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- *Pandemic: Be aware of changes for the better*

The God who is the creator and preserver of all that is surrounds you and all human beings with a loving, light-filled presence. You are with your guides, and you are with the guides of those who have joined us with whom you have shared parts of your lives.

It is indeed for all an act of community when you turn your thoughts to your guides. It is not the guides that exist alone. It is all of you who are part of that as well. It is in prayer that you are joined with your guides and with the guides of all. It is a community of those experiencing human life and those of us who live within the energy of spirit. Community, therefore, crosses all boundaries. The community of spirit is not just your own personal guides but the guides of all, and it includes you. When we speak of community in a spiritual sense, we are speaking of all that find illumination from an awareness of God's presence. That presence is not just for you as a human being but for us in spirit-form. It is a presence for all. To the extent that you feel yourself open to that presence, you are then more keenly aware of the sense of community.

The crisis that all human beings are dealing with in one way or another with this pandemic is a way of strengthening that sense of community, for you are becoming more aware of one another and also more aware of spirit. It is at times of great concern that you often turn to spirit. God's presence is only found by humans when you search for that presence, and we have spoken of this. But the benefits of God's presence go beyond your awareness of it, your awareness of the light.

Your experiencing of God's presence is both conscious and unconscious. It is both experienced and in some very subtle ways felt. There are times when you feel in some way separated from that light, and yet you know in the back of your thoughts that it is there, and yet you cannot quite bring a conscious awareness to that presence.

We have so often expressed that there is no time that you are out of the light of God, but we also know that there are many times that you feel as if you are in that darkness. That feeling of being along, of being somehow isolated, does not change the reality of God being with you. The community exists anyway. The community of spirit and humankind persists, flourishes, strengthens, and affirms whether or not the members of that community are fully aware of it.

The pandemic that you are experiencing in no way means that God's presence is somehow reduced or dimmed. Allow yourself those times when you wonder where God is, for it is in that wondering that you find the Spirit Center. If you feel separated from God and don't wonder where God is, then you aren't in the search. Therefore, in those moments of your life when you are at times overcome by the search, be assured that it is in that searching that you will know of God's presence.

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It is not God's will that you suffer, that many suffer and many die. That is not a part of God's wishes, but it is a part of all that exists in God's creation. What is most important is not to question why God permits such suffering, but rather to use that suffering as a means for you to find God. It is in its way an opportunity to sense a closer relationship to that spirit presence. We have said in the past that you are more aware of the light when you are surrounded by darkness than when you are surrounded by great light. Therefore, as you go through and endure this ongoing crisis of humanity, acknowledge that it is a kind of darkness that allows for a clear view that God is indeed a part of all that you experience.

As you find ways of being open in your vision in that presence, you will begin to feel an increased peace. This peace is not a simple acceptance that what is, is. It is more a sense of strength that all that happens will not fully destroy who you are. Human life is one kind of energy. The life of spirit is another kind of energy. The lives of all that exist on your earth are various types of energy, but so are the plants, the stars, and the many universes, both physical and spiritual. They are kinds of energy. A center for all that energy is what you refer to as God. It is the connector of all that is. There is a law of physics that implies that no energy is lost but only transformed, only converted. It may lose some intensity because it is less focused and more scattered, but it still exists. So it is with the energy of human life. The form of that energy changes, but the energy is never, never lost.

We urge you to consider this truth, for it is not, of course, asserting that all human life never ends, but rather that the energy of human life is transformed. Even within human life, the energy that belongs to each of you is transformed. As a young child, that energy is directed very much toward self, and as that child grows and matures, the energy begins to move more in an outward direction. Some human beings express that energy as being directed fully outward. For others, that outward direction is partial. There are human beings who find that turn toward another to be most challenging. No two human beings change their own human energies, converting them to an outward direction in equal fashion. But your energy, regardless, does go through transitions.

It is at times such as these which you endure that you may find your energy is converted into a form that is even more other-directed than self-directed. This change of energy occurs for all human beings. For some, the change is very gradual and moves more swiftly once in spirit-form. For others, that change can occur in a profound and influential way, even while clothed in human life. But the energy changes, expands, and is converted to new kinds of energy. That is the nature of all that has been created. There is nothing that God has created that is really destroyed. It is only changed.

While you go through the experience of this world pandemic, be open to changes in your own perspectives, changes in your own commitments. Feel that you can embrace those changes so that when you come through this tunnel, you will be able to look back

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and recognize the growth that has taken place, the growth personally and growth collectively in community. Growth will have happened.

All human beings will go through a change as a result of this pandemic. That change can provide a clearer view of God's presence. It can affirm to each that God was fully with you. There are many losses that have occurred and many that will yet take place, but in acknowledging those losses, find evidence of God, not necessarily in stopping this plague but in changing your life in ways that reflect more directly the presence of the Spirit Center, God.

When you recognize your own changes and the changes of society, you will have a stronger sense of what true community means, not only the community among human beings but your community with us, your guides, and with all who live in spirit. These times create such darkness and for many, limitless despair, but it is in that darkness that you see more clearly the point of light which is God accompanying you on your journey.

Yes, we are all a part of the same community. We are all sharing what it means to be alive. We are alive. You are alive. God is alive. Embrace that aliveness. Find ways of bringing that live energy into your own individual existence. Allow that energy of life to be its own form of illumination, for that is the working of God in your life.

Reach out to others in prayer and in action, but reach out. Reach out with open hands. Offer your prayers with hands open as a welcome. Your prayers are prayers with strength, not prayers for strength. Accept the darkness as a way of knowing God's true light.

Amen.