

WELMEK April 19, 1994

Indianapolis, Indiana

WELMEK  
10P.

WELMEK: Greetings to you, my friends, this is your guide and your teacher, Welmek. It has been a while since we have been together, but we have continued to observe you over this past year. Each of you has struggled in different ways, yet the fact that you are here attests to your faith. Your faith in the love of our Father, your faith in the guidance of your inner spirit, despite the difficulties, despite the inability to clearly understand all of what has transpired, your faith, your love, your desire to seek our Father, and your desire to serve others has served you well. I see this as, in a sense, a rebirth of our group.

I have transmitted to other groups, and often they ask about the group in Indianapolis. All along I assured them that all was well, that in time we would reconvene and continue forward. You should see this in a very positive light. All life is a learning process. You listen to your teacher and you listen to the instruction, but then there comes a time when you need time to experience, to put what you have learned into practice. This last year has been a trying time for many of you. You have wrestled with the reality of myself, the other teachers. I cannot tell you how pleased I am to see you all here, ready to move forward again together. There are many here with us tonight. We see this as a reunion and a rebirth. Do not be concerned with where things will go. I doubt that most of you, or any of you, could have foreseen when we began what would happen, where things might go. All that you need to know about the future is that eventually you will grow in understanding the Father and His love for you, in understanding the truth and the beauty and the goodness that exist throughout the universe. Learn to grow closer to your guiding spirit each day, and the future will take care of itself.

In some of our recent meetings I have asked you what direction you wish to go, how do you wish to conduct these meetings. I sense that you are not clear in your own minds as to what you really wish to do. Consequently, I would suggest that we continue these meetings with a format with me or another teacher giving you a lesson. After the lesson, we will open up for questions concerning that particular lesson. Naturally, I can pick many topics, but it would be helpful if among yourselves, after this session, you find a way to discuss some of the topics that you would like to have a teacher discourse on and be able to ask questions. This format may change down the road, but it is the one which we began with, and as we regroup and move forward again, it would be beneficial and comforting to reuse this format for awhile. It will also bring in the new members to this group which, by the way, please accept my greeting and my welcome to the new members who are here for the first time this evening.

Tonight, I would like to talk a little bit more about faith because I think this is something you have all struggled with for a while. You will continue to struggle with this. I have said before, but I will say again, the worlds that I and many of the teachers were raised upon were more advanced than your world. We were more aware of universe realities than you are. We are amazed and inspired by your ability to continue to have faith without greater contact with these unseen realities. I know you cannot really understand or appreciate what we see. There will come a time when you will find that, as you move on to other worlds, some will wish to talk with you about your experience on this planet. Because they will want to better understand how you could have such faith in light of your existence here. They will admire you, and because everyone wishes to learn, they will want to learn from you about how they can increase their own faith.

As you rise each morning, you take many things for granted. You know that the sun will rise - that it will be daytime. After a while it will grow dark again. These things are not necessarily easy for you to understand, but they happen every day and you see it over and over and over. And so, it becomes part of our reality, part of your way of thinking. Spiritual reality is not so easy, it is not something that you see every day, it is not something that you can understand so easily. And so, you must assess the tools that you have to grapple with this issue with faith. How is it that you can believe in this inner spirit, how is it that you can entertain even the slightest belief in me? There is one answer for this, and that answer is a testament to the fact that you are indwelt by the Spirit of our Father. If there was not a part of you that was aware and understood spiritual reality, how is that you, through your physical eyes and ears and other senses, could even hope to grasp such a reality? The degree to which you come to understand this spirit reality is directly related to the degree to which you come to understand this guiding spirit within you.

This spirit has the knowledge, the wisdom, the counsel, the insight, all of the things from the spirit realm, the spirit within you knows. The more you wish to know about spiritual reality, the more you must communicate with and come to understand the spirit within you. This spirit presence works in many ways. When you see values of a spirit nature, such as goodness, kindness, love, compassion, forgiveness, the spirit helps to make an impression upon you. It helps you to sense, recognize, intuit that there is something intangible that you have just seen or heard, and it is good, it is something that is desirable. Left on your own without this spirit guidance you could only discern certain right behaviors that are accepted by your society and weigh the actions of others that you see against these standards. But your spirit truly knows what is good. Your spirit can impress upon you and help you understand when you see something that is true and good and beautiful. As you struggle with your questions about your life and about this universe, let that spirit always be your source for your answers. In troubled times turn to this spirit, in questioning times, turn to this spirit. When you feel the guidance and the hand of this spirit on your shoulder, take some time to thank this spirit for the love and guidance you are being given.

