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- *Healing as it relates to beauty*
- *Remove ego from relationships*
- *No justification for killing*
- *Guides communicate through the blending of light*

The voice of God is present always. There are no special skills that are required to know of God's presence. All that is needed is an openness.

Much of what you pray for is really a prayer for being open, for you pray for the healing of others. You pray for the healing of one another. You pray for your own healing. You pray for all manifestations of what healing means. Healing carries with it some understanding and much misunderstanding. Healing carries with it sometimes a sense of mystery, of miracle. It is sometimes bathed in the cloak of scientific power and insight. People define healing in different ways.

We would like to speak of healing at this time as it relates to beauty. All human beings have experienced true beauty at some point in their lives. It may be beauty found in nature or in the logic of science. It may be beauty at the gaze of another. It may be the beauty of colors and shapes. It may be the beauty of relationships or the beauty of insight. But healing at its most essential and fundamental level is really a recognition of beauty, some kind and some manifestation of what gives joy and what ultimately encourages through humility.

When you are in the presence of great beauty, you can be moved to humility, for in the presence of that beauty, you recognize the ultimate insignificance of self. In a diminishing of self comes the affirmation of all else. When you remove ego, you become more receptive to the beauty that is inherent in the presence of others. Acknowledging that beauty, one experiences a healing of relationships.

When there is tension in relationships, there is always a dominance of ego. There is the dominance of the sense of "I"—I believe, I need, I wish, I expect, I insist, I know, I'm right, I am stronger, I am fully aware of what is right. All of these "I" statements create blockages in the creation of meaningful relationships.

When you find yourself in strong disagreement with another, stop for a moment and contemplate what is beautiful in the other person. By asking what is beautiful, you are not asking what is seen but what is felt. To understand beauty, you must understand what it means to feel the goodness of another person. By concentrating your energies on what is beautiful—the inner beauty, the dignity, the value of someone—you diffuse the barriers to relationships and healing takes place.

You speak of healing the Earth as you contemplate changes in climate, but recognizing the need to heal the Earth is only given strength and purpose when all recognize the beauty of the Earth—what is essential about the Earth, what is essential about the air you breathe, what is essential about the rain that falls, the land that

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provides, the water that nourishes and refreshes. When you see the beauty that is contained in the vital energy of the Earth, your relationship then with the Earth is healed.

When you pray for someone who is ill, and you pray for healing, you can pray simply that another be fully healed, but you can also importantly pray to see the beauty of that person, the qualities that are cherished. You see what needs to be nourished and strengthened, and it is the energy that comes from that recognition that provides the healing to take place, for that healing comes from an acknowledgment of what is beautiful in another person.

The nature of healing itself is not what you demand. It's what you recognize. There are cultures that acknowledge that healing is as much a spiritual as a material change or evolution. You pray for others to be healed of ailments, but in the truest sense, you are strengthening the others to enable them to find healing and to feel healed.

No two relationships are perfect. Relationships are a dynamic reality. There is give and take. There is understanding and misunderstanding. There are needs to be patient. and there are needs of others to be patient with you.

All human beings want to place conditions on their means to heal. They place conditions on what is defined as beautiful, but ultimately one learns that what is truly beautiful is what is enduring, what is valuable, what has meaning. It is not whatever has meaning and is valuable is based on its beauty.

Society places far too little value on the beauty that comes from within and emanates out to the world around you. The person who serves others demonstrates a beauty more profound than the individual who demands from others, and yet you are asked to see the beauty in the one who demands, to see the beauty in the one who offends, insults, commits crime, creates pain, physical and emotional. You are being asked to understand that beauty is everywhere.

You're being asked to acknowledge that all in creation has beauty. Even microbes, viruses, and bacteria that may create pain and suffering are a part of what God has created, and it is for each of you, for all humans, to grasp in some way what is beautiful. A bacterium may create great devastation, and yet looked upon carefully through a microscope, one may find an entity that is filled with an energy that can be creative, an energy that can be altered to what is good from the current path that is not. It does not have to be destructive. There is nothing that has been created by God that does not contain something of value, and recognizing that value, you are recognizing the beauty.

We often say to you to love everyone, realizing you need not approve of what everyone does, but you can love the person if not the deed. You can love the bacteria and not what it does, for the bacteria is not just something that exists and has no life. The person with whom you greatly disagree is not simply existing. All that exists

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contains a form of energy, and all forms of energy can ultimately find a direction that is good despite their engagement in what is perceived as negative.

