

# VERONICA

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**SEPTEMBER 9, 1994**  
**MEDITATION/STILLNESS**  
Volcano, Hawaii - #6

Greetings, beloved friends.

Your enthusiasm and sincerity to learn and improve will affirm your spiritual integrity and attune you to the essential vibratory tone needed for transcendent happiness.

Continue your time of quiet and being with the Father, and these moments of deep contemplation and sustained introspection will bring about harmony and integration of loving balance and peace within your hearts.

Your daily visitations with the Father could be effortless, joyous, and much anticipated if you learn to sweep away distraction and find the most conducive situation for you. There is no mystical, magical, or highly skilled methods required; for a visit with the Father is as easy as visiting a favored friend, and any obstacles you encounter are self-placed.

Recognize and eliminate the blocks you are creating and discern why you are holding back on the vibration of being in His radiant embrace. If you could allow yourself to feel His love in these exclusive moments of stillness, all your doubts, fears, and insecurities would melt away in the feel of His presence. This inner light would sustain you with enormous spiritual contentment and be the zenith of your day, and you would delight at the adoration of the Divine in others. It is simple and uncomplicated and contingent on your faith which I know to be strong.

Continue to seek the thrill of divine influence in your quiet moments with the Father, and all your daily struggles will acquiesce into harmonic and peaceful achievements.