

MONDAY NIGHT MEETINGS

CALVIN:

12/7/94

Greetings, my brothers and sisters, the remnant of our beginning Teaching Mission group. I am Ham, your friend always, your brother in truth. I am pleased and gladdened to say a few words, for we have enjoyed your conversation this evening. Your minds are indeed expanded in your weekly gatherings and this evening your minds are expanding to reach higher levels of truth and understanding. Yes, confusing at times these new truths and realities can be. Rest assured, my dear friends, that all that is important is your inner hearts search to find your connection with our Father and to receive of His love which is abundant. As you receive and at your level of reception then can you give. You grow in small, small increments and to look at yourselves you may not see the strides and growth as even we observe, but yes you have grown much and have learned to trust your feelings greatly. Long is the path ahead, yet far have you traversed already. It is a time of year where many have various ideas of tradition and worship, yet it is good that Jesus is a focal point of this Christmas time celebration. It is a time for all to reflect upon their true beliefs in His life and His goodness. And so I would ask you each to reach out to Him in spirit and find Him in your inner selves. This will bring you an increase of peace within and will further your connection of love with our Father. All is proceeding even faster than what was anticipated for many such as yourselves. I wish now to leave you with my love and thank you for staying. Farewell.

Roinda

1/9/95

Greetings. I am a Melchizedek. My name is of no importance. It is of special importance I wish to speak with you this evening. It has been awhile since your group has had communication directly in connection with the Teaching Mission. We do not wish this. We seek one in your group who will be willing to transmit. We ask each of you to look within yourselves and see if this commitment is something you would be willing to do. We realize the loss of Rebecca has devastated many of you and do not wish to place added pressures on any of you. It is simply our desire to communicate more directly with your group. You are our beloved children and we wish to continue your growth in this tremendous cycle of life. You seem to be floundering about without much direction and this concerns us. Your group has many diversities, which in our eyes, is a blessing. You must continue to reach out to each other, learn to accept and love each other without trying to change the others. This is possibly your hardest task at hand. It is a challenge for each and everyone of you to overcome your prejudices, your pride, your ego, your desire for self-fulfillment, and be what Jesus taught, a gift of love. It is with these words that I believe you will follow your heart, your soul and you will be able to bring about changes from within yourself with such speed as that it may be frightening to you, but fear not for change is not to be feared, it is a journey toward your Heavenly Father for you change with the knowledge of becoming as He is, perfect. This change is not expected to happen in this life time. It will take many, many lifetimes, so many you can not even conceive of the length of time it will take you. The reason we ask for your diligence is for your happiness, your fulfillment, so that you may pass this on to your brothers and sister in this lifetime. This is mere practice for those lifetimes ahead of you, in which your service will be invaluable. It is our honor to serve you in this way. You can not comprehend the joy it gives us to see and watch your growth, your understanding, your compassion, as life beholds for you. You may make changes with leaps and bounds or at snails pace, they are still triumphantly your changes. There is no one to tell you how fast or slow you can go. You must determine this for yourselves. It is with all respect your goal here in this lifetime. Become happiness and joy. You shall see the rewards reflect on those around you. It is with these words that I leave you. Be blessed, be considerate. Think about my offer. Many teachers are willing and waiting for any one of you or all of you to respond to my offer. We shall be in touch with those of you who are willing. Farewell.

MEETING WITH ABRAHAM
JANUARY 30, 1995

Greetings. I am Abraham. I am happy to be here among you this evening. I have seen your struggles and achievements with the passing of time/years. I have watched you grow. With the passing of time you have overcome many obstacles and each time you learned from them.

Although I am not Ham I am a teacher. This will not be like before. It is now a new era in your training experience. Do not expect this teaching to be like before. This might be a little more rough/difficult. You may be asked to apply certain lessons to daily living and share it with all of us if you wish. Lessons brought to life. I will be here any time and speak through you who desire to transmit. We desire your comfort, your trust.

It has been as it should have been. Nothing wrong have you done. It has, this time that has passed, has been as it should have. Now we see it is time for more learning and direction. I, Abraham, am ready to teach. Let this be another step in our mission purpose. Let our guidance be tempered with love. We are ready to keep moving toward Michael's goal. No, you have not been lost. You have not been out of this humble calling. You are right where you should be, having lived Ham's teachings personally, have experienced memories that stayed with you from Ham. I look forward to communicating with you each. I must bid you farewell.

Meeting with Abraham LESSON ON LEARNING.
February 6, 1995

My greetings to you all. I am Abraham. This evening we will discuss learning. When you were a child the teachers you had, being parents, grandparents, adults, taught you in their own specific manner, maybe in the way that they were taught. As a child you learned by their example and you went on to learn their many habits, mannerisms. Over time you felt your examples, set to you as a child, were not always quite correct. Something in you knew. You felt like almost rebellious for not always following that set example. You had all along a greater teacher/friend, many teachers, the Thought Adjuster, the Spirit of Truth and many others. Many times your greatest teacher is within your very being!

