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- *Patience from a spiritual perspective*

You walk in God's light for you walk in God's love. It is that love that is truly the light.

We who lovingly serve as your guides always are present. We don't merely assemble when you assemble. There is no distance between our presence and your lives. It is very true you are brought together not be accident. Just as strings on a violin that is well tuned will vibrate sympathetically, so we can say that your lives find sympathetic vibration one with the other, and it is the music of spirit, this combined vibration, that is the real essence of what brings you together.

You have questions about threads that unite one another. You have questions about the life of spirit, your spirit, your soul, and whether or not there is true life before human life as you measure it as well as after. While you know in your hearts much of the wisdom we continue to share, it is one thing to know of the truth, but it is something much different to live according to that truth. The difference between knowing and living requires patience. We would therefore like to speak at this time about the nature of patience.

Human beings like to think of patience as something necessary when waiting. While this is of course a legitimate concept, waiting and being willing to wait, there is more to patience than simply waiting, waiting with peace. The patience we speak of is a patience of engagement. It is a patience born out of a conviction to the importance and presence of what truly belongs to the character of God.

We speak so often of unconditional love. We speak often of seeking a balance in your lives. We speak of the importance of finding a thread that connects you with others, with all others. We speak of human life and also knowing life-forms that are not human in your understanding. We speak of the lack of time, the lack of place, physical place. These concepts are not necessarily easy to take in and be a clear guide to how to live, but they are statements, concepts, that are indeed the truth. By being committed in your acknowledgment of these truths, whatever delays you may feel exist because of your limited understanding does not really negate that true reality. Accepting that reality then can be seen as the application of patience to the certainty of growth, to the certainty of movement as we have described it.

Patience becomes a belief, not a challenge out of frustration. It is the firm belief in the true meaning of God's presence. If you believe the truth and yet do not see immediately the path that takes you from where you are in your understanding to the truth that you know of, you allow that distance to be one of living in belief, living in faith, without an overlay of time as you define it.

You seek peace, and yet you see war. It is easy to become impatient when the gulf between the war that you see and the peace that you seek is so great. But when you keep your attention on the reality that peace is part of the present and belongs in the

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present even as you are surrounded by strife, by war, the patience then is not a matter of enduring but of growing, evolving.

You are moving toward the truth. Your paths will lead to the ultimate truth, the presence of that loving center, God. You are moving and evolving toward God. Your society, although ridden with difficulties, filled with anxieties, hatred, tensions of all descriptions, is still moving toward peace. You may not be aware of that progression from where you are toward what you seek, but that motion, evolution, is occurring. If you allow yourselves to fully believe in that direction toward the light, the love, then the concept of patience is no longer a forbearance but rather a commitment to belief.

You know that all that exists is moving at its own pace toward a singular oneness, a unity with God. Acknowledging and accepting that reality, you then live with your commitment to those beliefs and are not consumed by the frustrations of not being where you wish you could be.

Patience as it is applied between two people is best seen through an acknowledgment that there is a commitment to become more loving. You may find yourselves in great opposition to another, and that is part of being human. Such frustrations are but one of the grounds upon which your soul builds this edifice of love. We are not suggesting you ignore those disagreements. We're not suggesting you pretend they don't exist because they do. What is important is not that they not exist but that because of their existence, you are called to find common ground. You are called upon to acknowledge the sacredness of the other, not that person's behavior, not that person's words, but their value as a creature of God's loving presence.

God creates what affords comfort, but also belonging to God's creation are those hurdles that you encounter on your spiritual tract. It is correct to assume that you do grow, you do become stronger through those encounters, and it is that progression of spirit that is at the heart of God's creation. All progress. All grow. All evolve. All experience at some level what it means to be loved, and in experiencing that, what it means to be loving.

There are, of course, many levels of awareness about both experiences. There are those who go through life feeling like they were never loved. Not having consciously experienced what it means to be loved, how can you expect them to be loving, for they have not benefitted by the act of being loved?

That sense of conscious awareness of being loved is variable. No two people share a similar experience of what it means to be loved. Sometimes the behavior of one toward another may feel cool and yet is offered in love. The initial and often long-lasting impression is one of not being loved, and yet those experiences are part of life even when they were offered through love.

