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- *When a life is brief*
- *Your guide is a connection to all that is*
- *Spiritual totality compared to cells of the human body*
- *Lifting oneself from despair*

God's light illuminates, warms, and clarifies your spirit journeys. You travel your paths never alone, for you are accompanied by the light of the Creator and the light of all that exists, whether on your globe within your universe, or located on an entirely different energy center in a universe that does not function as you understand yours to function. All, *all* are united, and because all are united, there is nothing that exists that is somehow separate or off in a corner. We have frequently described your lives as being so interconnected that whatever you individually do or say or think, it has an impact on everything.

Your human lives, as you know, are not significantly or measurably separated from our lives, for your lives and our lives are part of the same single entity. Together, you and we belong to the same loving, creative energy that you identify as God, and therefore we are not differentiated from you.

It was asked for some understanding of spiritual existence related to those whose lives are brief. The spirit grows through all experiences, and the spirits that are associated with your own lives are actually associated with you before and after your lives. There is a choice that is made to connect to a particular human life, but the awareness of that human life is actually an awareness of the spirit. When a human life is terminated after a brief existence, we know of that spirit that accompanied that life. We know of that spirit that was associated with even the minutest form of its creation. The connection of spirit to the body is a kind of permanent awareness of spirit to spirit, and when the body ceases, the spirit associated with that body becomes part of the spiritual collective of other human beings.

You're aware of the fact that in our lives there are various levels of understanding. There are various levels of engagement with one another and with human life. There is no spirit that waits and waits for connection to human life, for as we have revealed in the past, you may think of your guides as being comprised of all spirits rather than just one. You are given particular guides for various phases of your human life, but your guide is not specifically a single spirit that resides somewhere within you. Your guide is a connection of sorts that facilitates the bond that unites your individual souls with the totality that is God.

No soul waits for human life, for even your soul is aware of and gives strength to all. You can think of the souls associated with human life as being a vast network of spiritual identity. Each of you has a point of contact with the totality of creation, and that

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point of contact with creation is your soul. The fact that the form of your energy changes from one life-form to another does not really sever the connection of soul to the entirety of creation. The soul associated with a child who lives but a brief moment is connected with that child but will also be connected with others.

The consideration of spiritual totality, the assembly of all souls, all spirits, has to be understood in human terms much as you would consider the cells of the human body all belonging to the same body. Each cell has an identity, but in the most significant ways, what is identified is the body. The collection of all souls is a collection of entities, but what is important is the collection of entirety of spiritual energy.

It is sometimes most easy for human beings to perceive that each individual has a single, specific soul, and that soul only learns during the time of its connection to human life. That is not the full picture. The soul grows through its connection to the human experience, but the soul is growing through its connection with many. The soul grows through its own connection to the totality of spirit.

If you were to consider one soul being associated with one individual, then you would have to accept that there is something which separates the soul of one person from the soul of another. That separation between souls does not exist anymore than there is really a significant separation between two people.

None of you live on a kind of island that is removed from all else that exists. You're infinitely connected to one another, and you're infinitely connected to our life as spirit. It is not, in a sense, you and the rest of us. It is indeed we. We all exist together. We all have an impact on one another. We've often said that no thoughts are wasted, that everything has an impact on everything else, and that is because all is truly one. Each of you belongs to a reality that is a singular entity. You are not alone. You are not separated from one another, and you are not separated from us.

When you experience anxiety in human life, when you experience fear or a sense of needing help from others, that help is there, but it is our view, our observation and understanding, that the barrier to receiving the help that surrounds you lies completely within you. When you need affirmation or comfort, the sources of affirmation and comfort are truly at hand, and yet it is so much a part of being human to keep the eyes closed and the heart withdrawn so that the support that you wish for is shielded from you.

We say that prayer is not urging God to act; it is opening yourself to the help that is there. How do you get that help? It is not a magical light that comes from heaven, and suddenly all is fine. The help that you sense as human beings comes in large part from the help offered by others. It is for you to recognize. It is for you to ask for help when it is needed. That help, the peace and understanding, that affirmation with love that you seek is indeed with you. It is around you.

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When you experience emotions that tend to pull you down, that tend to pull you away, it is at times such as those that you must step back and ask yourself how you can observe the presence of that which is needed that speaks to your wishes. It may be a friend or a stranger. It may be through medical care. It may come from many sources, from religious leaders, from books you read, from music you hear. The expression of God's presence comes in many forms, but that presence is always there. When you go through life and you do not feel the challenges that are so difficult, it is easy to feel in some way self-sufficient, to feel independent, separated from others, but when the need arises for something in your life to be fulfilled, that independence, that separateness does not provide a solution.

You lift yourself from darkness when you move toward light, and that light is an acknowledgment of the presence of others, and a realization that it is through others that you receive what is truly needed. The "others" we refer to may be human, philosophical, or artistic. That "others-ness" comes in unlimited variations. You may find that one of the others is simply the acknowledgment of the beauty of nature. It may be the touch of someone. It may be the voice of someone. You may find comfort in the simple presence of someone. You lift yourself from the darkness when you open the shutters and let in that light. Let in the reality of what lies beyond you so that God's response is indeed recognized.

We say each of you is the hands of God, the eyes of God, the heart of God, but that is also true of your neighbor who is also the hands, eyes, and heart of God. God acts not as an isolated doer, but God acts through all that you may see with heart and eyes. So frequently you think of the beauty in nature, and you say, "This is God's creation. It is beautiful, and God is present." But that recognition of God's presence can be repeated over and over again. It only takes your willingness to receive evidence of the expression of God, to receive evidence of this unitary existence of spirit.

You are warmed by the Spirit just as you are warmed by the sun. The sun provides light and forms of energy that you cannot see, but the sun is always present. It is important to know that the rotation that removes you from seeing the sun is precisely the rotation that reveals the sun. The energy that seems to pull you away from the awareness of God is the energy that can ultimately bring you to a greater awareness.

It is easy to say God exists and you are loved by God when all is going well. But it is when your life turns and rotates in such a way that it is difficult for you to experience that presence that you do reach out. You do ask for a vision of God. That is the energy that continues this rotation so that God's presence becomes like a beautiful sunrise. You exist on that rotating globe, but even existing on that globe there is no time when that globe is not in your view, and therefore there is no time when you are truly lost or separated from God's awareness. You are blessed every time you perceive some evidence of God in the actions of others, however that term "others" may be defined.

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You are blessed in your agony, for that blessing is more poignantly felt as you reach for the sunlight on the horizon. You never move away from God, for you are always on that rotating globe within the view of God. You are always on that rotating globe within the view of all of Spirit, all souls, all guides.

You must learn at whatever pace that may be to have faith in this connection you have to God. Have faith in that contact point, the soul that joins you to the totality of all that is. Have faith in your guides, for they open your eyes, they open your heart, they pull back the blinds, and they provide a means for your being receptive to God through your experience of all that is around you.

There is only reason for joy in the connections that you have. There is only reason to be grateful, to acknowledge gratitude. Such gratitude does not deny the challenges of life. That gratitude reinforces your ability to open your eyes, to open your heart, to fully be bathed in the wonderful light that is illuminating the paths that each of you pursues.

You are loved in the Light. Those for whom you pray are also illuminated by the love you direct outward, and in directing your love, you are the hand of God. You are the eyes of God. You are the heart of God.

Amen.