Your greatest lessons come from your own daily experience. You can not really live and learn from others experiences, mistakes. You must be on your own path. Lessons are best remembered when experienced firsthand. And without a great many lessons it is hard to progress. Some have to go through the lessons more than once. Some take longer to go through the same lesson. It matters not as long as there is willingness to learn. You can help others to seek out their own light within. That may be the extent of your teaching. You can share your experiences to help guide others in their decision making, but you can only suggest, not advise.

Those with many college degrees may not have the same knowledge as a janitor, and yet, the janitor may have more knowledge in the lessons in compassion, love, kindness. No one person knows where another person might be in his learning, therefore, I would suggest not to judge anyone. I would say leave them to their own experience in learning. Do not hinder yourself, your pace or another when... [I have to start that one over again. It wasn't right.] Do not hinder yourself by judging yourself so harshly. You are still a child in the universe. There is no hurry. Judging another can also hinder you in your own progression. It can only put you behind in your own struggles of learning.

This is a time of spiritual discovery and it can be an exciting adventure to meet with enthusiasm or you can meet it with an ease seeking attitude. I would suggest the first. There is a great sea of knowledge for you to sail upon, every now and then hitting waves higher than your ship. Facing the wind and the rain, every once in awhile coming to a calm water with a reflection of a beautiful sunset, knowing that you braved the rough waters to yet again be rewarded with the satisfaction and peacefulness of your accomplishment.

Sometimes teaching someone, maybe a small child, has some ego glorification, that this child may look to you as an authority. The child feels that trust in you, in which you may not receive from an adult, therefore, take not pride, not self-gratification in teaching. Remember what you are teaching was taught to you. It is fun and good to teach as long as you remain the learner. That will be our thought for this week. Until next week, shalom.

MEETING WITH ABRAHAM LESSON ON THE GROUP/FAMILY
FEBRUARY 13, 1995
SALT LAKE CITY, UTAH

Greetings. I am Abraham, your friend and teacher. I wish to express my thoughts on your understanding of one another. I am glad to hear your open-hearted expressions of your experiences, each taking a chance laying their feeling out for all to see. If that group trust was not present many would not lay down their armor and expose their true feelings. The group environment should have a certain...certain is wrong...safe and accepting atmosphere where you can all feel comfortable in just being yourselves. It matters not, group unity, meaning all believing the same thing, as long as you accept one another as your brother or sister.

A group is a great example of a family, each having their own specific roles, [some...that was wrong] each can help or console or encourage the other without fear of rejection or downcasting. In your family you can even admit mistakes, failures, without critical examination. One can be unafraid to be embarrassed because you know no matter what your mistake or embarrassment may be your family loves you unconditionally.

I cherish the family, [I am in all...correction.] sometimes referred to as the Kingdom of Heaven/God. All smaller families/groups belong to a greater family/group, the Kingdom of God. You start small, but in reality, you are a brother or sister in a larger family. Your group experience now prepares you for a later time when you are seated at a great banquet with the Father at the head of the table. You may see Michael seated next to you. You might see the Divine Minister, Holy Mother Spirit, seated across from you. You may see us teachers, the Seraphim angels, other mortals like you gathered each knowing all are included, no one is left out. All who want to attend are welcome.

From this small gathering each week you take with you skills which will be helpful in ages to come. Biological families may not always be so safe, so unjudgemental. Biological families may lack the skills to communicate, they may fear laying their feelings out for all to see. Biological families may even judge its own members more harshly than a stranger. It is a great comfort to be in the family of the Father's Kingdom. You know that all is understood, all feel free to open their hearts to the Father of all fathers, all is understood.

This week keep in mind how you may react to your own family, friends. Are you listening to them? Keep in your thoughts about your own group meetings. Are you listening to them? Are you loving unconditionally? Are you being open enough to give and receive? What are the true reality/meaning of group/family will be the focus for this week. My love to you. Shalom.

MEETING WITH HAM AND ABRAHAM LESSON -FURTHERANCE ON THE GROUP/FAMILY
FEBRUARY 20, 1995

Greetings. I am Ham. I, too, can always feel comfortable returning to this branch on my family tree. It has been a long and difficult test of our endurance. It has been filled with many lessons of trial and triumph of the spirit. I am overjoyed to see you have held up. I wish you joy in your upcoming tasks ahead. Look to them as a challenge rather than an obstacle. Many blessings go with you. I leave you to Abraham. Farewell.

Shalom. I am Abraham. I wish to impart to you a furtherance on the group/family. You may well know of your difficulties in communication and understanding. You may have learned something about judgment, being judged or judging. You may have family members who roll through life with one problem after another. You may be one with one problem after another. I can tell you these family member always caught up in turmoil are crying out. Something they feel is lacking, and therefore, they may seek out one difficulty after another. It brings a cover over the actual crying out of the soul and puts the focus on a material problem.