Over time, you will find that your faith grows. Beliefs usually do not grow, they simply change. New beliefs replace old belief. Faith is much different than belief. Faith is not something you accept intellectually as true or not true. Faith is something that grows within you. It is a growing awareness, a recognition of what is true and what is real. The closer you come to the spirit within you, the greater the faith; the closer you come to the spirit, the greater your ability to recognize that spiritual reality is the cornerstone of the universe. Physical bodies will come and go, you will utilize different mind circuits at different levels of existence, but your spirit and spirit reality will remain constant.

How much do you wish to increase your faith, how much do you wish to learn about spiritual reality, how much do you wish to contact and communicate with your indwelling spirit? These are questions you must answer for yourself. You have an eternity, it is not a race. However, I think you are all growing in your understanding of the beauty and the goodness and the love that exists within spiritual reality. Once you taste this it is only understandable that you would want more. There is no external reward for this. There is an internal reward. The internal reward is increased understanding, wisdom, inner peace, and a feeling of being loved and the desire to share this love with others. These are the rewards. Many of your brothers and sisters on this planet will go through this lifetime not truly understanding. When they move on to the next worlds, they will be given teachers who can help them. They will understand so much more than they do now. I am not concerned, each must make his own decision. I am concerned with helping you if you wish to continue to pursue your spiritual growth.

When we began these meetings, I proposed a system to help you grow spiritually. Seeking the stillness - daily communion with the Father, prayers for others, forgiving yourself and others, and learning to see the presence of the Father in your brothers and sisters. These are not just my advice, these are teachings that have been developed by those much higher than myself and given to many worlds over eons of time. They have been tried and tested more than you can imagine. I assure you my friends, if you follow these they will not fail you. You will grow in faith, you will grow in your awareness of the spirit presence within you. Do not be overly concerned when you feel that you may falter some. You are not yet perfect or you would not be here. Do not be too hard on yourself, do the best that you can each day. Learn from your mistakes, but if you continue to put these four things in practice until they become spiritual habits, you will find that your awareness will begin to grow more and more. Many things that you struggled with before will no longer seem to be a struggle. In fact you will look at your brothers and sisters and wonder why they are still struggling with certain things. I will stop now and respond to your questions.

D: I have a question. I think I understand what you are saying about the difference between faith and belief. As we share these teachings with others who are thirsty and they have questions, especially about their own spiritual faith; if a person isn't really motivated by the spirit, is there anything we can do to plant the seed for their faith to grow?

WELMEK: You are limited in what you can do. You should not feel inadequate because of this. Remember the Master, your text talks about how he ministered as he passed by. But even the Master, Himself, would sometimes find individuals who simply were not ready to be helped. There is nothing that can be done for them. They must continue to suffer, to go through conflict, until they desire to seek help. It is very similar to your understanding people who have addictions. You may wish to help an alcoholic, but until they are truly ready to help themselves, there is not a great deal that you can do to truly help.

D: I was alluding more to an example of a person who is of a Catholic faith, that is, a creed or a theology. How do you bridge the gap to show that faith is not just a creed, it is a living dynamic, I don't want to say belief system, what you are employing is much more than that. It is a living experience. I don't think people on this planet look at it that way.

M: Can I say something? When we went to Chicago, someone was telling me, that the people in the hotel could not believe all the love that we shared, the hugs, the laughter, they wanted to know what we were doing to make us feel that way. For me, if I can live that as an example, then what I can expel out of my own self, inner strength coming out, that is the most important thing that you can give, because they will ask what is different about you, why you don't blow up, why you don't get upset. As long as you continue doing it they will come to you (Words lost)