You have no understanding of what another person sees as being loving. You can therefore not judge when you are the recipient of what you perceive to be not loving. Then we can say that at the most fundamental level, the soul of one engages with the soul of another only with love. You may not recognize it. You may not acknowledge it. The

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behavior may belie that presence of love, but all are indeed loved, and it is because of that condition of being loved that all human beings have the potential to become loving.

That potential to bridge the gap between oneself and another is one kind of relationship that can only be found in the human realm of spiritual growth. True love is a cherishing of the dignity and worth of another spirit. Those relationships are sometimes fulfilled within human life and sometimes remain unfulfilled. You are loved, but you must take in that reality, and in consciously taking that in, the soul is strengthened to become loving. The objective of becoming loving is to evolve and to become love itself. It is becoming the Spirit Center. It is becoming the embodiment of the God that you recognize as a loving force.

You may act out lovingly toward others and yet not see a direct consequence of that love. From that disrupted vision comes the experience of impatience and judgment, impatience because there is no commitment to the reality that love offered is love received. The impatience is the frustration of not living that belief.

Impatience is in many ways seen as the opposite of love. You can be impatient with another, and that impatience may be part of your loving another or it may stand in the way, but the impatience, that sense of lack of fulfillment, does not in itself contribute to your growth or the growth of another. Rather than be impatient, believe that the love that was offered was always received, even when you cannot recognize the effects of that receipt. It has been offered and has been received.

The love that you wish another, the peace that you seek in the midst of turmoil, all of that is part of love being sent forward. It is a radio wave of sorts. It is a form of energy, invisible and yet very real. It is not constructive to find yourselves locked in a space where you do not see the positive consequences of what is offered as positive energy. Believe that energy goes forward. Believe it has an impact. Believe that whatever you seek to achieve in being loving will be achieved, whether or not it is observable.

The reach of spirit is long indeed. You can pray for those who suffer on the other side of the world, and their souls will be strengthened through your prayers. Those individuals you will never meet, and you have no idea what their human characteristics are, but in your prayers of reaching out, you must be committed to the belief that those prayers will be answered. Does that mean that all suffering ceases? No. Does it mean that the spirit for whom you pray finds strength? Yes.

You pray to God to relieve certain suffering, and when you do not see that relief, you feel frustrated. If someone says it will be awhile before that relief comes, you may feel so frustrated, for in your praying for the relief of suffering, many continue to suffer in excruciating pain, physical and emotional. So you react by being impatient. Why can't this stop the suffering now? You seek justice, and you see so many examples of justice not being exercised, and you feel impatient because the justice that you pray for is not the justice that you see.

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Live committed to the belief that the justice that you pray for, the relief that you pray for is part of the energy that brings about that justice, that relief. Nothing is lost. You don't pray to an emptiness. You pray to be open to what is there. You cannot pray with conditions. You cannot in effect say, "God, this needs to be done now. Too many people have suffered. You need to step in now."

The meaning of that prayer is not so much "act now, God." The meaning of the prayer is "I care for others through love, through a commitment to a value of their sacredness, to the specialness of their existence." Even when you voice a prayer in words that have conditions, the conditions themselves have no meaning, but the act of prayer is opening your heart and opening the heart, the spirit of others for whom you pray.

True patience, therefore, is living with belief, living with the knowledge that the energy of prayer is never lost. The energy of intention is not lost. It is a wave that continues and continues and continues.

God's presence is always with you. God's presence is always for peace. God's presence always belongs to a sense of loving, nonjudgmental justice, fairness, the dignity of life. That presence is undeniable. Commit yourselves to that presence without condition, and you'll experience the patience that is part of the journey and that reflects your commitment to belief.

Life is sacred. Human life is sacred. All life is sacred. All that does not breathe is sacred. You are a part of that world of sacred beings. Allow yourselves to be carried on that river of belief removed from condition, removed from the impatience that is the only byproduct of wishes and specific limitations.

There is no limit to love. There is no limit to your growth. There is no limit to your ability to enhance the depth of your own soul, and in so doing, the depth of all others. You are a part of this process. Find fulfillment in swimming in this current that carries you and all for which you pray toward the Spirit Center.

Amen.