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- *Spirits experiencing human life can serve as guides*
- *A human's group of guides constantly expands*
- *Prayer benefits both parties*
- *Praying for pets*
- *Past, present, and future are all now*

You are surrounded by all of your guides. We must say that this is always the case. Your guides are spirits that asked to be your guides, not only for what you can learn but for what your guides can learn. Your guides are not a formal organization of limited souls. They consist of all spirits for whom you pray as well as the spirits of those whom you do not know through human life. It is a great collection, and it is an ever-expanding collection.

We can also say that some spirits who are currently experiencing human life can also serve as guides unbeknownst to you or unbeknownst to the human host of that spirit. Your souls are part of all that is. Your souls are part of all that has existed and will exist in your sense of time. Because all spirits are sacred, all souls godly, all souls have within them a perspective that can be communicated to you. Consider for a moment that your own spirit is part of what guides your human life. Since there is no separation between you and another human being, and there is no separation between your guides and you, is it not understandable that your spirits can also be part of the guidance of others, for in truth, guiding others is also guiding you.

The plane of existence we refer to as the spiritual plane carries far beyond your sense of heaven or your sense of a spiritual state that is separate from the physical. The spiritual state is permanent. The physical condition is merely an ornament on the tree. It exists giving light. It exists reflecting light. It exists giving pleasure. It exists in recollections, but it is very temporary.

Not all souls are active at any point in the present as guides to other souls. Some souls serve as multiple guides. Some souls serve as a guide to a particular individual. You sometimes wonder about the identity of the guide who speaks. You sense there is a change from time to time. The truth is that the guide who speaks, the guide who communicates by whatever means, can change, and yet the source of what is shared in your lives remains the same. It is that Spirit Center, it is God, it is the collection of All That Is, it is the collection of All Spirit. There is no change. There is only a change in the communicator, but that change is not such that your guide leaves or goes to the back of the line.

When there is a change in the guide with whom you communicate directly, there is merely a change in the energy, and the previous guide is always still present and still guiding. The force of guidance is absolutely constant and consistent. When you receive communication from your guides through words, through thoughts, through hunches,

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nudges, through the motion of inanimate objects, through the sense of feel, you are still communicating with the same energy that reflects God's reality.

Your group of guides constantly expands. Why? Because you become more aware of other spirits, other realities. You're more likely to pray for the benefit of a spirit who is fully engaged in our plane, and you identify more easily with the reality of our existence. As you pray for those whom you know who have joined us, they become part of the guidance you receive. There is therefore a double benefit in praying for the spirit of those who no longer occupy human form, for in your prayers that spirit benefits, and in their presence your guidance benefits. It is a circle that is clearly unbroken.

The principle of praying for us, so that we benefit in the larger group of guides that then in turn benefit you, can also be applied to your own human existence. If you pray for balance in another's human life, that balance also enhances your own lives. How is that enhancement, for the person for whom you pray may not know you? How can you possibly benefit? Through the very act of prayer. You benefit from that conscious awareness of the divinity, of the value, of the presence of another. Merely acknowledging another in this way brings benefit to that person, and the acknowledgment itself is expansion of your own life force, your own life energy, your own light. Therefore all benefit through prayer—human beings for human beings, human beings for the spiritual plane, and prayers of the spiritual plane for the human experience. Prayer on behalf of another is never simply about giving, for the giver always benefits as well. You grow in your awareness. You grow in your compassion. You grow in your desire to acknowledge the beauty of the life of another.

You sometimes pray for your pets. That is always a help. The pet benefits because of the energy that is given out by the very act of praying, and you benefit by the very act of praying for something that is not human. You are embracing a greater reality of life. You are embracing more of what God has created.

Your prayers, therefore, serve the same function as our prayers. What you pray for specifically is not nearly as important as the fact that you are in the act of praying, for praying is affirmation, and affirmation is a form of love. You pray for another. It is easy to see that you are affirming another. You pray for yourself and you are affirming your own value, and that kind of self-love is always godly. It is not a matter of being selfish. It is simply affirming the validity, the gift of self.

You see a tree. The tree *is*. All that is connected to the tree *is*. The growth of that tree, the development of that tree, the fruit of the tree, the roots of the tree—all of that is part of what is the tree. You are not a figure of the present, what you see in the mirror. Who you are is an entwined package of your total experience—the total experience as an adult, the total experience as a child—but all of that is simply the experience that creates what you are. If you are concerned about the future, bring your attention to *what is* and the future will take care of itself, for the future is a function of *what is*. *What is* is a function of the past as you identify it, but the past and the present are the same. *What is* is based on what is.

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For human beings, a full understanding of the sense of presence, the sense of the now-ness of life, is difficult to fully embrace. For your entire lives you have learned that whatever happens also includes its consequences. From the time of childhood, you are all told that if something is done or not done, then something else will happen or not happen. You are conditioned from the beginning to relate all to a sense of present and future or past and present.

As you go through your lives, try to apply an awareness of the singleness of what it means to be, and of the pointlessness of thinking of what was or what might be in the future. Your lives are here, they are now. Tomorrow is also a now. Yesterday is a now. What do they have in common? It is simply the present. Everything relates to the present. Every moment of your lives, think of the importance of the present. The contacts that you make—think of their value in the present. Don't be consumed by your perception of the past or your anticipation of the future, for your perception is not reliable, just as your anticipation is never reliable.

You are what you are. You are aware you are. Your present is now. Your lives are now. Eliminate worry of the future. Eliminate guilt or remorse from the past. Consume your lives with a kind of joy of the present, an acknowledgment of the sacredness of this present. If you do so, there is nothing to worry about in the future, and there is nothing to regret, to have remorse for, to be angered about from the past. You make your decisions in life—professional directions, personal directions—based on what is now.

Such living is difficult for many who feel they must plan, who feel they must confirm, who feel they must justify, who feel they must be defensive. Life is not about that. Life is about *all that is*. Life is relishing in the beauty of all that your senses bring to the conscious. If the day brings sunshine, rejoice in the sun. If the day brings rain, rejoice in the presence of the water that is essential to life. If the day brings pain, rejoice in its resolution. In all ways, greet life with joy. If there is discord around you, accept it. Be willing to work with it, and find joy in your efforts.

None of you have the power to change another person permanently. None of you have the power to change a group of people, a government, a nation, individually. But each of you is given the power of recognition and acknowledgment, recognizing and acknowledging internally the importance of what you observe to the fabric of life.

You are given life to experience *what life is*. Life is a series of beings: being happy, being challenged, being in pain, being released of pain, being loving, being loved, being compassionate, being the recipient of compassion. Embrace those beings, embrace those elements of *what is*, and you will find the peace that each of you seeks.

You are blessed in your seeking. You are blessed in your being. You are blessed in the joy that you create. And you are blessed in the Light.

Amen.