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- *Moving from fear towards peace*

The “search” that you refer to and that we refer to is an expression of God’s presence that surrounds all life at all times. God illuminates our paths in ways that are fully new to us, and it is our loving wish to illuminate your paths in such a manner.

One of the distinct differences between human life and spiritual life is your need to accommodate the uncertainties that you all are aware of. For us, there are unknowns but not uncertainties. There is a big distinction between the two. Human beings are often obsessed with their encounters of life wrapped in many uncertainties. There is much that all guides still do not know, but no guides are plagued by uncertainty.

Uncertainty has within it the shadow of doubting. If you are uncertain about something, you expect there may be something that you should know and can’t, and that creates a disruption of inner peace. What we experience is not a kind of doubting, for we are guided by the growth that has been achieved. We are guided by the process of knowing. It’s not a process of knowing all, but it is believing in the growth of what is known. In our form of life, there are no negative consequences surrounding what is not known, and because there are no negative consequences, we are spared the frustration of uncertainty.

Human lives are quite naturally characterized by the necessity of making choices, and you believe that if you turn in one direction, there will be a reward. If, on the other hand, you turn in another direction, there is no reward. For us, wherever we turn, we know there is reward. There is no punishment. There are no negative consequences. There are no wrong choices. There are just movements that we are inclined to pursue. There is no sense of a timeframe as you would identify it. There is no pressure to grow in knowledge at a predetermined speed. We grow as we grow. But what does all of this have to do with your lives, for your society is far different than our collection of spirit beings?

When you feel burdened by uncertainty, step back and ask yourself what it is you truly fear. What do you perceive to be the negative consequences of making what you identify as being a wrong decision? What is a wrong decision? What is it that makes it wrong and doesn’t just mean other?

Much of human life does not have to be suffering from this kind of agony. Every human being can take away the issues of indecision and fear that accompany daily life at some point in their lives. This approach of moving away from fear is indeed doable. If you look upon your life with some distance that is not consumed with a sense of immediacy, you can find a perspective that can be more conducive to peace, conducive to confidence that wherever you are when you face crossroads, there is no decision that is absolutely wrong.

Of course, you can decide on some action, even when you feel it is not one hundred percent correct, but that does not mean it is wrong. The act of living, regardless

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of the decisions that are made, contains within itself the seeds for growth. You learn by what you do. You learn by what you say. Of course, this is not to justify giving others pain or creating great strife, but it is a way of dealing with more balance on the issues that you encounter daily. You can relieve your personal stress when you take away from your interactions with life around you a feeling of uncertainty that holds a threat in front of you implying if you do this, it's right; if you do that, it's wrong.

Eliminating the frustrations of what feels to be right or wrong with every step allows for a balance in life that can provide a greater sense of inner peace, a greater sensitivity to the reality that you are accompanied at all times by the Spirit Center, by God. You grow through your living. You grow whether you turn left or right or go straight ahead. You grow as you stumble along the pathway. You gain strength. You gain perspective. You gain a connection with others. You gain a clearer understanding of what it means to be self-accepting, not self-punishing, and in that process of being self-accepting, more importantly, you will find it easier to be accepting of all others.

This capacity for opening the heart vision is enhanced especially when it emanates from a position of inner peace. That inner peace is not just a term used in some academic manner. Inner peace comes from acceptance. You must accept yourself first in order to be accepting of others. You must love and cherish the validity of yourself in order to embrace the validity of all others, but accepting yourself is only possible when there is no judgment. Eliminating that self-judgment can only take place when you live committed to the belief that you are held in the loving arms of the Spirit Center, and that you have no fear, no need to fear encountering decisions in your life such that one direction is correct, and the other direction is wrong.

You grow on your pathway whether you are stepping forward or backward. The truth is you are living. The truth is you are engaged in growth because you are living. The detours, the unexpected barriers that you may encounter, in no way result in your doing something that encourages the fear of uncertainty. Growing in your acceptance of self and the acceptance of others enhances in its way God's presence in the society in which you live, for you are then engaging with one another, not knowing all but yet fearing nothing.

This kind of approach to your life of self and life of community will wax and wane throughout life. You don't reach a place on your pathway beyond which there is no judgment of self. You will have moments when you can clearly step back and ask yourself what you are fearing that indicates something is wrong. You will have those moments of clarity, but you will have those moments of unknowing, and it is in the unknowing that you can find a place for peace that is felt within.

Human life is not designed to be easy. No human being slides through life unencumbered. No one experiences a life void of complications. What does differ one from another is how those complications are handled. By feeling peace, by feeling a quietness within, you will have moments free of self-judgment, and in experiencing that

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lack of judgment towards self, you will clearly know personally what it is to be nonjudgmental of others.

The glimpses you have of that component of life provide a window of understanding of what it means to be living in spirit-form. Yes, there is much we don't know, but there is an understanding that we have that what we do know, what we do believe has validity, that what we do understand is done so through a conscious effort on our part to reflect the great love that we feel all around us. We know intensely what it means to be loved, and we are then strengthened in our capacity to be loving because that is the true reality that illuminates every step on our pathway.

You seek ways of achieving inner peace, a balance. By taking away the fear of uncertainty and filling that void with a certainty of God's presence in all that you experience, you will find those cherished moments of true inner peace. It is those moments that can lead you to further efforts to be nonjudgmental toward yourself and toward all others.

There is nothing that has been created that is worthy of destruction. What has been created deserves to flourish. What has been created deserves to find balance. What has been created deserves to understand relationships. You're given eyes to see and ears to hear, but most importantly you have been given a spiritual heart that has within it a vision of understanding, a vision of knowing, a vision of cherishing the search, the growth.

You are blessed in your pursuit of peace.

You are blessed in your pursuit of heart vision.

You are blessed in your pursuit of balance.

You are blessed in your pursuit of what it means to be loving.

You are blessed by the love that you are given by others.

Grasp those blessings. Hold them close within. Let them provide strength that enables you to pursue your human life with less stress, with more patience, with greater compassion, and with the strength to increase the loving presence that **you** can be on the journey ahead.

Amen.