Many may live their lives wading through a river of muddy and murky water not actually seeing the benefits of crossing this river. To you, I say, some sympathy for these problem ridden fellows, but too much sympathy can be detriment to them. They may believe all their difficulties are a reality, when in fact, it is a covering up of the souls true desires. I would say the true soul desires would be LOVE. That is really all anybody...its not anybody..all souls wish for, something as simple as love. So when you listen and sympathize with one who may go on about their daily misfortunes, you can give them what they really seek, love. You can be tactful in your dealings with those with seemingly numerous problems, but it would do them well for you to be truthful as well. You can support them in their feeling but you should not encourage or validate their fears or blown out of proportion problem. When you listen to your family or group member seek not to play into false feelings of fear. You may love them so much, wanting to spare them from the pains of truth, but I say, it would be far worse to agree and let them continue in their cycle of imagined problem. You can remember the Master empathizes, say sympathizes...sympathizes not with those who would lie down before their troubles. The Master taught with questions. Questions to your troubled friend or family may reveal to them a lighter side, perhaps a solution that may lie within their own being.

This week in your dealing with family/friends think about not over-sympathizing, but let them know of your love for them. You can support them in their feelings, give them your understanding, perhaps you have been there, but try not to validate feelings of fear. Tactfulness with honesty is also beneficial to this friend or family member.

SOMETHING TO THINK ABOUT: Are you one who wades in a river of imagined problems? Are you one that stirs the mud under the water on purpose? Sometimes in the stillness when you let the mud/dirt settle you may find your souls true desire. You may find what it is your soul cries out for. Take this..take these words with you into your week and I'll be here again to hear of your dealing with your fellows. Shalom.

MEETING WITH ABRAHAM LESSON--RELYING ON THE SON
FEBRUARY 27, 1995

Shalom. I am Abraham. I am your teacher and friend. How did you apply the lesson from last week during the week? Was it as simple as you expected or more difficult? As with any lesson, time is required for the learning to become natural. You can not learn any skill or lesson overnight. The great group/family lesson will be life long and beyond this life.

This night I desire to teach you a little more about relying on the Son, our universe creator, Michael. Some believe that they must go through this life dealing with daily obstacles alone, some know not of our magnificent Spirit of Truth that longs to help and guide. Many know not of the majestic power of the Universe Son. He is only limited by the Father's will. If we could only discover His longing to be close to us how could we not be able to face such daily difficulties knowing His presence is with us. As we teacher understand His love for us it is such an honor and pleasure to serve one so beautiful. As you too discover this longing to be with His universal children you may feel His presence more and more. It is difficult sometimes in your mortal state. You have to believe without seeing. You have to trust that kingdom of helpers with whom you can not see. I vaguely remember my time of doubts on the Earth. I do know I survived them as you will. You can also be benefited from your doubts after a period of questioning, as difficult as it may be. You can always look back and note that you also survived that spell of doubting. As you grow closer to Michael you may be comforted in your periods of unbelieving.

He said, "I am the door". He said, "I am the bridge from one world to another". He came here to reveal to us something so precious, something you can't buy with money, something that has gave many great comfort, that has gave the weak-hearted confidence, that gave the discouraged hope. Michael came here to reveal the greatest gift and that is the knowledge of our sonship/daughtership with the Father. No greater gift can humankind receive than a place in the kingdom.

And I say, Michael, His Spirit, is the door. Your closeness to Him would be of great benefit to you in your steps to understanding. When I think of my Creator I feel energized by His goodness. I feel almost unlimited with one so glorious that graces my path, my life. I am renewed in the thought of this powerful and loving presence that knows each one of His children. Some may feel unworthy, undeserving of His magnificent presence. But I say, He was once one of you who walked the Earth. He experienced what you experience. He knows of your feelings of unworthiness. This is understood. It is much desired that would take your place in the Kingdom along with your brothers and sisters and accept His love, accept His help. To claim yourself unworthy or inferior to receive His presence, His love, is almost offensive. He desires to know you and to reveal Himself to you.

Ham has taught on this subject before. It could do no harm to re-read the lesson. He said, Jesus said, "I am the door". This week focus on this door. You may knock, you may notice His presence during the week. And next week some may wish to share their experiences of our Father/ Brother, Michael. Until next week, Shalom.

MEETING WITH MICHAEL AND ABRAHAM
MARCH 6, 1995

TR: Oh, I don't know if I can do this. I think it is Michael.

See? I told you!! I am not far off. I am Michael. This may be hard for some to grasp. Why wouldn't you believe or think that you are important enough that I would not be close. You are not so small that I would forget about any of you. You know not of your value in the Kingdom. I am here to tell you that each and everyone is of utmost importance in Father's family. Not one is forgotten. How can some think I am so far away when I make every effort to reach each child.

What the Son desires and the Father wills, IS. Father's will is to be close to each child. My desire is to know and love each child also. So, believe that I am in your midst, that you dwell not in isolation. We are so near you we are almost becoming you. You and your open hearts and minds bring me and my Father to this world. Yes, a step of faith and open heart bring me more closer. I ask you to feel free to seek me, my guidance, my help, my understanding. I delight in serving my children. Worry not on past mistakes or mistakes yet to be made. I serve with legions of helpers and hosts to this world. It may seem hopeless at times. It may seem you are alone. I ask you at those times please knock and I will be waiting for you. Please take a small step of faith. And I tell you I am not far. Go from this day knowing your Friend, your Brother/Father is among you. I leave you to Abraham.

