

Scanned

12/17/09

EM

VIA CHRISTINE BECK  
24 P.

Love  
Patience  
mercy  
for children

9/29/87 7:15 a.m.

Because of your caring many will come to believe in the power of God. Some will become very devout and influence others. As for healing - all have within them that Power which heals. Learn, believe and always hope. I am the Power that dwells in ALL. Continue to search for me - by...

7:25 a.m. (Jon woke up)

10/1/87 8:10 a.m. (above continued after meditation)

living, praying, meditating and always seeking me. Mindful prayer is the most powerful tool for attaining that which is sought. Learn to be as simple as a child in your prayers - for ALL are heard.

Your prayers are ALWAYS answered - look and you will see the reply in many forms. Not always as you ask are you given but by the only way which is the most helpful.

10/1/87 7:15 a.m.

Be always in only one divesty wasters will by your sin but you can overcome this tendency with God's grace. Be always on your best behavior in so far as acquiring grace is concerned.

(Here I asked for clarification of opening message...)

Be always without diversity - wasting is your biggest problem now. You have much that is not needed or wanted - give these things away. Free yourself from material things as they become as a prison to the soul. Turn, therefore, to those things of the spirit. These never perish but enhance life eternal. Be seekers of Truth in life and you will have Life eternal. Wisdom is the KEY. Searching is the WAY. Faith is the lock. These things are acquired in everyday living. But it must be thur L I F E and not mere existence. Therefore pray that you may Live by God's ever present GRACE.

7:35 a.m.

ON LOVE..... (teacher unknown)

10/21/87 7:20 a.m. - 7:35 a.m.

Love is the most important quality in the world. To give it, to receive it and to foster it's presence and growth - that is our purpose for being. Be open to Love, for it is everywhere - in the air you breathe, in the song of the birds, in the babbling brook, in the stars that shine and especially in thy brothers and sisters. You can bring out in them as much love as you NEED and they NEED to give. Love grows only in IT'S giving. To give Love is to make thyself an instrument of God the Creator and First Lover. God is the fountain from which ALL Love pours forth. EVERY soul is a portion of that Holy Fountain. Some have become as dried-up wells - dying from their own needs for the Life-giving water that dwells within. Give these a taste of thy own life waters and they shall indeed live again. Their own springs shall again give forth the Life they so desperately need. Be therefore always Patient, Kind, generous and forgiving as these are the vessels in which the Waters are carried to those in need. Be with God and He will be with you. L I V E that L I F E may perform it's miracle thru you. Salvation



and therefore Peace can come to you only by living. Living is done only by GIVING of your own Life Waters unto others. A L L are in need. Go now and Live the Life God Blessed you with. Amen.

10/23/87 7:30 a.m. - 7:43 a.m.

Always be on thy best behavior when it comes to thy dealings with thy fellow man. They are as one with you. You therefore are on thy best behavior with thyself and thus with Me also. I am at the Heart's core of all. Never try in thy human manner to judge Me. I am the final Judge and shall judge thee according to thy own ability to judge not, but to forgive those who judge you.

All is fair and equitable in the Final Accounting as A L L ARE held accountable not only for themselves but for their brothers. All are as one and must struggle together to purify themselves and thus become worthy in their hearts, minds and souls to rejoin the O N E in the Miracle of Creation. This Miracle is ever-occurring and is beautiful beyond description.

Be with Me for I am all-ways with you. Go and give thy own Blessings to all whom thou shall encounter. Amen and Amen.

10/29/87 7:15 a.m.

Put aside thy doubts about these writings as they are indeed of Me and not your own thoughts. I have chosen thee for my instrument to fulfill a need in those who are of certain acquaintance to you. Share these messages with all thou encounters who are of an inquiring nature and seek to know the Truth.

These writings will only serve to help them in their own search - you cannot do this for them but only offer thy help. There will be those who mock and chide, but those who truly know thee will be open to thy writings.

11/9/87 8:37 a.m.

Let thy spirit be free to travel to the ends of the earth for it has a great need to fulfill this wish. Read thy books on instruction and try to follow these (referring to astral projection) - it will work. Take care not to use this as a means of escape from your everyday troubles but as a means to enrich your mind. View this glorious world and see it's wonders - you will be astounded by it's beauty and diversity. Look, then,  
(Jon woke up)

Continued 11/10/87 7:30 a.m. - 7:50 a.m.

to thy brothers and sisters and see these same qualities. Look also within, for here also are these things. They emanate from every soul to some degree. Then and only then will the wonderlust be satisfied.

Here now another lesson that must be learned. Be always loving and kind to the ones who have these qualities not (or so it would seem). They have built themselves into a prison more powerful than any man could design. Anger, hate and lack of self-respect lead them to a life filled with loneliness, despair and hopelessness.



Pray for these, as prayer is likened to a dressing on a wound - helping to protect from the harsh elements so that the healing can begin. God alone is the Healer but thou canst be his physician in the application of the dressing. Make time in every God-Given day to pray for these unfortunate souls and the Great Healer will surely heal even thy smallest injuries. Remember, somewhere in thy own lifetime others for thee have offered up their prayers and sacrifices, even God thru His most Holy Son, the Redeemer of all Sinners.

11/5/87 7:35 a.m. - 7:50 a.m.

Be helpful to thy sister in this lifetime for she must see that she is not of a masterful state in life. She needs to be loved and above all shown this. In the past, even though of a slave born status, she had much to say and do in that lifetime that was of a proud and boastful nature. She was one who helped others to seek and find their freedom and start new lives. She suffered much for her efforts but also felt she herself had lived to achieve martyrdom. She did not due to her self pride. Now she seeks help from others - many who were helped by her in that lifetime. Help must be there for her but not until she is ready to help herself. She has lost the "spark" so to speak. You can help her to find it. Life is SO worth the living, loving and pain. Lessons, lessons, lessons - they never stop! Enjoy - as wisdom is not free but can be very pleasing in its acquiring. Sister has much wisdom but needs to put it into action and learn to "weed out" the bad and petty. Get started now!! Hurry!

*ON UNDERSTANDING, PATIENCE, CHARITY...*

11/5/87 7:15 a.m. - 7:30 a.m.

With all men should you be understanding. I dwell in the heart of every person even the lowliest of humankind. Be of a charitable disposition in thy dealings with these as they need thy charity and know not how to seek it. God is ever available to these poor souls as in "spirit" they are indeed lacking. Be therefore patient, loving, kind and try to judge them not as they already have judged themselves as being worthless and live according to their own judgements. Help these then to understand that in the Eye of the Lord they ARE worthy, as worthy as the most pure. Once they believe in their won self-worth they shall live accordingly. Our thoughts ALWAYS guide our actions. Think therefore thoughts that are of a positive nature - do not dwell on the negative. We are in control of our thoughts and hence our actions...Dwell on the "good" and leave no time and energy for the "bad" and thy Life will flow accordingly. Let yourself open to the Power of the Holy Spirit and miracles will happen in thy life. Believe! It can happen for you - for anyone!

