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- *Acknowledge fear and then let it go*
- *Your core is who you are*

God, who is the Light, who is the Comforter, who is the very Source of love and peace, surrounds each of your lives with a warmth and presence that you all seek.

Much of your discussion together and much that occupies your thoughts beyond this group relates to the experience of fear and its expression in your lives. The experience of fear has many specific well-defined layers, if you will, but common to those layers is that sense of being out of control, and in that state losing something that you value.

As you recognize, you are not what you think. You are not what you fear. You are not what you anticipate. You are not what you doubt. You are more than the emotions that characterize much of your lives. There is a central core to each of you. We speak of spirit, but for many, the concept of spirits seems elusive at best and hypocritical or naïve at worst. However you define this core, *it is who you are*.

There is an essence to each of you that experiences a wide range of emotions. You of course know that when you experience events in life that create much joy, those events do not fully define your lives. Yes, there is much to be joyful about, but you are deeply aware of components to your life that are not described as only joyful. How different it becomes when you are faced by challenges whose response you experience as fear. You are not consumed by joy, but you can be easily consumed by fear, for when you are fearful, you feel anything outside the arena of that fear is alien. That is not your response to joy. You don't say anything outside of what creates joy is somehow alien or unattainable.

Each of you continues to learn to accept that what is feared and the experience of that fear is not permanent, is not all-defining, that there is more to your lives than what you fear. The core that we speak of, the spirit center, the soul, call it what you will, is what remains constant regardless of your fears, regardless of your joys, regardless of your anger, regardless of your gratitude. There is a central being that is common to all human beings. Your core is not in any meaningful way different from the core that is another individual. When we encourage you to accept one another, to accept the person who may be the cause of great suffering as well as accepting the person to whom you feel a close friendship, we are emphasizing that there is a common bond, there is a common denominator that you share with all people, and that commonality is the core of who you are.

What is that core? At its deepest and most fundamental level, the core is love. That core is nourished by the love that is received and is strengthened by the love that is given out. We have said on previous occasions that no human being becomes all love, that your goal in life is to become loving. To become loving is an energy which is

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directed outward. It is a direction toward others. We feel that most human beings experience the receiving of love and yet find it difficult to reach out, for many are concerned primarily with what their needs are and not the needs of others. Human life is about achieving a closer balance between what is received and what is offered, but you will never be in a position in your human lives to be offering one hundred percent of the time. That is not the goal. The goal is the balance, and it is a balance of love. It is not a balance of power. It is not a balance of authority. It is not a balance of knowledge. It is a balance of love.

When you are born, you receive love, but gradually you learn to give it. It is not important to consider how long it takes to find a balance. It is rather of importance merely to acknowledge that there is equal need to give as there is need to receive love. This core is all about love. It is what generates a gift to others. It is what generates compassion. It is what generates an acknowledgment of the need for understanding. It is the helping hand as much as the prayerful heart.

You can become aware of this core as you increase your awareness of your response to the world around you and acknowledge that that response is not the core. It is merely a response. Fear is a response, but you are not fear. Any agony is a response, but you are not agony. An experience of great joy is a response, but you are not great joy. All of these responses have their place in life.

It is natural to experience the fear. It cannot be denied. One cannot pretend there is no fear. One can merely embrace it and say, "I feel fearful, but I am more than fear. Fear is something I experience, but my life goes beyond fear." You learn to acknowledge it, and you learn to embrace it as being a part of life and then feel you can release it. Let it go. Let that burden be lessened. You can never live without fear, just as you can never live without joy, but that fear cannot govern your lives any more than the momentary joy can govern your lives.

Your life is about love—receiving love, giving love. That is who you are. That is who everyone is. By denying what is joyous, you are denying a part of what it means to be human. By denying fear, you are denying what it means to be human. When you accept it as a natural experience and then let it pass, you are not living in a kind of denial, but you are bringing your attention back to who you really are, a center of love—love received, love given.

The anger that you feel or that you experience from others is a voice of fear, but it is not the only voice. You can let fear go through faith in the reality of love that is at the center. That letting go in a spirit of light, the love we speak of, is another voice of fear. Ultimately you can choose how the fear is to be voiced. It can be voiced through anger; it can be voiced by letting go. In both cases, the fear is not being rejected. It is not being denied. It is being accepted and then given voice in one way or another. Part of the lessons of life is finding the voice that is willing to set the fear free, not to keep it in to fester and strengthen and become bitter.

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All experience loss. There is no one who is impervious to the arrows of loss. Loss can be defined in so many levels, some more deeply felt than others, but loss is still an integral part of what human life contains. You have all known of those who have experienced losses with dignity and peace, and you have known those who have experienced losses with great anger, great resentment. Those are the voices of that loss. Losses are felt whether they are of profound importance or momentary in their presence, but losses are still part of life. You all experience that. As a child you lose a toy. You lose a friend or family member. As an adult, one of the things that is lost is youth, and yet there are many who find grounds for resentment in the fact that the loss of youth is grounds for regret. No longer being a youth does not define itself as loss. It is only the individual who makes such definition.

Life is about change. Life is about growth. Life is about transformation. The change, the growth, the transformation can be embraced or it can be feared. When such changes are made from a position of love, the willingness, the vulnerability of being receptive to its expression and the strength to offer it, such transitions are strength-giving and affirm in their own ways the presence of God by whatever name it is given.

When you pray for God's presence, it is not merely felt as a resolution of all challenges. Rather, God's presence is most deeply felt when there is a resonance of the love within to the love of the Creator, to the love of all of creation. Each of you belongs to all that exists. You belong to all that has existed. You belong to all that will exist as you experience it. Your response from the loving center is an affirmation of your belonging to that entirety of creation.

Strength comes from an identity with love. Strength comes from your willingness to be vulnerable. Strength comes from your capacity to accept the love of others. Strength comes when you are able to take the love you are filled with and pass it outward toward others who need that nourishment. Your lives, therefore, are best seen as a desire for balance, the giving and the receiving of love.

The experience of fear is what you can observe as your response. The fact that you observe means that you are not what you observe; you are the observer. The observer is that core of love. The worry, the fear, the anxiety, the joys, the anticipation are human responses that you can observe almost from a place of some distance. You see what you see because what you have a vision of is not who you are. That very action of reflecting on your own responses to life is a confirmation that you are much deeper than the responses that you have.

Therefore, accept those fears. Identify them. Let them go. Accept the love that you receive from others, and feel you can transfer that energy of being loved into becoming more loving. Ultimately in the progression of your spirit center, you will become completely love, one hundred percent a giver of love. That is not achieved in human life. It is the balance that is the objective.

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The question was asked about reincarnation and its timing. There is no set timeframe. Spirits can again experience human life as they are ready to do so and as it is necessary. Such rebirth in spirit can be very quickly achieved within the lifespan of others. For others, it is through the passing of far greater time, for the spirit, when it becomes all spirit, goes through a transition to this new form of life, and that transition has no expectation of time. Some who join us are ready to move forward. Others are not ready and need more time as you would measure it.

Life is a continuum. Your sense of consciousness is continuous. We, your guides, are as conscious of what it means to live as you are. What is different is our vision is more expansive, for we are not limited by those voices of human experience. Without that limit, we see more clearly. We see you as lights, as points of love, as spirits that are growing, growing in their ability to receive love and in their capacity to give it.

You are blessed in your lives. You are blessed in your growing understanding of the Core, the Spirit Center, the entity that is Love.

Amen.