I am Abraham. I am in awe of the love that Michael has for you and all of His creatures personalities. During this last week did you find the Son's presence? When did you knock, during times of conflict, during times of doubt? Maybe you thought of Him during times of joy. I say to you, you would do well to always feel free and communicate with Him. Your own Indwelling Adjuster may guide you in the divine ways. But also I say, Michael, or Jesus, may help guide you in your ways of the human path.

Tonight I will say a few words on isolation. You who were isolated for so long, it may have become a habit, a way of life, thinking you were alone. You may have grown accustomed to the idea that the Father or Michael were so far away, but I say that is all changed now. With the correcting time your world has almost fully been re-incircuited, almost fully restored. Now comes the great awakening! This will be mentally and physically known. And the world will reconnect back with the Father and His Son. This is a most exciting time to be here on this world. You who may drone through the everyday tasks really have no idea about the underlying excitement we, the unseen helpers, feel. It is a great time in your history.

Many in isolation forget that they are really cared for. Sometimes the isolation is self imposed and friends and family maybe severed from a persons life. I say do not impose this isolation on yourself or your world anymore. Just as an elderly person may feel unwanted, useless, they isolate themselves to drown in their own sorrows, until maybe one day a visitor, a friend, a family member, may stop by. They may ask this elderly person for advise. They may just show the elderly person that a visitor enjoys their company and once again the elderly person feels a part of the world, reconnected. That is what I say to you. Christ Michael is that visitor to your world. He enjoys your company. You may need to ask a favor. But He wants you in your world to once again feel re-connected, a part. When times are hard try not to isolate yourselves, but think to invite Michael to talk. Can you think of one who may be isolated? Can you reach out and bring your visitor and this isolated person to just talk or help someone to re-connect, to be a part? This week think on this subject on a wide scale, the world, universe. And think on a small scale such as one person. Until next week, Shalom

MEETING WITH ABRAHAM PERSONAL AGENDA'S
MARCH 13, 1995

I am with you. I am Abraham. I am happy to be here again this week. Many ideas and suggestions have you discussed regarding this Monday night meeting. This week I ask you, the group, to think on subjects that might be of interest to you as a group. Groups' personalities vary from city to city, state to state. What might be needed here in this group might not be needed or desired by another group. You all know each other fairly well. Perhaps you desire some help on a certain subject. We teachers ask that you discuss topics that may be of interest to you personally. Also, we ask you to consider, to ponder over your inner feelings on the present group format. Is it your true desire that I, or we, teach here to you weekly? Our intent is not to force this on you. Our present intent is to minister to you each individually and collectively. Our desire now is to teach you, your group. It is not meant for your teachings to go to others who might not understand or have the close communication that you have between you. One way or another every person will receive their own personal lessons. You will receive your own personal lesson with or without me. Is it your true desire for these teachings to continue? Please discuss this at a convenient time. If teachings are so desired, I would ask you to then look within to your souls' needs. Perhaps there is a subject I can further enlighten you on. I do not make it my business to read your minds. And to discuss group desires brings you more together mindally and spiritually. This is your opportunity to look within to receive help where it is needed, but I say, this is for you who come here.

I would like to say a few words regarding personal agenda's. Motives can be an intentionally selfish. They can come up behind you without warning. Although, it is not your intention to be selfish. Sometimes your secret agenda may slip in unknowingly. Although, it may be your intention to do Father's will, your underlying wants may interrupt the flow of communication from Father. This does not mean you are bad or backwards or regressing. You see, this is understood. This is natural. This underlying personal agenda may hinder you in your spiritual path. Therefore, I ask you to look closely and honestly at your true inner feelings and motives. Be not too hard on yourself. There is nothing wrong with inner desires and feelings. But I ask you to lay these inner feelings into Father's hands and wait on Him. Father knows your heart and your path that you must travel. So I say, look honestly at your personal agenda. Give it to the Father and know that nothing is hidden from Father. Therefore, be also honest with yourself. When making decisions, ask yourself, what are my true intentions? Am I in accordance with Father's will? If the Master were sitting with you face to face like the apostles long ago, what would be His words of wisdom to you? What words of my friend/brother, Ham, may surface in your mind? Worry not about hidden selfish intentions, for now you have the ability to recognize them and lay them in Father's hands. I remind you to discuss my proposal. I will be in touch. Next week we may answer a few questions. Until next week, shalom.

MEETING WITH ABRAHAM
MARCH 20, 1995

I am here. Shalom. I am Abraham. Last week we discussed some on the group format. I am a little more clear on which direction to take in teaching your group. I would like to say a little on my understanding of the needs of this group. It is known that all of you desire to be closer to Father and His kingdom of various helpers. It is my understanding you desire to attain more of the Master's attitude and mannerisms. What I am understanding is that you desire to become more morontial. I wish to express my dedication in helping you reach your goals.

