

March 7, 2022

[Russia invaded Ukraine on February 24, 2022]

- *Ukraine-Russia conflict*
- *Find ways of expressing unity*
- *Prayer benefits the one praying and the one prayed for*
- *Practice love and compassion*

You are all embraced in light. You are all surrounded by the winds of peace. You are all supported by the ever-present love that is God's light.

We, your guides, are fully aware of the tragedies that are befalling so many on your planet. It seems to you, we know, as if you are moving forward in the proverbial sense with two steps and sometimes faltering and moving back three steps. The arc of justice, as you know, moves toward love. You think of it as a movement towards justice, and that is one part of love, but the arc that we speak of is the shape of love. It is an energy form. It is an energy that supports and affirms, but at times like this it is easy to concentrate on those three steps backwards, those significant moments when all that you strive for seems to be decimated, brought to a complete stop.

It is at times like this, when you are surrounded by an understanding of the unfathomable pain and suffering of so many, the tendency is to live in despair. But to say that you will reject despair and just live in hope may be in a sense a panacea with little cost. In the midst of suffering, it is the most difficult time to resolve yourself to hope when all that you feel you can do is to endure. Just saying "stay hopeful" while filled with truth brings scant comfort to those who suffer. How then can the hope that is sought be transformed into something that can be strength-giving?

What is needed in essence is a commitment to what you firmly believe to be right with the caveat that your current understanding of what is right may experience a transformation of its own. Your response can only be based on your understanding. It is not based on what you are told but on what you believe. What you seek are ways to have a positive impact on the results of such suffering, reducing the suffering when possible and providing comfort to its consequences when that seems best to pursue. As you know, we always affirm the need for hope. We affirm the pursuit of peace, both externally and internally, but the question is still how to proceed.

If you truly believe that you belong to a unity of all that is, then you can find ways of expressing that unity. Such expression may be simply through prayer. Such expression may be devoted more to concrete actions. Whatever the expression, if you seek a way of responding, find that response in whatever way affirms the unity to which you are committed. It takes little effort to demonize what you interpret as being a kind of evil behavior or attitude. So much energy is devoted to the demonization of others, but that energy, while perhaps seeming helpful in unified commitment with others expressing the

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same sentiment, actually serves as a kind of negative energy. What uplifts is never characterized by that demonization.

We spoke the last time about focusing on how you are united, how you are the same rather than defining your differences. You do not have to love the actions of all others, but you can be committed to actions that affirm, that bring dignity to the lives of others. Being critical is always easy. The hard work comes when you must find ways of being affirming, especially when you are affirming in an environment highly charged by lack of a full comprehension of what is taking place.

Is prayer helpful at times like this that you are observing? Of course it is, but prayer does much to empower the person praying. It strengthens whom one is praying for, but the one who is praying goes through a transformation of spirit, not just the willingness to be helpful through prayer, for that is already there. Praying for those who are suffering focuses your own spiritual energy so that that light that comes from your prayers can illuminate your own pathway to help bring about what you pray for.

If you pray for your own physical health, that health does not necessarily come immediately, but in praying for that health, you are allowing yourself to be open to the health and the help that is necessary to bring about a resolution characterized by balance, by peace, yes, even by acceptance.

There are large candles and there are small tapers, but the flame burns equally bright. The more tapers, the more candles, the brighter the light, but a single flame is a single flame. There is an equality between the large candle and the thin taper. Both offer a light. Both have within them warmth, energy.

So it is with your responses to your prayers for God's intervention. One's response is not compared to another's. All responses are important. Certainly, some responses may have a broader impact, that is clear, but the energy of commitment to that response can be the same whether it is the compassion of a national leader or the compassion of a neighbor. The caring can exist for both.

What is the best response for each of you to this worldwide crisis? Ask yourself what you can do that is a personal response to your understanding of the true meaning and application of love. This is not an empty slogan to which all people can be fully satisfied. It is a difficult challenge because you are being asked to reflect your current understanding of God's presence. That reflection can be through loving prayer. It can be through loving giving of oneself, one's time, one's personal commitment, one's desire to bring comfort, one's commitment to doing what can be done to reduce fear, to reduce resentment which can build to hatred. Even making a difference in the lives of one person or two or three is an expression of your understanding of God, your understanding of what it means to be loving.

So often we urge you to accept the knowledge that life is ultimately about learning to become loving, knowing that it will take many lifetimes, human or otherwise, to

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transform yourself from being loving to being love. Part of that journey of becoming loving is your being open to understanding what for you being loving means.

The difficulties that you are observing across the globe are indeed serious. There is much pain and loss. There is hatred, suspicion, judgment. All of these are negative energies, and from those negative energies comes the often-present demonization. Get beyond the demonization, for it blurs the heart's vision. It doesn't mean to ignore that what is negative is very present, but it does focus your energies on what each of you can do to bring positive energy to the world. Your objective, therefore, is to live your life to direct your energy always to what affirms the dignity of all.

Although you may feel overwhelmed by the indignities that are experienced, you can find ways of moving forward. You can find ways of bringing light into what seems like an all-encompassing darkness. It is at times like this that you have so many opportunities to seek understanding, so many opportunities to demonstrate in how you live your life what being loving can mean. As you would say, not just talking the talk but walking the walk.

If you seek to be more loving, *be* more loving. If you seek to be more compassionate, *be* more compassionate. There is so much that resides in your hands with which you can reach outward and grasp the darkness and generate the light of the candle, the light of the taper.

You are blessed with that light, and you are blessed when you take that light and move it to another candle that it may provide a glimmer of illumination to the life of another. We are the light. You are the light. Together commit yourself always to what is loving, the light, God's light.

Amen.