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- *Spiritual joy*
- *Guidance compared to a lens focusing light*
- *Allow God's light to pass through you to others*

You are in the presence of God. God sees your concerns and shares in the joy you express with your laughter. Life is not merely to be endured, but enjoyed and savored, valued and shared.

The human condition is not a tragic condition. Yes, of course there are those who suffer, those who contemplate their own passing to our side, those for whom life holds precious little in the way of immediate reward. But despite life's difficulties, there is far more which gives it purpose, direction, and guidance.

Do you ever notice that when you are not together for long periods of time, when you do gather as a group there is much to share, and amidst the difficulties that are expressed, there is also much joyful exchange? It is a way of recognizing that the positive side of life accompanies all of life. Your experiences differ from person to person. Some experience apparent ease more often than others. But this is only appearance, for although life has its difficulties for all people, there is joy which is always available from one source or another. That joy may be experienced in laughter. It may be experienced through the inspiration of what another may say.

The individual with AIDS who was described [in your conversation] showed great depth in expressing his recognition of the opportunity which had been given him to experience life more fully than ever before. The suffering of AIDS is undeniable, but within the context of such suffering, one can find the joy of an inspired view of life. It is not a joy leading to laughter, but it is a joy which gives one a sense of the possibility of life being a fulfillment, not a completion but a fulfillment.

You have experienced moments in your life which were fulfilling in a very satisfying sense. The joy of fulfillment is a much deeper joy than one of momentary pleasure, and yet through those events of momentary pleasure one is always reminded of the dichotomy of life, the division of pain and pleasure, of sadness and joy. They are really very close to one another. If you did not sense the implications of the tragedy of AIDS, you could not experience the joy of inspiration arising from such travail.

The experience of spiritual joy can only be partaken within the context of an awareness of the difficulties in life. The pleasure you had in sharing experiences this evening provided a sense of balance through your sharing of concerns. The fact that you are aware of things pleasurable in the midst of trials and difficulties is in itself a measure or indication of your spiritual growth. Desperation, the feeling of hopelessness, is indicative of a lack of spiritual depth. As you grow spiritually, you become more able to place the events of life in perspective.

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It has often been expressed that praying to your guides and listening to your guides in some way involves an intermediate step between you and God. Why does one not hear directly from God? The fact is, you do. God's guidance of your soul is direct.

In the past we have likened our function as your guides to a lens that focuses light. The lens does not create the light. It only provides a focus. The light does not emanate from the lens. It is transmitted through it, but without the lens the light would be diffused. In a very real sense, we serve to focus God's truth upon your souls and to focus God's guidance upon the progress of your life. We do not give the guidance; we transmit it.

Just as there are many qualities of lenses, there are many levels of guides. Your guides are not "beginners," as you might say, and yet they have not reached the highest level of spiritual attainment. What is happening is rather like a series of lenses. One lens reflects light to another, which in turn focuses light to another. We have our guides. They have their guides, and their guides have guides. There are many levels, but no guides are charged with the responsibility of initiating your spiritual growth and instruction. All comes from God. There are no intermediate steps. There are only lenses which focus God's light.

Your life should serve to focus God's power to others. You do not originate that power. You are aware of your function of reflecting God's love. It is God who provides the power for you to love. You do not provide it alone. So, in a real sense you are part of the series of lenses permitting God's influence to be felt among human beings. It is a continuous progression of energy transformation.

Our prayers are for your continued growth. Our prayers are for your ability to transmit God's light to others.

You wonder what is meant by using what you have been given. It may be easier to explain our instruction of use of knowledge by saying that your life must serve as a means of polishing your lens to allow God's light to pass through you. The knowledge you have is the light that is transmitted. The ability to refine the lens which is your life is the ability enabling God's strength to be focused on others, for we focus God's light to you. It is only through you that what we focus can be passed on to others. This may sound rather theoretical, and yet it is very simple. You know what you believe. Live according to your beliefs. It is no more complicated than that.

As your knowledge evolves, the way you live evolves. As you become more sensitive to love, you are more able to love. As you become more sensitive to peace, you are more able to be peaceful. It is not a difficult challenge, and yet it can be rejected by you at any time. You can choose not to convey peace to others. You can choose not to be unconditionally loving to others. You can choose not to enrich the lives of others. That is an element of human life, the element of choice. But if you know unconditional love and you choose to love unconditionally, that in itself is not so difficult as long as

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you know the meaning of unconditional love, as long as you know the source of unconditional love.

The difficulty of loving unconditionally comes when you lose touch with what it means to be loved unconditionally. It is easiest to live by example and thereby be an example. It is very difficult to be an example to others when you are unable to live by example. Ultimately you are what you believe. You can be no more. The more you believe, the more you may become.

Therefore, to be effective in using what God gives you, you must increase your awareness of what it is you believe in. You must increase your awareness of who God is and what God's importance is to your life. That is why we do what we do. That is why you have a guide, for we ensure your ability to understand the light which comes from God and with that understanding to be committed to passing it along.

You see, it is not a complicated procedure. It is very logical and very natural. When you are faced with tests—tests of your faith, emotional/physical stamina—return to the well, pause and reflect. Be willing to be open to God's light being focused by many guides upon your life. With the assurance of God's light, you will be capable of reflecting it towards others.

We hope that you will find more opportunity for gathering together to share your lives as well as to further lighten your souls. We pray for your spiritual health, and we rejoice in the closeness you all feel when you are together as a group.

God's light is indeed your light. God's peace is your peace. Your knowledge of others, your knowledge of God may serve as an enrichment to others. And now we bless you with God's light and peace and abiding love.

Amen.