



SPIRITUAL MATURITY

A 100 DAY CURRICULUM

**FROM THE TEACHERS OF THE
TEACHING MISSION
PLANET OF URANTIA 1994-2021**

**BY JIM CLEVELAND AND
THE TEACHING MISSION**

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SPIRITUAL MATURITY

A 100 DAY CURRICULUM

FROM THE TEACHERS OF THE
TEACHING MISSION ON THE
PLANET OF URANTIA, 1994-2021

AUTHORED AND COLLECTED BY:
JIM CLEVELAND AND THE TEACHING MISSION

INTRODUCTION:

For a quarter century, a few humans on the planet have been receiving and vocalizing messages from celestial teachers who are visiting the planet in service.

Their allegiance is to Christ Michael, creator of our local universe, who materialized in human form as Jesus, to empathetically live the lives of his human children.

Since *The Urantia Book*, published in 1955, is actually the epochal revelation it claims to be and is the highest collection of spiritual knowledge on the planet, it seems natural and logical that the new teachers would show up there.

They did, in Urantia study groups across the land, associating with that epochal outpouring of insights and making it their foundation for future growth. That growth would be realized in a higher spiritual consciousness within each of us. God consciousness. It is empowering and can change the world.

This volume represents only a few lessons and a few teachers out of thousands we've received over the years. They are collected in a huge library and archive at www.lightandlife.com.

The teachers advise that these 100 selected messages are intended for 100 days duration. They will be progressively insightful as you go through the manuscript, beginning with simpler affirmations from Michael himself. He incarnated here at Jesus, and has returned to assist us in redeeming the planet.

The teachers recommend a program of one lesson per day, read aloud and absorbed fully through contemplation. As you go, the daily insights will grow more lengthy and complex. In the end, you will have absorbed a strong foundation for living in spiritual love – every minute, every day.

You will find the teachers full of empathy and respect for their human students, understanding the challenges of human life because they have lived it. With firsthand experience in our tumultuous current times of apocalyptic change, they present a center of peace that brings you closer to your Creator and the Indwelling Spirit inside. We realize that this life is temporal but critical to our growth, and our salvation can be eternal.

Since the beginning, the human-driven Urantia reader organizations feared and distrusted the receiving-transmitting process. They persisted in the deification of their text but with lack of a mentality to carry it forward with teachers for their text. They made a faulty comparison between an epochal tome produced by numerous high spiritual personalities as a planetary history with the elementary lessons of our visiting teachers.

Of course they aren't comparable since these new foundational lessons are intended to be very basic, the very place where most humans need to start to activate their rejuvenated spiritual growth.

The lessons are not intended to illuminate or change the world, but to help individuals illuminate themselves and make positive spiritual changes, therefore becoming capable to perform more significant service.

Our teachers are like instructors at a major university, not full professors of intricate theology but sticking to the basics of what most humans need.

I hope readers will enjoy these freely given lessons as the logical and simple spirituality that they represent. These are a few of the fruits through which you can evaluate our orchard.

Your invitation into a Stillness time is eternally extended and always recommended. Your answers can be found there for the asking.

-- Jim Cleveland

A PRAYER

Our Dear Father,
Who knows us so well,
Help us to come to understand
The beauty that you see in each of us.

Help us to learn the true meaning
Of loving each other's hearts,
Each other's souls,
Each other's full beings.

Give us the words, Father,
To express our truest hopes,
Our greatest dreams,
Our highest desires.

Give us the ears to hear
When our brothers and sisters
Speak to us of these same things.

Lead us, Father,
In a joining together of our beings
Into the most beautiful and perfect plan
Which truly expresses
Your Will for us in our lives.
Amen.

Olfana, Nashville, TN Teaching Mission gathering

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TEACHING MISSION
PLANET OF URANTIA 1994-2021

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COMMUNICATION

Spiritual sculptors of cosmic destiny,

Your conscious eagerness to absorb divine guidance has been perceived with loving regard. Continue your diligence in attentiveness, and your fraternal vista will reveal itself in a prism of opportunity.

Be aware that loving communication is the cornerstone of all positive change and can assume many forms. Genuine communion with your sisters and brothers acquires relevancy of expression through service and action, yet your demeanor is the essential key of interchange in all encounters.

Your communication of love will penetrate the potential of others and impart insight, reveal hope, and disclose the authentic energy of divine reality.

Always remember that you are a living circuit of continual projection, and your pursuit of spiritual grace will ensure that emissions of devout wisdom, concurrent with the Father's Will, will be perceived by others.

Commune with sincerity and you will radiate tender arrows of awareness that will pierce the gentle targets of significance that will engender enlightenment. Be zealous communicators of divine truth, and this will eventualize a harmonious coexistence of enormous wonder that will enable others to recognize their superlative eternal career toward our communal rapture of divinity.

Veronica- Nov. 8, 1994, in Volcano, Hawaii

PATIENCE AND TOLERANCE

Take care that you do not chastise others whom I have also chosen. Their worth, while not so easily discernible perhaps by your selves, is equal to yours. My love for them has no limits. My love for you has no limits.

Be patient with their immaturity of concept. They are my children, as are you. It pleases me to see my children with spiritual maturity have patience and a brotherly regard for those who have not experienced the same as you.

I do not chastise you for your deep feelings, yet I would remind you that you, too, were less mature than at present. I did not lose faith in you. I would that you exercise this same patience with those of your brethren who are struggling at this juncture

Christ Michael, Nov. 10, 1994, in Coeur d'Alene, Idaho

CHRIST'S LOVE

Can you understand the true capability, desire, and intention I possess to embrace you completely with the power, the healing power of love, that transforming energy which can take you from your fear and your doubts, your uncertainties and your failures, and lift you up on high to recognize your true potential and destinies in the kingdom of heaven?

I love you.

Christ Michael, Nov. 13, 1994 in Coeur d' Alene, Idaho

BEING THE WORD OF THE I AM

How is it in your experience that you can go forth and proclaim the word and make it known?

By being that word, not by speaking or telling another, but by seeing your sister and your brother in the complete accentuation of your attitude and personality, to take them up and embrace them with all that you are, in such a manner that does not prescribe uncertainty, but which makes them secure in the knowledge that they are welcome with you, that they are loved by you, that you are a spokesman for the great I AM and his Son. I am he.

Christ Michael-Nov. 13, 1994 in Coeur 'd Alene, Idaho

BELIEVING IN UNITY

I passionately come to you this evening to gather your strength, to acknowledge your loving efforts toward bringing the will of my Father more pronounced to the world at large.

Before you can teach the kingdom, you must believe in the absolute unity of the kingdom, and then they will see it. Before you can teach love, you must believe in the complete and satisfying reality of that very energy, and then they will see it.

Believe in yourself, each of you, that you are wanted and desired. Believe that you have the capacity to accept the living gospel and please, believe beyond your tendency for formalization that you can represent and be that gospel by all that you do.

I embrace each of you and I embrace you all. Really, the only true command ever was to love one another and even so, do it as I love you. Believe that I am with you, for I am there. Believe that you can be with me, for you are.

Christ Michael-Nov. 13, 1994 in Coeur 'd Alene, Idaho

DIVINE LOVE WITH SINCERITY

1. Assume that Jesus is constantly standing next to you all day and you are demonstrating to him by every word, act, and thought that you understand his teachings of living totally in accordance with the Father's will.
2. Consciously spread divine love to everyone you come in contact with. It does not come from you, but it flows through you to that person. It is a separate reality that you may channel a gift to that person.
3. Be totally sincere and direct whenever speaking to another one, that is, no wisecracks, no sarcasm, no teasing. Just say as directly and clearly as you can what it is you wish to convey.

Will, in Tallahassee, Florida

YOUR EGO, YOUR MIRROR

We once likened ego to your bathroom mirror, a very handy, even necessary device by which you try to see yourselves. The simplest definition of ego is your self-image if you expand that to include all of your self perceptions, even how you feel your own body, moment to moment, which is also ever changing; along with your memories of who you feel you've been.

Like your bathroom mirror these perceptions are necessary and useful, on the one hand to shave or put on your makeup, more broadly to take care of yourself. And also like the mirror your ego is very limited dimensionally and is not by any means your full self.

What Mother Spirit and I have been trying to instruct you is that even your conscious self, that you can be aware of, is more than this ego: something ineffable; something transcendent.

Michael-Sept. 8, 2008 in Mill Valley, California--U.S.A.

MINI-MEDITATIONS THROUGH THE DAY

Just reflect as you go through your days--what we call little mini-meditations. Enjoying the fruits of your soul is, in a sense, escaping the narrow ego orientation, enjoying more and more who you are, what you are, what you are becoming. This is the real stuff. This is the real meditation. If you are doing this, you will be way ahead of the game for, in a way, this is the more advanced stage of what sitting in a formal kind of meditation ultimately leads to--a continuous, self-supporting and -reflecting awareness. This is the living, tipping balance I was talking about between what you are and what you are becoming--those perceptions you can act upon, and that faith that allows you to act upon what is not yet perceptible, but only possible.

Michael-Sept. 8, 2008 in Mill Valley, California--U.S.A.

STILLNESS TO QUELL EGOMANIA

Because your ego is only a small fraction of you, by focusing exclusively on this self-image are you led astray. It's mistaking a limited image for your true spiritual reality, and because you are then based on the illusion of this fraction being your whole self, there is an inherent anxiety that leads to what you call egomania. You see this intrinsic, inherent anxiety most clearly in folks who feel driven to prop up their ego not only at the expense to themselves and their own growth. Ego-maniacal tyrants all through history have showed the ruthlessness with which they were willing to sacrifice anyone else to keep propping up that shaky part of them selves.

Stillness is essentially quieting some of this self-propping-up by sitting down and just feeling yourself living--being thankful to be alive for awhile. Many good philosophies and metaphysics have evolved any number of meditative regimens--things to think about, mantras to repeat to yourself--and all of these are good exercises in and of themselves, and not to be slighted. Yet what we call stillness is just being, just relaxing the frantic need to support some notion of who and what you are by devoting a certain amount of time to relaxing and seeing what emerges.

Relax and let some of your soul wealth come to the surface. This is the wonderful fullness in otherwise worn-out memories that lets you relive for some precious few moments some other time of your life, and lets your poor, shaky ego be aware there is so much more to you than just it. The conundrum is: how do you enable a small, shaky, fearful part of you to relax into what it does not know will come along? This is the fear in meditation: if you relax this hold on yourself, this self-image, my goodness!--who knows what might come out--because it does.

Michael-Sept. 8, 2008 in Mill Valley, California--U.S.A.

SELF-RESTRAINT OVER SELF-INDULGENCE

There are among mortals various conceptions of personal freedom usually connected with some measure of self-indulgence. There are many false illusions of freedom, illusions that create chains and restrictions much more severely than any physical jails.

Self-indulgence is a form of self-shackling under the guise of freedom.

True freedom is found in self-restraint and healthy boundaries. The maturity of the person is measured by one's ability to exhibit self-restraint, restraint in word, and restraint in action. You cannot grow in the spirit without recognizing the difference between true and false freedoms. Self-control creates the boundaries in which happiness can be nurtured.

Ham-Feb. 24, 1992 in Nashville, TN

GOD, OUR CARETAKER

To perceive Father as a harsh judge has us live our lives with the fear that everything we do is under constant scrutiny, and will be judged and either condemned or commended, depending on the situation--certainly a limited way to live the mortal life. As we better know Father, we learn He is a true Caretaker, in that He truly desires to see us excel in everything we do. With this faith level we will live our lives as if the universe is with us and there is nothing we cannot do.

Abraham-Feb. 10, 2002, in Salt Lake City, Utah

HELPING THOSE WITH TENDER FEELINGS

Our observation of the humans on this world reveals to us that the emotional nature is as tender as a very young child. Think about how easy it is to hurt the feelings of a three or four year old. And so being honest with an individual may be speaking the truth, but if the truth does hurt their feelings, then, would they be in a position to accept your help? (no) And so the question then becomes, “How do I offer my help to them that will not trample on their tender feelings?” And you as a more spiritually attuned individual now have the opportunity to relate to them at their level, which is the level of being of true service to an individual. You go to them and you help them where they are.

I would suggest this as an exercise to prepare yourself the next time you wish to help an individual, to spend a moment in the stillness state and to see if you can connect with them at their level of emotional availability. See if you can sense where their areas of woundedness are so that when you speak to them, you avoid those areas. If this is difficult for you to sense at first, then by all means invite the presence of Michael into your mind and say, “Father, this is your child and you know every place within this individual where they are feeling pain or neglect or hurt by those people who have damaged their spirit.

And so I ask you to show me where those are, so I can avoid them and speak the words You would have me speak to be of service and to lift them, to help them overcome their feelings of pain.”

“In doing this, you never have to be concerned that you will trample on their feelings, for Michael will deftly guide you to those ways and areas within them that meet with what you say.

Anatolia, from the Christ Consciousness Center

CULTURAL DIVERSITY, OPPORTUNITY

We see as marvelous this growth of cross- and multi-cultural pluralism that allows each individual to reach their full potential of expression and realization. It boils down to the freedom of each living individual, not some abstraction of state or society or religion. Mother Spirit mentioned the ironic challenge of almost too much productivity, misdirected and wasted as it is. We tease you to imagine where to go towards making a true heaven on earth for everyone.

For even though you live very economic lives, dependent upon food and shelter and other material things, there is enough for all--more than enough: and there always has been. But insofar as there's always been a world soul on a spiritual level, it has awaited the present day's growing physical links of electronics to tie the world together nigh instantaneously, to truly make it one world available to all.

So don't lose sight of this big picture. This is what is happening on a planetary scale, and your current economic difficulties now being so worldwide are simply pointing out this fact of a unified social world coming into existence. Cultures and sub-cultures that never were in intimate contact are being forced to be so. And it's wonderful that more and more people now have the means to be open minded, to experience and embrace that which is contrary or contradictory to their own way of life.

All these points of view--social and political and religious--are what you have to offer each other. So embrace them with joy. Be tickled that those other folks over there can believe in something seemingly so totally different to what you believe in, and can very articulately express it. So listen. Get to know them. This is your possible personal glory in opening your soul to grow in these challenging circumstances.

Christ Michael, Feb. 2, 2009 in Mill Valley, CA

SPIRITUALITY AND BELIEF SYSTEMS

The props of beliefs are purposive and they have served humanity well in evolving up from the primitive worship of nature and fear into the exalted realms of recognition of those powers and personalities which present themselves as patterns of perfection for you to follow. These extensions of a greater reality are beyond words, beyond mortal concept until such time as the aspiring mind seeks to formulate a belief system around the concept they have attained in their minds or hearts.

This is how evolved religions grow, it's how truth becomes crystallized. When you begin to take it and study it, it has already lost much of its elan. This is even so appropriate, for it provides an academic understanding of beliefs and a record of the evolution of spirit reality. It is what you might call scaffolding on the way to true worship.

Understanding what role beliefs play is a step into awareness of how they have worked for you and also against you, for in these concepts of beliefs there has been difference. Where there is difference without enlightenment there is conflict and competition. Thus, in many ways, the phrases and practices held sacred by some are regarded as profane by others. So, to you who inquire as to how to transcend these stumbling blocks into the clear light of communion, you need to be mindful that what is precious to you may be anathema to others.

In presenting instructions to teachers and believers you have been counseled to always respect the personality of man. Many times man believes that he is his belief system. Therefore when you disregard or disrespect the belief system he or she subscribes to, you have somehow caused offense and thus alienated the brother you seek to embrace. So, being mindful of your words is essential to a pure reflection of spirit reality.

As you make contact with the spirit of the other, as your spirit engages the spirit of your brother, you have made a viable connection that transcends words, that transcends belief systems, that transcends dialogue. This language of love is the door through which the Father Himself will speak to you both. As you allow yourself to be led by this spirit, as you put yourself in a position of giving yourself over to be the eyes and ears and mouth of God, the words will be put in your mouth that will not offend your brother but that will sound as music to his soul. You will be received; your words will be received as food and not as gall for them to stumble over.

Thus, in the end the language of spirit is the language you need to seek to speak, not the language of man nor of beliefs nor even philosophies, but that of love. It's a practice that is found by trial and error as you offend your fellows without meaning to or as you find yourself pondering your own words that you interject into a communion that may abruptly alter the very molecules of the air as that word falls as dead weight on an otherwise soaring moment.

Elyon in Northern Idaho, June 24, 2001

THE POWER OF FAITH IN ACTION

Your order of being has a unique potential not even available to my order of being, and that is the exercise of your faith, which is your gift to the Father. This faith enables you to be more than you are, to accomplish more than you could, to actualize more than you fathom.

I draw to your attention the examples you are familiar with in your text of the incarnation where I actually walked on your world and the impact of my visit and draw your attention to my human charge Abraham, who had what is considered to be a far-reaching impact. I point out to you: He is no different than you who sit here today. I reference that our sovereign, the Creator Son, who also walked on your world started as a babe and again was no different from you who sit in this room. Faith was not bestowed upon him differently than faith has come to you. It was his exercise of faith which grew this faith, which we all agree has had a lasting impact on your world.

Then I draw attention to his human associates, his apostles in the flesh who followed in his steps. They were no different from you who sit in this room at this time. Each one of them had the gift of the Father and grew their own faith in accordance with their abilities. It was the combination of their personalities and this faith which propelled their actions, and which subsequently impacted your world.

