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- *Human life influences the nature of the afterlife*
- *Natural transition from human life to afterlife*
- *Grief—a time for thanksgiving*

God is united with you, in each of your lives, in your thoughts, and in your many endeavors.

Human life is such an exciting time, for it holds so much potential for each of you. You all have such potential for growth in terms of reaching others and in the growth of your faith. It is a time when your soul achieves much depth through the experience of human tragedies and joys, successes and frustrations. Your lives, therefore, are much like the ocean. The ocean is just not a collection of molecules which you describe as water. The ocean is teeming with a seemingly limitless variety of life. And so it is with your own lives. You have a seemingly limitless number of opportunities which are placed before you, and for that reason human life can be enormously exciting and rewarding.

There are two sides of life, as you know. The spiritual life which awaits you in the future is a life of which you know relatively little, but it is the life which is your ultimate goal, your ultimate destiny, one could say, and it is eternal. And therefore your earthly life takes on a very small part of the entirety.

Although your spiritual lives will occupy most of your life, your physical lives are more important for you at this point in your general understanding, for it is how you live your current life which provides the potential and the character for your next life. Yes, what you do and what you say and what you think have ultimate importance. They leave a mark. It is much like the nourishment of a child. If a child receives inadequate nourishment in the early years of its development, the quality of the adult life can be greatly diminished. But if a child is given good nourishment, then there is the potential for a wider adult experience. This is what happens in your soul's development. Your earthly lives are vital. They form a kind of initial nourishment which gives ultimate character to the evolution of your souls in the spiritual phase of your existence.

Our purpose here is to help you with this early nourishment, for although you have achieved much insight at this point, you are still ultimately to be considered in a very early stage of your lives, your total lives. Our purpose, then, is to guide you during these initial stages.

It is natural to wonder about the future. It is perfectly natural to be concerned, not with worry, but with interest, about the nature of the spiritual portion of your life after you have concluded human form. There is value in understanding parts of the future, but the reason for being given insight into that life is so that you may draw meaning from your human life.

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Therefore, we see there is need for you always to relate all insight that you achieve into the nature of your souls to the living of your human life. Your view of spiritual life may provide perspective for your lives now, but it is the lives that you lead now which furnish the potential for what lies ahead in eternity.

We have referred frequently to the common experiences which you share with one another. You have all shared in the mystery of death, but how many of you have actually experienced the wonder of it? Passing over to our side is a totally natural experience. There is nothing unusual. There is nothing frightening. There is nothing which should provide any of you with the slightest degree of anxiety. And yet you all experience a sense of questioning and uncertainty because your experience of the passing of another is a momentary experience. You do not share a sense of continuity. You share a feeling of ending, of completing. Yours is not the experience of a new beginning. You know of it, but you do not experience it.

Those who travel are the same persons whether they are in one community or another. Your souls are the same whether in one life-form or another. Your personalities are the same whether in one form or another. Your experiences of joy are the same in both lives. Your knowledge of others is unchanging. Your awareness of individuals and their activities is unchanging. Your sense of life, of animals and trees and flowers, is unchanging. This you know intellectually, but you cannot internalize it. You can accept it to a given limit, but there is always a question which lingers in the back of the minds whether or not it is really so. There is no way you can know that for sure. There is no way that you can fully experience the sense of continuity in a complete and intense fashion while you are still in human form.

If you travel to a new community which you have never visited, you then become aware of both that community and the community you have left. Your awareness is broadened. It is much more complete. And that is what happens to each of you as you make the transition to our form of life. You retain your awareness of earthly life and you are more intensely aware of the eternal life. It is a beautiful experience and one which should be welcomed but not sought after.

There are those who seek the next life because they are tired of their present existence. This seeking in a way is a kind of giving up. It is a kind of quitting. It is saying, "I am not interested in my life. I want something more." You have each known of people who have wished for the future out of desperation for the present, but this is not what God wishes. God has provided you with the present because the present is what is best for you. There is a temptation when one learns more about the future life that one seeks it actively and rejects the value of the present. And our desire is that each of you values your life as it is while recognizing the reality of the future, not denying it. A person with great faith is able to deal with the present and is not preoccupied with the future. Your view, therefore, of the future should serve merely to give perspective to the present and not dissatisfaction.

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For those who lose family and close friends through the process of transition to our stage of life, your response of missing is natural but you must also respond through thanksgiving—thanksgiving for the fact that that person's life touched yours and thanksgiving that that person has been rewarded by an even richer life. There is much in this of importance for each of you, for when two relate to one another and one departs, it is only half the story when the other just experiences loss. The loss is felt because of the quality of contact that each shared. You miss another because that individual has touched your life in a meaningful way. You must consider this reality in your own dealings with others and realize that you do touch the lives of all with whom you are in contact. The effect may be positive or it may be negative, but you do not go through your lives invisible to others. You do not live in a separate community.

You must always interact with another. What is important then is the quality of that interaction. Therefore, whenever you feel a sense of loss, be joyous that the quality of the life was such that your lives were changed, were broadened or widened or given meaning, perhaps.

When you relate to others, try to give them a sense of fulfillment, of a broadening, a deeper meaning, a sense of significance in life. Your responsibilities to others are in support, not in competition; in caring and not rejection; in giving, not taking; in listening and not speaking; in accepting and not rejecting. These are the ways that you touch another's life in a way reflective of God's presence. You are mirrors of God. You reflect God if you choose to. Your choice is serving through reflecting or simply ignoring. Touch the life of another through love, and you have enabled God to reach another. You have opened the channel of communication between God and another person. There is a meaningful interaction, and you should be ready to respond in that manner.

Be secure in your recognition that God is in your lives. Accept the enormous potential that your lives offer you to touch another, to give light to another. Seek opportunities for providing light to each within this group, for you all have needs. Those needs are not always spoken, but they are there, and if you listen, you will hear those needs, perhaps never uttered but expressed nevertheless. Be ready to touch another with God's light. Spread God's warmth. Be willing to listen. Be supportive.

We all are overjoyed by your being together again and hope that you will make strong efforts to continue to meet regularly. There is much that you can gain from one another, not merely from us. But when you are together as a group, your guides are also together, and there is as a result an enormous bond uniting each of you and a brilliant strength of spiritual unity visible from our side of our joint lives together. We share your lives with you. We are always with you. We thank you for your prayers on our behalf, your prayers for our development, for our work is dedicated to your growth and the bond that unites us with you is inseparable.

Give praise to God who has given life and light to all of you and all of us.

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Amen.