There are so many daily human tasks that seem to take from the growing morontial being within and at times seems like too much work. I say when you are wanting to improve on a certain area in your life start small. Don't become overwhelmed with all the possible potentials of your being. Don't try to do too much. This can only bring confusion and a desire to give up. We have been taught it matters not what you are at this moment. It only matters what you are becoming. Much of the time your Father-fragment will show you your areas of need for enlightenment or improvement. So I say be patient. There is no time limit for becoming more morontial. I will answer a few questions.

Calvin: I say thanks Abraham for your concern of us as a group and individuals and how we can help and you're coming and teaching. I am sure we all feel that, with talking with each other. I know everybody is happy to have you here.

Abraham: I would say you're welcome and I would also thank you, Calvin. Your persistence has helped to bring about this new teacher/student contact.

Roland: Abraham, this is Roland. I've expressed this in this gathering tonight and you probably know my question of the heart better than the words I will express the question in. And that is in the process of attending to your words of caution about personal agenda's which are selfish, interfering with Father's will in sharing love with our brothers and sisters, that part of that selfish agenda is sexual attraction. It is my question that as we become more enlightened, and those who have gone before us who have been masters and enlightened beings, who have chosen in their life at some point celibacy, is it a worthy goal or decision making process to become a celibate being to serve as a pure vessel of God's love? Or is there a way to balance sexuality and spirituality to do the will of the Father within that framework? I leave you with that question knowing that it has many holes in it.

Abraham: Roland, my friend, your willingness to give up a part of your humanism for the sake of the Father truly shows what a dedicated and loving individual you are. The Father doesn't ask you to sacrifice any part of your human existence. I would say your natural reactions at a moment of spiritual intention are just that, natural. It is not bad. It is part of who you are. It is part of the human learning experience. The Father knows your true intentions and your efforts to discipline your own mind. I would say don't be too harsh with that mortal mind. It is still in training. Seek not to flee from your human experiences, but to traverse them with your constant companion, Father Himself. Does that answer?

Roland: Yes, very well. Thank you very much. As a follow up question about the spiritual and material world. We know the history of your life. You had much material wealth and lived a very spiritual life. Is it possible for us now in this very materialistic world to have the abundance of materialism and maintain spirituality as you did? And would you change it in any way?

Abraham: Abundance may not have the same meaning for all people. Some who have little find abundance in their family setting, in the benefits of good health. In some may find the abundance in lessons learned and knowledge earned. What person would honor material goods over these blessings? I would say you can have abundance and spirituality if the material wealth does not interfere with the spiritual. Does that answer? (Very well. I thank you very much again.)

Calvin: Abraham, I would like to ask Karie Lynn if she would want me to write if she has something to ask you.

Karie Lynn: Yes, I would like to ask what my name is.

TR: I am not real sure about this but it sounds like it might be Jeana. I'll have to talk to you after.

Abraham: Another question?

James: I have one Abraham. First of all I am really grateful that you're taking questions. This is most interesting. One of the things that really grieves me about life is the suffering, the tragedy of innocent children having to suffer under the mistakes of their parents or the mistakes of society in general. It seems so unfair. And it seems like a tragedy to me. I wonder how you, who are farther along the spiritual path or even the Father, views these types of inevitability's from this planet?

Abraham: We cannot express our heartbreak for the children of this world. The angels and other helpers to this world mourn the tragic treatment of the children. Much of the horrible treatment of children were not foreseen, had not even entered our thoughts. It is unknown to us how a society can produce uncared for children. We find hope in the Spirit of Truth who tells the world of the injustices done to children, therefore, allowing society to recognize specific problems and address them. At this present time there is a great upheaval of emotions from our youth. They only cry out for what you would want for yourself. They too want to be just as important as adults, not seen anymore as a burden. Many youths have come forth in a rebellious attack calling for attention. Though their ways may be destructive they still send the message that the young are very important to our culture and society. Many know not of what we can learn from a child. The many know not of the wisdom, the pure wisdom from a child, but I can say that this matter is of much importance to us and we find that Father is in control. Does this help?

James: Yes it does. You say Father is in control--what do you mean by that. Could you expand on that just a little bit?

Abraham: I would say much of our worries or concerns are magnified when we loose sight of the overall watch-care of our world, universe. We sometimes feel overwhelmed and discouraged by all the changes needed in the world. We sometimes forget that one source of all power, of all control. Mortals may sometimes forget that they are not in charge. Yes, you have your free will over your own human existence, but I say in all universal matters, the Father has His will also. My point to you is worry not for nothing is too big for the Father to handle. Does that answer. (Yes, thank you.) One more question.

Calvin: Can you help me understand what happened---I can take an abbreviated version since its late--with Joshua and the healing that happened and why he is still there and what was wrong? Or--I think you understand.

Abraham: Yes. Joshua, our beloved student, performed a great service with much dedication. His healing was very real and meaningful moment for you and those involved. Sometimes the outcome you hoped for somehow did not take place. Sometimes all we can do is ask for help for others and then release it. The groups desired outcome for their friend/brother may not have occurred in the ways the group desired, but I say many other extremely beneficial occurrences took place that evening. Yes, Christ Michael was present. I can not respond to the reasons why Joshua's health is not fully restored. I can only ease your mind when I say your love and concern for your friend was felt beyond the space of that room. Does this help?