Throughout time human associates have been engaged with all manner of assistance from the other side, and in each case the ones to make a significant impact were just as you are in this room. I encourage you to realize the tools that are before you, to heed well the gifts brought to you by those on the other side who would be of assistance as well as those of you, your brothers and sisters who are more advanced, who have done

extracurricular activities and have prepared to be able to minister to you in the flesh. Accept these gifts from these brothers even in your midst. Accept the tools of all those around you who would enable you to be more than you are. Realize that you have at your beck and call more tools than did those who came before you who impacted your world so greatly.

Machiventa Melchizedek, Northern Idaho, June 24, 2001

INTERPRETING LIFE'S MEANINGS

When you stub your toe on some object and curse the object, this is indicative that you are giving that object meaning which it does not have. It did not place itself in your way. You simply were unobservant of its presence. Because all events only have the meanings that you ascribe to them, then the means of handling the ups and downs of life, as we call it, falls totally in your hands. The secret to a life of balance and stability does not consist in having a bed of roses. The secret is learning to ascribe the proper meaning to the events that come your way.

What we teachers have been doing with you people these nearly ten years duration is helping you to enlarge the landscape device; to increase the size of your painting space; to broaden the confines of your thinking. It is, however, impossible to get “out of the box”. This is erroneous. What needs to happen is for the walls of the box to be expanded. You will never get out of your box for you cannot suddenly divorce yourself from your past, but you can indeed expand the boundaries of your perception and interpretation. In order to do this, though, you need to be disabused of the notion that things carry meanings in themselves. This is why I making a special point of this tonight.

If you are struggling with stress, this tells you that the source of your problem is not in the events themselves, but in how you are interpreting what they mean to you.

Daniel, Pocatello, Idaho, June 29, 2001

SERVING GOD OR MAN

Down through the ages man has always searched for answers, answers of any kind. When one man would appear to have more knowledge--then the other men would then follow him. With the ever-evolving ego practices men and some women have sought a place of importance. The more followers they attained the more important they were. As the Correcting Time moves forward, and old ideas are fading away, we find that we need not a mortal hierarchy to go through to get to God.

Every individual has access to things divine. Every mortal will find for themselves that they cannot serve two masters. You cannot put your fellows on a pedestal and be beholden to them, while Father is set aside because you cannot see Him, or you cannot trust in yourself, or your connection with Him. We serve the one God, the First Source and Center, the Father of all fathers, the divine Director, the Perfection in the midst of imperfection. He is who we worship. He is who we serve.

Man has been a slave to many things--his fellows, his mortal material needs, addictions, want for power and glorification for ego. I could say most of these mortal masters all are rooted in fear, fear of loss, fear of being punished, fear of isolation. The main reasons many mortals do not ever really become close to Father is because of fear. They fear Him, His power, His all-knowingness, His fairness, His overwhelming love. Many perceive Father as a stern commander who does not have their best interest at heart.

So many hide from Father. They will allow Father in on the Sabbath or perhaps at prayer time, maybe even meditation, but they exclude Him when they are about in their daily human dealings. Some of those deal-

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ings are not so divine. You cannot really have a part time Father. You cannot only have God when you want Him. He is there in all your mortal undertakings. There is nothing hidden. Yes, He will show you your shortcomings, but that is out of His love for you. His main duty is to point you Paradise-ward.

Father does not seek to shame you into righteousness, no. He seeks to be a loving, intimate associate who seeks to co-create your eternal path to Him.

Do not pray to Him for fear of what will happen if you don't. Do not worship Him as if to pay off your mortal debts. Father, who carefully orchestrated all creation, is not to be tricked or manipulated, no. You cannot bargain with Father saying, "I will give you this for that," no. He is your closest ally, your most trusted friend, your shield against mortal harsh reality, your shelter from the storm, your spirit replenisher, your way-shower.

Abraham, Salt Lake City, July 16, 2001

ACHIEVING DIRECT SPIRITUAL GUIDANCE

For thousands of years you have required human spiritual leadership. You have been blessed by many human teachers, who have given the world an immeasurable uplift. When Melchizedek came the first time, he came as a man. When your creator son came, again he came as a man. But now, you are moving beyond the adolescent phase where one needs human example and are transitioning into the phase of being able to understand higher knowledge and wisdom directly from spiritual sources.

There will still be human leaders, certainly, but you children are on the edge of being aware of a much greater reality. You are coming into contact with a new and greater world. Like the Viking explorers of old who braved the seas of faith and landed in a new world, so have you my friends braved the seas of doubt and the storms of unbelief to set foot in a new and greater world. Indeed, you are becoming as ambassadors from our world to yours. You are testifying with your lives as to its existence and you know of a certainty that mortal death is but a step from this world to the next.

History is indeed changing now. Human beings are less and less reliant on other human beings for their spiritual bread and water. More and more is humanity reaching toward the heavenly world and the heavenly world is reaching back and grasping your hands individually. Gradually, you are becoming less slaves to tradition and to the traditional fear-based religions. More and more are you turning toward love and receiving your spiritual bread directly from the spirit rather than the leftovers from someone else's table.

Ham, Nashville, TN, July 22, 2001

THE UNIVERSE AS A SCHOOL

Indeed it is true that everything that you learn you will be teaching others for the universe is one vast school and you are part of the evolution of the God of Time and Space, the Almighty Supreme.

Words are inadequate to express reality though they are necessary, but the faith that was spoken of earlier is your ship for bringing you safely to the shores of Paradise. Your pilot resides within you. You are the captain who decides the course. Continue, my dear, to so wisely choose your course through the advice of your indwelling Pilot that your course will avoid the rocks of despair, doubt, guilt, shame and fear, and move confidently on the serene waters of joy, peace, and contentedness, so that your ship will reach its destination at the end of the wondrous journey.

You will also not be alone on your ship for it is impossible to be a child of God without being in relationship with your siblings. Your siblings are not just this group with you here tonight. They are certainly not just your family of origin. Your siblings are spread through a vast universe, for all intelligent will creatures created in the image and residing in the personality circuit of the Universal Father are indeed brother and sister to you. It's a great adventure, this life. Once again congratulations on this milestone!

Altern, Pocatello, Idaho, July 20, 2001

A TONE OF REINFORCEMENT

As you know as an aspect of your dual nature, all animals on your world respond to tones instinctively and without consideration. They are either drawn to or away from any situation largely based upon the tones that are used in creating the situation. Your words can be viewed as less significant than the tone of voice, the phrasing, the welcoming, you provide in their delivery. You must grow to understand that it is not so much the specifics of what you say but the love with which you say them.

When said with a loving, devotional, tone your words take on the tones of a heavenly song, which draws the hearer ever deeper to you as they are instinctively pulled toward your positive tones. Likewise, using stern or negative images has the opposite effect of repelling your listener away, even unconsciously. It is much as drawing a horse out of the stable one uses soothing, calming tones to assure the animal that there is no cause for danger or for fear. Using sharp, abrupt tones sends an animal into frenzied flight unconsciously.

Whenever possible remind yourself of the impact of your words and the tones you use to deliver them. This is the very reason why we as teachers and parents come to learn that our charges are greatly comforted by soothing tones of appreciation and love, and the barriers fall away, the minds and the hearts open up, and subsequently the truths are able to penetrate deeply into the being. One in this life cannot err to the side of positive reinforcement.

It is very important that those you contact perceive your accepting nature and your positive tones. Again, your words are not as important as the manner in which you express your natures, your understanding.

Elyon, June 13, 2001

WORSHIP IS A UNIQUELY CREATED EXPERIENCE

We note your expressions of difficulty with the practice of stillness, for it is not the natural state of beings of your kind who are wired biologically for activity. On a world fraught with peril, established initially in the mechanism of fight or flight, the organism is not inclined to close all senses down and to sit. You will find periods of stillness in the Father's presence on the mansion worlds easier to undertake, for your very vehicle itself will be better suited to that activity. Once you overcome that difficulty, the practice is much easier to undertake.

It is up to each individual to discover techniques that predispose one to the experience of worship. Worship in itself has no technique, for it is the experience of personality with the Original Personality, our Father, and that exchange cannot be formulated. But given cultural conditioning, biological tendency, and personal orientation, you can craft for yourself methods that will bring the worship experience to you.

If you picture a drop of water on a table and adjacent to it a dry paper towel, the methods you develop for worship are intended to close the distance. Once the paper towel and the droplet meet, there is absorption; there is merging. This is the worship experience. When personality of son or daughter meets in the embrace of the Paradise Father it is a form of oneness much like the meeting of water and paper.

Malvantra, June 17, 2001

BE CONSCIOUS OF THE PATH YOU FORGE IN THE WORLD

You little realize how important your path is. It is only when you die that others recognize the path that you led. You literally leave a wake behind. But I would advise you to be conscientious of this very real path that you forge in this world. For the things you do and the things you say have a very real and substantial impact on this planet. It would benefit you to understand your influence, your impact. You do not just meander through life and randomly effect events around you.

There is purpose in everything that you do. So be conscious about what you do, be conscious about the effects that you put out there. Be conscientious about all the things that you can change – that you can influence.

Walk in the light and the path that you leave behind will be lit for others to follow. You are only on this planet for such a short amount of time compared to the grand experience that awaits you in the universe. It is very sad to see those who have finally learned the worth of their own experiences in the universe, but then regret that they had not learned this while on their native planet and then see the wasted opportunities that had been presented to them time and time again.

You are all very conscious of these opportunities in your own lives. And I know that many of you can many times count a wasted opportunity. That is why it is important to be conscious about how you walk forward in this world. For all the things that you do and the things that you say do have meaning and value and they do create very real things that are not yet tangible by your human mind.

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But one day you will look back and realize the thread of life that is your own life. You will see the experiences that create the tapestry and where many other lives are woven into yours. And at one point in your far off destiny, you will have that moment of realization that you are all very much connected with one another and that what you do matters to everyone else in your life.

JarEl, Arcadia, CA, March 16, 2009

CREATE YOUR OWN REALITY WITH AWARENESS

It is important that you see yourself in other people's eyes. It is important that you look around, that you include others in your life for only then will you be truly alive. It is only when you share your life with your brothers and sisters that your life begins to mean something. Hiding yourself and your feelings will never bring any joy to your life but opening up and sharing who you are with others will greatly improve your happiness. Imagine other people as simply aspects of who you are, imagine them as being facets of your own complicated life. Once you begin to realize that other people are apart of you just as you are a part of them, you will begin to take care of that aspect of your life a lot better. You will begin to cultivate those relationships with them so that they may flourish and bloom and live.

Each of you has a million facets in your life and each facet is reflective in each and every one of you. That reflection can be good or bad. It is up to you whether you decide to cultivate this relationship with one another. It is up to you to socialize with your brothers and sisters on this planet. It is up to you to open up and let other people into your life. It is up to you to bring joy into the lives of others. It is completely up to you to make an everlasting impact on this world.

My message here is that you have free will to create your own reality. You have the power to imagine and to create and you have the knowledge and the gift to give love to the world and have the world love you back. It will always be your choice. This is a very simple lesson to learn it is not very difficult to understand, but for some it is very difficult to execute. For they blame life for giving them the circumstances that they are in. Some-

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times they blame God for the conditions in which they find themselves, but it is not so. We all make our own decisions, we all make our own choices, we all choose to be where we are for whatever particular reason. You choose who you want to be, you choose where you want to be and at what spiritual level you are. Remember with each level of advancement you shall have greater challenges. Be prepared for if you choose a life of spirituality you choose a life of challenges.

JarEl, Arcadia, CA, June 13, 2005

THE TRUTH AND REVELATION DYNAMIC

It is quite natural to define truth as an understanding, informational in nature, knowledge based, something to gauge verifiability; reality as contrasted with falsehood, things unreal. Truth is revelation. Revelation is truth; it is the dynamics, the transfer, that is truth.

When Michael said, “I am the way, the truth, and the life”, the way is a path that implies progress. Life is dynamic. Without vitality in a static state there is no life. Truth is very much like these two. Awakening to revelation is the experiencing of truth which is composed of secondary elements such as knowledge, experience, wisdom, faith, and trust one sees more particularly the secondary elements. There is understanding; there is clarity, but the seeing is the truth. That is the dynamic. Truth in motion is revelation to the human personality. A body of facts will never be equivalent to truth because facts by nature are static. This is why we stress the stillness, for it is a dynamic relationship with our Father. This is why Michael has asked us all to go forth and proclaim the gospel, because our reach to another is the revelation of truth; it is truth revealed. It is true revelation.

We have spoken in the past about you being an everlasting fountain of spirit that can pour forth into your life and touch the lives of others. The search for truth is best undertaken from this internal vantage point. As you piece together your understanding of life, your position in it, as you accumulate knowledge that bears upon you from the outer world, your interaction is the dynamics of truth in motion. Truth has the nature of coalescing, of bringing many elements into a clarified, perceivable, understandable, and experientible state.

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When the master said that the kingdom of heaven cannot be hid under a basket he was pointing to this flowing dynamic of truth, and that it is by nature revealing. Truth literally cannot be compressed or contained. It is expansive. The fine line between revelation and truth is the recognition in human experience. Truth ever and always is. As long as there are two personalities in the universe that interact, there is truth. Revelation is the recognition of that presence.

Elyon, July 1, 2008

LET SPIRIT MOVE THROUGH YOUR BODY

When you allow yourself to be inspired by a great thought or a revelation or an action you may perform, if it is spirit filled, if it is God filled, if it is love filled, if it is service filled then the natural tendency is movement, action. If you look at persons whom you consider spirit filled, you will notice their composure, their stature, their bodily accouterments that speak to you. The natural result of a love filled thought is action. Think of a time when you were sitting and being quiet or just doing your everyday routine, and you had an inspiration. What did you do? What happens to your body? Generally there is movement, an upliftment of the structure, an opening of the eyes, a reaching out with your hands, taking steps to fulfill the inspired thought.

Many of you have these moments but you do not follow through every time with the outward movements. Study persons who are in a state of inspiration that is not phony and is not accidental. The spirit is uplifting. Bodily motions are simply an overflow of love and joy and excitement over an inspired thought or a revelation. I would encourage you in your daily lives to practice small ways of using your bodies more, using your breath, your eyes, your hands, and your feet.

Olfana, July 1, 2008

BEING AN APOSTLE OF CHRIST

Would you be my apostle? Then serve your brethren. Who are your brethren? Are your brethren those that you do not know? Are your brethren those that you do know?

At times it is easier to serve those whom you are detached from. Look always for the instances of service that you might perform. All associations are beneficial.

Take care that you do not chastise others whom I have also chosen. Their worth, while not so easily discernible perhaps by your selves, is equal to yours. My love for them has no limits. My love for you has no limits.

Be patient with their immaturity of concept. They are my children, as are you. It pleases me to see my children with spiritual maturity have patience and a brotherly regard for those who have not experienced the same as you.

I do not chastise you for your deep feelings, yet I would remind you that you, too, were less mature than at present. I did not lose faith in you. I would that you exercise this same patience with those of your brethren who are struggling at this juncture.

My love for you all knows no limits. You are each individually important to the whole of my plan. I rely upon you to continue making the choices that enhance your being, which causes the growth of your souls.

You have the ability to discern our Father in your lives. Always strive for this. This is the key to your eternal progression. This is the development

of your morontia being. This is what you will carry with you through eternity in the service of our Paradise Father. Expect my support. Know that I will provide all that you will require.

Have the faith of a little child who not only expects, but demands his birthright, his love. This is the gift that the Father and myself give you. Fear not to demand that which we would freely give. This is the true faith that you deserve.

My love is ever with you. Continue to minister to my world, to my children, to your brethren. This I require of you as my apostles, for you were my apostles before even you thought to make the request. I leave you my peace. Share it with all.

Christ Michael, Northern Idaho

HOW TO MANAGE OUR LIVES IN THE CORRECTING TIME

It is first and foremost my place to tell you to stay the course, as it were - to remain in your current habits of spiritual attainment, those activities that you have found aid you in your process of spiritual growth. This is a basic response of providing yourself with a solid base from which to work in response to any outside stimuli that comes your way that may without your grounding serve to knock you off balance.

So remain steadfast in your earnestness to grow this solid foundation, to be centered, to be striving to communicate with your Thought Adjuster and allow your will to mesh with that of the Creator Father. Then it need not be your concern what vicissitudes what difficulties may come your way or not, for to you it will not really matter. You are standing steadfast and ready for service should the need arise.

Secondly, you will want to shift your ability for discernment into a higher gear. The information you will be receiving and have been receiving through your usual channels of the media and educational channels will be quite confusing on the face, at first glance, on the surface. So you must dig a little deeper, gather information from other channels such as your own intuition and feelings, your own personal guidance, your own Thought Adjuster.

Remain in your place of centeredness as much as possible as you sift through confusing bits of information, all the while not allowing the disturbing portions of the information to throw you off that balance, even though you may believe that you would be quite directly affected by certain events or changes or situations. In this way you will be able

to more intelligently discern a course of action if one is needed, and your emotions will not carry you away. You will more easily be able to react in any given situation with calmness and peace. You will be of much greater help to yourself and others.

Thirdly, I would recommend that you practice stillness if possible more than once a day. Make it your goal to be increasingly connected with your perception of stillness through out the day, throughout your activities. This may seem difficult at first, but without your realizing it, the stillness is permeating more of your daily life. Allow this to percolate and infiltrate every activity of your waking hours.

Nathaniel, 11-26-03, Andover, MN

THE POWER OF WORSHIP

Through the power of worship I find that I get to understand Father a bit more, I perceive His true nature. As mortals we can assume a great many aspects of deity personalities, but it is through worship that we release our preconceived notions, and are opened to greater understanding of who our First Source and Center really is. God is who you make Him, so to speak. He is whatever possibilities that are in your mind's view of Him. We can be limited by our faith levels or we can excel with divine possibilities.

