

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

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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.



The way to a stress free life

All is not what it seems to be. If we give nothing but love and kindness we are sure to slide effortlessly through our lessons. We will achieve a life free of stresses, a happy life. Always remember the time we have in this life is very short. Of course, we will have other lives but we are only talking about this life at the moment.

We need to get as much learning out of this life as we possibly can. We need to look after our body or vessel so that we can have as much enjoyment as possible while learning. There is no favour being done in allowing your self to sit and do nothing. The body needs to be exercised, used and enjoyed. We would not have joints in our body if we did not need to use them. Feed your body well. Feed it with nutritionally fresh food so that it will be healthy and strong. In this way your body and soul will vibrate in harmony. We need to be in balance. To be in balance we need to have a healthy mind and body. You need to nourish the Spirit and the body.

We have a lot to learn but do not worry, take each day as it comes. What you need to learn will come to you at the time that the Universe deems to be right. Try not to become impatient. Remember that you will be where you are supposed to be at the appropriate time. Ask for guidance and you will be assisted. Your teachers will be there to help you. Relax and enjoy the path you are on. Enjoy it and look at the beauty it offers. Thank the Universe for the beauty around you. Our earth offers us so much and its beauty is everywhere. Enjoy your path. Enjoy the beauty with love and trust.

Starting each day

Knowing how to start each day Spiritually can be confusing. When you normally start each day, you get out of bed and do specific tasks such as clean your teeth, wash your body and face and get ready for the day. Why not do the same in your Spiritual life? Wake up, clean your chakras, clean your auric field, clean them of any negativity and stress that you may have absorbed during the previous day or evening.

You may have absorbed negativity from things you have said or from people you have sat near in the train. Clean all of this so that you start the day fresh. You can even do this at night time. On arriving home, clean yourself so that you are lighter and calmer hence able to enjoy a peaceful sleep. You may even do both, when you go to bed and when you wake up in the morning. This way you have unloaded all the things you do not need from your body and you are open to new information or a new lesson that you may be given.

Remember that Spirit is always with you, so conversation with them and messages from Spirit can come at any time. They will come to you whether you clean your chakras or not, in much the same way that you can go to work in the morning without cleaning your teeth or face. It just makes you feel fresher. After a Spiritual cleansing you feel lighter and calmer as you are not carrying around all that excess weight of problems that you have absorbed.

To do this cleansing, it is good to find a place where you feel contented and happy. This is a place where you can sit quietly, meditate and absorb the energies and teachings of the Universe. This is a place where you can open yourself and feel the beautiful white light penetrating into your crown chakra and throughout your whole body. This is a very good

way to start. You will have cleaned yourself, you will have recharged yourself and you will be ready for everything. You will be ready, calm and able to cope with whatever life gives you. You will be ready for whatever lessons are to come.

Your crown chakra is special in that it directs this cleansing process but it offers much more than this. You can also call for healing energies to come through your crown chakra to heal any physical and emotional problems that you may be having.

Now that you have taken care of yourself, you can think about the needs of your family, friends, country and the beautiful earth. Send them your love and healing vibrations. The healing energies are endless. These energies are always there. It is a strong energy that comes from the Universe. You do not need to deliberate on how to use it. Think of where you are sending this beautiful energy and by the time you finish thinking the energy is already there. It has gone out and your body is recharged. It is ready and eager to send more healing energy.

Whenever you see someone who is suffering, think of them, send them love. This love provides the healing energy that goes out to them. This help that these healing energies offer can be sent to any thing on the earth or in the Universe. There is plenty of love and there is plenty of healing. It is there to be used. If you are feeling annoyed, think love and you will feel a calmness surround you. Remember that healing energy is always there. It is plentiful, it will never run out. Use it. We are happy to see it used. The more it is used, the more calm and contented the world and its people will be.

Listen to your inner guidance

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Always make time to listen to the words we, as Spirits, have to say. Always take time to relax and clear your mind so that we can speak with you. There are many things we would like to talk to you about. There is much you need to learn. To hear the words you need to quieten your mind for a short time so that we can communicate with you. Our great love is offered to help you. Our great love is to be with you and guide you. We can help you when you have confusing or difficult times. We can help you and guide you when you are not quite sure of the next step. Of course, we will not tell you what to do but we will guide you. We need a quiet time in your mind for this to occur. Take time each day to sit, relax and listen. Listen to what comes into your mind. Listen to the feelings of your body and be aware of the way they make you feel. Your awareness is important. Keep yourself alert. Keep your eyes, ears and mind open.

