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- *Negative forces are receding*
- *The mutually beneficial relationship of body and soul*
- *The role of the heart*

The God who is the Creator and Preserver of all that is surrounds each of you with light, love, and peace. You have an opportunity to respond to that light, that love, and that peace, for in truth, all three are connected in ways that shape your experiences in your human forms.

You experience life sometimes all too graphically, being hyper-sensitized to what is of great concern to many around the world. Your capacity as human beings to connect to points on the globe that are so far apart is in great part the consequence of the many strides in communication that have been invented and developed in recent years. Because of your increased awareness of suffering in all corners of the earth, you can easily experience a sense of frustration, a sense of futility, that no matter what you may try to do, the forces of darkness persist in overwhelming light.

We insist upon the true reality that what you perceive as being negative forces on earth are actually receding rather than growing in intensity. What is growing is not the suffering but rather your awareness of it. What is growing is not the sense of injustice but rather your awareness of it. For many human beings, there is as a counter-balance, an increasing awareness of the expansion of love, of peace, of what is good. But that sense of the evolution of good, the evolution of God, is still a hope rather than something fulfilled.

Your experience of life is given its greatest meaning through the exercise of love, and it is through that exercise of love that peace finds a voice. Life, love, peace—they all belong to the human condition, the human form of creation. When we speak about life, when we speak about love, we refer to the relationship that you asked about, namely the relationship of body and soul. The body exists in life and in love. The soul flourishes through life and love. It is the recognition of love that is the ultimate nourishment of the spirit, and it is through that nourishment of spirit that life takes on greater significance.

Human life, the body, finds nourishment from the spirit, from the soul, as well. It is not merely the soul informing the body, for if the soul's only purpose were to teach and to grow on its own, the body would not be so essential. The truth is the soul grows because of its connection in human life to the body. It is equally true that the body of human life takes on significance because of the soul. The body does matter, not because it is a body, but because the experiences of human life provide a kind of nourishment for the soul. Both the body and the soul need one another to find the nourishment that is most appropriate.

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The consequence of body and soul, of life and the soul being love, is a sense of balance that finds its greatest expression in peace, for peace is a state of balance. It is a state of justice and equality. It is a state of understanding, of compassion, but that justice and equality, that understanding and compassion are merely manifestations of life, human life and love as a powerful nutrient to life. Both human life and spiritual life, therefore, need one another.

In a sense, the body is a temple for the spirit, but just as a university is a place of learning for the student, the human presence of all in the university is far greater than the mere university. The spirit, the soul, needs the body to learn, but that entity is far greater than the body. By greatness we refer not to size but to energy. The energy of spirit, the energy of soul, is far greater than could possibly be imagined by a human being. Both body and soul, therefore, need one another. The body provides a kind of sustenance for the soul, but the soul provides a guidance for the body. It is the soul that provides a sense of human direction. It is not by legislation but rather by spirit that humankind moves forward, and that forward motion is a function of this mutual relationship between body and spirit.

The spirit is permanent, and the body is not, as you know. But the impermanence of the human life, the impermanence of the human body, does not speak of its insignificance. It is essential for the development of spirit. Your souls, your spirits, belong to the human lives to which they are connected. That belonging is a dependence as well as a guidance, for there are certain lessons to be learned that are only possible in the accompaniment of human life. Your lives are significant because they provide a context within which the soul flourishes. But the spirit is also essential to the body, for the spirit provides a context for understanding human life.

This relationship between body and soul is not the same as a relationship between two individuals, one with power, one without. It is rather of two individuals who need one another because each complements what is not present in the other, and together they are complete.

We speak of loving others, and the reason for that is your acknowledgment of another's sacredness. This acknowledgment of sacredness, even though it is a human emotion, is really governed by the strength of the soul to impact its presence on the day-to-day lives of a human life-form. We do not wish to sound overly scientific or dry or somehow dogmatic, but this mutual relationship between body and soul must be absorbed by everyone and made their own.

You live for the development of spirit; spirit lives because of what you as human beings can teach. This mutual dependence is critical and essential for you to recognize and accept. In so doing, the peace that you all hope for can come into a reality. The soul is not bigger than the body, in a physical sense, nor is the body equally larger than the spirit, in the physical sense. Both have their energies. The body's energies are well

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documented. The spirit's energies less so, but not because of diminished significance but rather because of limited perceptions.

You are concerned about how body and soul work their magic with one another. They establish their magic through your own commitment, your conscious commitment. You don't encounter the spirit by accident. A spiritual encounter is a conscious encounter, perhaps unanticipated, but not by chance, for chance implies there is no reason—it just happens. But this relationship we speak of is intentional. You may seek a vision of your spirit and yet never see it in your human vision. Nevertheless, you may see evidence that proves its existence.

Human beings try to enshrine this interrelationship of body and soul by way of the heart. In its purest form, the heart is an energy center for the body, but the heart is still a physical entity. The heart has traditionally been the symbol of life. In ancient beliefs, at the end of human life, the heart was removed. So the connection between human and spirit as embodied by the heart is a long-standing metaphor, in a way. The heart provides an energy to the body. The heart is essential for the body to function. Without a heart, without something that functions as the heart functions, life cannot continue for humans and animals. So the heart takes on great importance in human life.

We communicate with you, not through the heart, but through your spirit, through your soul. Your soul communicates with you, not through the heart, but through spiritual energy and your receptivity to that energy. Still, the concept of heart, in its context of providing connection to another, is most helpful, for it is in your intentions that you make your spiritual progress. It is not through your perceived accidents or coincidences.

Your experience of love is defined so often in many cultures as a function of the heart. You are aware of love between two human beings. Traditionally that relationship has been felt to cease when human life has ended and there is no heart beat. Therefore, the connection of heart to love.

We speak to you through your spirit, not through your heart, but if your relationship with others is governed by attention focused on the heart reaching out, then you are fulfilling what the spirit needs in its own growth, and such concepts of heartfelt love take on a significance that provides intention and therefore the exercise of energy—the loving energy that is God's energy, the loving energy that is your spirit's energy.

Proceed in your lives acknowledging the central relationships on so many levels between body and soul, between human life and love, and acknowledge the importance of the concept of heart as a way of providing context and meaning and humanity to matters of body and soul.

You are blessed in your growth and in your expanding vision. Rejoice!

Amen.