WELMEK: Why is it that I and the other teachers cannot bring these teachings to everyone on this planet? We can only teach those who are willing to respond. If you do not have the desire to come to this meeting, then how is it that I can reach you, how is it that I could teach you? You come here because you seek the truth, you come to ask questions. And so, you can gain greater insight because you seek this insight. Someone who is not seeking does not wish any answers, any greater insight. So, the answer is in a sense quite simple. If they ask you questions, share your experience with them. But if they do not, and if they are complacent, and comfortable with their system of beliefs, do not be concerned. There is no magic. There are no special words that will suddenly change their minds. It is a transformation that must occur with each person, and until they desire to know more and to seek, there

is really not much you can do. You can certainly engage in exchange of ideas and belief systems, but that will remain at a certain intellectual level. As Marva said, if they see something in you that they admire, perhaps that will make them ask and then you can share your experience. But share your experience, share your search, share your awareness in experience in seeking communication with your inner spirit. Do not merely share intellectual ideas. People want to know more about something if they feel it will help them, if they feel it will bring them greater happiness and greater peace. If they experience a belief system and it does not produce greater peace or happiness within them, or it does not seem to bring greater truth to them, then they will not spend a great deal of time with such a system of beliefs. It will not have a personal impact upon them.

L: (Words lost, conversation too faint to hear)

WELMEK: When people ask you questions, try this as an experiment. Look into their eyes and say to them, and I mean those questions that concern a personal problem or for something they are seeking guidance, look into their eyes and say deep within them to their spirit, "What does your inner guidance tell you?" How do you think most people would react to that?

D: (Words lost)

WELMEK: I would disagree, I think inner guidance is a neutral term. I think that it would have an impact on them. When I am troubled, I find a quiet place and I go within myself and I seek guidance from my higher self, my inner spirit. You do not realize what a potential impact this might have on somebody. Nor do you truly realize to what extent you have given perhaps the greatest answer to the greatest question there is. Would it not seem possible after such an encounter that they might ask, well what do you mean by that, what is this inner guidance, I don't understand what you refer to?

D: It gets right to the heart of things.

WELMEK: Exactly. And you skip over all of the doctrines and other beliefs. You know that the greatest gift you can give to anyone would be to help them truly understand that they are a child of the universe, the child of a loving God. That is the grain of the realization of the greatest peace and happiness. How would you start them on that path? You would start them on that path in the same way that I gave you. The first principle of how to grow spiritually is to seek the stillness - to seek communion with this spirit. If you could even get someone to try that, you might be amazed at what the results could be. Do you understand my point? Do you understand how you spend so much time off the track in your talking with others about so many theological issues. This is not the heart of what is most important.

D: We humans have a great way of skirting the issues without going to the heart.

WELMEK: Why is that?

D: We don't know what we are talking about.

WELMEK: I could not have said it better. The difference is that you prefer to talk with your own minds utilizing your own knowledge, rather than to still your mind and look into the soul of the other person and to let the spirit speak through you. Why not turn the issue over to the spirit, are they not wiser? Can they not discern in this other person what they most need? Let them do the talking. One of the ways in which you can do this is to become better listeners. Listen to the other person. When you see that there is a pause, when they have released this problem within them, and by released I mean they have spoken about it to you, you must learn to sense the moments when they have stopped talking and there is a brief moment when your window of opportunity, as you say, allows you to talk directly to the spirit within them. It is these moments that will be most important and will have the most lasting impact on them. Between the constant chatter there are few moments, so you must learn to recognize them and to utilize them.

D: (Words lost)

WELMEK: If two people have alot to say, it may take a long time for each of them to exhaust the many things on their minds and to respond to the many things that person said. But if only one is talking and the other is listening, would you not reach a point more quickly where one exhausts what they have to say and might reach those still moments? Would this not come sooner if only one was doing most of the talking? You do not need to understand everything someone else says. It is usually clear when you listen to them talk they do not understand, that is why they are talking. They are voicing their confusion. How is it that you can help them

clarify their confusion? You help them by asking questions. They can then see the answer for themselves. That is what true teaching is, that is what true guidance is. Learning to recognize those teaching moments, those guiding opportunities and being able to control your own desire to speak and to subordinate to your desire to let the spirit speak through you to them. This is a great service. It is a lesson, it is part of the mastery of becoming a true teacher. Does it not say somewhere in your text that you should try to exchange your mind for the mind of the Master? What do you think that means?

D: To be able to let the Spirit of Truth speak through you.