Blessed be God! Amen and Amen!



1/19/88 7:15 a.m.

Some have no faith in the Lord but profess to, some have no love of fellow man but claim to. Always be on guard for these, as they are like vipers in the tall grass - ready to strike you down and eat of your goodness leaving you bitter and full of the poison of revenge. Seek then to have a forgiving and loving heart. (7:20 a.m. Jon woke up)

Continued... (4:00 p.m.)

Be patient with thyself as there is much to see and understand. Much lies ahead of you in life. Always pray for God's Divine Guidance and it will be given to you and all who seek the Holy Truth. Your eyes are open wide but you fail to see. Your ears listen for me but do not hear my constant voice. Your prayers have been answered but you fail to know HOW. Your best interests are always foremost with the Lord God - are His interests always first with you? Do you not worry over your needs forgetting that the Great Provider has taken care of you thus far? Worry is a waste of energy - pray instead that the Will of God be fulfilled thru you. That Will is always fulfilled thru Love. Give this Sacred Gift to others as it has been given to you - with "no strings attached" and see the Bounty of the Lord overflow in your heart. Remember that the heart is the only true store house of that which is of ANY and ALL value. Keep it full of the Light of Love and there shall be no room for the shadows of darkness.

(Here I received a phone call regarding our house which we were trying very hard to sell.)

You worry much about the future when you should be LIVING the present as this is all you really have. Put your Faith and Trust in God and all will be well. Obstacles come your way when you exert your will over God's. How is God's Divine Will to be known? Through prayer and meditation first, then take action. (4:27 p.m.)

### LESSON... (teacher unknown).

1/21/88 7:20 a.m. - 7:36 a.m.

Look to within for all answers as herein lies the solution to all that troubles you. God is ever-present within each of you and He cannot be denied no matter how we may try. He is constantly guiding our steps. Be mindful of His most Holy Presence and strive to fulfill that which has been determined for you. The task may not be easy but with God's help can be done. Time is of the essence in your world and must be valued as a precious gem. It is but a brief twinkle in the whole of God's Plan. Use this "gem" well as it is of the physical realm and is lost in this realm.

Be patient with Life when it does not follow the course YOU desire. Know that it follows God's course which is to return you, the Lost One, to Him. Open then your eyes and see the Path - it is well lit for you, O Blind One. Put thy feet on the Holy Path and return Home swiftly. The Path is full of stumbling stones and diversions. Be then constant in the effort to overcome these obstacles. The Lord awaits you at the Path's End - no trial is too great for such a Reward as This.

Go then in Love to seek the way to the Lord. Amen.



do perform each and everyday. Love is the basis for all Truth as the Source of Truth is the Purest of Pure Love. Some of these truths are difficult for one's mind to grasp but all these are known only too well by one's spirit. The task therefore is to open one's "eyes" to see the truth in the spirit and fulfill these things (translate these things) into everyday living and loving. All life should and must be lived in the utmost harmony with the spiritual values. Only then will there cease to be disharmony of all kinds - sickness, wars, famine, worry, and all things NEGATIVE. Listen to the music and song of your own spirit - take time out so to speak. Every spirit "plays" it's own "composition" but all such music is BLENDED in the "Harmonic Symphony" called Life. Play not your song of life out of tune, so to speak, with the Universe. Go and quiet your mind taking time-out to hear the beautiful symphony of Life being broadcast all around you. Listen with your soul and feel this in your heart.

### LESSON. --- (teacher unknown)

9/26/88 10:25 a.m. - 10:50 a.m.

Let thy spirit feel the radiance and goodness that comes from God alone. Continue to KNOW this God as his Spirit guides thy spirit to Him. Be always on guard against the negative aspects in life. You can turn ALL into positive by the grace God grants to thee. Learn to live always in this state of grace and show others by example how they too can overcome all problems. Look upon all happenings as great learning opportunities for that is indeed what they are. Be patient with thyself and others as God is ever-patient with His creation. Look always to thy Divine Giver of Life for guidance for it will be provided. "Seek and you shall find" - "ask and it will be given to you" are not just biblical quotes but REAL TRUTHS. There are indeed multitudes waiting to assist you in your times of need. These are at your service through the grace and loving goodness of God Almighty. Their help is eternal and ever-present. Their's is a most holy and loving devotion to serving you and thus their Creator. ALL are children of God. ALL must serve their fellow man just as Jesus served. This is service of the highest form. You may ask not (for) nor recognize service from your "unseen" brethren in the spirit but their assistance is ever-present. When their help is asked for in prayer (God's help) it is as if a giant wave of joy sweeps thru Heaven as this opens a direct channel to you and assistance and love can be "poured-out" upon you.

Devote time everyday to prayer as it is a most powerful tool. More can be accomplished thru ONE SINCERE prayer than years and years of physical effort.

Go in peace to love and serve the Lord by service to thy brethren.

10/11/88 10:10 p.m.- 10:27 p.m.

Be constant and persistent in thy efforts to seek and find Peace - for it is truly within the reach of those who seek. Peace is the



1/18/89 9:25 p.m. - 9:38 p.m.

(This writing was done for a friend of my sister's whose mother recently died.)

By your ability to be strong for the sake of others in times of great trial- so will others be called upon to be strong for thy sake. Indeed you do have the strength needed now even though you think otherwise. The Power of God rests IN you and you are NEVER tested beyond thy ability to withstand the test. Turn at these times to God - the Source of all Strength, as He will stand with thee in thy hour just as He stood by His beloved Son our Lord in His Final Hours. Be unafraid as the power and strength of thy God upholds thee and as you must uphold others now.

Forgive errors of the past and dwell not upon them any thy past errors will be just as quickly forgiven and forgotten. Make a new start EVERY day and find new joy in living each day - God's gift to you. Help loved ones also to live each day anew and always to keep faith and hope alive in their hearts. Life is so worth the living and the loving. Refresh thy body, mind and spirit and begin living anew this precious gift called Life.

Go in peace to live and love in God's name. Amen and Amen.

*LESSON . . . (teacher unknown)*

1/18/89 9:40 p.m. - 9:52 p.m.

A LETTER TO ALL GOD'S CHILDREN: You are all God's children on this earth - children He loves and cherishes. God does not allow His great love to smother his beloved ones but to guide them, hope in them and always to love them. He is ever-hopeful that you His children will turn to Him in times of troubles and ask for His Divine Guidance. Turn to God also in the good times to offer heartfelt thanks and praise for all the blessings He has bestowed upon you. Never doubt His loving presence - it's all-ways with you. His love never falters. You are a part of Him - his beloved child. He would do anything to bring you home to Him - even die for you. This He did, too, and still His children wander away from Him and blame Him for all the worlds problems. He is the cure - not the cause. Come back to Him who created you and loves you with such unending Love.