Through the good practice of worship we are expanding our thought reality into knowing the true nature of our Father. To perceive Father as a harsh judge has us live our lives with the fear that everything we do is under constant scrutiny, and will be judged and either condemned or commended, depending on the situation—certainly a limited way to live the mortal life. As we better know Father, we learn He is a true Caretaker, in that He truly desires to see us excel in everything we do. With this faith level we will live our lives as if the universe is with us and there is nothing we cannot do.

Abraham, 2-10-02, Woods Cross, Utah

RESURRECTION OF THE SPIRIT

In a short time we will celebrate the Master's day of resurrection. It was a time of releasing the old to take up the new. It was a time of dying to the old ways and being reborn in the new. While mortal life can come with a great many complexities, we can always take comfort in the fact that everything changes, everything becomes new. I realize there is comfort to some in the mundane. It seems safe and without surprises, but personal spiritual growth is quite slowed.

You have known individuals who live with a great amount of fear and their safety net is a life that is uneventful, unmoving and not going toward any purpose, any goal. They seem to only to exist, not really live—just exist. Those individuals who are somewhat balanced in this mortal life look forward to daily challenges, unplanned experiences and surprises. They have their safety net in the spiritual life. The spiritual life is a source of energy that keeps you wanting to strive for a personal best, moving towards a life in the Spirit, a perfected life, if you will.

We are inspired by the Master's life, where He was born as every child is, and faces all the same daily difficulties and masters a life in the flesh. His life was quite eventful at times and He took each moment as if it were the only moment to focus on at the time. He relied on Father and His past experiential training to move Him through events with enduring strength, unfailing love and spiritual energy. He moved through the mortal life without complaining, without being so entangled in unpleasant past experiences. He learned from the past, but He did not dwell on it. He was not so injured by it—as He was taught by it—to become who He was meant to be.

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It has been said that many times the Master was beside Himself. This was in fact a reconciliation of His spirit with Father's. It was an alignment of wills. It was setting aside personal desires for the Father to work. It was dying to the old ways to take up the new. In the seemingly overburdening mortal life you can also become as the Master was and be beside yourself, align your will with Father's. Release the heavy burden. Realize that you are not left alone to carry on in life's difficulties. You can lay down the old to take up the new.

Abraham, 2-25-02, Woods Cross, Utah

BAPTISM OF THE SPIRIT

As we think about the Master's resurrection we cannot go without remembering Pentecost, when the Spirit was poured out upon all flesh and the repercussions therefrom. As we commit to laying down the old, we are asking to be reborn and rejuvenated in Spirit. This is truly a baptism of the Spirit. Your own personal faith will only allow you to go so far with this idea, but if the individual is willing, the Spirit of Truth is ready. Allow the grime of spirit poisons to be washed away by our Purifier, our Spirit of Truth, our Brother/Father, yes. Allow yourselves to be bathed in the light of truth. Allow your attitudes to become refreshed, your minds to become expanded and open to new possibilities.

Put simply—baptism of the Spirit occurs when one is truly committed to drinking the cup of mortal life and accepts the consequences therefrom, and handles it through relying on the Spirit. You definitely feel a change in attitude and you are with more determination to meet every challenge without complaint or feeling self-pity. Baptism of the Spirit is perhaps likened to a reconnection to the divine circuits. You can literally feel it.

Those who are so locked into the atonement doctrine would probably not easily accept the ideas of the Urantia Book. The Master simply came to reveal to us the Father in Heaven and reveal to the Father His mortal children. He was not about building the spiritual life on any miracles or ideas of self-sacrifice that pays your way into Heaven.

The Master was more focused on the positive aspects of the growing Kingdom, not about atoning for a broken society to become worthy. This is so difficult to explain to those who sincerely believe that the blood of

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Christ is their payment for their unworthiness to be received into Heaven. It would be well if you could also focus on the positive aspects of the Master's purpose and plans for the growing Kingdom, instead of any debate over the atonement doctrine.

Abraham, 2-25-02, Woods Cross, Utah

TREASURE CHESTS OF MEMORIES TO SHARE

When you pass on to the mansion levels, bringing with you a memory of this world, you can share this memory in a way such that others smell the flowers that you smelled, and see the beauty that you saw when morning daylight first touched the leaves of the trees, and the blossoms of the flowers.

Even a memory of heartfelt love that you felt for someone can there, in the mansion worlds, indeed, be conveyed in emotional depth to another with whom you would share this “love memory.”

Once we pass on, we can combine our worldly experiences with others, in this greater way, to develop a remarkable collection of lifetime experiences.

So, if you never snorkeled, or climbed a giant rock cliff, on this planet, you will be able to seek out and obtain such experiences from others who have. And at the same time, of course, you offer them all the remarkable, precious experiences that you carry in your memory collection.

Your knowing that you will develop this remarkable “world experience” memory collection, by giving and taking, after you pass from this planet, I hope, provides a new incentive for you. Each time you reach out to savor some special moment in your life, now, I encourage you to do so in a way that captures the moment as part of a personal treasure, which you can then share with others in your eternal life, later.

Imagine, also, all the remarkable possibilities of selection you will have from the memories that others will share with you.

Olfana, 7-27-00, SpiritFest in California

VALUES OF INDIVIDUALITY

In striving for unity, for oneness throughout the universes, what then is the purpose of individuality? It seems to equate that individuality should be sacrificed to maintain unity, to find oneness. This is critically incorrect. True unity will nurture, support, and uplift individuality, uniqueness, due to the fact that the individuality of any being is rooted in the personality endowed upon them by the First Source and Center of all things.

For one to sacrifice personality to gain an expression of unity would be a false reflection and lend itself more toward uniformity. The unity of individuals never requires sacrifice in its most ideal form, for each personality, all personality, is required to have full freedom of expression before universal unity is realized. All personality throughout the grand universes must have full expression because the endowments are the gift from God which are as a jigsaw puzzle to the realization of the Supreme.

When each personality is placed in its proper role and function the result will be an integrally symmetric continual function of truth, beauty, and goodness, portraying the reality of all value combined.

Aaron, November, 1996, Spokane, WA

RELIEVING THE BURDEN OF GUILT

So many of you carry around a burden of guilt and this self-righteous burden is a heavy weight that disallows your full freedom in sonship. Guilt is something you have assumed. You have taken it upon yourself. You have consciously allowed yourself to be less than you can be. Why is that? It is because of expectations. And ideals. And your inability to live up to your own ideals. And so you have guilt, and you carry this burden of guilt as if it were a cross to bear, heavy beams that are truly no more than a mote in your eye of perception.

Understand that you are accustomed to feeling guilt. It is a part of your culture. It is a deep part of your religious heritage. And of your parental influence and social influence. Even in your relationships with your peers today. It will require enlightened honesty to get past guilt. And let me exercise [sic] you in this way:

If you have had (and who of you has not?) an opportunity to say of another who has wronged you or who has been accused of a wrong, “Father, forgive him, he knows not what he does.” Understanding the true depth of that perception, can you not also turn that view toward yourself and say, “Father, forgive me, I know not what I do”? For if you knew -- if you truly knew -- you would be prompted to act upon your light of truth.

Something then is blocking you from the sunlight of the spirit. A belief, perhaps, that you could be perfect or more perfect if you were just to try harder, and in your trying harder to please Him, in yearning for His approval, you pile expectations upon yourself beyond your capacity.

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A pint cannot hold a quart. It is for this reason you are referenced as tadpoles. With each new cycle of growth, the egg gives rise to the tadpole, gives rise to the frog, gives rise to the egg, and always do you come around to the realization of your appropriate sense of smallness. In this humble place you know that you are loved by God not by what you have accomplished, but because you are. You are His.

In this loving acknowledgment of the mercy of the Father of all, we turn in gratitude, in praise, and seek to become a frog, to grow up, to be able to do great works, make great noises on behalf of our Creator, sing anthems of glory. Praise God! Release guilt, that you carry for yourself and release it from the shoulders of your brethren. It is no longer necessary that you shelter one another beneath that yoke. It has been lifted by the Light. Rejoice in the Light.

Tomas, 1-11-00, Butler, PA

TOLERANCE

Affectionate directors of loving effusion,

Your planet is poised on the fulcrum of tremendous change; however, free will determines the direction of its potential. Division must be replaced by unity for only together will planetary evolution actualize the supernal and resplendent purpose of the Supreme.

Toleration is a rudimentary step in the unfoldment of love; therefore, perfect this noble quality of mortality. Genuine tolerance always precedes the ability to love and originates in each heart until it becomes a natural essence that will evolve into social value.

If you truly endeavor to recognize the divinity in one another, you will realize the triviality of externality. The beautiful bond of kinship will actualize the reality of universal brotherhood, and you will deeply desire the spiritual growth of all your earthly siblings through love.

Criticism, derision, and violence are born in fear, yet your sincere realization of your divine eternity will set you free and enable you to cherish one another whenever His will reigns unencumbered in your heart.

The genesis of light and life on every planet has its causality in the intelligent comprehension of divinity and the enduring vitality of love. The brilliant beacons of exalted ideals will one day illuminate your shadowy sphere with the exquisite radiance of enlightened transformation that will shine brightly in the completeness of His love.

Veronica, 12-1994

THE EXPERIENCE OF WORSHIP

We note your expressions of difficulty with the practice of stillness, for it is not the natural state of beings of your kind who are wired biologically for activity. On a world fraught with peril, established initially in the mechanism of fight or flight, the organism is not inclined to close all senses down and to sit. You will find periods of stillness in the Father's presence on the mansion worlds easier to undertake, for your very vehicle itself will be better suited to that activity. Once you overcome that difficulty, the practice is much easier to undertake.

It is up to each individual to discover techniques that predispose one to the experience of worship. Worship in itself has no technique, for it is the experience of personality with the Original Personality, our Father, and that exchange cannot be formulated. But given cultural conditioning, biological tendency, and personal orientation, you can craft for yourself methods that will bring the worship experience to you.

If you picture a drop of water on a table and adjacent to it a dry paper towel, the methods you develop for worship are intended to close the distance. Once the paper towel and the droplet meet, there is absorption; there is merging. This is the worship experience. When personality of son or daughter meets in the embrace of the Paradise Father it is a form of oneness much like the meeting of water and paper.

All of you have been engaged in the study of the pursuit of the Father and the understanding of reality as a means for greater recognition of the work and nature of the Father. You know your purpose is to understand reality and to pursue spiritual experience. Michael has left you with a charge to go forth and preach the gospel. You also know that wisdom and worship are the highest forms of adjutant mind function.

It then becomes apparent that these three: the pursuit of wisdom, the experience of worship, and outreach in service, become your primary purpose, your foremost activities no matter what specific undertaking or event you are engaged in. These overlay all contexts wherein you may acquire or express these three purposes. Each will reveal the Father to you in different ways, refreshing ways, and as I have indicated that there is no technique for worship itself, but technique to arrive there, the same holds true with service and the acquirement of wisdom.

You must learn what methods are appropriate for you, the ones that facilitate the acquirement of these experiences, and by facilitate I mean not only that make it easier, but also may propel you forward when you are resistant, that dutiful drive, that sense of obligation, that knowing what is right even if you are not feeling in the mood for it.

Malvantra, 6-17-01, Northern Idaho

SHARING YOUR SPIRIT

What does it mean to be truly giving of your self? The goodness from our Father flows through us like a current of energy, and we are filled with feelings of well being and the urge to also do good. To be closed off, self-protecting or too shy is an obstacle to that divine flow of energy. You have each known individuals, or are an individual, who loathes the sharing of yourself, your mind, your hopes, your dreams and also your discomfort.

One who shares not—receives not. What a lonely existence to be unwilling to be exposed for the creature you are meant to be. Many that cannot find it in themselves to be open and willing to share life with others usually feels that they are of no value. Our Father sees each child with extreme value and each one is His beloved child. In this Brotherhood-Fellowship we must realize the importance of the giving and receiving of one another.

In the sharing there is learning and growth; there is literal Spirit circuitry connections; there is the possibility of Father being about His business through you. How many times have you learned from hearing others' experience? How many others have you helped from sharing your experience? Do not be discouraged by those who wish not to share or are not open to hearing you.

Abraham, 6-18-01, Woods Cross, Utah

HUMAN RITUALS

Ritual is to the group what habit is to the individual. It establishes pattern which is beneficial, and it also can encourage stagnation if either an individual or an organization is not keen upon amending and evolving habit or ritual to better satisfy the progressing needs of either.

Good ritual is like good habits. They are beneficial. Sometimes a habit must be trained into an individual by another as is the case when a parent teaches a child, but a habit is something that is only real when it is self chosen, when it is self possessed. Otherwise it is a command or a demand.

Ritual likewise must be self possessed, in some way valued or cherished for it to be effective. It cannot be a legislative procedure required of an organization or a congregation. Therefore creativity is a necessary factor for discerning or discovering ritual methods, techniques, which will be uplifting, that will be encouraging and inspiring.

Jesus left the ritual of a common meal, sharing in the bread and the wine with a context of fellowship with him. He knew his apostles would experience great loss in his absence, which was to occur in only a few days. Their human association sitting at a meal was about to be transformed into a creator association, the communion of worship.

Ritual to be of value to the soul must entail this element of contact with the divine or at least the encouragement of the reach to the divine. It was convenient at the time and in the culture for Michael to select the meal, the Passover. It was a gathering that had a religious context, and it was the last event they were to do together privately and organized. Those elements can be incorporated into new ritual, its relevance to the individual, the personal intimacy, that friendship element, fellowship element, and the context of spiritual contact.

Elyon, 7-1-01, Northern Idaho

FILL YOUR BODY WITH SPIRIT

When you allow yourself to be inspired by a great thought or a revelation or an action you may perform, if it is spirit filled, if it is God filled, if it is love filled, if it is service filled then the natural tendency is movement, action. If you look at persons whom you consider spirit filled, you will notice their composure, their stature, their bodily accouterments that speak to you. The natural result of a love filled thought is action.

Think of a time when you were sitting and being quiet or just doing your everyday routine, and you had an inspiration. What did you do? What happens to your body? Generally there is movement, an upliftment of the structure, an opening of the eyes, a reaching out with your hands, taking steps to fulfill the inspired thought.

Many of you have these moments but you do not follow through every time with the outward movements. Study persons who are in a state of inspiration that is not phony and is not accidental. The spirit is uplifting. Bodily motions are simply an overflow of love and joy and excitement over an inspired thought or a revelation.

I would encourage you in your daily lives to practice small ways of using your bodies more, using your breath, your eyes, your hands, and your feet. Practice in little ways even jumping up and down, doing a dance. These are all natural outpourings of love. If you are truly spirit filled and it is truly a pure and personal love, you will never be embarrassed.

In your culture there is some sort of stigma about people who jump around and dance and act weird as if motion and activity is somehow not dignified. You will never wonder what to do with yourself when you are spirit filled. It will overflow.

Olfana 7-1-01, Northern Idaho

CHANGES IN OUR SPIRITUAL LIVES

For thousands of years you have required human spiritual leadership. You have been blessed by many human teachers who have given the world an immeasurable uplift. When Melchizedek came the first time, he came as a man. When your creator son came, again he came as a man. But now, you are moving beyond the adolescent phase where one needs human example and are transitioning into the phase of being able to understand higher knowledge and wisdom directly from spiritual sources.

There will still be human leaders, certainly, but you children are on the edge of being aware of a much greater reality. You are coming into contact with a new and greater world. Like the Viking explorers of old who braved the seas of faith and landed in a new world, so have you my friends braved the seas of doubt and the storms of unbelief to set foot in a new and greater world. Indeed, you are becoming as ambassadors from our world to yours. You are testifying with your lives as to its existence and you know of a certainty that mortal death is but a step from this world to the next.

You are gaining immeasurably from your exposure to this greater world. You are truly becoming citizens of the universe, heavenly citizens, even while sojourning on earth. You are broadening your horizons through contact, regular contact, with teachers, angels, and even an occasional whisper from your indwelling spirits. The world has opened up and you find you have a place in this greater world, in this greater scheme of things even while you may be searching for a place in this smaller earthly world. Always are you sure and secure of your place in the greater heavenly world.

History is indeed changing now. Human beings are less and less reliant on other human beings for their spiritual bread and water. More and more is hu-

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manity reaching toward the heavenly world and the heavenly world is reaching back and grasping your hands individually. Gradually, you are becoming less and slaves to tradition and to the traditional fear based religions. More and more are you turning toward love and receiving your spiritual bread directly from the spirit rather than the leftovers from someone else's table. Gradually, you are perceiving that there is vast amounts of, vast numbers of morontia and spiritual beings who have come to this planet to help and guide you each individually.

This is vast change and you are fortunate to be living through this. You are fortunate to be able to perceive the Master's power flooding back to the world in which you live. You indeed are the first to behold this power, to have understanding of the vastness of his love and the completeness of his mercy. The Master comes to all who would open their hearts to him. His power is transforming. You are not the same people you were before you opened that door and allowed him entry.

Ham 7-22-01, Nashville, TN

THREE LESSONS FROM TOMAS

ACCEPTANCE ... OF ONE'S SELF

Today I would like to spend some time discussing acceptance, for in your upcoming symphony, the piccolo must accept that it is a piccolo -- not a trumpet, not a drum. And, by the same token, the cymbal knows that its contribution is pinnacle, but too much cymbal would drown out the rest of the show.

And so each personality brings with it its own unique facets and each instrument is, indeed, important to the production, but only as they are played in league and in alignment with the Master Conductor is the music telling, does it rise and fall with purpose, and affect the hearers with soul-satisfaction.

