

Messages from  
my  
Spirit



Fay L. Rayner



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Please enjoy the gentle and loving message that comes from my Spirit.

*Fay Rayner*  
February, 2000



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# Preface

Before reading further, it is important to understand the terminology used throughout. I deeply believe that the title we give to the Universal Creator is unimportant. It forms a purely arbitrary name and as such, the creative energy that is yielded can be called what ever is in your heart, whether it be God, Buddha or the Divinett Creator. In this book, the words 'we' and 'us' are used to refer to this Spiritual guidance, your Higher Self or the guiding voice within.

This book has been designed so that you can intuitively open to a page and trust that on that page lies a tool or awareness for you. Alternatively, this book can be read in its entirety and used as a learning guide.



# The Spiritual learning path

The Spiritual learning path is not an easy path. It is a path that is long and sometimes has many ups and downs. In travelling this path, we need to trust in Spirit and take each day as it comes. We must follow our intuition and allow love to guide us in the direction that is right for each of us. We will be where we are supposed to be and we will also be doing the work that has been planned for us. Awake each morning and be happy that the day is here. Be happy that we have this day to live in trust and love and to follow our Spiritual path. Enjoy each day to the fullest. Ask for guidance in the choices made during the day. With this guidance we know that the decisions made are influenced by the Divinett forces. These are the choices that our soul needs to make on the path that we need to take.

Do not expect life to run smoothly all of the time. A Spiritual person quite often has more problems than anyone else, as they are aware of what is happening. They are aware that every choice and every word that they say and think is very important. These things are more important than most people realise because they affect events happening now and in the future. If we stay in love and in humility we are traveling the right way along our path.

We will make mistakes. We are human after all and that is why we are here. We are here to make mistakes and to learn from them. We are part of the human existence but must realise that it is a learning experience. It is not something to become anxious about. Remember that we are watching the learning experience of this body's soul. Even though things may be very distressing at times, we can all learn to stay relaxed and know that the situation we are in is a learning experience for us. Think about the experience, think about what learning experience it offers. Are we learning not to be selfish? Are we learning humility? Are we learning to love? Are we learning to open ourselves truthfully and not have shadows through our lives? This means are we learning not to be false where we display an outward persona that differs from our more truthful inner self. We need to eliminate all of these things. We need to be saying and thinking with the same openness and lovingness. When we have achieved this, the love will flow effortlessly out of our body and we will learn to love everyone.

We are all on our learning path and we all have different difficulties at this stage. We are all heading towards wholeness. We are all getting there in different ways and we are all at different stages. When someone is disagreeable to you send them love and realise that they may have longer on their path than us or that they have been sent to teach us a lesson that we are yet to learn.