All of heaven will rejoice at the return of His wayward child as a choir of angels will sing songs of joy and exultation.

In turn then, this new-found son must help others find their way home. The reunion will not be complete if just ONE is missing. It is a great task but the "family reunion" will be beyond description.

Come Home to thy Father - the way has been shown by His beloved Son, Jesus - your brother. The banquet is ready - come join the Eternal Celebration.

1/24/89 9:30 p.m.

Believe in the Power that dwells within as it helps to steer your



life's course. Open thy heart and mind to the guidance offered thee from various divine sources. These work in and by the Power of the Almighty Creator to assist thee in reaching thy goal - heaven. Close not your inner eye to the truths that are presented even though these are in opposition to current beliefs. The Truth will always prevail. The teachings of the Holy Church are to be used as stepping stones to the greater Truth. This Truth cannot be contained by laws of any institution - only in the heart. Any teaching(s) that deny the natural conviction within the heart and take away FREEDOM which only God gives, is not founded on Truth. Therefore always seek and never be satisfied until the heart is at total P E A C E as this is when the Truth has been found. Only when the "seeking" is fulfilled is there peace and only God's Spirit of Truth can bring this Divine Peace. Keep seeking and rest assured that we who serve the Lord eternally will assist in your quest for God's Peace.

Go now and thank God for His great Love and Mercy. Amen.

2/22/89 7:30 a.m. - 7:45 a.m.

Seek out the Truth and also those who are also fellow truth seekers - there are many. Write as intended to the person on your list (Paul Whitmoyer) and begin a small discussion group - then watch it slowly grow to include many. Do not worry so much about "appearances" regarding these meetings as those who know you not will always find detrimental things to say. The young man on your list is quite anxious to talk with you but you need to initiate contact with him. You both have much to discuss and ideas to exchange. You will form a friendship that will be a long-lasting one and many more will become friends. As you are led by the Spirit of Truth - you will not question the course of your life. Go now and begin the new adventure of truth seeking and finding. Life is indeed an adventure with many wonderful surprises just around the horizon.

Peace and joy be with you always.

*From the Spirit of Truth... (teacher unknown)*

1/23/89 7:25 a.m.

Be ever grateful for this gift of "spiritual writing" as indeed not all are so inclined to even try to communicate thus. The sources of this wonderful information and Divine Truths comes from within thyself - from the original source of all Truth - (Jon woke up at 7:28 a.m.)

(Continued at 9:20 a.m.) the Spirit of Truth bestowed by Christ upon all his children after His resurrection. Always seek out this Blessed Gift and use It wisely and much will be made known to thee in thy quest for knowledge and truth. Put these great truths to practical everyday use and just watch how enriched you life shall become. God's blessings pour forth in unending splendor but few of you choose to see, hear and feel these great gifts.

As said before, take time out each and every day to meditate - making one's mind as a blank slate so that the Spirit of Truth may



be poured out upon this slate. These truths may not be made known to thy conscious mind immediately but they are known to thy HEART. What is known to the heart shall be made known to the mind in God's own time of choosing. Go NOW and take time out for the most wonderful and peaceful time of the day. (Ended at 9:30 a.m.)

3/14/89 7:30 a.m. - 7:43 a.m.

(This writing was done for a friend of my sister's whose father had died.)

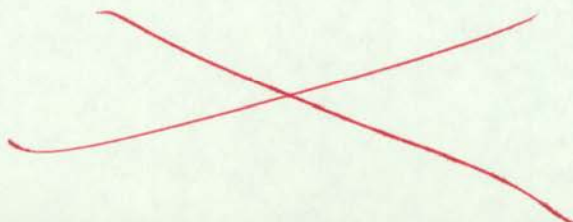
This message from her father which Marilyn awaits is not from him but from herself - her own feelings of remorse and guilt are crying out to her. She feels these feelings in times of depression and sadness and releases them to a degree in her dreams. She needs to let go of this guilt and anger as these do not work for good. She possessed much for her father, (name given here), but felt his love was not her's. Indeed he did and DOES love his daughter still. His remorse is still great also. What purpose does all this serve? Does it bring happiness to either father or daughter? Both of these people possess many of the same POSITIVE qualities. Remember the good and forgive that which brings sadness even now. When father and daughter are reunited in the future, let it be a reunion of joy where all has been long since FORGIVEN and FORGOTTEN. If forgiveness comes too late - this reunion will be one of great sadness for all the past shall be laid before these two and no truth shall be hidden. Rest assured that forgiveness will eventually come and peace will reign, but why wait and go through a lifetime of pain? An act of your WILL and a loving heart is all that is needed to set YOU BOTH free.

Do you have this forgiveness within you? Do you not hope that all YOUR transgressions will be forgiven and forgotten by your Heavenly Father? Justice reigns in Heaven. God cannot forgive you if you cannot forgive in return.

Go now in peace to live your gift of life to the fullest.

3/17/89 7:40 a.m.

Love and service to one's fellowman go hand-in-hand. Once love fills the heart - service to the beloved follows as surely as night follows day. The greater the love - the greater and more constant the service. God's divine love for his creation was demonstrated by the total and life-long service of His Son - Jesus Christ. There is no greater Love than This. As said before in other writings - "we cannot hope to IMITATE Christ's example - but to be INSPIRED by his life of devotion to his fellowman." His entire Life was but a reflection (and only ONE aspect of God's Love for you His creation) of His Father's Love for A L L His creation. Service, therefore, to one's brothers is most necessary. There cannot be love without service. Many are still struggling with the effort to just love themselves - these are the selfish ones. However, one cannot love others until one has a strong love for





show the way to peace and happiness.

Do not lose faith for it is by faith that you "find" true happiness... (fire whistle blew - Jon woke up.)

On Patience, Stillness, etc... (teacher unknown)

4/20/89 7:30 a.m. - 7:50 a.m.

Put thy life in the Hands of the Lord for there is no safer or more loving place. Seek always to do His Divine Will and your life will be fulfilling in every way. Take time out to perceive this Divine Will - this has been said before. When you seek answers to problems or guidance in decisions - just ask God's advice - He will surely answer you.

Problems arise everyday in life, however for every "problem" there also is a "solution." This solution is ever-available to you. As you learn to attune yourselves to the "solutions" (soul-utions) in life you will find the "problems" become smaller and smaller until they almost seem to vanish. They have not - however, your personal outlook and approach to such has greatly changed. Allow God's Will into your life and watch the change. Change does take time and is almost never instantaneous. For this reason God has provided the virtue of Patience. Open thy mind and heart and accept the gift of Patience and it shall manifest itself in you. Man is God's only earthly creation that fails to manifest patience naturally. Patience surrounds you throughout your existence in every aspect of your life. Tune-in to God's Will and patience will automatically become your "partner." A better ally in this world is not to be found! Life without patience is hardly bearable. Therefore - be still - if only for a short time each day. Seek to know God's Will and pray for His Loving Patience to fulfill It.