Calvin: Very much and thank you, Abraham. I understand the dilemma that you have in explaining it to me.

Abraham: Next week it may be beneficial to think more on your direction for desired growth. Look for me throughout this next week. Shalom.

MEETING WITH ABRAHAM----LESSON ON SHAME
JUNE 12, 1995

I am Abraham. I welcome you all here this evening. My greatest desire has come to fruition. I am overjoyed and pleased to see my student friends in an attitude of light-heartedness and humor. This humor and lightheartedness is where we all connect.

I ask you, how was your attempt at defining my four words last week? Many see there is a great deal of meaning behind each word, also a big difference between each word. My point of these lessons is to help prepare you for teaching positions. It takes a great deal of learning to be a teacher. I make an effort to coordinate these lessons with your life experiences and that brings me to tonight's lesson concerning shame.

In my own personal opinion I find shame a total waste of time and energy. I find shame to be very detrimental to the mental and physical health of mortals. As we grow from child to adult we are motivated to live our lives by the amount of shame that we have been taught. On the other hand, which has proven more healthy, is conscious obligation

When we are aware of our obligations to ourselves, our fellows, we are knowing of right and wrong. The knowledge of conscious obligation comes from our Indwelling Monitor. It is He that teachers us a healthy amount of self-knowing. If our personal Monitors do not help us to be aware the world would be even more chaotic. It is through this healthy amount of self-discipline that we learn of our own relation to our Father and the relation of our fellows.

But on the other hand, shame drives us to hide, to withhold our real selves. It can somehow keep us anchored, feeling isolated and alone. When there's an unhealthy amount of shame it separates us, not only from our fellows, but from our Father and the universe. Shame keeps us from breaking out of society molds and feeling freedom. This emotion is very strong in some more than others. This feeling of shame keeps you feeling unworthy of our Father's attention and watch-care. I must say, mortals do find the most ludicrous reasons to be ashamed, take financial status for example, how about personal appearance. Perhaps physical habits create shameful feelings. One with an unhealthy amount of shame does make them judge others more harshly, for they feel they are judged harshly. This shame starts off as a small hill, an unsightly hill you try to hide. And this shame keeps you from telling others, sharing, exposing your weakness. So still you attempt to hide this hill that has now grown into an mountain, and in the meantime, you burn up much energy trying to hide this mountain. Therefore I say, this shame is futile in your attempt at soul growth.

What is wrong with conversing with a friend, a relative, and exposing your true self? Speak of your emotion with this problem. Chances are this person you speak with has possibly been through the same thing. I would also suggest if this shame is feeling like a heavy burden it would be wise to think it over, do not try to block out any details. Work through this because behind this shameful feeling could possibly be a message from Father. Converse with Father. Ask Him, is my shameful feeling appropriate?

I would also add, one who feels like a child of God, a worthy and valuable person in the world knows and understands mistakes are made everyday and these mistakes are understood. This child of God knows his body is temporal, but his lessons are eternal. This person is aware of Father's understanding and forgiveness. If all mortals really knew and understood each other shame would be very much decreased. A few questions?

Norwood: Abraham, Norwood. Thank you for that lovely lesson tonight. I really enjoyed that. I have a couple questions. The first question I have--when you are talking about shame are you talking about the same thing as guilt? Am I in understanding? Is shame and guilt parallel?

Abraham: Yes and no. Shame is an overpowering emotion causing you to feel buried, out of control. Guilt also produces these feelings, but guilt you have a little more control over. Both guilt and shame are products of ego, but where shame produces a helpless feeling, guilt seems to be a little more of a matter of choice. Another question?

Norwood: Thank you. Can I stay with this just a minute? You talked about shame being a total waste of time. Though yet you just said a moment ago that we are almost helpless with shame. At the beginning of your lesson you talked about...like we kind of inherit shame or it is placed upon us during either our childhood or somewhere along the line of our growth. We end up with shame. Can you talk about this just a moment, why you said it that way and where it comes from?

Abraham: Yes. Shame and guilt appear to be a learned emotion. Parents with good intentions attempt to teach their children right from wrong. And in this process sometimes there can be an over-amount of shame induced on a child. The child then takes this into adulthood and then lives a hidden life, closed mind and heart, not truly exposing his inner self. Shame and guilt are the potential causes of a wide variety of personal and social dysfunction's. But I did not mean to imply you are helpless against shame. My meaning was helplessness is the feeling shame produces. Does this help?

Norwood: Thank you very much. I really appreciate this.

Calvin: I have an example. In my house from different sides, my children's mothers side, are real very conscious like of undressing. They will even go into a separate stall to use the bathroom and make sure nobody is around to even take their shirt off. I wonder how much shame and guilt they feel by doing that. I don't know how you may address to answer this, but also in my addressing that problem with them, I think I am making them feel more shameful and guilty because they seem to have those feelings--by asking them why they do. I really don't know how to address it with them other then tell them, hey your bodies are great. There is nothing wrong with somebody seeing you with your shirt off or in your swimming suit or something.

