a catalyst for beneficial change in relationships • Concerns provide meaning and perspective to life

March 2, 1999	Use of metaphors and symbols in spiritual beliefs • Viewing God as father or mother • God abandons no one • No faith system has the only answer
March 23, 1999	All souls are equal, united, and part of the entity of God • Greater awareness of unity after death • Disagreements between individuals are conflicts within the self • Location of the soul
June 3, 1999	Growth is achieved when imbalance seeks to become balance • Healing defined • Welcome illness as an opportunity to grow
July 1, 1999	There are no coincidences • Suffering is neither predetermined nor created by God • Karma is not about punishment • No judgment day • All souls are "saved" • Reincarnation
July 13, 1999	Being mindful of life's lessons • Choose to illuminate your surroundings • Keep prayer foremost in your mind
July 29, 1999	God sustains all souls • All is positive with God • Humans choose to nurture their souls or not
August 18, 1999	The soul responds to God's loving light as a plant responds to light • Reincarnation • Soul compared to a window that transmits God's light • The relationship and interaction of body, mind, soul, spirit, and guides • The nature of the soul

### **Messages from 1998**

January 7, 1998	The nature of God • Accept inadequacies of self and others • Analogy of partially charged battery in relationships • All are guided and grow toward God
February 10, 1998	Find time for contemplation, passive prayer, listening • Intercessory prayer • Affirm the divinity and dignity of everyone
March 26, 1998	Human form compared to a pitcher • Accept problems as gifts
April 16, 1998	How to live a fulfilled life
April 30, 1998	Internal and external listening • The constancy of fulfillment • Spiritual entities who have not experienced human life, and those who have experienced more than one • The equality of rungs on the horizontal spiritual ladder
June 16, 1998	Spiritual nurture for self and others • Express your vulnerability • Meeting the needs of self and others
July 1, 1998	God is! • Value the gift of life • Human life is necessary to achieve union with God • Reincarnation
July 14, 2015	All souls are drawn to God • Spiritual journeys vary in style, not substance • Hell does not exist

September 3, 1998	Space, distance, and infinity • Guides and God are within and around humans • The unity and interdependence of all that exists
October 14, 1998	Sharing • Focusing on the positive rather than shunning the negative • How to pray in a positive manner
December 9, 1998	What sets human beings apart • The real power of Jesus • Human divinity • All humans are equally gifted
December 28, 1998	Accept differing beliefs • Interpretations of God, Jesus, and others who are worshipped • What gives life meaning

### **Messages from 1997**

February 12, 1997	Peace, unity, and awareness of God • Self-awareness and service to others • The art of listening
April 21, 1997	Compassionate giving and appropriate receiving • Welcome the challenge of imbalance, and seek guides' help
May 4, 1997	Difference between faith and belief • What is needed for a vision of God • An understanding of God must be flexible
May 27, 1997	Rereading, pondering, and sharing these messages • Putting faith into action • The balance between uncertainty and conviction
July 10, 1997	Importance of passive prayer • Provide rest for body and soul
August 5, 1997	Spiritual growth within spiritual unity • In seeking peace, seek unity
August 28, 1997	True sharing and what impedes it
September 17, 1997	The superficiality of differences between people • Religions are equally valid • The role of patience and compassion in spiritual development
October 9, 1997	Handling emotionally charged meetings • Perseverance in dealing with uncertainty • Be vulnerable and reliant on God • Love does not dominate
November 3, 1997	About guides and guidance • Pitfalls with wanting to help another • How to be a clear lens reflecting God
December 11, 1997	How guides recognize the presence of other souls • The importance of relationships

### **Messages from 1996**

January 5, 1996	Commonalities and differences in religions • Evil defined • Teach by example • The folly of judgment
March 18, 1996	The unity of all souls • Celebrate diversity rather than focusing on differences
April 1, 1996	Prescription for peace

April 17, 1996	Human interactions are crucial for soul growth • Choosing between enabling and protecting another in need • Give witness by your actions, not with words
May 6, 1996	Spiritual joy is peace • Welcome the storms of life
June 2, 1996	Relationship between the physical and spiritual self • The importance of action as well as prayer • Achieving international understanding
July 10, 1996	Knowledge is necessary in difficult relationships • Reach out in conflict situations
July 24, 1996	Divinity as the basis of equality • The place of suffering and long hospitalizations • Sudden deaths • Praying for departed souls
September 4, 1996	Living and loving in a timeless sense
October 3, 1996	Experiences that confirm spiritual life • The difference between faith and hope
October 30, 1996	Dealing with family patterns • Continuity of life and lifetimes • Difference between faith and hope • Relinquish sense of urgency

