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- *Transition*
- *Seeking guidance through kinesiology, the pendulum, and channeling*

The light and power and healing presence of God is with each one of you and is equally with those who occupy your prayers. You all have an immediate concern about your dear friend who is approaching his time of transition. He is in God's care, he is in God's loving hands, and he is aware of your supportive circle. What's more, his family is sustained through your loving prayers. He is not alone. He is surrounded by love and an enormous, brilliant Light. Your prayers for healing are being answered, for what you wish for him, you wish for all people: that life may be enriched through an acknowledgment of God, the healing, loving, warm light of God.

There is always fear at some level when individuals approach a transition. For some, the transition is quick; for others, the time, as you view time, is not yet upon them. As much as one prepares emotionally and intellectually and physically, all sense uncertainty. For some, that uncertainty is faced with anticipation; for others, fear. But the uncertainty is always there.

We, in our opportunities to share our lives with you, try as we can to give you a foundation by which you can accept the transitions of others and your own transitions as natural, as appropriate, and as being blessed, for no transitions are alone. Where there is love, there is faith. Where there is love, there is understanding. Where there is love, fear has no place, for love is the opposite of fear. If you are in a position of being loved, you are never fearful. When you are fearful, you fear through a sense of isolation. When you surround someone with love, there is no stronger response than the reduction of fear. Surrounding the one who is ill and surrounding the family with love benefits both the individual and the family.

When transitions between your life and our life take place, they are so natural. We can assure you many times over that there is no need to be fearful, and yet it is part of human life to confront what is unknown with a sense of fear. That is fully understandable, but we assert to you that life is eternal. You know that in your mind, but you do not always acknowledge that with your heart. The transition is a transition of energy. Love continues...love of individuals, love of all who exist in spirit. It is a great truth that is perhaps the most difficult for all to fully embrace.

You are given human life with the challenge to accept the complete continuity of life, for what is permanent is the soul. It is the soul that provides strength and faith. It is the soul that gives an individual the power to love. It is the soul that provides the vulnerability to be loved. The capacity to love, the capacity to be loved is absolutely and undeniably permanent. It is the one experience that will never cease. When you are loving, your soul's capacity to be loving, to be loved, to be reflective of God, is

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enhanced. All that you do that is done in the name of love is permanent. All else is temporal.

You should always think of how others are loving, even those with whom you may often disagree. They, too, are loving human beings, and it is for each of you to find the path to recognize what is loving in another, what is loving in all others with whom you interact.

It is not new to be reminded that God Is Love, but that is exactly what God is. It is what remains, it is what endures. Love never is diminished. It always, always grows. It is a power, it is a force that feeds upon the love of others—love to others, love from others. Life, therefore, should be a kind of celebration of what it is to be loving.

How does one impart this to others when you are aware of this truth? It is most effective when it is a reflection of who you are in the world around you, how you interact, how you react to others, how you react to yourself, how you interact with yourself. One who does not love oneself is incapable of fully loving another. If one is filled with guilt, one cannot fully interact with complete generosity, with nonjudgmental attitudes. One must first be nonjudgmental to self. Then it is possible to respond in like manner to those around you.

You ask the question of how to know the truth, how to share the truth. Kinesthetic, physical manifestations can indeed be valid. It is actually through the pendulum that many individuals have come to accept a condition of life beyond what they can sense through their human gifts. But it is also true that such techniques can be self-serving and can be misleading. Channeling, as you call this, can be for the benefit of a higher good, or it can be merely self-directed. There are those who are spiritually attuned to such channeling but wish to hear only what they expect, only what they want to hear...in effect, filtering what is given from the guides, sanitizing the real meaning of truth. Individuals are always capable of such sanitizing.

It is for that reason that when you gather, you begin the process of channeling through prayer. In seeking the truth and in seeking to share the truth, one must begin with honest prayer, with an openness of spirit. When done in such a manner, all can be assured that the techniques used to understand truth and to share that truth are valid, reliable and reflective of God.

It is difficult for many to remove themselves from the process of seeking truth, for all human beings want to know the answers to what is important to them and they want those answers to come prepackaged, so to speak, in ways that seem at the moment to be fulfilling. Sometimes the truth that one seeks when asking questions of import is not particularly comfortable. Sometimes the truth presents a challenge of considerable enormity. When you ask for guidance, when you ask for direction in your own understanding or for the understanding of others, you must be fully open after prayer to what is given to you, and then consider that gift with prayer. You will then understand more clearly what truth is and what its impact is upon your lives and the lives of others.

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Each of you seeks an understanding of the events that surround you, the events of spirit, the events of body, the events of politic, the events of geology, the events of the cosmos. Although it is not the human condition to fully understand the truth to all of these, each of you has the potential for great insight, and what it is that you share with others is really insight. It is never the total picture. When we experienced human life, we often thought we knew the totality, the finality of truth. But in fact, we only understood a small portion of it. Therefore, when you ask for answers and you wish to share truth, it is important to acknowledge at the same time that that which you know is only part of the total. By asking more, by considering more, you will be led to greater understanding, but full understanding comes only when you experience purely in this spiritual context. This is a great gift of transition. Your understanding of God, your understanding of the strength and unifying character of love becomes complete. Life lived in complete understanding of love becomes the eternal gift.

You are each on your own path to the eternal gift. There is much to be learned but the gift is yours. The gift lies before you. Its brilliance, its joy, its energy, its serenity, its peace unite the entirety of creation. Each day of your life is a step toward the eternal gift. Cherish those days, cherish those moments. Embrace those days when they bring laughter. Embrace those days when they bring tears, for you are marching ever forward toward the godly love, the eternal gift for all.

Amen.