If you have a negative thought, think about it. Consider why you had it. Allow your inner guidance to show you the lesson that you may learn from it. Until you stop thinking negatively you will have more Spiritual and energy blockages which are harmful to your body and to your Spirit. Think before you speak. Listen to your inner voice. Think whether the words you are thinking will hurt someone if said out loud. Consider why you are thinking such things, then produce thoughts filled with love. Your thoughts are the same as your words so take time to think before you speak. As you do this, your thought patterns will become more positive. This will bring happiness and love into your life and provide the path to fulfilment. Give time for yourself to allow us to speak with you. You are part of our family and we like to speak with you often.

Listen to the messages we are
about to receive

Today is a day that everybody will enjoy. It is a good day to open yourself and feel the energies of the Universe flow through you. Feel the energies as they flow right through your body. Feel the warmth of the Universe. Nothing in this Universe is more important than the will of the inner strength and the energy that flows through it. This will is what will enable us to become a whole being. This will is what will take us to our glory, peace and happiness.

We must listen to what is said, open our ears, open our eyes, and be completely aware and waiting for the messages. We will be told what we need to know. We need to be open and listen to what is said so that we can go on our path the way that is wished for us. Always remember to be open and aware and to wait. Be patient and feel when the time is right. When this time approaches, seize it with your whole being, your whole mind and your whole soul as this is what is planned for us. It may be completely different from what we imagined but when the time is right be ready for it. Be ready at any moment because we never know when that moment will be upon us. It is this moment when we will be asked to travel further along the path that has been planned for us. Always be ready at any time for the journey.

Judging others

There are a lot of things we need to learn. We are on earth to learn. We need to learn to have love in our heart so that we can be a happy and loving person with a mind that is free of negativities. We so often judge people. We so often take a dislike to someone before we even get to know them. Please help us to get past this stage, see a person for what they really are not for what their human appearance and manner may suggest. Let us feel and activate our intuitions so that we know what people are really and no longer feel the need to notice of their outer shell. This shell is merely a protective barrier. It is often a barrier to protect themselves from being hurt. We do not see through the shell and so must see past it. We must really feel, that is why we need our intuition fully primed. We may need to sense if a person really needs help. Sense what is behind that shell so that we can really help and not just look at their facade. We need to see their soul. They are a soul, as we are all souls.

Although we are all on different paths we must learn to communicate with each other. We must learn to be aware that we are all in love and we are all one. As one, we have no enemies. As one, we only have love for each other. When we look at someone, do not see the shell, see behind the shell, see the loving person that lies beneath. Remember that all of us are here to learn and it may be our role to help this person with their lesson. Unless we get past the shell we will never know.

Do not judge people using superficial measures. Do not look at people and offer an opinion based on perceived dislike as this is not the desired attitude to hold. The attitude to aim for is one that can see through the outer shell into their soul and thus find the real person with real feelings and real

expressions of love. In that way we are growing and we may be helping them to grow. Keep this in mind whenever you see anyone, whether they are to an earthly standard, a rough type of person, a self-admiring person or a quiet person. All of these different natures have been put here for different reasons and we must learn our lessons as they must also learn theirs. Take this into account every time you sit next to someone or walk past someone or have to work with someone. Remember that they may be part of your lesson. Think about the lesson, learn and give them love and give yourself love.



Wisdom through meditation

Wisdom is something that we strive to attain. It is something that requires great learning. Wisdom sometimes can be gained by just sitting, relaxing and listening or watching the things that happen around us. Wisdom does not necessarily come from books, it comes from being aware and taking the time to notice. To feel the energies in you and to feel the knowledge that is being imparted by the Universe provides us with wisdom. It is wisdom generated from the beginning of time, wisdom that will never come from books. You will find knowledge that you will find nowhere else. We have been there and done everything and we know everything there is to know. There is great wisdom that we can impart to you when you are ready and open. Remember to take time, relax and listen for the information that we most happily offer. We are happy to pass the wisdom on and happy for you to use it.

Meditation offers a time to connect with your past, present and future. It is a means of connecting with the Universe. You will soon realise that the Universe is an enormous place that is full of information. It is filled with loving Spirits who are trying to help you. Meditation is one of the best ways to receive wisdom and to connect. It helps make you whole and be balanced.

Meditate as often as you can. Meditate at least daily and many times if possible. Stop what you are doing and relax, sit quietly, you need take only a few minutes. We will be with you. Your body will be calmed and re-energised. The answers to your questions will be given. If you come, through meditation, within the Spiritual world you will realise that we can relax you and help you cope better within your physical life. Meditate and you will receive our wisdom.