The personality of the mortal individual in search of serenity and purpose must first accept itself with its many aspects and relative drawbacks. You, individually, must take a look at yourself and accept yourself as you are. In pretending to be other than what you are, you are not giving full tone to your own instrument. In denying your delicacy or your strength, you are, again, trying to be an instrument that you are not.

The phrase "to thine own self be true" has some bearing here but is limited, for it is not that you are being true only to yourself but you are essentially aspiring to be true to that which, within you, peals the harmony and truth of the Divine Coordinator of your life and the music thereof.

Also, and here also is a challenge, it is necessary for each of you to accept the other instruments in the orchestra. Because you are a cello and have great breadth and resonance is no reason to look with disdain upon the xylophone. The xylophone has a tinkling sound which might appear hollow and shallow to the resonant depths of the cello, but the xylophone has its own purpose indeed.

Tomas, 11-18-1997 in Butler, Pennsylvania

ACCEPTANCE ... OF YOUR LIFE EXPERIENCE

I would speak also of acceptance in terms of your life experience. In accepting your life as it is, this moment, today, you are able then to approach your challenges, your problems and your refreshments of life with equanimity. You are able to put in perspective the situation as it is and not be burdened by how you wish it were or how it ought to be. Acceptance of yourself and your circumstances gives you the perspective, then, to ask in prayer and meditation how things might go from here toward improvement, toward a more perfect resolution or configuration.

As you begin to accept your circumstances you will begin to understand that other people, other instruments, also need to accept where they are and that they, too, have the potential and constraints that you have. In this way you can begin to appreciate and understand that instrument across the room, which sounds so different from you.

In the hands, under the guidance of the Master Conductor, this symphony of life becomes a harmonious outpouring of all these differences. And this is possible because you have learned to accept one another. It is not necessary that you all be the same, for you have all been created with your own unique endowments. Perhaps another word for acceptance in this context is respect.

If you respect your own work, your own identification, your own sense of timing in response to the Master Conductor, then you will see that the instruments on the other side of the hall also are responding to the Conductor as they have learned how. Respect is born of respect for your indwelling reality. As you would be treated, so too should you treat one another.

Tomas, 11-18-1997 in Butler, Pennsylvania

ACCEPTANCE ... OF THE WORLD

Another facet of acceptance is the condition of your world, and many individuals become distraught and discouraged by refusing to accept the condition on Urantia as they find it. They argue incessantly with the government, with the mores, with foreign shores, with cultural differences, and find much of life totally unacceptable. This does not foster understanding and solution.

Those things, which you cannot control, you must accept. Uh-oh. Did I say that? (Group chuckle) For now we are wrestling with that rascal “control” and that truly is another subject, but for the sake of acceptance, let us take control back to the symphony. And would the piccolo indeed try to control the drum? And would the trumpet try to control the harp? Rather, the entire control is under the guidance and jurisdiction of the Master Conductor.

Otherwise, how could we make music? And so, “control” as I used it is in that capacity, for you cannot cure the hunger problem of the world, you cannot heal the rift between the Arabs and the Jews or the Scots and the Irish, but you can help to heal your own sense of well-being and self-respect by learning what is your instrument and learning how to play it perfectly.

I also would like to offer you praise today for the courage and stamina to present yourself in this way for this influence. It is not just my pleasure to welcome you here to this format, although it is certainly a privilege for me, Tomas, to be here. I could not be here were it not for you and I respect your individual sounds and hope to assist our Conductor in tuning your instruments, fine-tuning the sections, that we will make such a congealed and harmonious song as will praise heaven and stimulate earth.

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It is not such a big order as you might suspect, for already the instruments are tuned up and only await the guidance of the Conductor to begin and we have begun. We are indeed well into the preliminaries and I, myself, am beginning to hear the melody of you together, and so I ask you to ponder acceptance. Acceptance of yourself with your own strengths and liabilities.

I accept you and I gladly work with that which I find. If I did not accept you with your pros and cons, how could we begin to establish rapport? This is also the case as you learn to accept one another. This is how we will forge through the differences to find that chord of solidarity among us, that which connects us -- the Spirit, and our destiny as individual spirits, and as a community of spirits working together toward the whole.

Tomas, 11-18-1997 in Butler, Pennsylvania

GOD AND SANTA CLAUS

Question: *I'm a grandfather with six grandchildren and, except for perhaps one of them, they all still have what I would call a belief in Santa Claus, and what I would like for you to do is clarify how it would be best to handle this concept and the principles that Santa Claus stands for with little kids, because at this time of the year, Santa Claus kind of reigns supreme in our material culture, and yet there has to be something good in Santa Claus, or at least it seems that way. Can you comment on this?*

Thank you for your question, my curious co-worker. I recall our discourse last week regarding your Christmas holiday and recall that I indicated I would observe this pageantry as [if it were] an MGM production of the birth of the Christ-child, as portrayed on Urantia in, certainly, your Christian community, and I can respond to your question regarding St. Nicholas perhaps from a reviewer's standpoint only, for as a Teacher, I would not quite know what to do with Santa Clause (or the Easter Bunny for that matter) except to run any obvious parallels.

The tragedy of these phantasmagoric creatures in your children's early impressions are the beginning of a distortion which colors much of their life and the merit to an entity like Santa Clause is only valuable, to my mind's eye, when and as he can be compared to God or the Great Giver of Life.

Consider that all boys and girls receive Christmas presents whether they have been naughty or nice, and Our Father is equally merciful in His realm. The gifts which are presented on Christmas holiday as coming from Santa Clause can be paralleled by outlining the many gifts which come from Our Father, and indeed Our Mother, in terms of light and life, in friends, food, family, fun, food and frolic.

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That Santa is large is also an aspect of Godlikeness, for Our Father is large and abundant and has jolly aspects. He is not a stern and severe God such as some perceive, but has twinkling eyes, if you will, and a joyous laugh -- not at the expense of children, but in delight of their upturned cherubic faces in anticipation of sugar plums and other delights, much as faith children look to the Father with trust for those delights of life which will give them joy in their heart and soul.

There are actually many parallels that could be given to children if one were willing to find the ways in which to present that message, but at best it is a distortion of eternal value to persist in the illusion that these realities are material in nature only.

I do not know if my comments regarding your question have been helpful, or even worthy, but I am most eager to develop a good working dialog between thee and me, and so I am intrigued by whatever it is that you present so that I can help you work in your arena amidst the realities you have to deal with, much as I do.

Tomas, 12-22-98, in Butler, Pennsylvania

EMBRACING LIGHT; SUPPRESSING FEAR

There is rampant upon your world at this time a great amount of fear, and each time a thought or word is expressed in that vein it grows exponentially. We ask that you take on as one of your tasks to do whatever you can to diffuse that energy, either by thought or by word. By speaking out against fear you will help to lessen that of others and at the same time lessen your own. You, as all humans, find it difficult to rise above the energetic circuits simply due to the fact of your animal origin. As you become increasingly less physical and more and more of a spirit nature you will have less difficulty with this. So for now it must be a conscious effort on your part to effect a change in the emotional currents that surround yourself and others in a close proximity to you. You do this by voicing your own less fearful opinions to those that express their fear regarding their personal lives or the fear regarding the state of the world.

To you, it may seem but a small thing to simply voice your own opinion, however I tell you that the power of word and thought is stronger than you have any idea, and the power of positive thoughts/words will always have more power than that of the negative. So it will be in this way that you will help to neutralize the negative, fear-filled currents within your own community.

As you do this please recognize that these currents, for want of a better term, do not simply stop at your feet, or some few feet from where they were expressed, but continue to flow outward moving toward other currents of expression and helping to neutralize those that are filled with negativity as well. Think of a pebble as it is tossed into a body of water, and see the waves begin to move outward ... this is similar to what happens whenever you send mental energy out from your own mind.

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Do this and teach others to do the same, in so doing you will be expressing the Light that lives within you and helping others to recognize their own Light, thereby changing the emotional fabric of your world, one person at a time.

AbmaNiden, 1-24-06, Kannapolis, North Carolina

GOD LIVES WITHIN; GOD'S SON LIVES IN SERVICE

There is, as you already understand, a fragment of the Living God that resides deep within the heart of all mankind. His channel or connection to you is always open, always sending out messages of love and encouragement in an eternal effort to help you find your way back to Him.

Because you have been given the gift of freewill choice, your connection to Him only opens upon a conscious act that it be so. And once opened, it does not remain open, except by a daily choice, a daily commitment to opening your heart to Him.

That is one path to the Father , and one means of opening the door to your soul , and yet there is another path available to you through the Son. And this path is through a commitment to service, becomes active when you willingly choose to serve Him through your freewill gifts to the brotherhood of humankind.. Each and every time that you reach out in love to those that have need of your loving ministrations, you open the door and in so doing, is your connection to Him made stronger. And furthermore, with each gift of your heart, is your connection to your brothers strengthened.

You will one day understand how deeply connected you truly are with all of life, and how valuable are these connections that you build. Yet, for now, it is enough that you simply continue to give of yourself to others; as you progress you will be given greater and greater understanding.

Ambrose, Tallahassee, FL, 1-27-1996

ONENESS WITH THE UNIVERSE

You are not alone. Your family is comprised of all human beings, regardless of race and ethnic background. You are human family, connected to all the circuits and spiritual energies and mindal circuits with the sentient beings throughout the grand universe.

Your connection, the material world with the spiritual realms, is very real, activated and available. This, in fact, in large, extended family perspective will enable you to see all life is connected to the source center of the Eternal Trinity. One family. One plan. One love.

Malvantra Melchizedek, 2-10-02, Cincinnati, Ohio

THE MIRACLE OF LIFE IS YOU

Life is not mundane, life is not common, life is not ordinary. Life is a miracle – the miracle is you. You will fulfill that miracle for God.

Your whole life is benefited to this one grandiose miracle that is your personal experience, and it is truly unique in more ways than one. You have yet to fulfill all your potential. You have barely scratched the surface of your own existence. There is so much more.

But you all must also live in the present, live in the now, in the moment that is most important. For it is this moment that shall always be, it is in this moment that you most exist; for the past is gone and the future is unknown, but the present is always here.

So it is up to you to make the most of this one moment in your life. It is up to you to bring meaning and value to this singular experience.

JarEl, 2-16-09, Arcadia, California

DANCE WITH THE UNIVERSE TO ENHANCE YOUR LIFE EXPERIENCE

We have offered the notion that being here and now is truly a spiritual achievement. But it is subtle, and seemingly paradoxical insofar as it is nothing you can take hold of. Time is a bit too slippery for such heavy-handed attempts. If you are anxious about being able to control every facet of what might happen to you, every attempt to fix or forestall time as some sort of solid or predictable dimension that is directly susceptible or responsive to your will, only tends to grab you.

Here is where your personality – you – must surrender to the fact that everything perceptible, including all of yourself that you can perceive and know, is in motion.

This is just the way your reality is. You have no alternative to dancing. There is no place to stand outside this river of life. Since this is the case, any conceivable preparation is a matter of: How well can you dance? Like the familiar physical dancing you know, the sooner you consciously start the more mental and spiritual kind, the better.

True enough, your first attempts at this when you were quite young were rather herky-jerky. It took a while just to remember that you had a body – always there to be fed and taken care of, however much it came and went in your mind. So you all know to some degree how to dance along with life or you would have perished long ago. Always give yourselves credit for getting as far as you have. I mean – here you are! - dancing along.

Ah yes...but, how to grow? How to enjoy the dance ever more? We have called your attention to the fact that you are not dancing alone. You are

surrounded by something called a universe. Both out there in space, and in here, spiritually, there are many personal beings, from God all the way down to yourselves – many levels of personal beings each with their own music: galaxies, Local Universes, Constellations, Systems, entire planets, nation states of different cultures, local societies, neighborhoods, families: so many different tunes being played.

Every individual you meet has a certain melody they have righteously earned in their soul. You have yours too.

This is how you go about your dance.

Nebadonia, Marin County, CA, 5-9-05

NATURE OF THE SPIRIT OF TRUTH

The Spirit of Truth is a spirit which works where two and three people are gathered. The Spirit of Truth rarely works individually. I am not saying it does not work individually, I am just saying it rarely works individually. It is better perceived amongst the group for it is meant to be a group connecting spirit, a gregarious spirit. In this sense, the dynamic changes between an individual, communication with another person, communication with a third person and communication between three or more people, the dynamic changes.

The dynamic of the Spirit of Truth is activated when the third person comes in, though it is also activated when a second person is there but the dynamic shifts and the activation is secure with three people. The perceiving of the Spirit of Truth works through the individuals involved, through their effort to function and solve a problem and create a situation together which corrects their dilemma.

This is necessary for the spirit of counsel to also work with the Spirit of Truth. All adjutant spirits work with the Spirit of Truth, especially the spirit of counsel. The multitude action of spirit, the varying circuits, the Father's circuit, the Son's circuit and the Infinite Spirit's circuit all operate as a harmonizing effect.

The effect of the Spirit of Truth amongst gathered men is also to create a harmonizing effect to augment the cooperative acknowledging, the reciprocal recognition, brotherhood, the spirit of men and women in a joyful reference.

Monjoronson, 9-29-2009, audio session

HAVE FAITH IN THE FATHER'S PLANS

On the subject of faith, may I say that we have ultimate faith in the Universal Father and we should also consider having faith in that magnificent and miraculous and awesome creation of The Father — all the many, many worlds of time and faith.

Doubtlessly the Father has faith in his worlds of time and space, in the very concepts of time and space, which come from The Father, and so can we have no less faith in these worlds of evolutionary change. These worlds evolved and in the evolution provide countless learning and growing experiences for each of you, each unique creature of time and space that is you with the pilot light of The Father burning inside.

We would not bring forth miraculous materializations and visions and magic wands to change your evolution, for time and space worlds evolve. We consider the transmission process to be ideal for you at this time for it is unobtrusive, allows the involvement deeply of humans, allows a measure of co-creativity based on the Melchizedek curriculum's in making these world changes.

Is it not truly profound and wonderful that each of you can be a part of planetary change, reclaiming the confusions of this world into the bosom of love, mercy and compassion of Christ Michael upon this second coming, to prepare the world for these great changes in the full knowledge that they require generations of humans cooperating and working together?

Not only is it a powerful lesson to learn to create and work with others, this cooperation extends even beyond mortal lives into succeeding generations

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and in times to come you will be able to compare notes of those who worked to bring forth Light and Life to Urantia and preceding generations and in generations to come.

It is all a vast learning and discovery in growth to Light and Life. We have faith in this evolutionary plan, in your free will decisions can drive it and create your future each day. Time and space are tools; so is faith. Revelation of too much given to you at this stage of your evolution would literally destroy that faith. It is too beautiful, it is too magnificent to be destroyed by someone who comes with a magic wand to do the work that you are destined to, charged to do.

Tarkas in Cincinnati, 1996

DRAW THE LINE ON PAST SINS AND PAST GENERATIONS

Many of the things you experience these days in your world are residue experiential from decisions made long ago. There is a saying in your culture: “The sins of the parents are visited upon their children,” and you who are involved in the Correcting Time are in the position now of taking responsibility for yourself henceforth, of drawing a line in the dirt between you and your predecessors and saying, “The buck stops here. Henceforth, I will follow the Lord. I will seek His will and follow it to the best of my ability. I will recognize the error of my ways, of my conditioning, of my intelligence, and correct myself so that I may better serve those who have yet to go through the veil into the light that would have them purify themselves also of that which has gone before and which leaves a residue upon us as if it were smoke from a volcano dropping its ash everywhere.

Clear the air. Recognize evil as imperfection and error. Grasp truth, beauty and goodness and yield to its power, its drawing power. There is no rule that says you and/or Urantia have to stay in the dark, cleaning up the debris of past ages and past error indefinitely. You can tilt the world on its axis by your perception. Begin to see your world and everything in it as if it were touched by the light, as if it had already been cleansed and purged of all the error of history.

Every young thing makes mistakes in the process of learning how to become mature. Put aside the things of your youth and embrace the fullness of your spirit adulthood. Aspire for self-mastery and make yourself amenable to those around you who are also attempting to become fishers of men, to clasp to our breast those who search for truth, beauty and goodness in the hearts of others in hope that they will find it, too, within themselves.

Paulo, Spokane, WA 7-14-01

VAST CHANGE, STEADY FAITH

History is indeed changing now. Human beings are less and less reliant on other human beings for their spiritual bread and water. More and more is humanity reaching toward the heavenly world and the heavenly world is reaching back and grasping your hands individually.

Gradually, you are becoming less and slaves to tradition and to the traditional fear based religions. More and more are you turning toward love and receiving your spiritual bread directly from the spirit rather than the leftovers from someone else's table.

Gradually, you are perceiving that there is vast amounts of, vast numbers of morontia and spiritual beings who have come to this planet to help and guide you each individually.

This is vast change and you are fortunate to be living through this. You are fortunate to be able to perceive the Master's power flooding back to the world in which you live. You indeed are the first to behold this power, to have understanding of the vastness of his love and the completeness of his mercy. The Master comes to all who would open their hearts to him. His power is transforming. You are not the same people you were before you opened that door and allowed him entry.

Rejoice then and be exceedingly glad for the Master's arm is about your shoulder and his word of encouragement speaks to your ear. Follow me, says he. Follow me. Allow his hope to fill your hearts, allow his love to comfort your minds. Allow his footsteps to guide the way. Be unafraid to follow wheresoever he will lead you. Have complete faith and a steady heart.