### **Messages from 1995**

January 30, 1995	Time is meaningless • What's really important in life • Guides do not create obstacles for humans
March 8, 1995	What guides learn • Uncertainty promotes faith development
March 22, 1995	Communicate by becoming the other • Appreciate the beauty of nature
April 5, 1995	A souls' memory encompasses more than this lifetime • Past, present, and future time
April 24, 1995	Compassionate listening provides strength • Work to bring about that for which you pray • Healing is a community achievement • [Note: This message was received just after the bombing of the Federal Building in Oklahoma City.]
May 8, 1995	The nature of God • Correcting behavior • See challenges as opportunities for growth
May 29, 1995	Transitions • Healing • Transcending the importance of self
June 12, 1995	Human life is a school • The importance of the present and its assurance about the future • Reincarnation • The expression of love as evidence of spiritual activity
June 21, 1995	The light and color of the soul • Praying for another • True healing is balance
July 20, 1995	The transition of a loved one • Reincarnation • Giving and receiving love
August 2, 1995	Dealing with negative emotions • Welcome challenges • All humans are equal and united with God's presence • Prayers for the dead benefit all • Guides are known by their lights, not by name
August 16, 1995	Spiritual love • Accepting those who are a challenge • Growth through faith and failure
August 31, 1995	Souls are not limited in location • The unity of everything • There is no new creation, only changes in energy • Life is permanent • World turmoil
October 4, 1995	Human response to spiritual awareness • Right relationships
October 30, 1995	The direct accessibility of God • Prayer increases the ability to receive • Wordless prayer

November 15, 1995	Peace is a gift from God • The necessity of difficulty and challenge
December 11, 1995	As God does not judge, humans should not judge • Nurturing self and others
December 19, 1995	See Christ as example rather than exception • The purpose religions serve • Continuity of life

### **Messages from 1994**

January 26, 1994	Human relationships offer unique opportunities • Growth through challenges • All prayers are about opening to God
February 16, 1994	Overlook cosmetic differences in the unity of all creation • Practice patience, tolerance, peace • Being aware of guidance
February 28, 1994	Souls as candles • Soul growth is guaranteed
May 13, 1994	Bend with change to grow spiritually • Welcome challenges
May 29, 1994	Be honest in your evaluation of who you really are, where you are on your personal journey, and where you would like to be
June 21, 1994	Life in the spiritual realm • In death, all is cast away except the love given and received during human life
June 30, 1994	The relationship of peace and love in human life and spiritual life • Accept the futility of fear
August 3, 1994	Look both inward and outward for God's light • Reincarnation • The body communicates its stress tolerance
September 13, 1994	Look for the God in others • Eliminate pride that ignores unity • Reflect the positive and allow the negative to pass through
October 22, 1994	Have faith while awaiting medical diagnosis • All that has been created is sacred • No justification in terminating the life of another
November 10, 1994	Personal growth depends on growth of others • The power of prayer and loving thoughts • Interpreting predictions of impending doom
November 30, 1994	Applying what you know is challenging • Being vulnerable and receptive is a strength
December 12, 1994	Dealing with conflict, fear, and judgment

### **Messages from 1993**

February 28, 1993	Acting out of knowledge and faith • Approach decisions with prayer • Time does not exist on the spiritual plane
May 9, 1993	Learning through inequality and imbalance • Life is for serving others • Value yourself • Characteristics of life after death
July 3, 1993	Natural progression from life to afterlife • Period of transition varies in length • Souls unwilling to let go of human life • Protection from negative influences • Avenues of guidance • There is no time

August 9, 1993	Soul flight • Anxiety, fear, and worry obstruct vision • Unity of all • Focus on the big picture
August 30, 1993	How to anticipate the future • The wedding ceremony • Accepting the good and the bad • Respond to life with love
September 13, 1993	The unity and continuity of creation • Be appropriately unimportant
October 11, 1993	Experiencing loss as gain • What gives life meaning
November 1, 1993	Acknowledging God's presence daily • Giving and receiving help • Thank God for challenges
November 22, 1993	Relationships are permanent and defining • The colors of love in spiritual light
December 8, 1993	Activating God's response to prayer

