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- *Some life-forms are more advanced than humans*
- *The importance of dreams for the spirit*

The God, the Spirit Center, to whom you pray is filled with an accepting and giving love for all that has been created, including each of you.

Human life is the only life that you are deeply and personally and profoundly connected to in ways that you can feel and observe. But human life, the life you experience, the life you know, is not unique. Human life has evolved over countless years, but it is only one portion of a collection of life-forms that are able to observe the self and reflect upon the self. The animals that share your planet have emotions, experience fear, experience community, but they do not reflect on the deeper meaning of their existence. Human beings are the only form of life on earth that currently reflect on questions such as “why life? How does my life fit into the bigger picture?”

We have said in the past that there are many universes. There are many worlds, if you wish to use that term, that support life that is capable of self-reflection. So in the grand scheme of creation, you are not unique, even if you may be unique within the forms of life that accompany your journey on your own planet.

There are indeed forms of self-reflecting life that have achieved more advanced understandings than what human life has yet achieved. Human life, the experience of human life, has existed for but a brief moment. Some other lives that are capable of self-reflection have existed in those forms longer than human existence.

The vastness of creation is far beyond what any self-reflecting life-form can fully comprehend, yet all such life-forms share some elements of experience in common with one another—those fundamental being the ability to observe and to reflect on meaning and significance and purpose.

Your gathering as a group at this time is motivated by your wish to understand more about what it means to be human, what it means to interact in ways that are not only self-reflecting but mutually affirming. Part of your search for meaning is directed toward your daily experience—experience with others and experience with self.

We would like to expand upon our previous communications with you to explore for a moment a bit more deeply the importance of dreams. All life-forms that are self-reflective experience dreams. The question may arise, “Why dreams? What is so important? What do they accomplish? Indeed, how can they be given meaning? What happens?”

There is a growing understanding, with a degree of truth, to the re-regulation of the brain in deep sleep. There will be more revelations of understanding about the physiological benefits of sleep, but we are here not to discuss the physiological but rather the spiritual component of sleep, specifically the place of spirit within the act of dreaming.

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Each of you dreams. Many animals will dream, for dreaming is not specifically directed toward life-forms that are uniquely capable of self-reflection. Therefore, there has to be another understanding of what dreams are and how they function.

Human beings have souls that you continue to struggle to fully embrace at times. There is also a spiritual component to everything that exists, and for those animals that dream, there is a spirit component. But the presence of spirit in all that exists is different from the presence of spirit that you think of when you speak of the soul, the personal spirit center. What we address here refers to the human form of spirit-centeredness specifically.

When you dream, for those moments when you reach that state of rest, there is a kind of balance that is achieved as part of the dream. The purpose of dreams is not to establish and maintain balance, but rather to be engaged in the process that has as one by-product a moment of balance. Each of you dreams, and yet you also experience dreams of tension, dreams of seeming chaos, dreams that deal with your deepest fears. But these dreams are a way of sorting out life experiences. They are much like a pendulum that swings from one side of equilibrium to the other. Some dreams begin with a sense of chaos, and they seem to conclude with a sense of equal chaos. But between these two seemingly consistent states, you pass through a moment of balance, just as the moving pendulum experiences, however briefly, the sense of balance.

Your experience of balance in life, that is conscious life, may also be fleeting. You may be walking along a path or driving along a highway, and for the briefest moment feel totally overcome by peace, and it then vanishes, and what your senses absorb will seem far distant from the peace that you felt moments earlier. It is this way when you dream. Few dreams are all about balance, but rather are engaged in challenges that seem to seek resolution.

While you are dreaming, you are in a state of enormous openness. It is not an openness of emotion but an openness of your spirit. It is during those moments of spiritual balance, this openness we speak of, that the soul becomes more keenly aware of its true source of life, the Spirit Center you refer to as God.

The connection of spirit is a connection to Source. Isn't this what you seek when you are gathered as a group? You wish to connect to Source, however brief it may be, for it is in your quietness that you find an openness. Without the quiet, you cannot be fully open. It is this way in sleep, for when you are dreaming you are momentarily in that position of openness, and it is during such moments that your soul accumulates much of its strength, much of its insight, its compassion, its love, its patience, its persistence, its openness to all that is around it.