Amen

5/11/89 7:50 a.m. - 8:10 a.m.

Do not allow frustration to occupy thy mind as this is reflected to others in many diverse and negative ways and does not work for the "good." Frustration is a by-product of a lack of faith. Therefore, be more attuned to "that which is, and can be, and will be." All things are possible that are for the "good." Concentrate thy energies and thoughts on a positive-faith that the Divine Will be accomplished, no matter what the "limitations" are in your perception.

Pray and meditate that this Divine Will be unfolded gently in your mind and that by your Faith you will indeed fulfill this Divine Will. Believe that everything constantly works for the "good," as it surely does!

Begin now to exercise this belief - do not procrastinate as you are so inclined to do! Take stock, as they say, and start. You can serve as one of God's instruments if you open up to His Will - ALL can! Get involved in this great adventure called life and you will surely become more "alive." Don't let "life" pass you by - participate! Allow yourself to feel ALL things, experience ALL emotions. This is how you GROW as a person. Don't remain a



"spiritual child" forever. Grow up, so to speak, and return to thy Heavenly Father that He might embrace thee as a mature child who has "come full circle" and like the "prodigal son" has returned "Home."

Go now and grow in spirit as the Spirit grows in you. Amen.

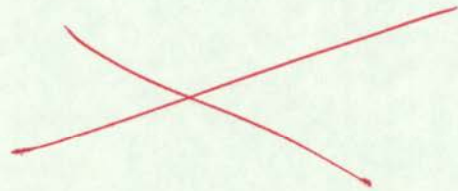
5/17/89 7:30 a.m. - 7:46 a.m.

There are always many "messages" to communicate to you in your world from those in the higher spiritual realms. When a person, ANY person, quiets their thoughts and centers their attention not on things of their world - a channel so to speak, automatically opens up. This is true in the spiritual realms also - the lower opening to the higher. Therefore, quiet your thoughts and direct them to a "higher" level and go with the "flow." Many ideas and thoughts, feelings and impressions will come to you. These will not necessarily be in word or sentence form - but "mind" and "emotion" form and may not be clearly understood for awhile. The "heart" of you" clearly understands and communicates this understanding to your subconscious in daydreams and real dreams. Slowly the conscious mind is involved in the understanding process. Many great "discoveries" and inventions have come about this way. When a channel is "opened," the messages "line-up" so to speak with the most "dominant" one first. This is not necessarily the most "important" message to you. However it is important to the "sender." Therefore, be specific in CHOICE as to what sort of message you want. Better yet, allow the Will of God to be your guide and the BEST shall come thru for you or your loved one or friend. Prayer and meditation is ALWAYS a PRIORITY before opening up a "line" of communication as this guerre the QUALITY (spiritually speaking) of the message. Feel free to try now.

5/17/89 7:55 a.m. - 8:08 a.m.

(This writing is for a very old and dear friend who was in the hospital awaiting biopsy results.)

As we here wait for (name given here) to join us there is much excitement! Though her time left with you on earth is short and she will be much missed -she will be much loved and welcomed here. Some here knew (name given here) on her earth sojourn and some did not but ALL love her dearly. Her life is indeed unique (as are all lives) and she can teach us much. We all must learn from one another here, just as on earth you learn from each other. Remember this when you mourn the loss of a soul - that the pain (physical & spiritual) is immediately "lost and forgotten" upon physical death. A "new" life fills the spirit upon death which indeed is undescribable. The "old" life seems like the "death"



Jesus wore ALL the faces of Love at all times during his short



life. Christ continues to reflect perfectly all the qualities of the Father's Perfect Love.

Go and become a mirror image of these gifts that you may reflect the face of God to your fellowman.

12/12/89 6:15 a.m. - 6:30 a.m.

Take a few minutes each day to feel, in your heart, mind and spirit, my constant presence. I am the Peace within. With me, you have nothing in all Creation to fear. Worry not about those things which are beyond your control to alter or avoid. Feel my constant Peace and your fears will melt away.

As said before, during this Christmas Season - ponder the TRUE meaning of this holy celebration. Try to bring this true Christmas Spirit into your heart and the hearts of those around you. This is the Spirit of Giving - unselfish, joyful and loving. If you can capture this in you hearts for just one day, you will be amazed at the beauty you will behold as you look around you. The Lord's Spirit is all-giving and eternal. He gives his precious Gifts to you - all ways and always. Open you heart to behold these Gifts and offer Him praise and thanks.

God gave His Beloved Son Jesus to the world that we might behold the depths and greatness of His Love for us. Do not throw this Gift away! Take this, His Greatest Gift, into your heart, and the Spirit of Christmas will become His eternal Gift to you.

Go now and seek out God's Peace and rediscover His blessings.

### *Lesson on Gratitude ... (teacher unknown)*

1/9/90 6:35 a.m. - 6:50 a.m.

Know that a part of thyself is in everything you say and do. As you go about thy daily activities pray that each one is done in a loving and giving manner. Offer even the smallest chore up in service to God and thy fellow man. If these duties are carried out in a true spirit of charity - great joy will be yours. Think not of others feeling gratitude and appreciation. Let it be enough that God knows thy attitude. Each day presents new ways of serving God and fellow man. Pray that these opportunities become known to thee that action may be taken to fulfill the slightest need.

As meals are prepared - pray a prayer of thanks for the food, for those eating of it, for those who grew or raised it, those who transported and packed it, those who sold it, the home you prepare it in, the stove you cook it on, the utensils, the table served upon, the many other blessing continue on and on. Be made aware of these many, infinite blessings and thy meal will be much more joyful and enjoyable. Meditate upon the consequences of just one of the elements (above) being absent - one person gone, one food missing, no home or table to sit at - think on these things and feel truly thankful to God for all you have. Be especially thankful for those in your family as these loved ones will not always be with thee.

Life is constantly changing. Enjoy the present and (Matt woke up -

finished at 7:00 a.m.) be ever- thankful for the "now" is all we truly have.



# LESSON ON PARENTING . . . (teacher unknown)

1/11/90 6:30 a.m. - 6:50 a.m.

Be not apprehensive regarding the future as this belongs to God. Live in the present. Do not sit and worry needlessly about things that have not occurred and may not ever come to pass. Be optimistic! If you must think of things to come - envision pleasant things and THESE will be more likely to occur. Actions first occur in thought, remember this.