Trusting your inner self

Trust in yourself enough to let the wisdom be seen. Ask the question you need to know and then sit again quietly and observe the ideas and thoughts that come into your mind. Your higher self will help you. Trust is the main thing that you need to do. Trust in yourself and realise that you have the answers within you. You have all the answers to the questions that you need, it is just a matter of going within and truly trusting. Truly trusting that the right answer will come into your mind. Sit quietly and just listen to the sounds of your mind. You will be amazed at how helpful your inner being actually is if you trust in yourself. While the answers at first may appear hidden, they will come to you if you ask. Just take a moment to relax and ask your inner-self the questions and you will be assured of getting the answers that you need.



Negativity and your life's path

Negativity feeds upon negativity. A negative thought creates negative energy. Negative energy will flow through everyone that is near. Negativity keeps going, it poisons your thoughts and sends negative energy into the Universe. You send it out to your nearest family members, to your neighbours, to your community. It is so widespread that it becomes very harmful.

Next time you begin thinking negative thoughts quickly change them to positive ones. Change the negativity into positive thoughts of love. Show love and the love vibrations will also spread out to your family, to your neighbours and to your community. In this way you are making happiness in the world instead of harm.

These feelings seem like such a simple thing but it can have great repercussions on vast numbers of people. Remember that if you are feeling upset, down or irritable with people the negative vibrations that you release do not just affect those specific people. It is a lot more than a personal thing, it goes so very far. Always remember that you are affecting more than just yourself, you are affecting the entire Universe because your vibrations are endless.

If you send love you will be helping the whole Universe and it does not take a lot to do this. Think positive thoughts. If you are upset with someone, realise that everyone has their own plan, everyone has their own path. You cannot walk a path for someone else. You cannot be expected to know what they are going through if it is not your path, it is their path. Just realise that they are doing what they need to do for their own lesson. They must learn from their lessons and not from your lessons. Realising this when you are annoyed or upset with someone allows you to distance yourself a little from the point

of irritation and realise that their soul has work to do, as does yours. They may be experiencing a slight detour or they may indeed be following their actual Divinett path.

Look after your path. Look after your positive thoughts and your life. Love should always be your highest priority. Have love as the main point to everything you do and trust in the Divinett power. Have love in your heart and have love in every cell of your being. Understand that at this stage, everyone's path is not the same as your own. Look after your path and look after others by sending them love. Send them love and trust in the Divinett plan. Trust that you are being guided with love along your path of learning.



Give kindness and love

Your life is very precious. It is an honour to have the life that you have. Be humbled by the fact that you have been honoured to come into this world. Be also humbled that you have the chance to enjoy and experience all the things provided by the Universe. Look around and see the flowers, the birds, and the water and bath in their beauty. Enjoy your surroundings and be part of them. Be part of nature and the Universe. Allow nature, the Universe and yourself to be as one. Do not fight against life, but grow with it. You are part of nature and as such, love and nurture it.

Also nurture those around you. There will be times when the simple comfort of a hug is needed or a kind word needs to be said. Be aware when someone does need your assistance because a little bit of warmth and love really can go a long way. Your kindness may seem insignificant to you but may offer great value to the person receiving the kindness. You may not realise the happiness that you have given.

Look at the beautiful flowers in bloom. They are an object that gives happiness. They are there to provide enjoyment and contentment to those who would like to admire them. Note that the animals around you are there to give you love. They are there to be a part of your life. Share with them the love and the kindness that you have within your soul. Your kindness and love are all that they need. They expect and want nothing more.

Always remember that you are part of nature. You are not above or below it, you are equal with it so look after it and enjoy it. Enjoy every day you spend with nature. Enjoy every moment of every day. It is through this enjoyment of nature that you will have a happier future.

Today is your future and today is also your past. Everything is as one, so enjoy the moment and enjoy sharing and giving the love and happiness that is plentiful. Be humbled by the vastness of love and kindness in your heart and allow it to bring enjoyment to your every moment.



The power of love

Mankind affects the landscape and the Universe. They affect everything by their actions and their thoughts. Thoughts are very important as those thoughts of today will still be going with people of the next generation. Your vibrational energy now, affects the future. When you are deciding what to do, remember that you are not just affecting yourself you are affecting generations of human energy. You are affecting the animals and plants also because it is people who choose to care for them or not.