WELMEK: Exactly. Was not the Master a great listener? Did he talk endlessly? He listened. He probably said few words in comparison to what others said. He loved others and He wanted to help them. He allowed the spirit to speak through Him. People listened to Him. They sensed they were hearing something greater than another human being. The inner spirit inside this person will help them recognize the truth of what you say. When you ask someone what their inner guidance tells them, do you not realize that when they pause to think about what you have said that their own inner spirit will help make an impression on them, that this is something that is true, that they should try. You see, these are the moments when true service and true teaching have an opportunity to truly put someone on the right path.

M: (Words lost) How can I help Patrick and Kiara? Some of the traits I see in Peter's family are turning up in Patrick. I don't know how to (words lost)

WELMEK: It is difficult. Most of what they can learn from you will be by your example, by what they see is of value and important to you. In your interactions with them, you must make them understand by your actions that they can trust you. If they learn trust from only one person, that is enough to understand trust. You cannot control their relationships with others. You cannot intellectually teach them something like trust, but you can allow them to experience it with you. When they call upon you, can they trust you will be there for them to help them as best they can? Then they are learning trust, that there is someone they can trust. As long as they find some one that they can trust, they can never say that they do not know trust. A small amount of good, a small amount of truth is so real because it is of spiritual value that it will sustain and help a person in spite of all of the distrust they may see. Spirit reality is true reality, It is so much greater, so much stronger that only a small dose can be sufficient. Do you understand?

M: (Words lost)

M: Welmek, I would like to ask you about trust. Is trust a necessary antecedent for spiritual communication?

WELMEK: By spiritual communication, do you mean communication with your own indwelling spirit?

M: I'm referring more to communication with one human being to another about spirituality.

WELMEK: You do not need to be concerned about trusting the other person. Trust in your own inner guidance. What does your inner guidance tell you about what they say. Does your inner guidance tell you it is true? That is what you should trust. Many people can say many things that may not be true, there is no reason to mistrust them, because they may in fact believe what they are saying is true. They are sincere, but may be misguided. You must see trust in these different ways. If you want to know, can you trust their words. then I would say let your inner guidance tell you if what they say is true. If you want to know if you can trust that person, trust in the sense that they are being sincere in what they say even if it is misguided, you will sense in their manner in their tone, in their eyes, if they are sincere. What can you say? You say to yourself, I can trust that this person would not intentionally misguide me. But sincerity and truth are not always the same. Does that help?

M: Yes

WELMEK: (Words lost). They are very similar. It is sometimes difficult to discern to difference between the two. As you grow in faith, as I referred to earlier this evening, in a sense you are growing in your ability to trust your inner guidance.

M: Please talk a little bit more about the difference in faith and belief. I think that what was Donna was talking about before. I'm not sure I understand the difference.

WELMEK: Faith is something that is living and growing. It has to do with your continued comprehension of what is true and what is real. How is it that one grows and learns. It is by experience, and it is by seeking inner guidance. That is how faith grows. Beliefs are concepts, sometimes even rules or regulations that are not experienced, that are not usually verified by inner guidance. If you want to know if something is a belief or if it is a matter of faith, then ask yourself, does it have the ring of truth, does your inner guidance tell you it is true, is it something that has become or you have experienced in some way so that you feel it becoming a part of you? Most people have a religion or beliefs other than personal religion. Faith is a matter of personal religion. It is a matter of your experience and your inner guidance growing together. Most people do not follow this path. They accept some system of beliefs and call that their religion. Does that help?

M: Would the distinction be that faith is largely internally oriented where beliefs are externally oriented?

WELMEK: I would say that the source of confirmation as external or internal would be a way of perceiving the difference, yes.

M: Explain what you mean by source of confirmation.

WELMEK: If there is a belief that you must receive baptism by an ordained person of whatever religion or you will not survive, you will go to a place called hell, is that a belief or is that a matter of faith?

M: A belief.

WELMEK: Why is that?

M: It is a belief because it is a precept or concept which has been thrust upon the person who holds to that particular concept by someone else (words lost).

WELMEK: If I say that the universe, despite the difficulties on this world, is dominated by love and that you are growing every day in your ability to feel this love and to share this love with others, is that a belief or is that faith?

M: That's a matter of faith.

WELMEK: Why is that?