As regards to your concerns about your children and family - first, do your best to create a loving, happy home environment. Be kind, understanding, loving and patient with your family. When you find you must reprimand your children be firm but loving; just, as well as consistent. Make the "house rules" clear to them and enforce them. Teach them that they are a very important part of the family and that family peace and happiness is their responsibility too - not just the parents! If they are VALUED and RESPECTED as individuals, they will respect and value you as parents.

When in doubt as to dealing with certain problems which may arise - call upon God for his Divine Guidance. It will be given. Teach your children to call upon God, also, for daily guidance. Follow the Golden Rule in daily life and regard your children as precious gems to be cut and polished with precision, patience and dedication. To be a gemsmith one must have a steady hand and love one's work. LOVE parenting and your children will love growing in your care.

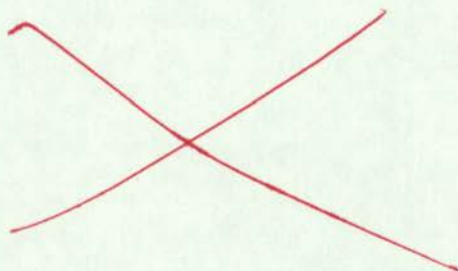
As time ages you, these are the children who will be using these same values in dealing with you as aging parents. Do you want them to deal with you harshly, impatiently, and unlovingly? Would you like to have them as your parents? This could be the case as roles sometimes reverse.

Think on these things and pray to God for his Divine Guidance - then follow His advice. It will surely lead to a better life!

1/29/90 9:30 a.m. - 9:50 a.m.

There are times in life when one seems to be hungering and thirsting for concrete answers to questions and problems. Their solutions often seem to evade you and frustration sets into your mind and spirit. Be ever-patient in these trying times as patience is thy greatest ally! Continue to search for God's eternal truth and eventually you shall find it. How much would you value this great treasure if it were simply handed to you?

Always employ every faculty at your disposal - these are your tools. God has given you a very inquisitive mind - use it wisely. There are many answers to the same question - but only one TRUTH. There may be some of this TRUTH in each answer. Pray for God's ever-present grace to discern this truth and use thy mind to



not the problems of Eternity.

Enjoy the gift of the "present" - NOW! Do not squander valuable time. So use time wisely and live time in faith that when time "runs out" God will give us another "present."



So and live a faith-filled NOW.

3/11/93 2:09 p.m. - 2:23 p.m.

Words of anger are always negative. When spoken they transfer this negativity to the listener and begin the dark seeds of anger in them. When unspoken, the anger festers like a sore until it bursts. This "bursting" can take place in many ways, but mostly in health problems, both mental and physical (as these are always tied together so to speak).

There is so much of this negativity in the world today it staggers the mind. But know that all hope is not lost. By seeking peace of spirit one can release this negative energy in a "healthy" manner. When this negative energy is released there is simultaneously a transfer of positive energy to replace it. All must be in balance. How does one seek peace of spirit? By meditating, praying and, yes, even fasting (by giving up something WANTED for that which is NEEDED). Make room in your daily life for these methods of release and watch a change take place in your life - a wonderful change! Begin today and continue daily for just a few minutes a day feel positively POSITIVE!

ON MERCY... (teacher unknown)

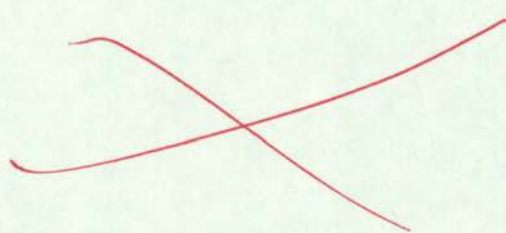
3/30/92 1:15 p.m. - 1:30 p.m.

Mercy: Mercy is boundless and everlasting. Mercy is divine in that it originates in the Creator. Mercy emanates from the depths of God's Eternal Love; patience and tolerance are it's advocates. Presume not upon God's Divine Mercy but be ever grateful for it's presence. By being open and accepting of God's mercy and forgiveness one must be willing to reflect these blessed attributes to one's brothers-in-the-flesh. To deny anyone else mercy is to deny God's mercy for yourself.

Mercy never judges. One must first be merciful to oneself before this gift can be given to others. Think not that you can forgive another for a "sin" and yet (having committed the same sin yourself) not forgive yourself. This hypocrisy cannot exist with true mercy!

Where faith is lacking so is mercy. This is where guilt enters in. To think that "your sin is greater than God's love" indeed shows a lack of faith. Work on abolishing guilt - it serves no positive purpose. Simply determine to learn from the past and sin no more and trust that God has already forgiven you. Do consider your wrong-doing - as this serves to quiet the ego and helps the mind grow in Wisdom.

Continue in your daily life accepting God's Divine Mercy with a thoughtful and appreciative heart and pass it on!!



bring small joys. Huge obstacles overcome bring greater joy. All things in their due season. Prepare for the difficult by first succeeding in the simple. Enjoy ALL that surrounds you as you move through your life. Savor even the pain and sorrow as these give much opportunity for increasing faith and doing good. Be of good



who will be open to the truths contained in the Urantia Book. Many question, but few truly seek. When the sincere desire to find God is there in spirit, then will certain truths be made known. The human heart and mind could not fathom all the Truths to be known. In the fullness of time, with continuing desire and perservance - all will be made known and understood. Most are not ready for the great wisdom contained in the Urantia Book, but rest assured the time is coming when more and more will question and seek truth. Be ever thankful that you have had the privilege of reading this wonderful book, but know, too, that God's Truth cannot be fully expressed in mere words on pages, but only felt in the depths of the soul. Rejoice as you grow nearer to God as you seek Him in your heart of hearts. When and if you encounter one who is sincerely searching for "more" you will know what to say and do - the spirit within will guide you. Have faith and trust in yourself and those who guide you on your way. Do not try to be an evangelist as this is not what you are - be yourself - that is all God asks of you. Be content with that.

2/6/94 8:30 p.m. - 8:43 p.m.

This coming year will bring many changes and challenges for all of you. But then, what year does not? The main issue at hand is not "what will these changes be?", but "how will I react to the challenge of dealing with change?" One can gird themselves, so to speak, against the "enemy" to come, or one can rejoice and anxiously anticipate the adventure about to happen. It is all what you wish to make it. Be of faith, and embrace the challenge of molding the future as it unfolds into a masterpiece to present to God. You all have the power to do this for you have the power of God within. Learn then to harness that wonderful and mysterious power. Go "within" and learn to deal with the "without." You have more assistant co-creators than you can imagine who are willing and waiting to assist you in creating a rich and full future - you have but to ask. The future will not always be "perfect" but that is part of life. The only true perfection is found in the One who dwells in your heart. So, if it perfection you seek - seek it not from yourself, but from the One who is Perfection Personified.

## ON TEACHING CHILDREN (UB PRINCIPLES) . . .

5/25/94 12:30 p.m. - 12:45 p.m.

