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Special message regarding the coronavirus pandemic.

It is God, the protector and creator of all that is, who speaks through the power of love and all of your guides at this time. We certainly do know of all your fears, all concerns, all anxieties that are being experienced and shared throughout the world. In the end, as you know, there are no borders between countries. Indeed, there are really no countries. The nations, territories, and provinces that exist are made by human beings as a way of self-identity, but here we are gathered with you as you endeavor to understand more about what is being experienced.

You are in no way separated from one another, for you are finding a common experience in the lives of all human beings. It is this common experience that actually serves to emphasize what you really are as a single entity of spirit. You are in your ways even more aware of your commonality than you were before this crisis. Indeed, it is through this mutual sharing that you will find a closer bond to all others.

It is not God who creates this terror. It is not God who causes such illness to wreak havoc around the world. Of course, it all belongs to what God has created, but even when considering the elements of life that are negative in their impact, you can find inner strength. It is in consideration of this that such strength of spirit and exercises of faith become a bond. It is the unifier and ultimately points to what is good in human existence.

The crisis you all are experiencing is extensive and extended, but difficult as it may be, try to understand how life, human life, will be changed in a good way coming out the other side of this pandemic. We often say you learn through your difficulties, you grow through adversity, that whatever happens that creates anxiety, pain, and suffering is a learning experience. We know that for many of you, you might say you are indeed tired of such learning, for you ask where is love? Where is compassion? Where is generosity of spirit? Where is the affirmation of the sacredness of everything?

This experience is in its way a means of responding. The learning that takes place is in finding that affirmation, that love, that compassion. You see this occur on a much smaller scale when there is a storm that creates considerable damage in a community, and it is in such circumstances that neighbors who don't know one another are brought together and find grounds to be compassionate, loving, and supporting.

It is exactly this way with this viral crisis. Despite the fact that you must try to find ways of being isolated, it is precisely because of that isolation that there is strong motivation to connect with one another in even more significant ways. Speaking with neighbors, friends, family, and loved ones takes on a far deeper impact and becomes the source of enormous strength.

We are not here to say the challenges are light, for they are indeed significant. But we are obliged through our love to say that the suffering that you endure will bring about

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the best that belongs to each of you. Yes, it is an opportunity for growth despite the challenges, but that growth is not merely personal growth, a growth of self, even a growth of your own spirit. It is growth in the recognition of community, the recognition that you are all part of the network of support and love that all need.

There are those who are reckless, those who are careless with the current reality. There are those who deny its existence, but all human beings will find the grace of having an opportunity to reflect, to evaluate what is essential in life. It is in such reflection and evaluation that true growth takes place, not just because of that reflection but because of how you exercise the knowledge and understanding that you gather.

Yes, this is a time to be separate, of course, but most importantly it is a time to connect. It is a time to show you care, that you are concerned for others, and that you are reaching out in ways that you can to provide prayerful support. You are being supported by those whose responsibilities are directed specifically to such support. That is their duty, but you are also supported by God as you reach beyond yourselves and exercise the expression of nonjudgmental love.

This crisis is not about the self. It is not about the *I*. It is about the *we*. It is about identifying the greater community, the community of humankind independent of borders, the geographic, philosophic, and political borders that so often run the day and feel to be fully normal.

You pray for a kind of peace inside. That peace evolves in direct proportion to the dissolution of absolute fear. The sense of peace never thrives within the garden of fear. Peace only grows when the soil supports, enriches, and affirms the value of all.

You worry also about your own survival. You will survive, but all of you will be changed. We don't speak specifically of a physical change. We speak of a change in spirit, a change in the perceptions of love, a change in the perceptions of community. Survival is growth; it is not termination. The spirit grows and continues to grow. There is no real death, as you know. There is an exchange of energies. That exchange is a form of growth. The energy of spirit is transformed regardless of whether that spirit exists in physical or beyond the physical realm. You will all continue to grow, to find strength, and to be strengthened through the love and support of others.

You are given human life for a purpose, and that purpose is not self-preservation but rather to enforce the presence of spirit. Human life is part of the journey, but it is not the entire journey. Yes, there will be loss, there will be sadness, but that loss and sadness serves to strengthen you, and it also serves to strengthen the souls of others. As you experience loss, you will be supported. You will be given love. You will be offered strength. That support, love, and strength will serve to increase your capacity to be loving.

Human beings are surrounded by pride, but it is at times like this that you learn the reality that the pride you wish to preserve is a wall that separates you from all that is. As you experience the support of love and presence through prayer of others, the reality of

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pride will feel diminished, and those walls of separation that keep you from a fuller embrace of all that is will tumble and come crashing down.

You have within you greater strength than you imagine. It is a strength that allows you to be vulnerable, that allows you to express the agonies you feel. It allows you to be more open to the expression of the agony and loss that others will share. As you identify yourself more closely with all humanity rather than your own personal identity, you will see yourself in a truer light of belonging to this enormous creation with all its complexities. You will understand even more deeply how you are connected, the important place you have in the lives of others, and the important place that others can have in your life.

We don't ask you to rejoice in the difficulties you face, but we do ask you to focus your energies more poignantly on how you can help others, even when you are not in their physical presence. What is it you can do that is reflective of a loving God? What is it you can do that is reflective of the undeniable and permanent connection you have with others?

Be vulnerable to accept the help others offer. Be vulnerable enough to ask for help, for the help that you receive requires your ability to accept what is given. By being overly protective of your individuality, you make it more difficult for the help that is offered to truly nourish you.

Yes, there are no borders, no true borders. All human beings are related to all others. You are in a sense an extended family, and it is through your recognition of that family that you become a more responsive participant in what can be done to offer comfort, love, and compassion. It is that for which one can be grateful and even joyous. It is not what happens to an individual but what happens to all.

Each of you belongs to that all. Each of you has an impact on all. Get up on that trampoline that we spoke of and allow yourselves to move in that network that can impact everyone through the light of God's presence.

You are blessed now as you are always blessed. Your lives continue to expand as you reach for others and embrace the spirit and sanctity of all creation.

Amen.