Abraham: Yes, this behavior appears to be a learned trait of their personality. But also I believe people appreciate privacy. And whatever they are trying to hide is a burden for them. They do not want to be ridiculed, so therefore, they keep hidden. Does this help?

Calvin: Yea. I'll do more reflecting on what to do or if anything.

Abraham: You have already done it. Express your opinion and then let them be. They will make their own decisions.

Calvin: That's right. Just yesterday. I just hope it don't drive him into more shame. I think not though. He knows or at least that I don't perceive anybody to look at him to ridicule him that way. Thank you.

Abraham: You are of much help to him. Next question?

James: Abraham, I have a comment. If you want to comment on my comment it would be most welcome. I think part of the problem as a human being with shame is that we are reminded through our religions that the Universal Father gave us the mandate to be perfect even as He is perfect. And it seems most, if not all of us mortals, fall far short if that ideal. It just seems natural that we feel guilt or shame when we fail to live up to perfection. And it seems to me that it would be better if we could accept that being human is being imperfect and realize that the Father loves us imperfect as we are. Self acceptance is so hard for so many of us in this mortal state.

Abraham: Excellent comment. I fully agree. This shameful feeling in religion has also been somewhat of a benefit to our Correcting Time. With the churches teaching shame and guilt and unworthiness many people are choosing to step out of traditional religions.

(The group: Right on! Hallelujah! Laughter. Sorry. He likes humor-remember?) With the spiritual hunger they feel they will seek out other avenues to Father. But yes, I am in full agreement of your comment. Another question?

Willena: Abraham, are we moving out of a consciousness in our history where shame was used as a control measure by churches, governments, people in authority to keep people obedient? And now we are stepping into more understanding and our hearts are opening up and we are coming to more joy. Is this shift occurring on a wider scale or am I just perceiving it?

Abraham: Yes. With this conscious awakening of mortals, you mortals of this world, many of your dysfunction's will be addressed. You are perceiving correctly. One more question.

Willena: I have a question if no one else has a burning one. In my recent experience this is very much in line with the workshop message about shame and being human and just making mistakes, not needing to hide, just accepting that it okay to be human, make mistakes and go on. One thing that I am learning right now and I am really excited, and I wondered if you would comment on it, is that could it possibly be as simple, I don't know if that is the right word, but a process sometimes to simply shift our focus from feeling bad about ourselves, feeling guilt or shame or whatever, to like just not giving attention to that direction and just going over to the direction of being a child of God, like a child would be, happy, playful, alive, enjoying? Is it possible that by shifting our focus like that we could change our circumstances?

Abraham: Yes, it is possible, but I would ask you to take a short time to ponder this shameful feeling to possibly figure out its origin so as not to block out or override a lesson. Yes, this shift in focus you speak of is something that takes much practice, but when this is achieved you can take the route through a problem with less inner turmoil. Does that help? (Yes. Thank you.) I ask you this week be not ashamed of anything about yourselves, human or divine. Work on this. Take your place in our Father's kingdom. Know that none are left back, all are included. Until next week, shalom.

MEETING WITH ABRAHAM---LESSON ON THE LOVING PERSONALITY OF OUR FATHER
JUNE 19, 1995 AND HOW IT LEADS US TO TRUE WORSHIP.

I am Abraham. My greetings to you this evening. From where I stand, I perceive your comments and what you learned on shame, very impressive. I know my lessons appear simple and short, and there are reasons for that. My brother/coworker, Ham, began the seed of information through Rebecca. Ham, his words were more of a variety and quantity. But Ham began with the seed that would start this Teaching Mission. From there the tree grew and began to take root. From my friends words I now pick up where he left off. I add more roots, shall we say. My roots are small for now, but nonetheless required for a firm hold in the soil, a firm hold in the foundation that is our spirituality. My lesson tonight will be short to leave more room for questions. Next week my lesson will wait for the purpose of answering questions, any questions, personal or perhaps just something that has been on your mind. Next weeks lesson will be devoted entirely to questions.

Tonight I wish to bring to your attention the loving personality of our Father and how it leads us to true worship. Long ago when I walked the Earth I worshipped Father out of a sense of duty. I worshipped Him so I would be pleasing in His eyes. I worshipped Father to find favor with Him. As time passed I learned a new and different concept of the First Source and Center with a little help from my friend, Machiventia. I learned of Father's generous attributes slowly through life experiences and it occurred to me, His goodness draws me to Him. His kindness drives me to recognize Him. In my recognition I am touched by His powerfulness, His magnificent over-control of this world. I am then drawn to worship and appreciate this loving Father who has so carefully guided me, although the way has not been smooth. I am in the realization that the same Father who creates the universes dwells within my own being. As time goes by I still stand in awe and wonder of the Father of the universes. Now I realize the road Father planned out for me is the best road. I wouldn't have taken any other, as I look back.

