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- *A guide's life*
- *The relationship of the physical and the spiritual*
- *Chakras*
- *Positive and negative energy released into the world*

God, your spiritual center, your goal and your starting point, surrounds each of you with a great and blinding and loving brilliance. It is God's brilliance that you reflect through your souls. It is a very visible brilliance. Even though we have no physical features, it is a brilliance that we see. We see with our soul. We know it is brilliant; we are aware of its colors. Such colors are far beyond the range of colors that you can experience in your current life-form. Even though they are colors beyond your recognition, they are nevertheless there to be seen, to be felt. We feel these colors as warmth. We experience these colors as love. We learn from these colors that are knowledge. We receive all our nourishment from these colors.

God is to us an unfathomable source of energy—unfathomable because the energy is so far greater than our perceptions. We have crossed the threshold. We are purely spirit, and yet the reality of God's presence is infinitely greater than our spiritual vision.

We, too, are on a journey as you are. We learn as you learn. We are enriched by our spiritual journey just as you are enriched by your spiritual journey. But our journey has a path that is always clear to us. Your journey is filled with diversions, with interruptions, with challenges, with detours. You may know the direction you wish to proceed in, and yet you do not necessarily always see the goal. We know the direction we must proceed toward, yet we see the goal most clearly.

Our growth as souls is continuous. We grow initially in the spirit realm at a plateau or level that is appropriate for each of us. There comes a moment when it is essential for us to experience human life. That experience may be repeated, and for some souls it may not be repeated. It all depends on what the spiritual experience is while associated with human life.

There is a direct connection we have with you for whom we serve as guides. We identify our development through your experience. It is in your living that we grow, and it is in our living that you grow. What is the connection, therefore, between our life and yours? Much of what you discussed as a group can be focused down to this single question. There is no physical connection between the body and the soul. We speak of your spiritual lives. We speak of your ability to have an impact on the spiritual lives of others because of the way you live your own lives.

How is it that you connect to other spirits? There is energy that serves to connect each of you. You feel that energy through various means, emotionally, physically. You are aware of moments in your lives when you are in the company of a spiritual

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presence. How is it that you know that presence to be real, tangible, palpable? It is because you are connected in your spiritual energy to the spiritual energy of others. There is a blending of spiritual energy. Your energy is ultimately directed outward, but it does exist within.

The concept of chakras is a true concept. You do have energies which are not directed by the brain. These energies are not directed by your electrical processes. It is beyond that.

There is an understanding of meridians of energy. These meridians cross through the body and form a kind of energy field which then reaches outward. When individuals are aware of these meridians in others, it is because that energy reaches beyond the body. Were it not able to extend beyond the human body, there would be no way of detecting them. The energies that are generated within extend far beyond the identified meridians. They are merely a partial manifestation of your spiritual energies.

These chakras, these channels of energy, are not your soul, but they have spiritual energy as their source. The energies you are aware of within the body are the equivalent of the smoke in the air that moves when the air moves. They're a manifestation; they are not a source. But these energies reach far beyond the body. They are in a sense the wings upon which your spiritual essence can fly.

You reach another spiritually even without words, even without actions, through your own inner energy source. These tracks of energy provide a means of communicating from one soul to another. This personal energy is not created at the time of birth, and it is not destroyed at the time of death. The energy is permanent and remains. It remains in the world as you know it.

When you reach out to others, the energy is expanded outward as a means of communication, and it remains there. It does not return, for your soul is then replenished and more energy is available for release. It is for this reason that we explain that your soul is able to increase the godliness of your godly acts, for what you do that is compassionate and unconditionally loving releases energy into the world, and that energy remains available for everyone.

You are often preoccupied with a fear of doom, a fear of an ending to humanity, a fear that somehow evil is in its ascendancy, but such fears do not recognize the presence of the energy that has been released throughout all of humankind from the very beginning. When individuals die to human life, their energy of good is released into the world. It is no longer contained within the body. As a result, the world does become a better place. It is not to say that as the world becomes a better place, there is no suffering. What we do say is as the world becomes a better place, there is more love. Ultimately that love, the energy that is released that is pure love, will dominate all and everything, and at that point, life as you know it will be pure love.

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All life, therefore, contributes to an energy of love. Even an individual consumed by hate has within an energy that is capable of love. When that individual no longer experiences human life, the love is released.