### **Messages from 1992**

March 20, 1992	The relationship triangle
April 3, 1992	Judging others
April 29, 1992	The triangle of essential perspectives
June 18, 1992	God's presence in the crossroads of life
July 23, 1992	Biblical scripture and other inspired writings • Spiritual development requires change
August 30, 1992	Be a rock in the stream of life • Make time to just be
September 19, 1992	Why God allows tragedies • Empowering others
October 10, 1992	Intervention by guides • Souls choose the path for growth in human form • Being a guide to another human
November 1, 1992	Effects of prayer • Haunted places • Angels • Spiritual beings with a different purpose • Guides' role in creativity and insight
November 22, 1992	God blesses people with the ability to give and receive love
December 22, 1992	Free choice • Randomness versus predetermination • The intervention of God and guides in human life

### **Messages from 1991**

May 27, 1991	Free will and the choice for God
July 5, 1991	Reverence for creation • God's light • Giving love and light to another
July 26, 1991	The unity of all that is • Being carried by the stream of life
August 5, 1991	Little in life is the result of chance • Dealing with adversity and difficult relationships
August 18, 1991	Internalize acquired knowledge • Asking "why me" results in self-pity • How guides serve humans

September 8, 1991	The role of faith in the approaching death of loved ones
September 22, 1991	Analogy of mirrors and lenses reflecting and magnifying light • The effect of relationships on light
October 20, 1991	The presence of guides during prayer • Suicide's effect on the soul
November 20, 1991	Messages provide a portion of the whole truth • Varying perceptions of truth • Analogy of parts of human body to unified whole • Control exercised by guides • Understand the unity of all creation
December 15, 1991	Human dignity • Revising the Golden Rule • The response to prayer is always human • December's opportunities to remember those in need
December 23, 1991	Awareness of differences in the human spirit provides understanding of spiritual development • The nature and power of God and the necessity of the human response • Energy of prayer

### **Messages from 1990**

January 12, 1990	Evil in relationships
June 14, 1990	Assignment of guides • Prayer benefits both giver and recipient • Peace is of God

### **Messages from 1989**

November 5, 1989	Support souls of the departed • The light of prayer • Accepting moments of doubt
December 15, 1989	Interdependence • Giving requires less faith than receiving • The divine spark within

### **Messages from 1988**

February 6, 1988	The advantages of small group sharing • Prioritize what is important to you
February 19, 1988	Live to give • Life presents unequal opportunities • How to be nonjudgmental
April 15, 1988	Spiritual joy • Guidance compared to a lens focusing light • Allow God's light to pass through you to others
May 27, 1988	Serving another is serving God • Meet evil with compassion • Recognizing the presence of God
June 13, 1988	Receiving and extending inner peace
June 30, 1988	The energy of prayer • Practice what you pray
July 11, 1988	The effects of prayer • Analogy of prayer to stove emitting heat • Difference between worry and prayer
August 3, 1988	Witnessing God's presence • God created all of the natural world • Have respect for nature's balance • Peace and balance are closely related
August 30, 1988	Emotional balance affects physical balance • Emotional peace is crucial for world peace

## Messages from 1987

January 9, 1987	The soul's development and connection to God • The effects of negativism • The importance and way of strengthening the soul • True compassion is spontaneous • Ways of achieving peace
February 8, 1987	Achieving inner peace • Being aware of one's soul • Guilt and conscience
March 29, 1987	Spiritual growth defined • Have tolerance for all souls and all beliefs • Search for meaning of dreams
April 11, 1987	Ways of being guided • Seek guidance through prayer, meditation • A type of evil • Most dreams are related to emotional issues
June 17, 1987	Healing on the spiritual, emotional, and physical levels • Spiritual growth through suffering and service
July 1, 1987	Predestination • Suffering is essential for spiritual growth • Karma • Past lives • Live to give
July 16, 1987	Spiritual growth is observable • Lose your sense of self-importance
August 5, 1987	The purpose and effects of prayer • God's response to prayer • Why there is suffering
September 11, 1987	Balance your needs with needs of others • For every experience give thanks • Recognize the value of others while they are living • You are the enabler of God's power
September 25, 1987	Spiritual passage to afterlife • Different locations in the afterlife • Receiving and giving love
December 11, 1987	Spiritual mirrors of life • At crossroads and crises, ask for guidance