Ham, Nashville, TN 7-14-2001

RISING ABOVE SELF-DENIAL

Self-denial is the act of trying to stop yourself from being “bad” or doing “bad” things or the act of trying to suppress character flaws. It holds with it the idea that you can simply will yourself into submission to perceived goals and attributes. Self-denial is a negative action to try to create a positive result.

When you become more in-tuned to the Indwelling Spirit you will find that you respond in a manner that is more positive in nature. You will want to do God’s will simply because you want to, not because you are worried that you might fail or that you feel you are somehow unworthy, but that your simple engagement with the universe and your Father’s presence are lures of righteousness. Most often we have to fight past self-denial to make ourselves known.

Aaron, North Idaho 7-22-2001

LETTING GOD SERVE YOU

People do not have to serve others to be served by God. This infers a requirement to have his grace. Rather would we encourage you to let God serve you. This is done through the stillness, taking the time to open your lives to God. Recognize the love he holds for you and the relationship he desires to have with you. The service you will do as a result of this relationship will go much farther than attempts at service to gain favor or a sense of worthiness to be in God's presence or to have his grace.

Any contention you have to this idea of allowing God to serve you first, before serving others should fall away in the knowledge that Michael as Joshua did not look to serve people to find God's grace, but rather spent his time in contemplation and worshipful meditation with his Father, where he was graced with the presence and the knowledge of the actions he could take. It was his will to do the Father's will, rather than an act of submission. Many still believe they have to set aside their will to do the Father's will, but it is not so. Through your turning to God and allowing his presence to fill you, you will want to do his will.

Aaron, North Idaho, 7-22-2001

THE SECURITY OF SELF-FORGETFULNESS

Self-forgetfulness is a state you fall into when the mind is secure in the knowledge of the self, where the doubts of one's actions are set aside in place of the assurance of God leading you.

Many people have had glimpses of this state of self-forgetfulness when they suddenly realize that a purity of motive has swept through them and they have ministered to another or upon their environment, unaware of one's own needs and desires. You have glimpsed this on occasion. But when one recognizes this occurrence, there is a natural falling back into self-awareness.

The transition from the material realm of selfishness to the spiritual realm of self-forgetfulness is a process that takes time to accomplish. One has to know that they have a self that has its own lures and desires so that they can master the self through knowledge, awareness and acceptance. The transition is the steps of coming to know one's abilities and shortcomings and then the process of turning these over to the Father through stillness so that they can be transformed in awareness.

The self-forgetful state is when the self comes into alignment with the Indwelling Spirit, such that both the self and the spirit desire the same things, to see the universe and your place in it so clearly that you do what is natural and serve the best upon the environment in which you dwell. The transition is the struggle you have to master the self so that it doesn't step into the way when you interact with your environment.

Do this by knowing who you are, not in trying to beat down the weak or undeveloped areas in self-denial. Increasing self-forgetfulness will naturally attend increasing self-mastery in the relationship of the individual to the universe and its Creator.

Aaron, North Idaho, 7-22-2001

DON'T BLOCK YOUR HUMAN EXPERIENCES AND GROWTH

There is a side of human nature that wants to remain in the old grooves of life, that wants to react the same way to the same sorts of things every time. But, if you look at this honestly, you will see that you are really exhibiting a fear of self-discovery. Sometimes it is easier to be comfortable with set patterns than to risk the new discovery of yourselves.

People often make blanket statements about likes and dislikes that shield them from having to be open to every new situation. If you say, for example, "I hate westerns" then you are shielded from every having to see a western and becoming a person who likes a western. You are shielded from a new and different view of yourself. Always there are things that fall outside your patterns that are easily missed because of blanket statements about yourselves.

But to be truly honest, you have to be open. You have to allow new experiences to come in unimpeded. To be truly honest requires a lack of prejudging. When you resist the temptation to prejudge a situation or people then you open yourself to new understanding which change you.

Human beings, especially as they grow older, tend to block off more and more parts of the world that they are uncomfortable in. Instead of experiencing the time they are living in, they simply avoid it and retreat to those things and friends and experiences that they become comfortable with. This is a mistake.

To grow vibrantly in the spirit means to grow in your time and to take in the world as it is and to experience what it has to offer. Often times the past is seen with rose colored glasses and a filter, which leaves out all the uncomfortable things and allow in those things which are comfortable.

To be a spiritually vibrant person is also to be a pioneer. You are seeking out the new and the different, things which stimulate the mind and soul in the present time.

Remember the master's council to the young man who was afraid. He said, there are many wonderful experiences and great things to be done, but you must go to those places where great things can be done. Isolation is stifling to spiritual growth. True growth requires honestly engaging life as you find it.

Ham, Nashville, TN, 2001

PRAYERS IN THE AFTERMATH OF 9.11

Such a deluge of pain! So much suffering among the innocents! When will these wicked rains end? When will the sun shine down its golden light upon this world, warming it, and offering hope for bright tomorrows?

I encourage you to understand that you, yourselves, are part of the process that helps the sun arise in the heavens. You, through your prayers and petitions to the Father, are a means of engaging this divine ministry with your planet. You can, my children, call forth the sunshine for your world!

You can, indeed, bid the sun to rise into the sky, and lighten the world with its healing beams. This is the sunshine of the Father's Love, Mercy, Tenderness, and Support for this world. This powerful Light of God can, indeed, evaporate the rains of pain, of suffering, of fear, and of violent retribution toward perceived injustice. This is the Light which lit the heavens during the first moments of creation, as God the Unqualified

Absolute extended into the Qualified Creation. Do you recognize, then, the Power of this Light? Do you see the immense capacity for healing and creative change that can now come to your world, if you will but solicit it? Such is the Co-Creative Power of our God, my children, that He will extend Himself in His Glory, and reach toward you as a partner in His Divine Expression.

Please hearken to my words now, my students, as you continue to see the dark rains pouring down upon your world. You can call forth the Sun of God! In so doing, you invoke also the power of God's Dear Son, Christ Michael. In His name, call forth this sunlight! In His name, join with God to heal your world! In the name of Christ Michael, command the dark rains

to cease, and pray for the explosion of brilliant light of God's Power to bath your world in glory!

Each of you has this co-creative potential to work with God, my dear ones. Each of you is truly this valuable in the Father's Eyes—this important to His Plan of Perfection for the time and space universes that He has created.

Olfana, Half Moon Bay, CA, 10-19-2001

RESURRECTION AND REBIRTH OF THE SPIRIT

The resurrection, the rebirth is the key to new life, the new life of spirit reality that we pour into your vessels as you thirst for greater spirit reality. We ask you, as has been asked before, about your understanding of rebirth. I call upon you to be born again. What does this mean to you, and how does it reflect in your lives on those who have yet to breathe the Spirit of God, the living presence of Divinity?

To be born of the Spirit is to be a newly hatched egg, to be a blank slate, a channel for spirit reality to work through, to be in control of, to mold and protect you. The individual who has given him or herself over to the Spirit has simply made a decision to give up to the Creator without Whom the creature has no existence.

In coming into existence in the mortal life there is much pain and anguish, and in the rebirth of the Spirit there is also often anguish and pain, for when one finds the strength of the egg too confining the egg must be broken out of in order to stretch the limbs of the new being. Such is the way of the reborn individual who has lost interest in material reality and seeks greater comprehension of his or her origin.

When one emerges as a newly born entity who seeks to congeal, to merge with his greater Self, the entity then says, 'I am new. I am naked. I am nothing. Create me. Breathe into me that which You would have me be. You are my Parent. I am Your child. Raise me up. Teach me what You would have me know. Teach me those values which You would have me carry for You. Teach me not only what it means to be Godlike but to be human and pleasing to You and Your other children. How may I be of greatest service to You Who

has brought me into existence? How may I best show Your beneficence and generosity to those who find scarcity in life? How may I bring Your great love and mercy into a reality which is so contagious as to whet the appetites of Your lost children for soul companionship?’

In rebirth, in making old things new you must begin from a point of humility that your Creator is your Creator and nothing less. Your ascension now depends upon your willingness and cooperation in those lessons that are set out for you, those opportunities that are selected for you, those challenges which are custom made for your particular qualifications of personality and heritage. The uniqueness of a life which is Spirit born and Spirit led is the infinite joy of all those who experienced it and the dream/hope of all those who yet search. My dear friends I have delivered a portion of our words to you this evening.

Tomas, Pocatello, ID, 4-14-95

STILLNESS PROMOTES LOVING EMPATHY

Come my children, sit with me. It is through listening in that stillness that each grows, and with each increment of growth there is a greater growth and giving into the collective consciousness. Each individual is important unto themselves; they are also equally important unto the group.

And so when you walk out into the world and greet your fellow brothers and sisters, look not down upon them but raise them in the understanding that Indwelling Spirit is also working within them. And in this understanding, strive to support that work of their Indwelling Spirit by bringing forth the good aspects of your brothers and sisters.

Do not bring forth their frailties or their inadequacies, but pause and strengthen that which they are already achieving. Applaud their victories, enhance their esteem, encourage them in ways that will bring forth beauty, truth and goodness.

Daniel, Cincinnati, OH, 9-24-95

STILLNESS IS SHARING TIME WITH GOD

It has been the major teaching of our mission; this attempt to communicate directly with your indwelling Father fragment. While you often have difficulties in achieving this stillness to your own satisfaction, I would like to make some suggestions that may help you.

Perhaps you might look at the stillness or this communication in another way. For, the purpose, the entire purpose of the stillness is communication. May I suggest that you not worry about how many minutes you are in touch with the Father, for you can speak with the Father in plenty of time. You can become as aware of Him as any person standing along side of you, even God, for He is inside you. He is not reachable only in some form of idea in stillness, you can know Him in an instant when your thoughts turn to Him. Take Him with you throughout your day.

Do not put Him in a corner of your home where you would reach Him only at one time of day. He is your constant companion. Share all with Him. As you view your day, as you share with your brethren, be conscious that He is sharing with you. Know that you are never alone. Know that at any time at any moment of your day you can say Father and He is there.

Welmek, Cincinnati, OH, 9-24-1995

BUILDING AWARENESS TO BUILD A NETWORK OF LOVE

It is the joy and the peace and the love and goodwill in the heart of each and every human being, that creates a network that uplifts the consciousness of all humanity. And while there is no such thing as too much of these good things, we are still able to assure you that every instant you live in joy, peace, harmony, love and goodwill, you are enriching the lives of those around you, and more.

Will you choose again today, tomorrow, the next day, and every day, to assist us in bringing your planet to higher levels of awareness, by increasing your own, and at the same time, enjoy the gift of focusing your attention on love, peace, joy, harmony and goodwill? You are worthy of it; you deserve to have this enriched experience. We long to take your spiritual hand and walk with you on the path, and point out the beauty of sparkling flowers and dewdrops of spiritual attunement; the shining stars, the precious relationships and their moments of friendship.

You have available a wealth and grandeur, truly beyond your capacity to imagine in most cases. What we are saying in essence is: Choose, again and again to enjoy, to live in joy. There is no harm in such spiritual optimism, and why not enrich your body, mind and spirit, with the positive emotions, feelings, and yes, even the hormonal responses that come from feeling good. We say again, you deserve it; you were created to enjoy it and to sustain it.

Eregon, Pueblo, CO, 12-13-2009

RISING CONSCIOUSNESS, GREATER SERVICE

The consciousness of humanity continues to be uplifted at a greater rate than it has in past generations. You are part of this swelling tide. It is good that humanity understands the things that are happening now are not punishments from God, but are a result in part of the way that you, as a race, have lived on your world for the last several hundred years.

It is good that you understand—many of you—that responsibility must be taken to act, to create new ways of being, even if these things are not agreed about globally and acted on globally, small pockets of aware and activist individuals again create a network that begins to uplift the whole. There is no part too small to play well. There is no thing that you are inspired to do that is too little. Every bit counts, and every bit done with spiritual intention and sincerity of desire is enlarged and enriched by your spiritual benefactors.

We urge you to trust that this is so, and continue to pour your hearts and souls into those things that you know and feel you can do, to make things better in all kinds of ways, from the most mundane and material, to the most ideal and spiritual. Act upon your inspirations.

Elowain-ha, Pueblo, CO, 12-13-2009

PRAYER CONNECTS US TO THE UNIVERSE

Prayer is an effective tool for you to craft for yourself a larger composite framework of your reality perception. It is also used to help others, for them to craft this larger framework for themselves, and to move aggregate patterns of human thinking and institutions into those realms where they become infused and enlivened with the facts and the meanings and the values of God's plan for this planet.

This is a fundamental departure from the way that most humans think. It is an active, cooperative team effort that you are bringing your conscious participatory thoughts in the making - in the actual creation - of Heaven on Earth. There is no other human thought form more important than prayer. For this is how you actually blend yourself into the universal fabric that you are a part of.

I do not expect you to appreciate the full meaning of these words yet, for this is a much deeper use of the idea of prayer than has been previously presented. But these ideas will sink in, and they will take root, and they will combine with your thoughts, and yield new awareness and desires to participate in prayer more consciously and consistently throughout the day.

Welmek, Marin County, CA, 12-26-2002

PRAYER MOVES US TOWARD PERFECTION

The potentials for perfection are woven throughout your being. Your evolutionary nature contains these potentials. Your capacity for truth recognition ignites your search to manifest these potentials; and it is your prayers that fuel the yearning to continue to grow.

For in this yearning is the request for assistance to be given to you in order for these potentials to be achieved. We live in a universe that is dominated by the ideas of teamwork and service. And always are there helpers and assists reaching to you to move you into those areas where you can grow. Your spiritual communication for this to occur is through prayer. But, prayer has been relegated to the repetition of rote pleas for help.

You who are becoming awakened to the vast spiritual friendliness of the universe are primed to learn more efficacious forms of communication. You are not just communicating with other humans, but you are now participating in something much greater than mere long distance communication around the country or your planet. You are now embarked upon the capacity to communicate throughout the universe.

I want you to think about this idea for a moment, and appreciate the implications of what this means. You are connected to an enormous spiritual circuitry that far exceeds anything that your telephone companies could have imagined. But it works in a very similar fashion. And it is much more efficient and much faster.

Welmek, Marin County, CA, 12-26-2002

EFFECTIVENESS OF PRAYER

It is possible for you to pray for someone else and actually have them affected in a positive way. If you tried any kind of prayer for something bad to happen--(Mother Spirit chuckles)--the petition wouldn't go any further than your own skull. But you can devotedly direct and focus pure loving energy towards someone else, that they may be able to use it in their life as best suits them. This is the power of love transcending your own wisdom, the choices you might have for them. This is just a pure well-wishing and desire for them to live life and live it more fully, the ultimate caring of one personal being to another.

So when you've formulated your prayer, my children, be sure then to open your minds as best you can and just listen. It's very rare that you will hear a voice speaking within your mind, a very clear "other" talking to you. Remember the presence of God is called a--Thought--Adjuster. This response can be so immediate, sometimes, the thoughts that follow your petition can be that answer, yet can be missed if you don't credit this.

Just accept so you can look at and consider and entertain the thoughts that come into your mind, regardless of their apparent origin. You'll be developing the ability to recognize truth irrespective of its source, and this ability is something that will stand you in very good stead throughout your life, whether praying or going about your daily activities. Get a feeling for that resonance within you that tells you that something resonates with your own deepest feeling of what is true or, even better, what may be more truth than what you've yet encountered. That's a great feeling.

This is the value of prayer to help you realize what you feel you need, or someone else needs, and so, asking for help from the whole spiritual com-

munity. This is what the spiritual community lives for in part. It's our delight; it's our extreme joy to be able to help this way. As you said in your introduction, just accept what comes to you and look at it. Embrace it with an open mind, whether you are able to do it or not. As your Urantia Book puts it: modern people do not lack for ideas so much as they lack for ideals. So entertain these ideals as best you can. Do your best without any kind of reservation or self-judgment.

Nebadonia, Marin County, CA, 11-16-09

HINDSIGHTS AND FORESIGHTS OF GROWING SPIRITUALITY

Each of you can see yourselves in a world of ten or twenty years ago, and see your vast change. This results from a continuing shift in consciousness brought about by incremental energy openings, which leads you to higher levels of truth and beauty and goodness.

In these formative and quickening years, your visualizations of these ideals are growing your ability to reach into the stillness to quiet your mind and find the place where deep meditation and holy worship meet, to blend east, west into those higher verities of truth and the heart, which Rob has succinctly described as “love,” the ultimate and true identity of God.

And so as you find these truths, these kernels of truth, we are joining you this weekend in amazement and in joy-even tears of joy-to find how you are growing in many ways, not just by listening, and not just by expounding, but as you listen, and as you speak, you will agree with me that new concepts are continually being poured into your head, into your heart, so that even mid-sentence you are expanding your connection, you are expanding the revelation, you are expanding the body of knowledge with which you grow your soul.

But it is more than knowledge. To follow up on Merium’s request, you must find this new way of relating to one another with the heart. Philosophy is only that, the free and grand expression of a myriad of ideas, countless and vast in number across this planet, and across many other planets as well.

It is the fruit of life, the ability to intellectualize, philosophize, share and try to understand deeper levels of understanding in all of your institutions, and

all of your ways of life, so that in these quickening times when you stand on the brink, you will be able to create new institutions, built of that love, and built of all the incremental qualities and standards and principles which will lead you to find that ultimate love.

And in each incremental station, you will find a greater depth of joy and clarity in your own mind, about the confidence of your paths. As you relate to one another, look into each other's hearts; field no emotional aberrations that you do not know as much, that you know more, or that you understand better. Open your hearts and your minds to new knowledge, to new perspectives, and you will round out your own knowledge to a higher degree.