My friends, I realize it is difficult in the material form to feel His closeness, Father's love, Father's concern, but I ask you to make an effort to recognize His loving watch-care over you, recognize His closeness, His kindness, His concern for every living thing that contains soul. Stop a moment to ponder the greatness and grandeur of our loving Father who builds the universes, who hangs the stars at night. Yes, I tell you this Absolute Personality of Pure Love and Life Energy, fragments Himself and He dwells within you. His love for you is complete and pure. He truly needs nothing from you in return. But I tell you, the Father desires to know you and for you to know Him. He desires for you to give Him back your love. And I say, the more you know our Father, the easier it is to love Him. I ask you all to take a short moment that we may thank our Father together. MOMENT OF SILENCE. Our Father, you know us through and through and we know that you love us, no matter what. We need not hide from you. We stand in awe of your magnificence. We know of your great tasks you have performed, but we are here tonight to bid you thanks for your contribution to our individual personalities. We are small. We are young beings, just recognizing your awesome love and strength. We who recognize your indwelling self are overflowing in your radiance and light. We extend to you our deepest gratitude and we send you our unending love. Amen. A few questions?

Rachel: Father Abraham, I certainly want to thank you for a beautiful testimonial of our Universal Father. And it certainly enhances our understanding of Him. Also thank you for enlightening us as to your early life here as a mortal. Thank you. (You are very much welcome.)

~~Rachel~~ Vickie: I have a question Abraham. How can we learn to know God in a true sense? Some of us come from organized religion that has painted a picture of God's personality as being judgmental and condemning and angry. I am coming to realize that this is not true, but without the influence of organized religion how can we come to know God and His personality, and thereby learn to love Him, enjoy loving Him? And by the way, what's my name?

Abraham: My daughter, if you had not come to know the true nature of our Father, you would continue to be involved with organized religion. Somewhere along the line your inner heart revealed to you this

fearful image of Father is not reality and it is certainly not attractive. The Indwelling Fragment of Father within you reveals Himself to you when you are ready. He reveals to you a little more when you are ready. He once again lets you know of His love for you. Like I said, my first image of God was not correct, but it was what I was taught. The name: Cammyne. Another question?

Elword: Abraham, I have been reading about the Thought Adjuster. It says in that section that one of the first things we need to do is separate ourselves from the need for mortal reality, I guess. And once we do that then we can start having more spiritual growth. As we increase our desire to do the will of the Father, if our attention is less on the material aspects, and more on our commitment to do the will of the Father and we go with that, our need for the material life would become easier because we will be inspired to do the appropriate thing. Am I understanding that right?

Abraham: Yes. You are correct. It will become quite natural. It will become quite logical as if that is the only solution. It does appear that Father's kindness naturally leads us to enforce His will. You are correct in your understanding. Another question?

Rachel: Father Abraham, I would like you to comment on how faith and hope are intertwined. I can see how we might can have faith without hope, but is it possible to have hope without faith?

Abraham: It all depends on what you hope for. If you are hoping to improve your life meaning it cannot be done without faith in the Celestial Kingdom. If you are hoping for a new car, faith is not required. You are correct, faith and hope are intertwined and somewhat impotent without the other.

Rachel: When I asked the question, Father Abraham, I wasn't thinking of a new car. I was thinking of our Universal Father. I thank you. (Understood. Your welcome.)

Roland: Abraham, this is Roland. To follow up on the faith and hope issue, it seems to me like that if we are in immediate contact with the Indwelling Spirit that neither hope nor faith would be necessary. It would be living in the eternal now without the requirement of having those two elements of desire present. Can you comment about that?

Abraham: Yes. You speak of advanced levels of the Spirit, but I agree, yes. Constant contact with your Indwelling Monitor already encompasses faith and hope. Yes, you are correct. One more question.

Calvin: In drawing closer to the Father, and I really appreciate how you displayed your early living here experiences with your higher understanding, I think it teaches us a difference of duty to the Father versus appreciation for the Father and wanting to be there. I don't know how to ask you this but I'll try it, okay? I noticed I can get a very, very high energy just by imagining my hands pulling open my inner soul and just allowing something to come in there, into the chest cavity area. I can almost feel it anywhere I want to doing that. Its like allowing some love energy just flowing in. I have noticed when I have done that its like you are on a high. Nothing matters, nothing is wrong anywhere, people wonder what you're on. Is that an actual living spirit energy to consciously allow that in or am I perceiving something different?

Abraham: Yes, visualization is a very powerful tool to clear the mind, to drop your preconceived ideas, to remove the ego, to stand before Father as just yourself and know that you are enough, you are adequate as you are. In your little ceremony you make yourself open to also receive Father's love and with this love comes His energy. You are open to receive and this can create a wonderful feeling. Needless to say, this feeling does not last, and for a very good reason. In these moments of feelings of well-being you are not reaching or learning. So this is why we say balance in the spiritual life is extremely important. Yes, times of worship is just as important as times of study. Times of feeling euphoric is just as important as feeling the burden of a hard lesson. I commend you on your exercise in becoming closer to the Father. This week any questions that are on your mind, feel free to bring them next week. I ask you to remember...hey! the limitations of our transmitter/receiver. Laughter. We hope this week you find time to recognize our Father's works. Shalom.