## Messages from 1986

February 2, 1986	Change, growth, and reassessing priorities • Response to disasters • [Note: The Space Shuttle Challenger disaster occurred on January 28, 1986.]
February 28, 1986	Guides learn as well as teach • Teach others by your example • Perception of God as one who intercedes leads to disappointment
March 23, 1986	Act with faith in God's presence • Love spontaneously and unconditionally
April 13, 1986	The validity of differing beliefs • How to achieve peace
May 13, 1986	Judge the act, not the person • Life is for soul growth • No place for violence, even in self-defense • [Note: The United States bombed Libya on April 15, 1986.]
June 1, 1986	Differences of religions are manifestations of different needs of souls • The future of the world depends on tolerance • How prayer works • Love those who are difficult
June 20, 1986	The purpose of prayer • Relationship between prayer and God's actions • Types of healing
October 4, 1986	What to expect from prayer • The use of imaging prayer • Offering selfless prayer • How to organize the messages

November 7, 1986	Suffering: its randomness and opportunity • God does not keep score • Suffering is not punishment for sin
November 21, 1986	The Seth material • Inconsistencies in channeled material • Randomness in the spiritual life • Refinement of the soul • Impact of positive and negative thoughts • Everything is connected
December 21, 1986	Feeling God's presence • Love is the nutrient for spiritual growth • Positive and negative feelings have an effect on all souls • The role of compassion in love and prayer • Pray for peace

### **Messages from 1985**

January 7, 1985	Life changes • Listening well • Tolerance, love, and nonjudgment • Oneness
February 4, 1985	Endurance breeds character • All are equal in God's eyes
March 15, 1985	Caring relationships
April 1, 1985	Responding to need of others and self
April 15, 1985	Guides and their relationship to the human soul • Putting life in perspective • negative emotions are crippling
April 29, 1985	Equality of blessings • Religions and commandments
June 20, 1985	Content of messages more important than words used • Approaching transition • Suggested format for this group
July 7, 1985	Finding and reflecting peace • Group dynamics • Advice about proceedings of this group • Be sensitive to unexpressed needs of others
July 18, 1985	Guides learn and benefit from humans • Listening is love
August 8, 1985	Demonstrating your faith
August 19, 1985	Growing to and through transition
September 9, 1985	Transition of a group member • The relationship of all souls, incarnate and discarnate • Show that you value others • [Note: Received on the day of a group member's memorial service.]
September 13, 1985	Life is essential for all souls • Soul compared to a river • Love has no conditions
September 22, 1985	Tolerance and nonjudgment in personal relationships • The role of suffering
November 9, 1985	Being confident of God's presence
December 8, 1985	Guidance, peace, faith and love are all gifts from God
December 22, 1985	God's influence on human lives

### **Messages from 1984**

January 21, 1984	Dealing with relationships through thoughts, prayers, and actions • Handling disagreements
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February 12, 1984	Human life influences the nature of the afterlife • Natural transition from human life to afterlife • Grief—a time for thanksgiving
February 26, 1984	Transition from life to afterlife • The importance of love
March 4, 1984	The need for a broad perspective • Unclutter and simplify your life • Partner with God
April 8, 1984	Being reflectors of God's light • Giving meaningful life to others
April 21, 1984	Loss of a pet • Unity of all life • Equality of souls • Respect all creation
May 5, 1984	Practice patience of others and self • Accept who you are
June 4, 1984	Relinquish control of your life • Accept God's response to prayer • God acts through people
June 16, 1984	Courage in seeking inner peace • Imagine with great intensity the results you desire • Dealing with suffering and pain

