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- *Life-forms that resonate God's vibration accompany humans*
- *Humans are containers for strength-giving, loving energy*
- *Resonance compared to piano strings*
- *Loved ones in spirit-form accompany humans*
- *God does not create challenges but does allow them*
- *All life is sacred*

The God who is the God of all, the Creator of all, the life-giving Force of all, is with each of you and accompanies you on your own individual paths, now and always. It is not news for you to hear that God is a loving presence, but so often it becomes easy to forget those simple words, for in truth, their simplicity masks the totality and completeness of their truths. We often begin these messages with statements that affirm love, and equally important, they affirm your value, your sacredness, the value of your journey.

We wish it were possible for human beings to see more clearly what God's presence really is. We wish human beings could see clearly that they are always with their guides. We wish they could recognize that no person, no entity, no life force exists alone, but until you make your transitions to purely spiritual forms, you must continue to grow in your acceptance of what we share with you, for we share a truth, a truth that God is, and we share other truths about the unity of all and its sacredness. We share with you the truth about the goodness that resides within all that is created, whether it breathes the air you breath or absorbs the energy of light that you absorb—whatever the life-form. You are not alone.

A question comes up about other life-forms that are with you on your journey. These life-forms are not human in their appearance even to us, but they are kinds of energies that resonate with the frequency that is God's resonance toward creation. It is through these resonances that you are strengthened.

Think for a moment of the strings in a piano. The strings in a piano will vibrate. They will resonate because of the actions of other strings and combined together produce a sound of great strength and character. Think of human life as consisting of spiritual strings, energy strings, and those strings vibrate together. There is a kind of common resonance.

What sets these strings in motion? Sometimes it is an intentional act of your own. Sometimes it is the natural resonance that is part of your universe, all universes. The resonance is part of the natural life of many different kinds of energy, but these energy forms, these life-forms, while not being like humans, are an important source of strength in your own lives.

There are those who are more aware of those energies within, and there are people who are less aware, but the energies are there. You are not only the energy of

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your spirit. You are not only the energy of the body with which you are identified. But you are a container, so to speak, of many forms of energy which are strength-giving and that belong to what you know as love.

You sense this from time to time, for when you express love to another, sometimes that love is through compassion, through physical connection, through listening and being with one another, through actions that you take, through intuitions that you experience, insights that you sense about another, prayers that you offer on behalf of those you love, sustenance—whether food, medical, logistical, emotional. There are so many ways that you experience giving and receiving love.

All of those expressions of love have their own energy center. They have their own life force. You are not simply a life force with many expressions. You are many life forces with a unified goal of being loving.

You cannot single out where the spirit resides within the body or on the outside of the body, but you know that that spirit is real. It does not show up in a diagram from a medical textbook, but it is there. Likewise, these other life-forms that are their own kind of energy are forms that provide a deepened and broadened sense of what it means to be loving.

Human life is not just the physical body and the soul within, the soul being considered a single entity of some sort. You can think of the soul in broader terms, terms that describe many different wise and supporting strands of energy that work together and resonate together to produce a strong voice. Your lives, therefore, are blessed with many forms of energy. You are not alone.

You also are accompanied by the souls of those for whom you pray, those whom you have loved who are now in spirit-form. Those loved ones that you think of are fully aware of your lives. They accompany your life and the lives of many others.

When you face challenges in your own lives, it is easy to wonder whether those challenges were placed intentionally by God or some other life force as a means of growing. The answer, as we have intimated in the past, is that those challenges you face belong naturally to what life as human beings encompasses. Challenges, roadblocks, frustrations of any kind are not given to you specifically by God in order to learn a vital lesson.

Human beings are not perfect. The decisions of human beings affect other human beings, and as you so clearly understand, they also affect your environment—weather patterns, the availability of resources. Anything you do as human beings, whether a direct expression of your spirit center or not, has an impact on life around you. That impact may be positive or negative. This means, of course, that you then in turn experience what may be positive or negative possibly as a result of the actions of others. Those kinds of challenges are the result of being human, but it is God who equips you in your own particular way to find a means of response that is appropriate, and in exercising that appropriate response, you grow, becoming broader and deeper

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and more sensitive. God, therefore, is not the cause or the force of intention but rather is the strength that provides a response.

You do learn, you do grow, you do develop as human beings in your ability to be loving and supportive through those experiences. God does not cause the experiences. God does not intend those experiences to be sent your way, but God allows for those challenges to take place.

Many of those challenges are not directly the result of human action or interaction. Some challenges may be what you would call “acts of nature.” God created the natural world, and you are very much a part of that creation, but all that exists also has a capacity to respond. The proverbial stone responds to heat and cold, temperature, light, all forms of energy. Everything has an ability to respond at some level. There is nothing that God has created that is totally inert.

As a result, you experience moments in your life when you are very much aware of some kind of natural response taking place. The stone does not respond to the warmth of sunlight because of something that humans did. The stone responds because the stone *is* and light *is*. Light is energy, and the stone responds to that energy with its own energy.

Your human experience can be observed in some fashion as an awareness of the response of anything and everything around you. That response being a natural response can have an impact upon human life that is difficult, tragic, and in many ways destructive. But that response can also be in every way supportive—supportive in terms of nutrition, supportive in terms of chemical responses, supportive in so many different ways.

Never assume that God causes something to happen for the purpose of teaching a lesson, for that never happens. But you have been created in such a way that you can respond in ways that are beneficial. Those benefits may not be evident for a long time, but the potential is nevertheless there. You grow through your response to what is done. Nothing is done for the purpose of eliciting some response from you.

Life is not random. Natural life is not random, for all life-forms follow particular pathways that are appropriate for those forms. All life is sacred. How often we affirm this, and yet how difficult it is to accept! The response in life as it surrounds your own human experience is many-fold and is part of what we mean when we affirm that you are never alone. You are always surrounded by something that is God’s creation. You cannot feel separated. You cannot feel punished. You cannot feel God is somehow disciplining you. You can only believe that God is strengthening you and empowering you to interact with life as it surrounds you.

Find comfort in your interdependence and interrelationship with everyone and everything. Accepting that, you can never bring into question the value of that other entity. Yes, behavior is not always appropriate, but you are not asked to accept all

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behavior. You are being urged to affirm everything, to value what it is that God has created.

Are there nuisances and irritations in life? Of course, and it is understandable that the irritation that you can feel can be very dominating. That's all right, for that is a part of your journey.

There is no room for impatience. There is no room for guilt. Guilt is regret, and life does not move forward through guilt. Life moves forward through affirmation. When you see your own failings, stop and think of what good you have brought, and allow those failings to go their own way, countered by an intention to find what is good, what is positive, what is loving, what is God.

You are blessed in your journey towards those wonderful energies of re-creation. Open your hearts and allow what is good to penetrate and occupy your souls, and seek out those moments when you acknowledge the resonance of these many energies in your life, that they work together and affirm most wonderfully the presence of God in all.

Amen.