When you engage in acts of unconditional love, you are opening the gates, as it were, for this energy to move beyond you. And those godly acts that you are occupied with, those acts of love, compassion, generosity and care, create a greater field of love. The energy within is then replenished manifold. When you are engaged in acts of selfless and unconditional love, you are given an even greater capacity for the same actions.

Think back to moments in your youth when you did something that was generous. You recognized the value of that generosity and that became a model, a form of encouragement for greater generosity. You are more capable of giving love now than when you were a child. As a child you received enormous love, but as you get older you become more able to generate that love toward others. Each time you generate that love, you are more able to generate even greater love. You have all experienced this.

Human life also contains within it an ability to increase what is negative. If you feel hateful toward an individual, it is not a great leap to later feel hate toward a group. That hatred increases. Why? Because of the energy which is sent out. Evil becomes magnified. Evil thoughts become evil actions. When you see a response to evil, you often see still greater evil. When you hear remarks directed toward another that are hurtful, it is very natural for many to strike back with remarks that are more hurtful that in turn encourage still greater hurts to be inflicted. The energy keeps expanding and feeds upon itself.

When an individual dies, negative energy is no longer being created, but the negative energy that is out there, that exists, is then subject to the positive energy that is also available, and the energy of love and compassion is far more powerful than the energy of hate. It is a kind of contest, you might believe. Love always wins out. Love is the natural state of all that has been created, and it is to this natural state that everything returns.

The energies of the body, of which you are aware, are only a small component of this network of which we speak. Love is the most powerful energy you have. Love of self is enormously strengthening. It is not a selfish love, but it is a love directed toward the self as an acknowledgment of self-worth, personal value, the dignity of human life. Love of self is no more selfish than the love directed toward another. They are both affirming, positive, and supportive.

The natural state of life is that of being supported and being supportive. All life contains these two components. Plant life is supported by the nourishment of the earth, but plant life is also supportive. It is strong, it creates beauty, and it can be physically supportive of other plant life. Trees are nourished by the ground, but they are the home

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of the birds. Human beings are supported by others, but they are also supportive of others. That is a relationship that is common to all that lives. It is ordained by God, and it is continued through the energy of God. You need one another for support, but others need you for support. You are supported by the energy of others and they are supported by your energy.

Love ultimately is energy. Love is a force. It cannot be seen, drawn, or measured in any finite way, but you know the power of love. You have experienced what it means to be loving. It is a force, an energy, of which you are a part. You do not initiate that energy, but you carry it with you. You carry both positive and negative energy. The positive energy is permanent. The negative energy comes from the self. It is not a part of the soul; it does not belong to the spirit. The negative energy is created through your own actions. You can take the energy within your body and redirect it. If there is negative energy being created in the body, you can learn to use that energy as a positive force in the world. Just as your lives are meant to be positive, the energy that belongs to your lives is also intended to be positive.

Whatever energy you produce is permanent when it is positive. There is no good thought that is lost. There is no supportive prayer that evaporates. There is no concern for another which ceases to be present. All that is good remains. It is permanent. You are replenished by God. You are replenished by that spiritual energy of love. When you are aware of that great love within, you manifest it without in many different ways—creatively, interpersonally, intellectually, physically, emotionally.

When you feel consumed by negative energy, the world, your world, seems smaller. Your life seems somehow diminished when you are dominated by fear or anger. You are not stronger because you are angry. Anger toward another does not elevate you above another. You are diminished by that negative energy. The other is also in some ways diminished. But positive energy strengthens you and strengthens all around you. With positive energy, your world is increased in size and your vision of life around you is increased.

Think for a moment of your awareness of your environment when you are angry and your awareness of your environment when you are filled with great joy. Your worlds are vastly different. Seek ways of becoming aware of the energy within and of the importance of exercising all that is godly within. You will then multiply that godliness in life, and that increase in godliness will be permanent. It will never be diminished.

A bright light can never be dimmed. It can only be sustained and made still brighter. The power of love in your world is not diminished no matter what events occur. God's presence continues to expand. We ask you to seek a vision of that expansion. Recognize it, support it, and contribute to it. Be consumed by the wisdom of God's brilliance expanding, and be comforted in your acceptance in your part in that divine expansion.

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You are blessed by the presence of unconditional love. You are blessed by the replenishment of your soul, and you are blessed by God's hand upon your life.

Amen.