M: Because it is something that I have experienced (words lost)

WELMEK: And when you face different questions also ask yourself, does it grow, does it change, is it part of your experience. Whereas your ability to feel this love, to learn to trust this inner guidance, to learn to see the goodness and love of God in other humans, is this something that grows and changes and does it produce a greater feeling of peace and happiness within you. Does your belief in baptism produce inner peace and happiness within you. Is it something real that you can sense and feel and grow with.

M: Questions about source of confirmation, what I think about and struggle with, I hear you say that faith is internal, its experienced. How it is that there is a validation of faith when different people have different interpretations of reality? For example, if I were to rely upon my inner spirit in discerning what I believe to be real and another person does the same and has another interpretation that is real, how can those differences be reconciled?

WELMEK: Only in time while the truth really be known. Spiritual reality is subject as you say in the sense that you cannot see or hear it. Remember that this belief that one must be baptized in order to survive, is that other than subjective? Do you know that for a fact? Have you witnessed people not surviving because they were not baptized? That is also subjective is it not? So, you are right, your question is excellent. You are bombarded by endless systems of understanding and beliefs. How are you going to decide what is true? What tools do you have at your disposal will you utilize to determine what is true when you move into these subjective realms?

M: Is that a real question?

WELMEK: It is.

M: The answer would be to seek the stillness and to attempt to communicate with the Father Fragment.

WELMEK: Why do you say that is the real answer.

M: It is for me because that's been what you have been teaching for some time and experience tells me that it works.

WELMEK: This person who has a belief in baptism, if they do not have the ability to go within and seek their own inner guidance, how it is that they can find if that belief is true or not.

M: That's the difficult nature of it, I don't know that they don't possess the ability to do that.

WELMEK: They certainly do, but the question is, do they utilize it or do they go to the authorities or ministers or priests or rabbis in their belief system and turn over the ability to make that decision to them and make them to tell them what is true.

M: I think that is what happens.

WELMEK: When they are faced with life's difficulties and the struggles, if they do not develop this ability within themselves to seek this inner guidance, what must they do each time they run into a conflict in life they cannot understand.

M: They have to weigh that against whatever their belief system is to see how that system sorts out the conflict.

WELMEK: They turn to that system for the answers. Is that not true?

M: Yes.

WELMEK: When that authority or person in that belief system cannot give them a satisfactory answer, where does that leave them?

M: They either have to change their belief system or they have to attempt in some way to reconcile the piece of information that is inconsistent with the belief system (word lost).

WELMEK: And so, which do you prefer, faith or belief?

M: Good question, faith.

WELMEK: Trust in your inner guidance to always be with you and help you through the difficulties in life. Belief systems are scaffolding and crumble very easily with only the slightest amount of confusion or discordance in their ideas. You have within you the answers, the guidance you need. You must only ask and it is yours. Do you not feel privileged, do you not feel this is a greater source to grapple with the difficulties of life than to turn to this other person all the time who very quickly will not be able to give you the answers that you seek?

M: It's far more convenient.

WELMEK: Which?

M: To rely on your Father Fragment.

WELMEK: It is, and yet so many have not yet found it. What did we say earlier, is this not the greatest gift you can give to another, to help them come to that realization.

M: It is the greatest gift that one human being can give to another.

WELMEK: Look for your opportunities, let the spirit speak through you to others. Listen to it.

L: (Words lost)

WELMEK: Each follows their own path. You may meet a six year old in Kindergarten, and you may meet a 70-year old religious person such as a monk. Each is seeking in their own. Each has the advantage of guidance by the Father. Each may be at a different point in their understanding. As your text states, I believe, too much light can blind as well as enlighten. So, you simply communicate, listen to them, let the Spirit speak through you to them. If you do that, at whatever point they are, you help them build that scaffolding that will eventually lead them to the understanding that you know will help them so much. All such communication is good and required(?). All seeking is fruitful. For it is said, as you well know, if you seek you will receive. It may take many forms and you may look back on certain things that you have experienced and realize that you have come to a more enlightened understanding. But you not despair in your earlier efforts, for in some way they helped you to get where you are now.

D: When Marty was asking questions, I came up with an example that might help clarify the difference between faith and belief. If that person who was baptized had the belief that because they are baptized they will go to Heaven and are saved, that belief gives them comfort and a sense of peace. That seems to be getting into the realm of faith. There seems to be a real fine line. How do you make that distinction, or to help someone understand that distinction?

