

January 6, 2015

- *The nature of darkness*
- *The effect of grief on the departed soul*

You are joined permanently to all that God is, and because you are joined in such a way to that Spirit Center, you are also joined most especially to one another. The connection that you have with each other is in its fundamental way no different than the connection you have with everyone whom you know. That connection expands beyond whom you know to include all that exists.

We wish to bring your thoughts to a matter of connection—connection to each other, connection to those souls who have joined our life-form, connection to the Spirit Center, to God. Often we speak of the unity of creation, but this unity is not a kind of intellectual identity one with another but rather a spiritual unity that finds commonality, a shared value, experienced by all creativity. You are connected to one another emotionally, but that is generally of little consequence, even though it is a connection that you are aware of. What is most important is what binds you together in spirit, for it is that union that is absolutely permanent.

You are bound to each other, and you are bound to those who are sharing our particular life-form. What you do in your own individual life impacts others, and what you do in your human life has an impact on those who are no longer human. It is like a spring—when one portion of the coil is in motion, that activity resonates throughout the entire coil.

All action has a response. We spoke earlier of God's actions, the actions of light, and the response of darkness. The connection is clear and close. Darkness is not filled with energy although it may contain energy. But light is filled only with energy, and it is light that overcomes darkness. It is light that ultimately brings hope to darkness. It is not darkness providing hope, but light.

You are divine, but you are also, in part, contained by what is still dark. You are the small reflection in the darkness, and yet that reflection is a reflection of what is divine. Because of your own divinity, you can respond. You respond as you respond in a conversation when you understand what is being said. If someone speaks to you in a language that is unknown to you, it is obvious your response can only be limited. But when you are approached by one who speaks your language, there will be a response.

That response can come in many forms. It can be an intentional disregard. It can be joy, grief, worry, hope, or inspiration. The response is unlimited in its varieties, but there is always a response because there is always a connection through the language. They are not just sounds, but they have meaning.

Human lives have meaning because the spirit within speaks the language of God. The connection is because God has relevance. God has importance. God has meaning to the spirit within. Because of that, a response is natural and unavoidable.

January 6, 2015

We, as spirit-forms, communicate through the spirit, through the energy of the soul. We respond to one another through our spiritual energies.

And so it is in your response to others. All human life is divine. All human life is sacred. All human life is a reflection of the divine. We do not for a moment propose that all human behavior is divine, but behavior is only on the surface. You are not as you behave, but rather you are divine. Your neighbor is not as your neighbor behaves. Your neighbor is divine. All that exists is divine because it shares a portion of divinity. It shares a portion of the balance that is sought—a portion of love, a portion of what compassion can become. Because each of you is divine, you are through that divinity permanently connected.

As you know, human life is a physical life. It is defined primarily through its appearances—visual appearances, behavioral appearances—but that is still on the surface alone. Part of why you experience your human lives is to separate what you see from What Is and to be able to glorify What Is. That permanent part, the divine part, remains independent of being a part of the human endeavor.

When your lives are transformed into all spirit, the divine that you are is the divine that remains, and it is through that divine that remains that you are connected to all forms of life. Your connection, therefore, to those who have joined us is figuratively every bit, in every element, in every particle identical to that divine connection that existed within the human form.

There is a consciousness to our form of life. It is not like sleeping with no dreams. You are conscious. There is an awareness. We are aware of you, not in a physical sense but in a spiritual sense. Just as we are aware of you, all souls who exist on our plane are aware of you. You are connected to all that has existed, to the spirit of every human being who has ever lived, and to the spirit of every human being who has yet to live in human form.

The question was raised about the effects of grief, human grief, on the activities of spirit, particularly the spirits of those who now share our life-form. When there is grief, it is recognized by all spirits that such grief as is expressed is merely a form of love, a form of loving. Grief in its most sincere form is always offered through love and not through selfishness. Because love is at the center of grief, that love illuminates the path of the soul toward whom the grief is directed. The feeling of loss by one whose relationship to another is love is a natural feeling, for without love there is no regret, but when there is love, there is the accompaniment of loss, and grieving is about loss. It is the expression of loss that becomes the manifestation of love.

Therefore, when a soul who joins us is surrounded by grief, it can be strength-giving when the grief is dominated by loving. But when the grief is continuous and is directed more towards oneself, then such grieving can become a burden when the individual who experiences the loss keeps expressing the wish that another had not died and was still present.

January 6, 2015

There is a difference between grieving for loss and grieving for self. Grieving for loss is an expression of love. Grieving for self is an expression of ownership of another. In loving grieving, true loving grieving is an acknowledgment of loss but an acceptance of a sense of giving. You give to God. You miss what has been lost, but you give back. You return the spirit to home. It is not a denial of loss, but it is a loss accompanied by a gift of love. That is a grieving that helps the spirit on its journey, but such grieving as a gift is not achieved quickly. It may, in your terms, take years, but years are nothing, for as we've said, there is no time.

The initial grieving from a sudden loss that is not accompanied by a sense of giving back is definitely not a burden to the soul who has crossed over, for the soul recognizes the love that is being directed toward it. The process of grieving is a long process, in human terms, but at some point all who mourn a loss begin to acknowledge a gratitude for the presence of another, a gratitude for sharing a life, and in that gratitude a growing willingness to give back, to release, to let go.

The question about your friend's mother's passing need not be of concern when considering the grieving, the sadness that was expressed, for that deep sadness will be transformed and will evolve and become gratitude and a giving back and a rejoicing for the connection that still exists.

We spoke of light and darkness. The darkness is part of your experience as human beings, but when you are living in our life-form, freed of the body, you are freed from that dark component, and there is only light. Of course God responds to the darkness, but that response is a response in which light overcomes non-light. Darkness in itself has no energy, but darkness is receptive to light. In the woods at night, a flashlight is easily seen. During the daytime, a light source seems not so present.

By experiencing the dark, you become sensitized to the light. By experiencing the difficulties which belong to human life, you begin to experience more fully the spiritual light that is God's presence. The dark, therefore, is essential to bring attention to the light. It is because of the darkness, it is because of the human form that the light which is the Spirit Center takes on greater significance.

You will know God most fully at those times in your life when you feel you are in darkness, when you feel loss, anxiety, worry, or sadness. You then become more open to God's presence. In bright daylight, it is more difficult to see the light of a bright lantern. When you are surrounded by what seems fully in balance, you may give thanks to God, but your view of God's presence, the power, the strength of that presence, is diminished by all the light that surrounds it.

When you feel yourselves in darkness, open the eyes of your spirit, and the light that is there will be brilliant. You will be warmed at those moments when you feel the cold. You will see love at those times when you believe love has left. You will find comfort at those times when you are consumed by grief. The connection that you have with God is most intensely felt when you are filled with what seems to be darkness.

January 6, 2015

We don't ask that you feel negative thoughts so that you can see God, but rather that you understand that in the darkness that you may experience, you are in a special place from which God's light becomes more intense, more comforting, more refreshing. Human beings are uplifted in their needs, and it is through the presence of that spirit light.

Rejoice in your views of God's light! It may at times seem like a pinpoint, but in such recognition you will know that the source of that light is present, and you need merely turn yourselves toward it to find the nourishment, the warmth, and the comfort that you seek.

You are blessed in those pinpoints of light. You are blessed in your connections with one another. You are blessed in your sense of loss, and you are blessed in your spiritual nourishment.

Amen.