### **Messages from 1983**

January 14, 1983	The challenge of love • Perceiving God • God is experienced through love as a choice
February 25, 1983	The perception of God • God welcomes variety in perceptions and experience • Understanding other perceptions is important
March 19, 1983	Concerns over perceptions of another • Be noncritical • Souls do not move backward
April 6, 1983	Influencing others consciously and unconsciously • The basis of love for another • Distinguishing between human and Godly responses • Recognizing God's presence • God responds through prayer, not because of prayer
April 30, 1983	Spiritual evolution • God communicated with souls from the beginning • Young and old souls • Souls influence each other through love • Making right decisions
May 8, 1983	All that is received must be given away • When will life end? • Accept yourself so you can accept another • Life is not the pursuit of perfection but the search for divine awareness • Expand your abilities to recognize God's response to prayer
May 29, 1983	Choosing to love by being a listener • Serving the lowest is serving God
June 20, 1983	The importance of being positive and not negative • Be receptive in prayer • All goals are spiritual • The potential of group sharing
September 5, 1983	Re-evaluating life at a crossroads • The importance of mutual support
October 8, 1983	Be peaceful to receive God • Listen, accept, and don't judge to become more like God
October 23, 1983	The needs of one's soul govern the nature of one's life • Don't compare lives • Life's priorities: moving toward God and serving others • Sharing one's needs in a trustworthy group • All are part of the same body
November 12, 1983	Providing loving support • Living to serve • Tolerance for different perspectives • Nothing is predestined
December 18, 1983	Listening in groups and in marriage • The relationship to God • Asking for help in making decisions

## Messages from 1982

January 10, 1982	Prayer as communication • Guides act as lenses • God is a facilitator • Give in order to receive
January 30, 1982	Find inner peace by focusing on God • Share these messages
February 12, 1982	Relationships are source of spiritual development • Range of emotions are natural and necessary • Appropriate expression of feelings • Recognize God in yourself • God is a feeling entity
March 14, 1982	Reasons for human existence • Eliminate guilt, negativism, and ego • God does not feel anger • Bring about peace by reflecting God
March 20, 1982	God does not suffer • Suffering does not atone for sins • Meaning of Jesus' life and death • Individual will should reflect God • Location of guides
April 25, 1982	Dynamic relationship between God and humans • Blind obedience does not result in spiritual growth • Pray for nourishment • The challenge of illness • Balance between spiritual and material life
May 15, 1982	Gifts of accepting guides and guidance • How to receive guidance • Serving another is serving God
May 29, 1982	What makes communion with guides difficult • Traveling the road to God at your own pace • Accepting others' paths • Studying these messages • Share beliefs with a release of energy
June 12, 1982	Guides serve as spiritual maps • God is within and experienced as a sense of peace • Perceived difficulty in sharing messages
June 25, 1982	Spiritual growth requires change • Separation can lead to growth • Being alone has advantages
September 5, 1982	Resistance to accepting spirit guide messages • Guides help humans hear, but God speaks • Negative forces in spirit world • No one religion is more correct than another • Perceptions of role of Jesus
September 25, 1982	The oneness of everything, compared to light and air • God's all-encompassing love • Guides are not intermediaries • The union among God, guides, and humans is complete and continuous
October 24, 1982	All events are essential • The evolution of the soul • The nature of the soul prior to human life • Spiritual growth supersedes past-life knowledge • Our souls cycle to oneness with God
November 6, 1982	Messages require careful study • Cycles of ups and downs • Focus on the positive
November 20, 1982	When your vision of God dims, be open to experiencing God through actions of humans and guides
December 12, 1982	God uses many methods to directly reach each person • Praying for others • Peace within as a prerequisite for world peace • World conflict results from individual restlessness

## Messages from 1981

January 9, 1981	God is active • Keep problems in perspective • Jesus' suffering • Guides don't relate to time, only movement or progress
February 13, 1981	Accept differing perceptions of God • Beliefs are not chosen • Serving another is serving God
February 27, 1981	How greater understanding of God is nurtured • Power of the mind to control bodily functions • Seek calm and warmth to gain insight • Evil does not operate in light
March 27, 1981	Communicating and relating to others • Finding God in another • Jesus' example of God incarnate
April 10, 1981	Faith as a function of the soul • Understanding as a function of the mind • Response to evil (e.g. the shooting of President Reagan)
April 24, 1981	Analogy of spokes in a wheel to differing perceptions of God • The faith and example of Jesus • What it means to be "saved"
May 8, 1981	How guides recognize other souls • Guides can alter vibrations • The power of corporate prayer • Movement viewed spiritually • Absolute unity of life
May 22, 1981	Importance of slow progress • How to help the soul progress • All of creation is equal • How conscience is your guide • Prayer and one's conscience • Prayer and listening • Surrounding others in prayer
June 12, 1981	Human relationship with guides and God • Dealing with attitudes, distances and differences in human life • Challenges are opportunities • Grow by exercising love without judgment
August 28, 1981	Praying for those who have passed on • The soul needs to serve • Soul compared to a candle • Guilt and impatience and the right self-image
September 18, 1981	Evaluate another but do not judge • Witness through actions • Help others in need • Different means of accepting God • Take time each day to commune with God • Seek avenues of peace
October 10, 1981	The universe is a single entity • Humans have a special relationship to God but are not most important • Stability is empowering to bring about change in the world • Love is the ultimate way and power
October 24, 1981	Centering priorities on God • Consider yourselves lights • Give up desires for personal gain
November 7, 1981	Life as an act of faith • Value of differences in perceptions of God
November 20, 1981	Function of prayer • Emphasize commonality with others as the body of God • Accept challenges as opportunities
December 12, 1981	The nature of souls • Life orientations: get love or give love • Human choice influences the soul's development • Souls have different personalities • Reincarnation offers additional opportunities for soul development