Do not be intimidated by the "quality" and quantity of writings or transmittals that come through the other TR's. Be concerned only with your's. You have many thoughts, questions and ideas running through your mind at present. Take a moment to sort them out, then "settle in" for some "answers."

Before going on I'd like to mention this: try not to receive transmittals on a full stomach. Much physical energy is drawn to the digestive process. Though this is not spiritual energy - it still places a slight "drain" or "distraction" to the energies needed for these transmittals.

Question: What is the best way to relay some of the information in

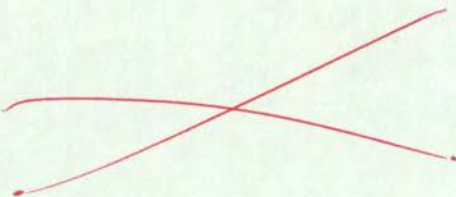


Lleewena: Greetings! on this lovely, rainy day! It was indeed good that you were able to visit with the group in York this past Sunday evening. Min has done quite well with "channeling" and her teacher will be glad to be of any assistance to you if requested. Our dear El Tranier is indeed a wonderful teacher having much experience here on the Urantia circuits. We are most happy to have him in our "company." Perhaps this is why he has called you "commandos" as he feels you are some of the first to clear the pathway for others to follow in this "new spirit- revelation." I know you may not feel like "commandos" but believe that the Spirit of God moves in mysterious ways and much movement is in the offing.

Now, new and more efficient circuits are being restored to us for better communication with not only you on the physical plane but also for those of us operating in the "spiritual circuits of Urantia." It is likened to the change from your current phone system to the newer fiber-optic. Much more information can be transmitted and received. You (receivers) will eventually be "upgraded" to accommodate our newer, improved version (of communication). Be patient and fear not - you don't even have a user-friendly manual to study - all will be done from this end. Through the next few months you will indeed see a gradual improvement in our and your abilities to converse with one another.

Max-El here once again! It has been awhile since I spoke to you and it is good to know I have been missed. My duties with the "Melchizedek Return" are pretty much completed. Since the circuits are being reinstated our "work" is less complex. Our beloved Melchizedek is indeed anxiously awaiting his return and the chance to once again walk among you, his friends, on Urantia.

This will be a physical materialization so we had much to do in preparation. His goal is to once again challenge the minds and stir the hearts of those truth seekers and would-be truth seekers. Many are searching and seem to be getting tangled in the maze of cults, and finding only partial answers. He would hope to guide, encourage and demonstrate how true living can lead to true happiness and only true happiness can be found when one finds God who dwells in each and everyone. He has a huge assignment to fulfill but there are many now to give "back up" support and more "comman-



Go now in peace and pray for those who wish but need a little push.

1/30/94 9:05 p.m. - 9:20 p.m.

Question: What is the best manner of introducing others to the Urantia Book?

Answer: When you happen upon someone who is truly searching for answers to the problems of the world - trying to "make sense of it all" or someone who knows intuitively that there is "more" than what has been presented by modern religions - these are the ones



current interests ever guiding them toward the higher, spiritual levels of thought. This is much of what has taken place with your T/R, Chris - the spiritual interest was always there, though latent. We simply stimulated this "hidden" interest and we are ever-influencing her mind to step-up, so to speak, to even higher levels of communication. All takes time and patience. The part of the Thought Adjuster is to work in the higher mind circuits to help clear a path for our thought connection, not through Him but with His assistance. We also have the aid of the Spirit of Truth which aids the human mind to "sift" mental debris out of each message - helping to make straight-the-path for clear, uncluttered communication. Once in awhile, human thoughts to interfere and usually the T/R knows this is happening but seems unable to eliminate this from happening. At times like these, the T/R should take a break and try again another time.

9/21/93 2:55 p.m. - 3:12 p.m. (I specifically requested that my Thought Adjuster speak today on any subject.)

When one thinks of "mind" one thinks of "mind" residing within the human brain. This concept is only partially true for the mind does indeed dwell "within" but also "without" the human brain. It uses the brain physically to transmit thought patterns and to create the physical vehicle in which it can reside. However, "mind" is boundless in real terms and in reality it is ever-present yet stretching into eternity.

When asleep, you can get a small sense of the vitality of "mind." It is ever-creating what seems to be a fleeting reality which is often very strange only to awaken to what is perceived to be true reality. "Reality" is what is perceived to be real at the present time, so in fact "mind" is creating reality in the "dream" state. "Mind" perceives and creates reality in the "waking" state according to the belief system of the "dreamer" (day dreamer, that is). All is ever changeable and will ever remain so.

To change one's present reality, you have but to change your mind through changing your beliefs. Reason has much influence here. Reason works through intellect, and intellect through knowledge. Always seek greater knowledge but better even than this is seeking to increase "faith." Faith is the most powerful element (do not feel "element" was a "strong" enough word here) of mind. If faith is great, mind is supreme. When one becomes completely

*endowment perhaps*

faith-filled, mind is absonite as it has truly joined with spirit - ever separate, yet one. At this level the ability to create is boundless and eternal. Time is truly transcended.

So goes this short dissertation on mind. Why not begin today to "reset" your mind and increase you knowledge but most importantly - build a strong fortress of faith!

*on the Teaching Mission...*

9/30/93 8:55 a.m. - 9:17 a.m.



trying!

5/23/93 3:04 p.m. - 3:08 p.m.

Music can be many things to many people - a "salve" to their harried nerves, a "boost" to their tired bodies, an "aphrodisiac" to their libidos and much more but the best music is any sound that brings one closer to God, elevates the Spirit - enjoins you to LOVE.

Be choosy about your listening - some of the best music is free - in nature and never quits. 24 hours-a-day for your listening pleasure. You can even enjoy the Sounds of Silence - it's a song you may grow to like a lot.

Your worldly music is very much personal preference. Our heavenly music appeals to every aspect of every level and kind of creation. Listening is the key - hear this "Music" in the Sounds of Silence for in it you will hear the Divine Musician playing His Song of Life.

6/10/93 2:00 p.m. - 2:45 p.m.

Lleewena here - I will speak to you on this fine, hot day about channeling or "receiving" information from this the spiritual realm. It is so very difficult to describe how we here are able to communicate to those in the physical realm. The desire as well as the true belief in our existence and in the ability (on both our parts) to communicate must exist. Your belief structure is such as allows this T/R information to be received by you. Since you especially desire a "clear" and "uncluttered" channel of communication to be opened we here are doing our best to accommodate. Clarity of information is always very desirable. Wait..

Suggestion for you, Chris - when beginning this procedure try visualizing a phone line and that you are talking to us. (Especially since you spend a fair amount of time using the telephone.) Eventually, with time and practice you may even visualize us. We can see you clearly even as you write. Please know, too, that we here are most thankful for this blessed opportunity to speak with you.