WELMEK: It is largely a matter of understanding growth. When a child is young, they will not understand the deeper meaning of things they experience. So you give them simpler answers that they hold to help guide them until they reach a point where they can understand more deeply. The problem with such beliefs is that, as you say, they will give people a certain comfort and it points them in a positive direction. But you see the other side of that is that it gives them an external criteria for determining who is spiritual, who is saved. You know through your experience and guidance that everyone who seeks to do the Father's will as best they can will eventually go on and continue their life. This is a deeper understanding, this is a matter of faith that grows based upon your observation of others, based upon seeing the presence of God in others. You come to this understanding based upon this growing feeling of the love of the Father. You are able to love others more. So you know such an external thing such as having water poured on your head is not a meaningful criteria to determine whether or not the Father would not allow His child to experience eternal life. Such fundamental understandings do serve a valuable purpose for a while, but they should be shed, they should go into a deeper understanding. Unfortunately, many accept such beliefs as the truth and so they are afraid to change. Such beliefs crystalize and become barriers that separate individuals from others. They do not allow the individual to grow and to continue to experience and to continue to seek inner guidance, they become a substitute for the individual seeking this inner guidance. But, for a young child or for an older person with a young religious or spiritual mind, such beliefs do have some purpose.

M: I think you said previously that time will determine the truth (word lost).

WELMEK: Yes. When you are asked about how is it that you can have your faith and inner guidance and know it is true, what does your text say is the response?

M: I'm not sure what the text says, but my answer would be, "that's what my inner guidance tells me".

WELMEK: Yes. I believe your text phrases it something like, "how is it you can know that I don't know". You see, when you deal in these areas of subjectivity, from my point of view spiritual reality is truly the objective, but I understand your meaning. To use those words, there is no "proof". The only proof is within yourself. Your question becomes would you rather rely on the guidance within yourself or would you rather rely on other humans telling you what is true.

M: It seems to me the test is how you live your life. Does following your inner guidance lead to inner peace and happiness, if it does that is the proof.

WELMEK: Spiritual reality is based upon values. What it is that you value? Do you value truth, goodness, compassion, patience, tolerance, integrity? These are the substance of true spiritual realities. Many systems of belief would say "follow these rules and say these prayers" or "say these chants and you will be a righteous person". Which makes more sense to you? Would this world be better, would people truly be changed if we all said the same rote prayer or chanted the same saying, or believed in the same baptism. Or, would it be better if we all lived in love and compassion and tolerance and patience. You know within yourself what is true, what is a real answer.

D: If we all believed the same things, then we'd all be tolerant and patient and understanding of one another?

WELMEK: Even those humans who profess to believe in the same things, do they agree among themselves?

D: No, but people think that if everyone believed like they do, everything would be ok. That's just how people think.

M: So, let me see if I understand what you are saying. The proof of what is spiritual reality would be whether the person is pursuing truth, goodness, love, patience, etc. as a result of their "faith".

WELMEK: Yes, I would say the fruits of the spirit are the criteria for assessing if a person is growing spiritually. However, you must understand that some actually pursue these and have no particular theologic beliefs, others pursue these and have a very strict rigid set of beliefs. Truth, reality, underscores whether or not this outer system of beliefs is there.

M: You lost me, can you say that again?

WELMEK: The truth of the spiritual realities are the fruits of the spirit. The pursuit of wisdom and patience and tolerance and love and compassion among others. This is what survives, this is what is real. Whether a person has an outer system of doctrines or theology is not so important. The doctrines and the theologies will gradually fade, if not in this world then in the next when they wake up and see that those things were not so important. The pursuit of the fruits of the spirit will be an eternal quest.

M: Is another way of saying it, it's irrelevant what your beliefs are as long as you are pursuing true spiritual values?

L: What does your inner guidance tell you?

WELMEK: Where did you hear that?

L: Thank you, teacher.

M: My inner guidance tells me, it doesn't, because beliefs are incorrect will inhibit the ability to grow spiritually. So that even if a person were truly and sincerely pursuing spiritual values and their belief system was flawed, it would make a difference because the belief system ultimately will inhibit the ability to discern the truth.