## Messages from 1980

January 11, 1980	Soul growth and will • Reincarnation
February 1, 1980	Union with guides is total • God plants questions in your consciousness • You influence God's power • Many avenues to God, therefore be tolerant
February 29, 1980	Competition and achievement • Elevate others
March 28, 1980	Search for identity: for individuals, for the church, for Jesus' disciples • Parenting • Being one with God
April 18, 1980	Appreciating uniqueness of each soul • Soul is the dominant force in personality • Marriage relationships • All persons are equal
May 16, 1980	Viewing suffering as a blessing • The failed rescue of hostages in Iran
May 25, 1980	Analogy of God as a photographic image • God allows suffering • Patience plus prayer leads to perception and perception plus faith leads to action
June 2, 1980	Reconciling church doctrine (adult baptism) and spirit • The limits of confrontation
June 13, 1980	Nature and role of guides and their messages, using analogy of driving a car • Right and wrong way to pray • Guilt and final judgment
August 31, 1980	Faith, love, and healing
September 21, 1980	Interior voices: God's and others' • Déjà vu: past life recall? • Soul growth linked to choice • Guides respond when God invoked • Living to serve others
October 9, 1980	Communication, whether human or spiritual, should be about product, not process
October 26, 1980	Sharing grief • Messages are to be shared • Progress can only be achieved collectively • Unity of all souls and God compared to drops of water in the ocean
November 15, 1980	Humans can reflect God's light • The purpose of messages • The nature of judgment • Truth in Gnostic thought • Spiritual journeys compared to trips by car versus plane
December 7, 1980	Prayers of gratitude • Christmas and the nature of Jesus • Organize messages by subject
December 26, 1980	Messages are God's word • Spiritual Light: as a form of energy; as a unique fingerprint of a soul; as it relates to prayer; as a medium of communication; seeing all souls as reflectors or receivers

## Messages from 1979

May 30, 1979	Spiritual approaches to truth
July 7, 1979	Guides • Suffering • Sharing spiritual beliefs with others
July 13, 1979	God's guidance as water behind a dam • Bodily afflictions (headaches) • Receiving guidance • The occult, evil
July 24, 1979	Analogy of life as detours on a trip • Levels of afterlife and types of guidance, including psychic phenomena • Assignment of guides

August 24, 1979 Light as it pertains to prayer and communication with guides • Guides act as lenses • Spheres of spiritual development in the afterlife • Reincarnation • It's easier to receive in a group • Limiting subject matter of messages

September 2, 1979 {Personal, for James} Messages are a school of fire prevention • Sharing them within the Church • Progress compared to passengers in a vehicle

September 14, 1979 Religions compared to rivers flowing towards sea of God • The importance of corporate worship and prayer • Intercessory prayer

September 28, 1979 Hearth metaphor in giving and receiving light • When dispirited, pray for others • Souls grow through faith • A spiritual triangle

October 5, 1979 Spiritual communion compared to a radio • Guides serve as lenses • Conflicting passages in the Bible • Metaphor of two blind persons climbing a tree

October 27, 1979 Receiving and trusting messages builds faith

November 2, 1979 Organized religion • Grace, guidance and conscience • How prayer is answered

December 14, 1979 Being sensitive at Christmas • Beginning to receive messages • Guides' perception of time • How guides develop and communicate