Your Urantia (Book) Study Group is indeed progressing - many new ideas being discussed and minds are being opened to new possibilities. Keep reading this wonderful Revelation of God to

Lleewena: Most of the information coming through the T/R is not of his/her own mind-formulated ideas. We are, however, somewhat restricted by the intellect endowment of each T/R. Also, taking a great role in this reception of information is the T/R belief system. They must be open and willing to receive "from the mysterious beyond" as well as believe that this reception is indeed possible. It is not always easy to "find" someone who fits this bill, so to speak. When we do, we are especially pleased if they have the additional interest in spiritual matters. Often this spiritual interest is not present and we must work with their current interests, ever guiding them toward the higher spiritual



cheer - everyone loves a cheerful person (like sunshine bursting through a dark cloud).

Note: This (physical) writing was much smaller than previous writing - I felt like it should be written even smaller.)

4/26/93 1:55 p.m. - 2:15 p.m.

Serena is my name and I am most happy to talk with you today. On Saturday, April the 24th at 12 o'clock noon we were privileged indeed to witness the earthly materialization of our beloved Machieventa Melchizedek. His appearance was witnessed by countless ones here and by many on your Urantia. He is at this time planning to return in the very near future to "take up residence" on your world. He will reappear at a place of his own choosing sometime around May 10th.

His mission is enlightenment of those in darkness and guidance to those struggling with understanding truths and making positive changes on your world. There is much to be done. Much is yet to happen on your world of Urantia - natural & economic disasters but also a GREAT SEEKING by many for purpose (to life) and truth (in living). Be ready to help. Be untouched by the hardships so that you can lend a helping hand to those who struggle to find hope and meaning and faith. Be as a "rock" so that the beacon of the Light of Truth shall be supported by your strength that others may see. Be in touch with the Naperville Group and keep advised of happenings in that area of the country. This shall indeed provide stimulus to your study group and be a catalyst to your members. Praise God always for His great blessings bestowed upon you and your small world as His mercy is indeed great!

5/17/93 2:37 p.m. - 2:53 p.m.

The information to come to you and through you comes indeed from those here who love you all. Even though you have doubts regarding these writings we hope you will never give up. There will almost always be some doubt present and we here understand this quite well as this is a direct consequence of ego in conflict with super ego (consciousness).

We can and WILL be of assistance to your Urantia Study Group if you allow us to do so. We are not necessarily here to solve problems and answer questions of a personal nature however this sometimes takes place as in answers to "spiritual" questions answers are often found to solve personal "problems."

Be open to us and we will be open to you. Fear is the only enemy and doubt is fear's brother; impatience - fear's sister. Reasonable questioning is good and necessary as we would not like you to feel that you are being "programmed" or "dictated to"

(ruled) by us. We only wish to guide you on your spiritual journey.

The Urantia Book which you study is a wonderful tool indeed but as you already know - is not the ONLY tool. The greatest "aid" in your possession is of course your Thought Adjuster, next being the Divine Spirit of Truth and lastly your spiritual guides (which are



as he has come - the one who represents Christ Michael in-the-flesh!

Look for one in the future who expounds the highest ideals (which have been written of in the Urantia Book). Do not fear that he is the Anti-Christ as predicted to come - he is anything but! You will know him by his exceeding kind deeds and awesome wisdom. His plan will be a simple one for mankind to grasp. Watch for him! You may even chance upon meeting him and how blessed a meeting that would be! Be of good cheer - wonderful opportunity for change is very near!

7/11/94 7:55 a.m.

Question: Do you have any recommendations as to how we should celebrate the anniversary of Christ Michael's birth as Jesus this August 21st?

Answer: Max-El here - greetings to my friends on Urantia! You indeed have much to celebrate this summer: the 2000th anniversary of the birth (bestowal) of Jesus upon Urantia and the gift of another bestowal - Machiventa's materialization among his people as a full-grown man! What a momentous occasion! I feel a true celebration is in order - perhaps something, first, worshipful (as a sincere and thankful prayer-gathering), then, a festive celebration with good friends sharing, eating, singing, enjoying one another's company. A birthday party - with your gifts to Christ Michael being yourselves - in service to Him and to one another.

Note: Writings to this point were sent to Allene Vick on 7/20/94.



the Will of the Divine Creator.  
Be adventurous and give this a try - just see the results! Keep on trying!

## ON MUSIC - .. (Teacher unknown)

5/23/93 3:04 p.m. - 3:08 p.m.

Music can be many things to many people - a "salve" to their harried nerves, a "boost" to their tired bodies, an "aphrodisiac" to their libidos and much more but the best music is any sound that brings one closer to God, elevates the Spirit - enjoins you to LOVE.

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6/10/93 2:00 p.m. - 2:45 p.m.

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in each other - so you may be pleasantly surprised! Do this for about 3-5 minutes (after all have "settled down" to the peaceful quiet). This can be done for someone who is not present also but you must visualize clearly the person you are trying to help.

How does this help someone you may ask? By sending your Peace to them you are sharing LOVE. Anytime LOVE is directed at someone or something only good can come about. This good will always follow the Will of the Divine Creator.

Be adventurous and give this a try - just see the results! Keep on



many indeed. Pray for us always that we can be of assistance in this great journey that lies before you. You, too, help us by allowing us to help you.

As we act in LOVE, so must you act in FAITH. Be persistent, be inquisitive and always seek Truth - you will someday realize that you possessed It all along!

Go in peace and enjoy this gloriously, God-given day!

ON GETTING A TEACHER FORMALLY ASSIGNED TO OUR UB STUDY GROUP...

5/20/93 1:15 p.m. - 2:00 p.m.

Question: Has a teacher been assigned to our Urantia (Book) Study Group as a "permanent" guide? If so, who?

Answer: When someone is asked to be assigned to guide Urantia Groups (especially Urantia [Book] Study Groups) there is quite a "shuffling" that takes place here as there are many who are most anxious to volunteer. We must review each candidate (or candidates) for assignment and determine their unique ability to relate to EACH current member of the group. Your group is not unlike many others - quite different levels of intellect, knowledge and faith. We are presently reviewing... (fairly long pause here) Two, instead of one teacher, have been chosen. One being highly feminine and one being highly masculine. The two have worked well together in the past and we hope they will prove to be just as effective now.

I am Lleewena and am most pleased to be allowed to assist you in your spiritual quest. I am Max-El and will surely enjoy the adventure of guiding you, my friends on Urantia!

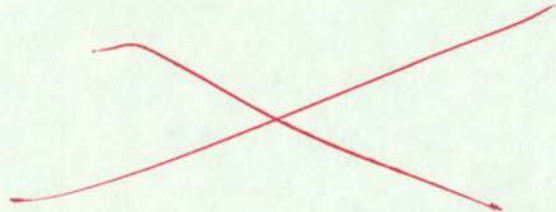
Max-El: If you so choose, ask us a question or for the "comment-of-day (so to speak) and we will be only too happy to respond. We wish ALL to become involved (even if with trepidation at first). As always, allow yourselves to be led by the Divine Adjuster within - that is the ultimate test for Truth.