WELMEK: I would say that is a good answer. Have you not heard the saying that the truth will set you free? What do you think that means? Free from what?

M: Free from anxiety, free from human concerns, free from negative feelings. (Words lost)

(Words lost)

WELMEK: We have discussed much. Perhaps this is time to bring the meeting to a close. You have much to think about. Concerning these meetings, I have asked you to think about what topics you wish to pursue. How you arrive at this or if someone has something they wish to talk about, that is fine. I do not concern myself with you may choose the issues you wish to understand.

M: Are we to understand that you can talk about any kind of subject?

WELMEK: Have you ever found me to be at a loss for words? It is good to be with you again my friends. I have missed you and I have missed our meetings. I hope that we can continue to meet more frequently. I am here to help you in whatever way that I can. I love each of you deeply, and I know that Michael and our Father loves each of you deeply. I wish that I could make you more aware of the love that exists in this universe. But I know that the most that I can do is to help you to feel the Father's love within yourself. I send greetings from the many visitors who are here. Perhaps on another occasion they will speak to you. This evening I wanted to speak to you myself. As the Master has said, as you go through life you have many challenges, many opportunities to exercise your faith. Through all these always try to smile, do not take life overseriously and try to be of good cheer. Good night.

GROUP: Thanks, good night.



WELMEK May 3, 1994

WELMEK: Greetings, this is your teacher, Welmek. I cannot tell you how much I have missed each of you, even though I continue to receive reports about each of you and am able sometimes to observe you myself, there does seem to have been a sense of separation for awhile. I am so pleased that we are here again together.

As I think back over the various lessons that we have experienced together, perhaps there is none that is more important or more significant than what we will discuss tonight. It is difficult to talk about it, for after all, the topic is feeling God's love. It is not easy to talk about feelings because feelings are something that must be experienced, something that are felt within one's soul. We talked about, last week, the idea that if there was one thing that you might share with others, one way in which you could most help them, it would be to convey to them that they are a child of a loving Father. The realization of this fact changes your life forever. There is no turning back from this point because there is no desire to. But how to proceed? How does one grow in this feeling of the Father's love? As you know from the many lessons, there are no shortcuts. You can talk about things forever, but you must practice, you must experience. As your text tells you over and over again, you are truly experiential creatures. This is how you learn.

I would like each of you to take a few moments and I want you to think back in your life and draw upon your experience to reflect upon your greatest memory of feeling secure and loved. It does not matter if it is with a parent or spouse or sibling, just reflect upon your own experience and recall a time when you feel that you were loved. (long pause)

Now I wish you to also think of another experience. An experience in which you felt great love for someone else. Again, it might be a parent, a child, a friend, a sibling, it does not matter whom. (long pause)

Now I would ask each of you to tell the group something about your experience. As always, this is voluntary. I am not so concerned about a lengthy story or the details. I most want to hear how you felt when you loved and how you felt when you felt being loved. I would ask that one member of the group to volunteer to take notes, to write down not the situations but the feelings and the characteristics that are described in this state of loving and being loved. Would someone volunteer?

M: I will.

WELMEK: Thank you. Who would like to begin?

(There was discussion about individuals' experiences about feeling love and giving love. Conversations were too faint to hear.)

WELMEK: Please read your notes.

M: Respected, trusted, cherished, warm, longing, care, devotion, wholeness, comforting, reassuring, completion, peace, delight, joy, anxiety, stability, wanted, interconnectedness, bonding, expansion, fullness, contentment, awe, amazement, all-encompassing, relief, gratitude, peaceful.

WELMEK: With exception of perhaps anxiety...

M: It was mentioned, I put it down even though it didn't fit.

WELMEK: I understand. That, my friends, is what awaits you. Surely you must see how desirable it is to feel love and to love because these are the feelings that are associated with love. In your relationships with other humans, it is not always easy to understand or to find this love, or perhaps better, to make it last, to feel it all the time. But it is something that is there for you. You must understand, your Father, through your inner spirit sends you His love. It literally surrounds you. It is waiting to envelope you. You, my friends, and I and all other humans at some point, put up the barriers. To break down this barrier requires faith. It requires faith that there is a loving God, that there is a loving inner spirit within you. It requires effort, effort to reach out to communicate with this inner spirit. As you ascend through the universe, you will experience more and more of this love, not only from the Father but you will see it more and more in all of your brothers and sisters. There are times in which you will be overwhelmed by the feeling of love. I cannot describe to you the joy of being overwhelmed by love, but I can assure you that it is a part of your future, a part of your destiny. How much of that feeling you wish to achieve now in your earth career is up to you.