When you dream and see in your dreams a vision of another that you recognize, that recognition is not merely a firing of synapses in the brain tissue, but it is a connection that is taking place from one spirit center to another. When in a dream state you see as total reality the presence of another who has joined our side, you are in that

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moment connected together. Your soul learns through its connection to another. What precisely does it learn? It learns the value of being open, being open in a conscious way, just as such openness is achieved in a subconscious manner.

You learn to love through the act of being loved. You learn to be open to another spirit through the experiencing of that openness. It is during times of sleep and dreaming that such experiences accumulate. You do not often remember your dreams. The ones you do remember are the ones in which you have more emotional attachment, but there are many more dreams that you are engaged in that do not have an emotional component, but rather the presence of energy that frees and creates balance and order, an energy that is open to the presence of other souls. It is during sleep that your spirit becomes much like a sponge that absorbs energy surrounding it.

When you pray for balance to be achieved in the life of another, much of the realization of that balance takes place when the other is asleep, for it is during such times that the spirit of the recipient is more fully open to the spirit of the giver. It is a known fact that those who are incapable, for one reason or another, of responding to outward stimuli are still receptive to those stimuli. When you speak to someone who is asleep, there is a part of what you say that enters the spirit of another. Expressing your presence as a loving presence is immediately felt by the spirit of the one who sleeps. For you, there is no evidence of recognition. There is no acknowledgment of your offerings, but do not doubt that the impact of what you say and what you feel and what you pray for are all a part of the exchange of spiritual strength.

There is much evidence to support that those who appear to be comatose fully recall what is said to them while in that condition. The spirit is open. The moment of balance is a reality. To all who observe from the outside, there is no evidence of comprehension, no evidence of awareness, but that is not the true reality.

You communicate in sleep. Your soul touches another in sleep. Your soul receives the love of another in sleep. Balance is achieved in the quietness. First be silent, and then you will hear. The energy needed to listen is not necessarily an energy that is witnessed by another.

Sleep is a state of mind, not merely a state of the body. It is a state of spirit. It is not merely a state of fatigue. Sleep, the activity of dreaming, while real, can be seen as a kind of metaphor that serves the purpose of illustrating what it means to embrace another spirit with peace, for you can embrace another in your thoughts, in your concerns, in your prayers and see no evidence of that being received.

Know, however, that no energy that comes from spirit ever goes into a place of emptiness. All thoughts have direction. All prayers have direction. All thoughts and prayers have an impact. It might seem a recipient is being nonreceptive, but that may often be the very moment when they are most receptive. You pray for another without seeing immediate results, but the light energy of prayer is never lost on the darkness,

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for light has its own energy that expands, and that energy is received according to the abilities of the recipient, the openness of the recipient.

Dreams, therefore, imply an exchange of energies, energies that are self-directed toward moments of equilibrium, of balance, and energies that are directed outward toward those who find themselves in your dreams. You often have individuals in your dreams who are not identified specifically as those important in your waking hours, but that sense of identity is not important. What is important is that openness, that receptivity. The window is fully open, and that open window allows energy to move outward and energy to be received.

Sometimes in a state of dreaming you perceive events to be fully real. Although those events in themselves are not real, they carry with them the potential for you to grow in your ability to connect with others, to understand others, to understand yourself, to learn what it means to be loved, to learn what it means to be loving, to learn what it means to be hurt, and to learn what it means to inflict hurt. The open channel is open in both directions.

The balance you achieve sets you on a path that carries with it the potential for enormous growth, abandoning what is not positive and ultimately becoming more focused on what is truly godly. The scientific field has spent and will continue to spend great effort to understand the physiological impact of sleep, and that is fine, but it is important that you accept that during those moments when you experience dreams, you are often the most receptive to giving and receiving the presence of spirit, the warmth of healing love, and the compassion to embrace and to affirm.

These moments with your guides when you are so collected are moments not just of listening, not just of receiving insight from your guides, but the openness that you experience in your relaxation is an affirmation of your guides. It is a strengthening of your connection of your own spirit and the Spirit Center that is God. When you meditate, you are opening that spiritual window. It is not just an intellectual enterprise but is more significantly the nourishment of your soul.

Seek ways to open this window of the soul that it may provide the loving energy that originates within to move outward and touch the soul of another. May that window also provide an opening for your own souls to receive the nourishment of others within the peaceful state of sleep.

You are blessed in your rest and nourished in your dreams. May that peace remain with you always.

Amen.