

May 25, 2017

- *The light in darkness*
- *Loving when loving is difficult*

God, who is the Source of all that is love, that is light, that is peace, surrounds and embraces each of your spirits. It is God who provides for your feelings of peace, but it is also God who provides the strength and perspective to deal with what you may often feel to be uncontrolled chaos.

As you all so clearly understand, the reality of negative forces is also met by the reality of a commitment to what is positive. You see this demonstrated time and time again, but we feel that you do not always move to a positive response to negative energy on a day to day basis in your own individual lives.

For long, the question has been out there and written about why bad things happen to good people. The truth is not to arrive at a definitive answer, but to realize bad things happen to all people. It may be frequent that the “good people” as you may identify them are the ones who ask the question “why,” because they see themselves as somehow being more deserving of what is good than are others. The truth is, negative energy exists. The truth is, every human being lives in an environment that is characterized in part by its negative energy.

When you see large groups of people responding positively to the negative energy expressed by a few, that is clearly an example of how there may be benefit from what is dark, negative, or evil. But when you personally experience what is negative, you may sometimes ask “why me?” There is no answer to “why me,” because in asking the question “why me,” it is implied that somehow you are exempt from that which takes place.

You can learn from the response of many to the actions of the few when that response is an affirmation of what is good, right, and loving. When you experience the presence of negative energy in your own life, you have the opportunity of responding as if you were many. You can respond with strength, optimism, care with hope and faith, with a certainty that out of what happens there can only be light. There is no negative energy which is so totally consuming that there is no light.

Astronomers ponder the implications of black holes, of energy that is so apparently strong that not even light emerges. Even recognizing the scientific search for an explanation, there must be an awareness that what seems to be the lack of physical light in the vicinity of black holes is the very energy that is encouraging humankind to more fully understand what life is, why it is, and how one can respond through understanding. The search itself is a form of light that is elicited through the study of unexplainable darkness.

There is no darkness, therefore, that has within it the strength to totally obliterate what is good. There are energies that would serve to diminish the power of light, to

May 25, 2017

transform the energy of light, but that energy still exists. The loss of energy in one place has within it the impetus for the creation of energy elsewhere.

When you experience anger personally, that anger does not destroy your capacity to respond with love. When you encounter misunderstanding or when you encounter questions of your own worthiness, such events provide you with an environment to exercise what it is to be loving. You cannot easily empower the force of love in an environment that you feel is already totally filled with such light. You become a part of that light. There is little energy expended to join what is good. The energy that is needed when you confront that which is negative and dark is far more demanding. Expressing love when there is seeming little around you that would deserve your love is a means you have of strengthening your capability to be loving.

Loving gives, but for the giving of love to be effective, there must be an environment that is in need of that love. You don't give a gift of some measure to another who already has much of that measure. You give because there is need. You see the need. You reach out through your recognition of that need. Then there is a gift. Being loving, therefore, is a gift when it is expressed in an environment that is less than loving. By expressing that love where there is much need, the expression itself is strength-giving, it's affirming, and it's taking the light that is God's creation and making it brighter, allowing the reach of that light to travel beyond what would be possible without your contribution.

Of course you can love someone who loves you back, and you can say that this is a mutual expression of what is there. That is, of course, common and has great merit, but even when you are loved in return, your expression of love towards another is an acknowledgment that the other is also in need of love. Consider for a moment your own perspective. Can anyone say they have so much love that they need no more? Of course not. Those who are admired by name still have within them the desire to be loved. The need for love is never eliminated, and therefore the benefit of being loving is never without gain to both parties.

Your expression of love, therefore, is acknowledgment of a need that another has. Even when it is not expressed by the other, it is there. You wish to be loved, but you don't tell everyone you want to be loved. The need remains nevertheless. Your expression of love towards others, therefore, means you accept that there is more love to be given because there is more love to be received. The positive energy that you create is an energy that fills a void, even when that void cannot be seen or realized. There is much in society that cries out in need, and there is much in society whose cries are silenced. The need remains. You love because there is need for that love. You love because the expansion of that reality is the natural direction that love travels.

Certainly you must love yourselves, for you are equally sacred, equally to all in creation. But learning to love and respect yourself is not as easy as it sounds. It is a kind of reaching out because the love itself is expanding, even when it is expanding

May 25, 2017

towards the deepest recesses of who you are. When we speak of the expansion of love, we do not imply that such expansion moves away from where you are. Expansion means growth, becoming larger and more encompassing. There is nothing wrong with including yourselves in that expanding sphere of positive energy and light.

The chaos you observe is your access to doing what you can to affirm what is good, what upholds and provides dignity, what provides comfort and affirms worthiness, what describes illumination from God. We often encourage you to love the perfect stranger, for that person also has a story. That stranger is not without value merely because you know nothing of him or her, but rather is always of great value and should be embraced in your loving intentions.

There is no one who can truly be outside the realm of your own light just as there is no one who is outside the realm of God's light. You are reflective of the God that resides within. Accept that reflection. Accept that glow that is inside, especially when you suffer for what you believe in, especially when you feel misunderstood. That's the time to be a reflection of all that you understand God to be.

No human is more significant than another. When one individual insists on placing himself or herself above others, it is that individual who is indeed crying out to be loved and admired, crying out for affirmation or personal worth or dignity. That need may be felt by all, but some are more ready to express it than others. For all those who place themselves on pedestals, there are countless others with precisely the same needs, but those needs are unvoiced.

You must, therefore, accept the neediness of every human being, and in the same spirit, you must accept your own neediness. When you accept your own neediness, it is not in order to promote what you deserve, but it is a means of affirming that you and all others are together in the same entity, God. What affects one affects another. Indeed, what affects one affects all others.

Acknowledge your own needs. Be willing to love yourself, accepting your own shortcomings. In so doing, feel that you can be more accepting of the needs of others, whether or not you see evidence thereof. In accepting the needs of others, allow yourselves to reach out in loving light even to those whom you find most opposed to your own sense of what is right. It can always be that your perspective of what should be is not necessarily the only perspective that provides light on the path ahead. There are many sources of light. There are many directions that that light illuminates.

Allow yourselves to respond as you can respond, and allow others to respond as they can respond. Your response, their response—it is not a matter of what is most appropriate. It is the response, the responding, the acknowledgment that is important. Your response is akin to speaking to someone in one language and another's response being a different language. One language may have nothing in common with another, but the responses may be equally valid.

May 25, 2017

It is for each of you to proceed with an open view that embraces and comforts and seeks to understand the negative forces, the dark light that you encounter. Your responses to those needs are important pathways that provide you with the strength, the perseverance, the steady compass that is required ultimately to become the natural fulfillment of love.

We pray for your abilities to see beyond what your vision allows. We pray for your vision to be through the heart, a vision which accepts the heart of others, that vision being blind to the differences that are evident. Such vision then affirms a commitment, your commitment, to the sacredness of all people.

You're blessed when you exercise that commitment, and our prayers, energies, and our commitment to you is to deepen your willingness to embrace the darkness, to allow the light to expand so that you and all you embrace are dazzling in the brilliance of love.

Amen.