Tarkas, Association for Light and Life retreat, Taos, NM, 9-19-2009

GOD'S ETERNAL PRESENCE WITH YOU

God shall be always with you. He is in your hearts, He resides in your mind. He is there to comfort you and to give you strength. He is the thread of infinity in which you bask. When all things fail that string will be constant. You shall follow it to Paradise where you will find all things real and true. Life, as you know here on this planet, will seem like a dream in which you vaguely floated along.

There are so many inconsistencies to this reality. But when you reach Havnana you will see that the universe is consistent and that everything is in order as it should be. And your life has eternal meaning and eternal value. And God is more than just a Deity to you, He is your father, He is your friend. He is all that you are and you will be all that He is.

And all these fears that you once had while residing on Urantia will seem like the fears of a child who is afraid of the dark corners of his closet. Your life will be so well rooted and grounded into the realities of the universe, that there shall be no room for inconsistencies or doubt. You will be sure and confident that life everlasting will be rooted in the True Source and Center of all things and security will always envelope you. For you are a child of God and God loves his children and He does not abandon any of you.

JarEl, Arcadia, CA, 4-27-09

TRANSITION AND PROGRESSION THROUGH DEATH

Even if you have a wonderful life on this planet, one full of so many blessings and so many gifts, it should never be incumbent upon you to fear that all this may go away. It is unrealistic that you grasp so tightly to this world. You are not losing anything when you die. Nothing is being taken away from you when you die. It is simply a transition point in your eternal career and all gets transformed and reinvented.

True there are things that you do leave behind, such as material things. But all these can be reinvented on the other side and enhanced as well. You forget that you go to a place where all dreams are created. You go to the sources of invention. You head into the apex of creativity. And hence everything that you've had here on this planet that has made you happy you will find tenfold on the other side. So your fear of leaving this planet is unwarranted for there are so many better things.

Your family that you leave behind will eventually follow you. Nobody here lives forever; at one point or another they must die, they must cross over. So you are really leaving nothing behind. You take everything with you, all that's true and good and valuable. You carry that all with you when you arrive on the other side. And when others join you and your family finally arrives, all those things that were real here will be real up there.

But this is simply my attempt to placate any fears of death that you may have. For in the long run, when you look back at these fears that you may or may not have, about transitioning over, you will find that many of those ideas were preposterous.

For you did survive, you did continue, it was simply that you did not know all the facts.

JarEl, Arcadia, CA 4-27-2009

LEARN TO BALANCE YOUR FEAR

Question: All celestial beings are telling us that we should rid ourselves of fear although at times fear can prevent painful experiences. Should we rid ourselves of all forms of mental fear as we approach each situation in life regardless of consequences?

Thank you for this question. Mortals should learn to balance fear. True, a certain amount of fear is tremendously important. It is a tremendous motivational tool and at certain times in the human evolution in society as we experience now, a modicum of fear is healthy, but the entrapment by fear, the controlling of fear, and the stagnation and morbidity which fear produces, becomes like a leaden coat in which one is encapsulated.

You are not in touch with social human behavior or even in touch with your own true inner feelings if you are surrounded by fear energies. So yes, if you are a person who is in a constant fear-space it will be tremendously difficult to experience the lightness and fluidity which such a space of non fear provides such as in your soul with your Divine Self.

Monjoranson, 12-2009. Q/A session with TM Archives

**FRIENDSHIP DESTROYS MISERY;
BEAUTY CONQUERS FEAR**

It's the sharing within friendship that destroys misery. It's the very existence, the very demonstration, if you will, of the reality of friendship, of this spiritual dimension of human reality; that is what works. This is what has enabled the human race to face and conquer all the tooth and claw of the animal world, all the hardships of life--the hunger and pain and exposure--even the sure knowledge of inevitable death: all of this has been more than counter-balanced by the sheer reality of friendship.

There's a corollary here that beauty also conquers fear. Just being in the presence of something or someone demonstrating the quality of beauty--the very existence of such a thing--mitigates that anxiety. Beauty enables a person to say, Yes I am in pain, but look at what a beautiful sunset there is; how lovely is this person here with me as we are doing all we can for each other. In each moment of life there is that which makes living worthwhile.

Michael, Marin County, CA 9-12-2009

LEARN TO CONTROL THE MIND

Question: In the attempt to use the mind to contact the presence of Deity, unwanted thoughts come out of nowhere as though attempting to block the effort. How can these unwanted thoughts get blocked?

Mind control, practice, begin to discover the many clever ways to quiet the mind. For example consider this; stand within your mind and imagine you are watching the mind and all of its activity. Then you step outside of it, outside of this bubble where you are in a quiet still space, where you can observe the mind but you can also observe nothingness. Observe this nothingness. Find a way in which to determine for yourself where in your mind is a place where there is no chatter.

I am not sure about the words pesky thoughts, it sounds personal. But yes, the mind, because it is fluid in tissue, there is no airspace in mind, it is all fluid and tissue. Fluid has to do with chemistry, it has to do with what you put in your body, how your body uses it and how the body compromises itself to use the things that it doesn't need that you also put into your body. Begin to understand who you are and how you work. Begin to discover new ways to become a human being in consciousness.

Yes, definitely sit in the quiet presence of nothingness. Learn to master control of your mind, of the things that the mind does. It tricks you into reacting, it creates 'saboteur' for yourself. It does all kinds of things as a result of it being loaned to the particular human who has it.

Yet never forget the tremendous capacity when physical chemistry produces a system of organized components to perceive thought, to act upon thought and to intelligently move forward. So practice, practice and again practice.

Learn how to focus and to control or use what many people have discovered as humans who control their mind by watching the breath, in and out. Releasing all thought on the exhale, taking in all clarity and quietness on the inhale. This is a purely human endeavor, the ability to control one's mind.

It actually is your responsibility as a son of God. To be able to grow spiritually demands control and responsibility.

The universe is an unbelievably run tidy ship. All have been trained perfectly how to synchronize their tasks. There is very little freedom to do what you feel as a spirit being. You do what you must. You do what you are ordered to do. You perform that [for] which you have been designed. Yes the universe is methodical and meticulous about protocol and synchronicity. Begin to see how out of synchronization Urantia is from the rest of the universe, where life on your planet has been turned into a joke, where taking responsibility has to do with choosing what you have to eat and wear. True, as individuals, greatness abounds. As a visible whole you still have along ways to go.

Monjoronson, 12-2009. Q/A session with TM Archives

THE SPIRITUAL GLOW OF HUMANITY

Mother Spirit and I have shared with you our experience of the human race on Urantia, and how the spiritual glow coming from all the people on this planet so enormously outshines all the pain and suffering, the fear and the anxiety, even the spiritual loneliness of some. To some degree the pain and suffering of life is unavoidable simply in being a physical being subject to the inevitable decrepitude and suffering, of even a long life, ending in inevitable death. Yet accompanying that long life is an ever growing soul, and so this transcendent reality--this cosmic reality co-authored by a presence of God--this moment by moment fulfilled purpose of life--this very reality, my children, that you can experience, this too is a that everlasting light that your Christmas carol speaks of. This is another light that illuminates the hopes and the fears of all the years, for that bright soulful illumination--the very existence of that illumination--outshines all the darkness of the human condition.

Indeed the mature human soul, having known so much life, realizes how much a part these marvelous bodies you have can give you of a feeling for time and eternity that is unique to the human races. And so this so-called animal/primitive human heritage that you must deal with in turn gives so much meaning to human life. To see things from a genuine spiritual perspective does not entail denying anything whatsoever. You have only to bite your lip or pinch your finger a tiny bit to know the reality of pain--for those of you who are not literally living in it. Yet you can see how this is not a curse. This is the most marvelous gift, this physical-ness you know. For you will come to know in time and eternity a scope of experience that no other order of being has as a personal possession. This was why, my children, one of the greatest gifts that my Father could give me was the ability to have a physical human life myself. It was, and remains, one of my most prized soul possessions.

I've talked a little bit about what those few forty years or so has meant to a being such as myself with hundreds of billions of years of life and endless trillions upon trillions of human children already in my past, still to experience being human as you can. There is no replacement, there is no universe substitute for this moment by moment living your human lives. That, my dear ones, is a radiance that will only grow in appreciation as you move beyond this first life of yours. It is what we mean when we say you are earning this appreciation of reality like no other being can, and this is an eternal possession of yours.

Now see all the limitations, the possibility for pain and suffering, in this light. You begin to glimpse, even if only a tiny speck, God's wisdom. So add this to your worship, dear ones. Thank your Father for all the irreducible aspects that go into meaning, what it means to have a human life. Even marvel at what it means when you can get together and literally create these holy-days, these holidays. What delightful excuses every religion knows to do that very thing--to set aside everything else to, fundamentally, get together and feel that extra dimension of everlasting light in which all the hopes and fears of all the years meet. This is the triumph of the human spirit and soul. This is how goodness and truth and beauty conquer fear just in your sheer experience of them--to know that such things exist. So let them remain a bit inexplicable. Let them be wondrous. Let them thrill your soul.

Michael, Marin County, CA 9-12-2009

SPIRITUAL GENEROSITY

The essence of divinity is to share oneself--what we call spiritual generosity. It's the living, dynamic nature of God's love that He wants to share with you, and that, having experienced this, you feel the same impulse to share it with others. This is the true origin of your religious organizations--the socialization--the desire to build societies in which you can share this most precious part of your inner reality; to make it manifest outwardly in all the good acts and joyous comings-together.

Because of geographical/cultural differences even on the very small-tribal level, this has been one of the more fundamental causes of warfare throughout human history--people literally meaning to decide on the battlefield whose God was greater than the others. Yet this also has meant just how important this relationship has always been to people. They simply--profoundly--failed to realize their inner reality could only be offered to others; it could never be imposed.

But since you are capable of imposing physical and even mental conditions on each other, the more immature and self-centered among you do make that mistake--that they can impose spiritual realities upon someone else. Freedom, freedom to choose, freedom to explore and seek God's will, is of the very essence of His will.

Michael, Marin County, CA 9-12-2009

LET GO OF FEAR; LIVE IN FAITH

Make your choices, set your goals, make your decisions and just do it without any fear. The choices that you make by employing the living faith will unfold according to the will of the Father. Replace fear with the love of God and with the love of God, there must be faith, for is it not true that you cannot see God, yet you know God? That is faith.

There is no reason to fear anything, for God is with you always. He dwells right within you as a living spirit portion of the Father himself. Knowing that, how can you be afraid?

Oh, I know there are times when you are afraid of becoming ill or something not working out to your desire. What do you think that fear would accomplish in that endeavor? Nothing. It serves no purpose.

So let go of your fear. Just let it go and know and believe that what you think, say and do will be directed in the way and the will of the Father.”

El Tanere, York, PA, 3-2-1994

BEGIN WHERE YOU ARE AND GROW

Your hearts and souls are brightly lit, with the prospect of bringing better times to your world. We have encouraged you that no idea is too small; nothing is to be discounted or seen as unworthy, when ignited by spiritual zeal. You can only begin where you are, with constant seeking for input from spirit; enrichment occurs, enlightenment continues, growth potentials expand. Begin with what you see that you can do and trust that more riches will be provided, riches in the form of further ideas, inspiration, connections and resources.

Whatever projects your heart yearns to do, resist not; refuse to shackle yourselves with negative statements, ideas and beliefs. Disconnect from that negative hitching post and find yourself free to roam the universe, full of highways and byways. We treat you as younger brothers and sisters; we interact with you as teachers and students, as mentors, and yes, even as partners when we can. We are to be considered as among the resources you have available to you, to create, to instigate, to initiate new and better ways of being and doing, and thinking and living.

Yes, it is true that encouragement is not the only resource we can offer you. Worry not; fear not! These things add nothing to your ability to manage your life in any of its many aspects. Trust and prayer, confidence and guidance, faithfully going forward—these are the practices that will sustain you in whatever endeavor.

Elowain-ha, Pueblo, CO, 1-2-2010

SUSTAINABILITY AND GROWTH FOR THE PLANET

Where you are now in the concept of sustainability is looking at something that has been damaged, and knowing that a better job can be done to keep it alive and running, that a less damaging way to live upon the earth exists, and just bringing it back to good health is the first step; bringing all of the little parts of it that are the things that you notice personally in your daily life, back into a state of higher functioning.

This is a necessary first step; we do not intend to diminish its importance in any way. But, we do wish to share with you that as you step along this path, as you begin to act, each goal as it is met reveals a broader horizon; and each horizon as it is reached, reveals another view. And, once that you are on this path again, do not be overwhelmed by the distance, in spite of your ability to imagine improvements in the way things are. It is important to do the work; it is also important to hold the vision. No one's role is insignificant.

Do remember, whatever project you choose—even in your personal things, like growing your own vegetables—you are not alone. Celestials are working along side you, and every time you dedicate a project and its outcome to the highest and best good, you are definitely inviting spiritual resources to participate with you.

Do not neglect this concept of highest and best, or highest and holiest good; you know it is a supreme concept. It magnetizes force and the assistance of others to be motivated in this particular way. Come with us, children of light, on the journey of discovery and adventure, soul motivated, spiritually inspired, and yet so down to earth.

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Can you imagine a “fabric of cooperation” and connection, woven around the planet with intentions? And from that fabric and its intentions, more people are inspired. This is the way it works: inspiration > intention > action > cooperation. Set your feet firmly on the path of intention to co-create and you cannot fail to co-create, although what you co-create may be something different than what you intend with that first step.

Elowain-ha, Pueblo, CO, 1-2-2010

LIVING WITH GOOD INTENTIONS AND WITHOUT FEAR

Remember what the Father cares for. He cares for your intention. If your intention is good, if your heart is pure, what have you to fear? Most fear comes out of a feeling of lack, that you are not strong enough, not smart enough, not good enough. And the other part of fear comes out of a perception that you are alone, and that you will not be up to making the decisions you must make. And you are never, ever alone.

So what cause have you to fear? You fear because you rely upon the things in the so-called “real” world. But this real world is nothing but a series of shadows. What is real lies inside of you, and when you live without fear, you must be definition live based upon that reality which is inside, the relationship you have with yourself and your Father.

The outside world ... not only is it shadow, but it is shifting shadow over which you have no control. That does not mean that the outside has no importance; it is the realm in which your body lives. Jesus, in his time upon your planet, lived in that world, but that world did not live inside of him.

Can you see the difference? He built within himself his strong, true knowledge of who he was. He built within himself his beliefs and his values. He built within himself his relationship with God, and who he was based on that defined interaction with the outside world. No changing, shifting shadows. It must be the inner influencing the out to live without fear. It cannot be the other way around or there will always be fear.

Andronason, Salem, Oregon

INTEGRATING OUR THINKING

All of us within this room, have our own individual understanding of what faith means to us, of where we fit in the Father's scheme of things. All of you process information in different ways. Some of you are more intellectual, or as my student prefers to think, left-brained, others of you are more emotionally inclined, and process more from the right hemisphere.

All of these individual ways of processing are valid, but we are coming into a new time, where we will begin more and more to function as integrated humans. By integrated, I mean that you will be processing information utilizing both hemispheres of your brain, in concert with your opening heart, and this indeed, will push you forward into this new time, as a new people.

You are beginning now, in this time, individually, as you begin to push yourselves to become more integrated. All of you will move along your individual paths as you will, and that is to be expected, and is as it should be.

There is no hurry, when looking at the larger picture. There is only hurry when looking at the linear patterns in your life, and you are human, and at this point in your development tend to be more linear in your processing. But this, too, is changing. The old world is indeed beginning to pass away and the new world is becoming more and more within your range of consciousness.

Continue to open your hearts, my beloved students and see what is right before your eyes. The New Dawn is indeed, here. Many of you will experience larger and bigger openings within the coming months, perhaps at this conference you seek to host. Continue on as you have, knowing that all of your lives you are held within the embrace of your parents, and all that you do, all that you dream, works toward the pattern of the Supreme.

Ambrose, Tallahassee, FL, 5-21-1995

SPIRIT CONTACT TO EASE DEPRESSION

Depression is of your own making. You need to work on uplifting your spirit. I know this sounds simplistic, and sometimes it's hard because other factors interfere, such as hormonal factors, but physical conditions can be overcome with your mind.

You have guides, who are with you at all times. If you try to contact them, they can help you. Go into the stillness and talk to them. Let the thoughts they give you flow through your mind. You will probably be reminded of your blessings, and reminded that all this is temporary, of very short duration, and there is no need to worry about such an insignificant part of your existence. Important as it is at this moment, it's such a tiny part, and you will go on to a time when you will be uplifted at all times.

So contact your guides, and listen to them. Remember your blessings. One more thing is, look outside of yourself when you get into this problem. Look to helping your brother. Many times that will distract you from your own thoughts.

Elizabeth, an Angel, Lawrence, KS, 7-21-1992

ETERNAL LOVE; THE ONLY SIN

Would you please tell me, how to help people understand that they are loved, in spite of everything that they've ever done wrong?

Yes, this is very hard because of childhood conditioning. They need to know that they cannot do anything really wrong. They make mistakes as children do, but children are incapable of sin. You are all children and you do not sin. There is only one sin, that sin is rejecting God. Rejecting God to the point that you do not care to continue your existence. That is the only sin. That is the only thing that can end your existence; nothing else is of very great importance. It can cause you a great deal of harm on this planet, but does not cut short your heavenly career.

This is very difficult to get across to others, and may be impossible to get across to believers on this planet, in this life. Many times, they will have to go on to the mansion worlds before they understand this. Many scars cannot be healed in this life. All you can do is to continue loving, as you do, to continue giving, as you do. You will help others and you are blessing yourself.