There is no human being who is totally bad. There is no human being who has no worth whatsoever. There is no human being who deserves unequivocally to be destroyed. There is no real justification for killing another. That action is often a mindless activity dictated by others, but that action does not define the person. What's inside defines the person, and it is what is inside that is real beauty.

It may be difficult to do, but consider at some point when you're in a crowd with others, cast your eyes on a complete stranger and try to imagine, try to perceive at some level what is truly beautiful in that person. Is it the caring energy they indicate in the way they interact with others? Is it their compassion? Is it their gift to listen? Is it their gift to find joy in life? Is it their gift to demonstrate faith at a time of great need? What is it that makes a total stranger something that is beautiful? Relationships that are meaningful, that are lasting, that are truly significant can only be fulfilled in the recognition of that inner beauty, and it is this recognition that leads to reconciliation. It is this recognition that builds a foundation for a relationship of peace. It is this acknowledgment on your part that affirms the beauty of all that exists.

Living a life reflective of God is living a life that is without judgment of other human beings. Judging actions may be justified but not the value of the person.

Acknowledge what is beautiful. It may be a remarkable sunset, but what is it about a remarkable sunset that makes it so beautiful? For many, it is an acknowledgment of one's own insignificance dwarfed by the overpowering energy and color that is witnessed. One feels in a profound way insignificant in the presence of a beautiful sunset or sunrise. It is really nature that can bring humankind to its knees as a recognition evolves that human presence is only a part of what is of great significance.

You know that you are loved by your guides. You also know that you are not judged by your guides. You know at some level that your guides are connected to you because of an awareness of your own beauty, the awareness and total acceptance of all creation. Your guides love you for who you are, not what you are, but they do not love you to the exclusion of all other elements in God's creation. You are not loved more than the trees. You are loved differently but equally. You love the neighbor on one side of your house differently than who is on the other side of the house, but both are of equal value. Both have an inner beauty. Both may appear differently, one from another. Both may interact with life around them in very different ways. With some you may feel comfortable, while with others you are in considerable discomfort. But both neighbors have a beauty which must be recognized. And in that recognition, you can find ways of relating meaningfully to the presence of both.

We communicate to you through the blending of light. The question was raised of how we communicate with one another, and it is also through the blending of light, for all emotions, all characteristics that you think of in human terms, have their own

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individual lights. Each of you has your own individual light. These lights are not simply reds and yellows and greens, blues, and purples. Those lights you see with your own senses, but there are countless energy forms that emit other kinds of light that you cannot see. You are all familiar with infrared, but although you don't see infrared with your eyes, that spectrum of light still exists.

So it is with us. There is a frequency of energy that is best described as light, and according to that frequency that we are aware of, we know the needs of fellow spirits. We know your own needs even when they have not been voiced.

Each of you is easily identifiable among the countless human beings who share life on your planet. Every individual has a unique light, for every individual contains a certain measurable energetic field, and it is that energy, that form of energy, that creates a kind of light, a kind of energy connection that allows us to know fully who you are. We know your thoughts, not because we are reading your thoughts in specific words, but we know them from the energy. When you are upset, you know your body temperature goes up. Others don't see that, but you may be aware of it. That is a demonstrated energetic change that is immediately perceived.

Each of you has your fields of energy. Each of us has our fields of energy. What we communicate to one another really is an energy of beauty as we define that term here. We are drawn to what is beautiful. We are drawn to the energy of compassion, the energy of being present, the energy of humility, the energy of patience, the energy that is the result of pure listening. This is how we know who you are, for we really do know who you are, what energy is contained within each of you that is absolutely unique and absolutely identifiable.

Seek therefore the energy of others that is good energy, for that is the beginning of an acknowledgment of beauty, and it is the basis by which you learn to grow. You learn to accommodate and to share. You learn to love, to listen, and you learn simply to be present. A life of beauty is indeed a life of humility. It is living with awe. It is experiencing all that you are surrounded with through awe, through wonder, through humility, through gratitude, and it is through this doorway that you achieve the goals of human life that are best described as loving and valuing, cherishing, and giving thanks for the beauty of healing, the beauty of deeper relationships, the beauty of respect, the beauty of being humble in the presence of the God that is embodied in all that surrounds you.

Be blessed in the healing, be blessed in what is beautiful, and be blessed by acknowledging God's peace.

Amen.