Where does one begin? It begins with your seeking the stillness each day with your seeking to develop your relationship with the Father. It is not so easy to feel that love continually flow in relationships with your brothers and sisters, so many are so immature and act in such childish and immature ways. It takes time and practice to look beyond these immature actions and see a budding soul filled with love but afraid to let it out. But you can start with your relationship with your Father in your quiet times because the Father is not afraid to give out His love. And there is no reason for you, in the quietness of your own heart and soul, to feel any reluctance to give that love back to the Father. The more you practice, the more you will feel His love. Ask to feel His love during your seeking the stillness. Say to Him, Father, I want to feel Your love more strongly, I need to feel that love more strongly within me. You are His children, what father can deny his child the true desire's of his child's soul? We have often talked about communicating with the Father.

Seeing the Father as your unseen friend, sharing your inner self with the Father, just as a young child shares his troubles with a mortal parent. I know this is difficult for many of you may not have had parents whom you felt loved you so deeply and to whom you could go and share all of your difficulties with. Never feel negative towards them. Most all parents did the best they could. Remember that they too have not felt this love the way they should. How can they teach what they do not know? Have compassion for them, do not be bitter. They did the best they could. You have awakened to a greater spirituality than most of your parents. You have the opportunity because of this increased awareness to grow spiritually, to feel more of the Father's love. What will this do? It will bring all of the traits that M listed into your life. You may not feel that every second of the day. It takes time and it takes practice, but more and more you will go through your day with the sense of this love with you, more and more easily in your troubled times will you be able to beckon these feelings to come and surround you to help you through the difficult times of your lives.

In time, as you grow in this sense of being loved by the Father, you will only naturally allow this love to flow out from you to others, for this love as your text states, is a benign virus, it will spread, you can hardly hold it in. It will not not seem dramatic, it is something that most experience gradually, but it will not grow unless you make the effort. As your text states, doing the Father's will is no less than the willingness to share your inner life with the Father. The way to improve this planet, the way to improve yourself is to start with spending time with the Father to let this love build, to let it grow within you. As it grows within you, you will in turn share it with others as best you can. This, my friends, is what will change this world. What we do here now may seem small given the many problems that exist on this world. But each of you is responsible for yourself. Do not say I can do nothing because I am not the president. Say to yourself, I know that I can grow in my relationship with the Father and as I feel more of His love I can share that love with others. That, my friends, is more powerful than you can imagine. Doctrines and dogmas and theologic beliefs have little effect.

Helping someone grow in their relationship with the Father, helping them to understand that they are a child of a loving Father; this, my friends, will change their life. Throughout all your difficulties and struggles, remember the many things that we have learned and discussed. In trouble, do not take yourself too seriously, remember that your journey in this life is short in terms of your eternal career. Retreat within yourself, remember that the Father is there holding your hand. Feel that love, feel that peace, and all the troubles that you face will seem less difficult. Remember also the words of the Master - I do not promise to deliver you from the waters of adversity, but I do promise to walk with you through them. Why try to face all these difficulties on your own? Call upon the Father to give you strength and courage, call upon Him to fill you with love. Call upon Him to give you understanding and insight into your brothers and sisters.

I have lived longer, I have traveled farther, I know much more about the universe than you. This is a matter of your growth and a matter of time. You will know all of the things I know, but right now, you can do as I and others do, which is to strive every day to grow in that feeling of love of the Father and to share that love with others. If there is a secret in the universe, this is it. For that love will open many doors for you. I love each of you and I am your brother. Imagine, if you dare, how greater is our Father's love. I want each of you now to seek the stillness in you and ask the Father to let you feel His love. (long pause)

I will leave you now because there is nothing more that I can say. You must make the effort to continue to feel this love. But I encourage you to discuss your thoughts and feelings with each other for the rest of the meeting. Good evening my friends, may our Father's love be with you, may you feel His love always.

GROUP: Thank you, good night.