We will be your "group" advisers and if desired, you will also have "guest" speakers besides us. There are many - all with their own wonderful way of communicating. Be open, be faith-filled so that you can be Truth-knowing. Let's begin as soon as possible!

Question: Why were you (two) chosen?

Answer: Lleewena - I have been selected because of the mistrust/fear of that which is new to many in the group. These are presently curious but not convinced even of our existence. We are both here not only to convince by activating latent faith but to expand and augment that faith. With an open mind and desire (for this) we will succeed.

Max-El - I was chosen because, or at least partially because, of



in each other - so you may be pleasantly surprised! Do this for about 3-5 minutes (after all have "settled down" to the peaceful quiet). This can be done for someone who is not present also but you must visualize clearly the person you are trying to help.

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the Urantia Book to children?

Lleewena: As Jesus taught while upon the Earth - in parables. Children, whether physical or spiritual or both, love stories. Go to the Urantia Book and study the Papers on Jesus' childhood. Be creative! Make up stories that follow the general pattern of Jesus' life. Tell/write them in a way that amuses, entertains and causes the child to relate and empathize the human Jesus. Improvise to draw Jesus into modern times, too. Examples: How did Jesus play - what did he do? How would he react to a "playground bully?" Where did he go for a "family vacation?" Give the child someone to emulate at their level. Adapt the stories as they grow up and continue on with stories about adolescent Jesus. When the child's curiosity peaks - they will ask, "how do you know so much about Jesus?" This is an opportune time to introduce them to the Urantia Book.

Try to teach children to "open themselves up" to God and Jesus - that They are always with them and speaking to them. Encourage them to quiet their minds and "listen" to hear the Voice within and be patient in the process. This is one of the greatest gifts you can give any child - putting them "in Touch" with their Creator. Perhaps you could "listen" together, then tell of what you heard. Teach them to pray, too, as it is always good to talk to a best friend like Jesus. Tell them of angels and others who constantly watch (over) and guide (them).

All of this will be of naught unless you set the example for them to follow.

7/11/94 7:30 a.m. - 7:47 a.m.

Peace be unto you, my sister-in-the-flesh! I am Bodall (not sure of name), a midway receiver stationed on your small world of Urantia. What excitement surrounds your planet at this time - an exciting time in your history! Much takes place that you (all) are aware of, but much more takes place "behind the scenes." Our beloved Machiventa has arrived in-the-flesh and much excitement abounds! This is unprecedented in this local universe - a Viceregent Planetary Prince taking up physical life on his world of watch-care! We await his actions with much anticipation. His assignment is once again to uplift your planet in the spiritual sense but this time he has the benefit of a much broader communication (system) on your world. We look for him to have a much more widespread influence than before as this (widespread influence) is what is needed so desparately on your world at this time. Rejoice



meet this wonderous Creator Son, Christ Michael of Nebadon. We know that this will be one of the most memorable occasions of your entire life!

Take a moment to also thank Michael for his unswerving devotion to the Will of his Heavenly Father, his unequalled love for his creation, and his boundless mercy which he constantly bestows upon all. Join us this day in worshiping God Almighty, ever present in his Son, Michael, and residing in each one of you. Celebrate the fatherhood of God and the brotherhood of man as Christ Michael would wish it to be celebrated - in loving devotion to God and one another.

Peace and joy be with each and every one of you today and always!

8/16/94 3:05 p.m.

Is there anything special we should do while meeting Tuesday with Allene in York?

The "specialness" lies in the making of new friends and in sharing the experiences which are common to you all. You will form a friendship that will continue for time eternal. All of you are of a like-mind, that is: seeking, searching and slowly unfolding truths which can be shared and discussed. Each brings his or her own uniqueness to the meeting. Gather as friends, leave as brothers.

Continue to support one another by supporting the efforts to bring these truths to more and more people. All are your brothers. All need these precious truths for life eternal for they are the foundation upon which the spirit will rest. Help others to build their foundation - give them the tools and materials they need. They must supply the "labor." Let us pray that all will be done and accomplished through a "labor of Love." The Master Architect has laid out His Divine Plan; the laborers are many; we anxiously await the Completion!

## *TAKING TIME FOR STILLNESS... (teacher unknown)*

8/23/94 8:00 a.m.

Your earthly lives seem so caught up in everyday pursuits. Always busy - never enough time for so many important things. How often do you make time for openness to God a priority? Where does He stand on your "priority list?" The days may not be long enough to accomplish all your earthly desires but God created the heavens and the earth and gave you plenty of time for all the important things of life. More importantly He gave you time for Life: the seeking,



the finding and the enjoying.

Reevaluate how you spend time, which seems to be such a precious commodity to you, and make time for He who gave you this gift. By making God first on your "list" you will be doing yourself a great favor. You will discover how truly unimportant many of the priorities in your life truly are.

Go now and devote a small amount of time to your beloved Heavenly Father.

9/13/94 3:00 p.m.

Question: Can anything be done to help alleviate Lorraine's pain?

There are many factors contributing to Lorraine's pain - some originating in the physical, spiritual and mental realms. This is the case in most illnesses. First and foremost, Lorraine (and we speak here to Lorraine and all who suffer in any manner), place in action your faith. Do you truly believe in a loving, forgiving and merciful God? Do you believe that through this God of your belief system that any and all can be healed of infirmity? Do you believe that God want any of his children to suffer? Answer these questions honestly. Sometimes the answer comes that we believe we are unworthy of limitless love, unbounded mercy and total forgiveness. Perhaps belief in others' ability to be healed exists but "surely not me for I am unworthy - I'll be content with my lot" some say to themselves and "endure whatever the Good Lord sends me." This is not God's way of thinking but man's. Put your trust in God - BELIEVE in his Divine Love and Mercy. He lives within you. Your belief in illness keeps Him bound in a suffering body/mind. This is not His Will for you or himself. Release fear, anger, remorse and all negative emotions and thoughts for they do not exist in God. Allow that which is positive to permeate your entire self and enjoy the refreshing fullness of health you are meant to possess.

As said, "nothing external can harm thee." The only true harm comes from within, originating in your mind, filtering down to actions and reactions. End the war within. Allow the Spirit of God to be the peacemaker. It is up to you - you must choose - you must align your free-will to God's Divine Will and peace, health and happiness will be your's forever.

This is the challenge. Take up the challenge and begin the change today, be it gradual or drastic. It's your choice. Find the peace within and draw it out. No pain can exist where God's Peace LIVES!!!

Writings above sent to Allene Vick around 9/15/94