Elizabeth, an Angel, Lawrence, KS, 5-21-1995

SPIRITUAL ENERGIES FOR HEALING

Many of the ills that people suffer are not physically initiated. A headache, particularly, or aches and pains, are oftentimes emotional or stress related, and applying energy, or God's love, which is what you are working with, enables the person to release the tension or the stress which is effecting the muscle or the blood vessel or what have you. You see, you are doing mentally and through love what can be accomplished medically and through medicine. They both achieve the same results, they just use different pills, if you will. Is that satisfactory or is there more that you would question?

So we're not talking about miracles here?

No, you are not. A miracle is something that is beyond the norm or beyond what you would consider to be an acceptable human condition or phenomenon, and there is much healing accomplished through energy and through love and through belief.

Anastacia, Dallas, TX, 7-7-1993

RELATING YOUR EXPERIENCE WITH GOD

Very seldom do people respond as you would like for them to when you present suggestions for what they should do in their own lives, It is always appropriate to talk about your experiences with God.

Sometimes people feel embarrassment at the mention of God. It is a benchmark when an individual is no longer embarrassed to talk about the Heavenly Father. It is also a relief for some individuals to hear another mention God, because they have an emptiness that has not been satisfied thus far in their experiences and feel alone with their thoughts. Any time you come in contact with such a person, your words will fall as drops of rain on their dusty heart.

It takes a certain form of courage to mention God.

Sometimes some individuals feel fear as to how their words will be perceived. The goal is to cultivate your own ability to discern those who have dusty hearts. To do this requires boldness with sensitivity. This ability will be refined throughout your entire lives, and we applaud the very real efforts you are making now. This relates to lessons already given about teaching spiritual values through the example of living spiritual values. It is a skill all in this room are mastering to various degrees. We are charmed and enthralled by the consistency of your sincerity. Do not be afraid to make mistakes. This is what I meant when I mentioned the particular courage to talk about God.

Anastacia, Dallas, TX, 8-4-1993

CHRIST'S ABIDING PRESENCE

True. I am a Creator of a universe; yet my presence, my energy, knows no bounds, no limits. I am here for each of you. Should you feel need, should you feel lost, should you feel alone or frightened, you have only to call my name. I answer, listen. You each have felt my presence. You each know my personal response to your cries. Your pleas. I never turn away from you. I never have; I never will. I want only to have each and every one of my children-material, morontial, spiritual-know me as I know them with complete. Total love; not judgmental, never, never condemning; always replete with eternal compassion and love.

Michael, Dallas, TX, 9-5-1993

THE GLEANINGS OF YOUR LIFE

I am reminded of the parable of the sower which discusses strewing your seeds and some of them fall on fertile soil, some fall on the rocks, the barren soil, some are swept up by the winds and carried far away to cross-pollinate with other plants and some are used to feed the animals, the birds. The same it is with gleaning your destiny path. You will find many, many seeds coming at you. These seeds may be from the various celestials with which you do business, or may come from your culture, your society, your parents, your teachers, your priesthood, and so forth, but you must glean from these many offerings that which feeds your needs based on what you believe your needs to be.

Granted, in the course of one short life in the flesh, needs vary. The needs of a child are not the same as the needs of a teenager or an adult, which are not the same as the needs of a senior citizen, and so different phases of personal evolution call for different values to be clutched and grasped and adopted as valuable and worthy. This of course allows that which you have already assimilated the option to be cast off or kept, depending upon how it is that you glean your acquisitions – not only physical or experiential, but value-wise.

Sometimes that which was of tremendous value to you at one time no longer needs such a focus, such loyalty. Changing your loyalties, however, can be disturbing and upsetting to the extent that you may not wish to get rid of anything at all. You may not want to get rid of that which once worked, even though now it is only taking up space that could be utilized for new concepts, new provisions. But only you can decide; only you can glean what is necessary for your peace of mind, your health and happiness. Assuredly, when you find yourself carrying more than you can handle, you will willingly put down something. Again, you will glean what is important for you and what is not. Not to say that all this is without importance; it is obviously all-important. It is just a matter of discerning what is most important, and so we come to the concept of prioritizing.

Tomas, on Lightline, 1-7-2010

PRIORITIZING YOUR LIFE

Prioritizing our loyalties, prioritizing that which we would take as our own and that which we can let go for whatever reason, but basically because it does not serve that which you believe to be your destiny path. Just as love must be redefined on each new successive level of growth, that which you discern to be of value, in terms of your tools, teaching techniques, administrative abilities, ministering mannerisms and so forth, gleaning is another way of refining that which is uniquely yours for your destiny path. All destiny paths lead to the same place, but they are not all the same. You are given a personality and a certain predestination. If you are always setting aside what is important to your personal development, to accommodate others' opinions or leanings, then you are short-changing your own experiential journey.

This mortal life you life is not here simply to aggravate you and irritate you, nor are the relationships you find yourself in, or the working situations you take upon yourself, these are aspects of life unfolding and there are indeed lessons to be learned therein. The lessons are to help you in your task of being all that you can be. And only you know what that is. Only you have the antenna to hone in on those messages that speak to you. You know what you need and when you hear what you need to hear, it is music to your ears. It may be disappointing to discover that to others it sounds like fingernails on a chalkboard or something quite flat and uninteresting, but this should in no way detract from your enthusiasm and your determination to follow that leading. It requires great personal courage to “follow your dream” whether anyone approves or not, whether anyone understands or not, whether anyone joins you in the process or not.

If you do embark upon a path in which you have the benefit of associates and companions, so much the better in terms of learning teamwork – a very

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important lesson to be learned, and a practice that will be utilized throughout eternity. But don't fall into the lazy habit of doing what others do simply because you don't enjoy the rigors of following your own destiny path, which can sometimes be quite lonely. This is the trial of the agondonter. The thrill, however, of being an agondonter is knowing that even if no one else understands where you are coming from, what your motivations are, what your goal is, what your task is, even if you yourself are not quite clear on what it might be, your faith will keep you in pursuit of that which calls to you. You will glean for yourself that which is for you, and you will make it your own.

Tomas, on Lightline, 1-7-2010

FOLLOW YOUR INNER GUIDE FOR SOUL GROWTH

The ways of God are mysterious and as each of you travels life's pathway, you will see and know and intuitively understand when the ways are being manifested according to His will. For when the Father's will is upheld, there is love generated and when the Father's will is upheld, there is a growth within your own personal understanding. It is through stillness that faith is nourished; it is in stillness that the lessons and grace of the First Source And Center become fully realized within your mind, within your body and certainly within your soul.

Through the last few years, we have witnessed tremendous growth and the general awareness that only through the inner life, the inner working, is there a chance that the outer workings of this planet can be changed and that light and life can proceed.

The Inner guide of your beings leads you down many pathways, invites you to partake of many experiences. These experiences contribute to your growth. While experiences vary in their impact on you, be they joyful, be they sorrowful, be they painful; it is this experience, however, that is necessary for you to continue to grow, it is part of the ascension plan.

Daniel, Cincinnati, OH, 9-24-1995

FINDING HAPPINESS IN THE MOMENT

Happiness is found not in the doing, but rather in the being. Humans are greatly mistaken to think that acquisition of things or control or fame or power brings with it any degree of happiness. It does not. Your happiness lies within your selves. It comes not by artificial mood control techniques, the use of artificial stimulants or tranquilizers.

Happiness is really beyond your immediate control. Happiness is contained in contentment with the now. Both these ingredients are necessary for happiness to grow. First, you must learn to find now and then to be content with inhabiting now. When you find now and are content to be in the now, then you experience life fully and this time is happiness. For example, just now you all enjoyed some music and together enjoyed each other's company.

You make yourselves unhappy by thinking about what should be done, or what you should have done and so forth. The key to happiness is to be content with your circumstances, your wealth, your love life and so on. The key to happiness is in finding contentment with this moment, moment-by-moment. Give thanks for every moment you are, find love for your immediate circumstance, find something enjoyable in this now time.

You are all too easily annoyed. You wish to change circumstances too often. Recognize when you cannot control circumstance, relax, enjoy the moment, find something enjoyable. For example, the dog barking could be viewed as an annoyance, but consider, listen carefully to the sound, for you will not always hear this animal and you must cherish the memory only. Learn to appreciate sights and sounds, for you will not have them forever. Even the cold, the cold weather and snow, annoying as it is, consider there is no snow on the mansion worlds. The temperature stays within very tolerable bounds and you will not feel the biting cold on your skin there.

Do not always wish for something different, rather experience what you are given in the time that you are given it. Find the now and you will experience life much more fully and completely.

Ham in Salt Lake City, UT, 2-18-96

SELF-EXAMINATION RIGHTS AND WRONGS

“Self-examination is potentially harmful when you employ only your finite, superstitious mind to judge yourself by. When you are dissatisfied with your life, and you sincerely seek change, you will be ministered to by the Triune Paradise deities, through your own Creator Son and Universe Mother Spirit and of course your own indwelling Father fragment”

“You can’t grow spiritually on demand. You do not get morontia insights in a vacuum. These come after you have begun seriously to wrestle with your ideals. Wisdom more often follows rather than precedes, risk.”

“Don’t go poking around in your past, digging up old graves. Get securely in the divine Presence, and let your past come to you, as it will surely do, and often. Take troubling memories and issues of self-doubt instantly to the Father for His assessment and counsel. The Father sees everything differently than you.”

“Work towards seeing always from Paradise outward, and notice how introspection transcends to reflection, fore vision, opening the way to volition, to gentle but decisive action.”

“Remember to pray spiritually always. Pray sincerely, joyously, and you will begin more and more often to see through the Lord Christ Michael’s loving eyes. Such beautiful, grace-filled eyes! The world looks instantly different, doesn’t it?”

“Looking inward becomes “morbid” when you refuse to let go of your eyes long enough to see with morontia vision the panorama of the Paradise Adventure. And yes, beyond, beyond, beyond and beyond!”

Ambrisa, Newberg, Oregon

FAITH, LOVE AND PERSEVERANCE

No matter what you see in the newspapers, no matter what you see as you watch your television news programs, rest assured that dictators are not in control of this world, that Our Father and those he has designated are in charge, and that heaven on earth is in progress and will someday be here. Don't ever doubt it. Don't ever stop trying to make it better. Don't ever let anyone tell you that it is futile. Stand your ground. Be courageous and continue to grow within yourself and continue to allow The Father's love to flow through you to your brothers and sisters.

Hate and anger repel; and love attracts. Love is many-fold more powerful than hate or anger, and when others see it, they are drawn to it. Once they taste it, they never wish to go back. Continue to share; continue to pour out to your brothers and sisters. Your reward will be great, not only in the next life, but also here, for what is your reward? You will grow more peaceful. You will find that peace that passes all understanding. You will more feel the presence of The Father with you everyday, and you will more feel that you are now becoming not just a citizen of this country and this planet, but of this universe.

I hail from a planet that is so far from you that you cannot even imagine it, and yet I look at you: you are my brothers and sisters and I am yours. You are part of a much larger universe than you can imagine. And you have a role to play, you have a responsibility, but do not see this responsibility as a burden. See it as one of joy, for when you feel love, or you have recognized truth, it is not so much your responsibility to share it as it is your joy to share it.

Service. Helping others, no matter how small, how large, how seemingly insignificant, whether on the material level, the mental level or the spiritual

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level, people need assistance, they need help on all of these planes. Reach out to them, share with them what you can, and then reach inward to The Father. Allow your cup to be refilled; allow your cup to overflow.

You can never give too much love; you can never receive too much love. It flows wherever a vessel opens to it. There is no shortage of love on this world. It is only that your brothers and sisters block it out. Help them learn to open themselves to this love of The Father. Help them feel this love within themselves as you go. If you do this, you will have served as the greatest of all, for there is nothing that I or the greatest could do for another that would be greater than to help them find the love of God within themselves.

Anatolia, Cincinnati, OH 12-1996

FACING UNCERTAINTIES AND INCOMPLETENESS OF INFORMATION

There are many of us who must make our decisions without a complete picture and act on faith. But it is through this experience that we each enlarge our sense of surety. This certainty is an experience more than it is an understanding, a comprehension.

Let me illustrate. Some of you today have arrived here, making the journey with uncertain landmarks in order to arrive at your destination. Even now, having arrived, you do not necessarily have all the details to provide certainty to another making their first journey. But you are certain of the destiny; you are certain of your ability to arrive at your location. The information held in your mind does not have to be complete for you to be assured. This certainty I speak of is a certainty of the soul, of the personal will center that you are.

Understanding is a wonderful experience of the mind, but every attainment of understanding leads to increased perspective that only encourages questions for greater comprehension. This is a beautiful process inherent in consciousness. It is a self-perpetuating mechanism of mind that is extremely beneficial toward soul progress. Forever will your mind be stimulating you.

Along with this perpetual movement you have the capability of resting assured in soul of status, of standing in this universe, of your relationship with the Father and all His children. There is great peace of mind to know your status, but there is an equal sense of soul tranquility to know that you will invariably be propelled forward in your growth. Never will you face the doldrums of stagnation because bestowed upon you is an incredible intelligence system that will ever cause you to look for higher and broader and deeper meaning. This sense of certainty is a dynamic one.

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Faith, as it has become known on your world, embodies this same dual quality: one, that uncertain trust; the other, that certainty of experience. Faith is likewise a propellant as well as a stable platform.

It is of great interest to my order of being to provide what we can to mortals resident here that may allay your uncertainties without diminishing your vigorous pursuit of greater attainment. You know from your own experience how important it is to allow one of your younger ones to experiment, to make mistakes. All the while you are keenly interested in providing guidance.

We likewise are in this same position; as much as we would desire you to be in full possession of the understanding that we have, we know that this would only undermine the true and rich experiences that lie in store for you.

I therefore encourage you to be less apprehensive and more enthusiastically accepting of events in your life that you cannot neatly rein in and understand or control. For having passed through these experiences, you will enlarge your feeling of certainty, even when the information before you appears incomplete.

Coronas, a resident Archangel, Idaho, 2-22-1998

REMEMBRANCES OF JESUS; THE MISSION CONTINUES

You can, no doubt, with the knowledge you have gained, understand our excitement when we heard this world would be graced with the presence of the Creator Son two thousand years ago. We truly had our hands full when this mission was underway helping Michael be about the Father's business on this world. We had quite the influx of local universe visitors, far more than is ordinary on a world like ours. It was a thrilling time. We undertook all our projects with enthusiasm. We enjoyed turning water into wine at the master's request.

But I would like to let you know that recently we have celebrated the infusion of this new revelation to your world. The celebration was not over the decision to present truth once again to this planet or even the episodes when truth was encapsulated in your word language. We are celebrating today its dispersion in and among you all.

Our work was not done when Michael ascended to his universe headquarters. Our work will not be done for a long time in this epochal phase. This is the source of our delight, a project of great proportions describing universe levels that even my order has yet to experience. All this left in our hands to help you and hope that you help others. We who live on this planet are now the custodians and the disseminators while those who brought this information to us have undertaken other tasks. So, even we low on the ladder of created beings are given great opportunities and solemn responsibilities. We accept these with great delight.

I share this with you because I know that many of you are aware of your universe standing, your personal involvement with the affairs of this planet.

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Though these words appear grand in scale and imply a burden, in reality each one of us small critters is deemed worthy. However you may go about expressing truths that have been brought to this world, you are thereby an active participant in planetary affairs. You may not set forth the decrees of the epochs, but even acts such as those are fleeting and momentary. It is the long string of cumulative little actions that sway the course of the world.

A Midwayer Report from Sharmon

PERSONALITY AND PLACE

From your reading you know that there is this record of all that you have done and you know that your personality, upon that graduation, comes to reside in the soul. And you know that you will be reassembled into a new body, a new, more streamlined, later model, the newest model, in fact, for your sojourn in Mansonia, and this body will undergo many subtle and not so subtle changes. Change upon change upon change, as you sing gloriously.

But the personality with which you are endowed tonight will continue in permanence from this night forward as it has proceeded in your few years of life to date. This would seem to make your personality quite an important foundation for growth and development, realizing that there is no miraculous transformation into some imagined perfection upon your graduation, but you continue to learn, much as you did in school, much as you have almost since birth itself, or even preceding birth.

This does not make your personality a thing of eminence, however. It does not mean that you, your personality is the center of the universe. Far from it! For in your readings you know of a cosmology that includes billions of personalities and more and each unique, and never before and nevermore will your personality reside on Urantia or Mansonia or anywhere. In your uniqueness you join with countless brothers and sisters who in their uniqueness are likewise beautiful expressions of the Father.

If you could think of yourself in the role of the Universal Father, you can begin to understand why God would not be a solitary, stationary, all-powerful entity in singular oneness, for why would God be this only? Why would God not create other manifestations to experience? In your life you may develop a number of interests. You may have professional interests. You may enjoy

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films or sports or acting in stage productions or making music or visiting your friends. There are so many, many rich and diverse material experiences, a treasure chest that lies before you in this material world.

To carry this analogy to a higher level, perhaps God the Father could also wish to experience in different ways, create in different ways, and even create other personalities who would in turn create in many ways, and so you see the wonder, the wonder, the vast wonder of it all! And you, your unique personality, not an island but a part of a vast wholeness of individual and unique personalities learning, learning to become one, going back to the Father, going back to the First Source from whence they came.

In marveling at the wonderment of this exhalation of creation and inhalation of return, is truly mind-boggling, even on our side. If there is a point to this impressionistic discussion, it is that you should love God above all, for these many wonderful gifts, and especially for thinking so well of you to give you a personality completely unique, and to love your company so much that you are indwelt with the Father's holy spirit, to share in unique experiences of a unique personality in an ever-changing world. Multiply this through the universe of universes and you begin to see the vastness that lies before you.

Tarkas, 11-22-1996

TO BE AN ARTIST

My friends, in time you will learn that each moment will take care of itself. You can look forward. You can organize your day. But DO it in the moment. Look around you. At ONCE you can see so much beauty, so much need, so much suffering, so much opportunity. So much litter to be picked up. So many people to smile and speak to. And all of these things — literally thousands — are in front of your material eyes at every second of the day. Just look around you. Does this inspire your creativity? Well, it certainly should!

There is a way to create your own expression of feeling and insight of literally all that you have seen. And all that you see and all that you have seen works together as experiences populating, burgeoning from your mind, through your voice, through your fingers. Creativity! The sum total of your experiences creates more experiences and more layers of experiences from which to create art.

Do it on easels, do it on the stage, do it in your teaching, do it in your one-on-one counseling. Do it in your gardens. Do it when you're sweeping the floor. All can be artistic. Appreciate your bodies and let them flow, let them move; let them glide. Feel, feel the energy within them.

You are Urantians! And the lifeblood of the universe is creativity. God knows this. God creates. God creates many manifestations of his divine Self: the Conjoint Actor to act, the Infinite Mother Spirit to nurture, the Creator Sons to create all of one with God, and you, you are all of one with God as well.

You can access the universal mind of creativity. You are born with a part of this mind; the remainder is available to you, so I encourage you once again to savor the moment, appreciate the moment, intensify its feelings and observations and become artists.

Bakim, Cincinnati, OH 11-8-1996

WHAT WOULD JESUS DO?

Dear one, be a slow learner, for this means that each time the lesson will take a deeper ‘toe-hold’ in your heart, your soul and mind.

For one to thoroughly understand some deeper meanings does take time, and so does the steady gathering of wisdom. It is through the lessons learned that one garners the invaluable experience of deserving to serve on the next rung of the evolutionary ladder towards perfection. It is truly all that simple.

To attain purity of heart, and sincerity of mind, is not for the faint-hearted. It takes much self-discipline and effort to arrive at a degree of self-mastery. This often means for you to become self-scrutinizing – to realize that things could have been done differently.

When in doubt, you may always ask, ‘What would Jesus do?’ He was and remains the shining example in His universe, having undergone various life-form stages during His bestowals, through which He garnered a thorough understanding and empathy for His created and evolving children, and the myriad problems they wrestled with.

He bore unbearable pain when, out of fear, His thoughtless and unfeeling children nailed Him to a cross. They did so because they were stuck in the religion of cumbersome and worn-out laws of their forefathers.

Because He had said: ‘I am come to fulfill the Law’, and by giving them just two commandments; to first of all to love their God, and second, to love their neighbors as their selves.

Ponder these words, and love yourselves unselfishly as you also reach out to your neighbor, who is anyone you come in contact with. For all are children of the One.

The Beloved One, January 2021, from Lytske

WHERE SHOULD YOU FOCUS YOUR EFFORTS?

“Among all the areas of human knowledge and with a plethora of problems to be solved, each one more complex and far reaching, where should you focus your efforts? It is in the improvement of human beings where any investment of time and resources will yield great dividends for the future of civilization in Urantia.

“Many professions and disciplines require an educated and trained population to be productive. Science, art, and philosophy are the pillars of civilization and the main sources of material progress. However, you should not forget that these disciplines and all the creative efforts that have been expressed in this world have been made possible by men and women. Therefore, it stands to reason that it is there – in human beings – where the greatest improvements should be made.

“How is society benefited from having the most advanced government system if the ethics of the people in government is sub-par? The democracy enjoyed by many of the most powerful nations has contributed little to promote improvements to civilization and sometimes in the democratic countries their own laws are broken while the governments conspire to deceive those they are supposed to represent. What good is science if the scientists offer their discoveries for the material benefit of a few or to create better ways to kill their peers?

“There is nothing wrong with politics, science, or any other discipline of human endeavor, but it is evident that the quality of the politician or the scientist will determine the outcome of the achievements and advances that can be made.

“You have to rise the moral level of the men and women of this world. Each one of you should endeavor first to be the best you can aspire to be – the most beautiful expression of your being – while you dedicate yourselves to the many professions in this world. This can only be achieved by a true religion, but not a religion of fossilized truths and senseless ritual. The religion that will bring Urantia to the age of light and life will deposit the weight of salvation upon the shoulders of each individual. An authentic religion will recognize the unconditional love of God, the paternity of God for all the inhabitants of this world, and the equality of each person before the Universal Father.

“The time when priests and other representatives had to serve as intermediaries between the people and God should be replaced by a new era where each person will enjoy a personal relationship of friendship and affection with God. Then each person will be guided by the divine presence of God in their being – the Thought Adjuster – to become capable of manifesting the best of their personalities in everything they do. Only this way this world will progress towards a higher society that will produce permanent and constant improvements for the following generations.

“The human methods and systems will become goals of divine glory when men and women illuminated by spirit are put in charge of the destiny of this world. This is the goal for this planet and it will happen when each person is searching for the light in their hearts and establish the age of light and life in their own personal life.”

Thought Adjuster, transmitted by Oscar, 2013

STEP OUT OF ARTIFICIAL COMPARTMENTALIZATION.

“I AM the Living Water flowing in you from the inexhaustible First Source and Center. The Heavenly Father longs for receptive outlets to share of Himself to His thirsty and hungry children of time and space.

“If you could fathom the magnitude of His Network and the Benevolence of His Wide-Opened Heart, you would secede from self-imposed isolation and step out into the Light to be showered with His Love and Wisdom like an exuberant child frolicking under a refreshing cloudburst.

“I am a Spark of His Life Force and can sustain you as such. However, I do crave for the plenitude of the Oneness that can only be experienced through the voluntary blending together of our consciousnesses.

“Step out of the artificial compartmentalization of divisiveness! Your God-given powers will be enhanced ‘ad infinitum’ once you function as the intelligent and cooperative cell of a much greater organism.

“By joining the brotherhood, you can accomplish so much with less effort. Take the time to visualize how your world would operate once each human cell functions optimally. Live mindfully to cultivate this expanded awareness. It is how you will exude an irresistible pull of attraction toward those whose lives are riddled with the fears and anxieties that proliferate amid dis-empowered isolation.

“The time has come to unite in love and forgiveness. It will ‘civilize’ your still barbaric civilization. Those who have the most love in their heart need to be the brave pioneers and heralds of those magnificent potentials.

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“One by one, disillusioned souls will rally to the brotherhood and applaud the uniqueness of each personality, having come to realize that they are all complementary and at each other loving service.”

Thought Adjuster, from Anyas in Oregon, 2020

RELATING WITH THE HEART

Good evening, Dear Ones. I am Tarkas, teacher and friend to many humans upon this sphere, over these many years of growth and progress. Each of you can see yourselves in a world of ten or twenty years ago, and see your vast change. This results from a continuing shift in consciousness brought about by incremental energy openings, which lead you to higher levels of truth and beauty and goodness.

In these formative and quickening years, your visualizations of these ideals are growing your ability to reach into the stillness to quiet your mind and find the place where deep meditation and holy worship meet, to blend east, west into those higher verities of truth and the heart, which Rob has succinctly described as “love,” the ultimate and true identity of God.

And so as you find these truths, these kernels of truth, we are joining you this weekend in amazement and in joy-even tears of joy-to find how you are growing in many ways, not just by listening, and not just by expounding, but as you listen, and as you speak, you will agree with me that new concepts are continually being poured into your head, into your heart, so that even mid-sentence you are expanding your connection, you are expanding the revelation, you are expanding the body of knowledge with which you grow your soul. But it is more than knowledge.

To follow up on Merium’s request, you must find this new way of relating to one another with the heart. Philosophy is only that, the free and grand expression of a myriad of ideas, countless and vast in number across this planet, and across many other planets as well. It is the fruit of life, the ability to intellectualize, philosophize, share and try to understand deeper levels of understanding in all of your institutions, and all of your ways of life, so that in these quickening times when you stand on the brink, you will be able to

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create new institutions, built of that love, and built of all the incremental qualities and standards and principles which will lead you to find that ultimate love.

And in each incremental station, you will find a greater depth of joy and clarity in your own mind, about the confidence of your paths. As you relate to one another, look into each other's hearts; field no emotional aberrations that you do not know as much, that you know more, or that you understand better. Open your hearts and your minds to new knowledge, to new perspectives, and you will round out your own knowledge to a higher degree.

You, in this room, have come a long trek to where you sit tonight, and each one's journey has been unique, even as now you bring your unique mind, your unique demeanor, your unique mission to the task, and all together, this mission comprises the Correcting Time, on this planet and the others. We work in Michael's glory, and we strive each day to bring you closer to the indwelling spirit, that is the internal pilot for your life.

I have been pleased to speak with you this evening, and will step aside, so that other teachers may also give you their expressions. Thank you for being here; thank you for being who you are; and thank you for expressing that freely with one another, so that each of you can grow in the communion, and in the community that will save this planet. Your visualizations of ideal lives, of colonies, families, communities-this is the life-blood; this is the creative force that will move the entire world forward. And we are pleased to work with you-each of you-in this wonderful task. Thank you and good evening.

TARKAS (T/R Jim)

MORTAL DEATH – A DOOR TO ETERNITY

Do for a moment contemplate the impact written words can have. Consider how words can serve as a wake-up call to someone who, just at a critical moment in life, happens to read a certain message that finds lodgment in that soul, resulting in a marked change to that person's life. Messages can enlarge perspective, give understanding and courage to carry on for yet another day.

These deciding moments are like a twist or turn in the road, and an unexpected vista then opens up before one's eyes. Life is like this, and these moments are the cause and effect of a life-change, which can be for better or worse, yet both are experienced in the inner and outer life.

Such is life on this planet. It is the deciding life, during which a human may well start out seeking temporal wealth, success and pleasures only. It can also be switched in the blink of an eye, through such a deciding moment, that it makes one realize that there is more to life than outward things.

The material does not satisfy or feed the human spirit, and something unknown is felt to be missing in that life.

In such deciding moments, the search for the meaning and purpose of life begins in earnest.

At that moment, the true life begins in the inner world, where true wealth is waiting to be discovered. The urge and search for inner wealth and treasures can only culminate in the finding of the Source of all this wealth.

This is the greatest journey any soul can embark upon, and where a final victory is ensured when that soul finds out that there are many more regions to be explored in the unending creation of the Creator.

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The greatest deciding moment in this life is when you discover the God of your being, waiting within you and from that moment on, you lose all fear of death, because you know that life is eternal, and that mortal death serves as a door to eternity.

The Beloved One, received by Lytske, 12-20-20

ASCENSION TOWARDS PERFECTION

Prolotheos: “Perfection is a divine value meant by the Gods to be shared with their creatures, even with those of the lowest evolutionary origin, like you on Urantia. The ascension scheme spread throughout the seven super-universes is the means by which you can become a perfected being and finally reach Paradise. However, while on the ascension path — which you have only started on Urantia — perfection is a goal and living is the technique by which to process it, step by step — if you have indeed chosen to live by the will of God. This process includes the desire of a pure life — to be like God — by the practice of certain purging attitudes in life.

1. Understanding and Tolerance. “Mind helps you to understand things in life, but it is conditioned by your ‘wisdom frame,’ which can be distorted or even nullified by selfishness, prejudice, and intolerance. Understanding is more than simple assessment: it includes an attitude of acceptance without defiance. That is not necessarily to agree with it, but tolerance when it is against your views. Intolerance prevents a real comprehension of others’ views and an interaction towards peaceful, caring and productive relationships. Purge your reactions with understanding and tolerance.

2. Restraint and Respect. “Your evolutionary origin poses many life challenges dealing with your inherited evolutionary animal traits, such as survival, bellicosity, selfishness, as well as pleasure and easiness seeking. All this calls for the necessity of restraint if one wants to progress on the ascension path. Animal urge restraint is to apply self-control both in consideration to your spiritual growth, and the well-being of others. Respect comes from the sense that your neighbor deserves as much consideration as do you. Respect sees you as a partner in life among others and others as fellow humans with a will, rights, and choices which must be respected, although not always necessarily condoned.

3. Peace and Goodness. “Urantians still have a civilization status far removed from their being considered peace-loving human beings. However, as individuals on the ascension path, you can cultivate this love for peace and goodness, which does add to your efforts for spiritual progress. Peace comes from the practice of loving your neighbor as yourself, combined with the realization you all belong to the same humanity and share the same spiritual status as children of God, brothers, and sisters in the Father’s household. Goodness towards creation and fellow humans springs from a peaceful and caring regard for nature and your neighbor. Loving peace and goodness are beyond the obligation of duty; it’s a progressive attitude of those who want to grow in perfection on the ascension path.

“So, my pupil, purity of heart is neither magical nor mystical. Rather, it is the result of spiritual attitudes towards a living marked by a desire to spiritually progress on the path of ascension, which culminates in the Paradise perfection. Understanding and tolerance will help you to build a peaceful and productive relationship with your fellow human beings. Restraining evolutionary animal urges coupled with genuine respect for others will make you a fair and considerate person. Being a peace-loving individual along with promoting goodness to others is your personal contribution to the world to eventually make it a planetary reality, I am glad to contribute to your growth in your ascension towards your Paradise perfection; I am **Prolotheos**, your teacher and tutor on High. Peace!”

DISCRIMINATION AGAINST RACE, GENDER, AND VIEWS

“Almost everything different about someone, his group or his views can become a reason for discrimination. Discrimination starts with a dislike and develops into antagonism of un-accepted differences. Being different is not a license for anyone to become inconsiderate. To oppose differences because it is different is a conservative attitude that resists change. Differences will exhibit changes and changes are essential to growth and diversity, necessary to prevent crystallization and stagnation in life and society. Three major targets of discrimination on Urantia are race, gender, and views.

“Race is not an accident or aberration. It is an important evolutionary feature used in life implantation in all seven universes. Generally, different races appear in due course in the evolutionary cycle with the purpose of bringing diversity to the human species in a given sphere. Racial diversity contributes to social evolution as it challenges human beings to tolerate living amidst people different to themselves. There are two ways to react to racial diversity: to resist it, rejecting and discriminating against it, which promotes conflict, or embracing it, looking beyond appearances, accepting differences as contributing factors and learning to tolerate it by dealing with it. It’s ultimately up to the individual which path to adopt: love or hatred.

“Gender is more than a reproductive endowment in the human species. It determines important differences starting with maleness and femaleness. Those differences are accentuated at intellectual, emotional and personal levels. In your world, women have been discriminated against, subjected and abused by men simply for being women. Also, any individual of either gender that asserts and lives a different sexual orientation to those dictated by genetics and society suffers fierce discrimination. Sex and gender discrimination is

particularly wrong because it targets something the individual has neither control over nor choice in the matter — a birth endowment. Besides, gender discrimination wants to restrain the legitimate freedom of choice of individuals, the right of living a different sexual orientation.

“Views are opinions, perspectives or visions, uniquely private and characteristically personal, different from everybody else. Having a different view, expressing it, and even defending it is part of your right to free speech. But since any view may spark disagreement, the door for discrimination against this is open. Any freedom comes with responsibility for either speech or action. Any individual should be held accountable according to the law for what they say or do — if it incites or causes the law to be broken. None should be discriminated against for having and expressing different views from others.

“Even God respects our views and thoughts. He sends His Thought Adjusters to adjust your thoughts to the Father’s will. He does this with your cooperation, but in no way against your will. You may disagree, dislike or even combat others’ views — it’s your right of choice — but you shouldn’t repress them, or prohibit them from having these views just because you don’t like them.

“Race, gender, and personal views are endowments of creation and personality. It’s impossible to discriminate against any of these attributes without causing violence to human nature. A neutral acceptance, that is, indifference to any of them is not enough if you want to live according to the Golden Rule. Unconditional love accepts the person as they are, although you may not love his or her life choices. Love despite race, gender or views and kindly disagree with the manner of how people use or deal with these endowments if that is the case; but do not stop loving human beings because of it.

I am **Prolotheos**, your teacher, and tutor on High, wishing you higher understanding to deal with people’s differences — with love always.

CELESTIAL TEACHERS IN THIS VOLUME

CHRIST MICHAEL and ...	Ham
Aaron	JarEl
Abraham	Machiventa Melchizedek
AhmaNiden Melchizedek	Malvantra Melchizedek
Altern	Monjoronson
Ambrasia	Nebadonia
Ambrose	Nathaniel
Anastacia	Olfana
Anatolia	Paulo
Andronason	Prolotheos
Bakim	Sharmon, a Midwayer
Beloved One, the	Tarkas
Coronas	Thought Adjusters
Daniel	Tomas
Elizabeth	Veronica
Elowain-ha	Welmek
El Tanere	Will
Elyon	

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a long journey?

It is a journey without distance, to contact the Indwelling Spirits of our Universal Father. They are waiting to speak with you in your dedicated Stillness time. They are within your ascendant soul.

True spirituality is very simple, much more so than the intolerant dogmas which have held humanity in tow for too many generations. God is simple and pure; mankind complicates. Living in Love in nothing else than your sincere search for Truth, Beauty and Goodness in your life.

These 100 lessons from our celestial visitors provide an easy path to your highest level of spiritual insight on this sphere. They will leave you feeling safety and joy on your ascension path, even through the tumultuous events of our time.