Everything rotates around the way humanity behaves. The way humanity looks after every thing is the way the earth will be effected. The earth needs your support and your love. If it gets love, it can give nurturing back to you. If it does not, it is going to give tragedy. Tragedy is what we would like to avoid because we do not want harm, we do not want despair, we only want love. When the earth is not being nurtured it cannot do anything else but erupt, have tidal waves, winds and great devastation. In a tragedy such as this, many people would loose their lives and there would be great devastation.

The way to avoid events such as these is to show love to your humanity and every thing in the Universe. Show love with every part of your being so that this devastation will not be so horrific. It is certain that there will be devastation, but if enough people can send love to the environment and each other, it will be with minimal effect. Nobody wishes to suffer pain or cruelty so please send healing love every moment of your thoughts. Send love and share it with many. Have love in every part of your being so that this devastation will be slight instead of traumatic. The earth can only take so much but needs your help. Please become a person of love, of nothing else but love.

The future is an extension of today

We always listen and we are always there for you. All you need to do is to call on us and we are eager to help. We have said this many times but many people do not realise our existence. We are here to give love and to offer as much help as we can to those who are unaware. We try to enlighten those who are yet to become aware and gain great joy from those who are already aware because they bring much happiness to the Spirit.

We are delighted with those who are already aware and in Spirit because we can converse with you and help you whenever you ask. We will not make your decisions for you but we will guide you towards your Divinett plan. Of course, you may choose otherwise because you have many choices and there are many different paths that you can travel. Sometimes you may travel down dead ends but while you are on that detouring path, you are still learning.

Every moment of your day you are learning. Even when something happens that upsets you and you cannot understand why it happened, there is a lesson to be learnt from it. There is strengthening of your character. Never think that anything has been wasted. Even when you inadvertently find yourself embroiled in an argument with someone, you are learning.

Never feel annoyed with yourself for something you have done. Remember that you have learnt from the experience and go on from there. The experience will help you overcome any similar problems that may arise in the future because you have gone through it already and know how to manage the situation somewhat better.

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Take each day as it comes, remembering that today will reflect your tomorrow. What happens now will be an extension of your future. Remember that every day is important but do not dwell on what has happened in the past or what may happen in the future. Work on being calm and happy today and your future will be the same. This moment is the most important time that you have. Tomorrow is another day and another adventure. Please enjoy yourself now. Do not waste time wishing for what is to come, be patient for it will soon be upon you. Enjoy today because it is an extension of the future and enjoyment and satisfaction experienced today will be projected into tomorrow. Always enjoy what you are doing and give happiness and love. In that way your future is assured to be filled with these qualities.



Really feel

There is a difference between the vision that we can see and that which we really do not see. We must realise that we can extend our vision to see more than we can currently see. We need to look properly and we will be able to see or feel much more. We will be able to feel with our sight how a person is really feeling.

To gain new sight we will need to connect with people. Our auric field connects with everyone around us. It connects with the people in the room we are in, in the district, in the country, and throughout the entire Universe. These aura all mix and converge to become one. We are surrounded by energies from everywhere. We must send vibrations of positivity and love because all our feelings go to everyone and we do not want negativity and depression to be sent out.

While you are sending out this beautiful love, feel the energy field extending from the person near you. Feel how they are really feeling from the messages radiating from their auric field. Close your eyes and allow yourself to become aware of how you feel and feel what other people around you are feeling. If you have a problem in yourself that is either physical or emotional, ask for us to take it away from you, so that you can feel what the other people are experiencing.

Sit quietly and go deep within yourself, feel and understand the frustration, the heartbreaks, and the love of those around you. Experience all of the different things that these people are experiencing. Become more aware of the joys and the problems. When you greet someone and ask how they are, they automatically tend to reply by saying that they are fine even if they are not. Go deep within them and you will see the truth. This heightened understanding will help you to offer the

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support, compassion or shoulder to cry on that they may be in great need of. You might be amazed at just how much these little things can really help a person.

We can all make a difference. We all have the ability to tune in to those around us and to fully understand what they really need. People can smile on the outside and say everything is fine and be truly heart-broken, stressed or tormented on the inside. Just be aware.

It is best to learn in a crowded place where you can pick up on the many different vibrations and energies. Feel the difference in auras that you perceive between a crowd and a single person. Maybe sit quietly and understand the real person that lies behind the smiling exterior. You can all do this, it is just a matter of focusing on the auras around you.



Go past the physical to the real you

We have a soul and a physical body. These physical bodies are there to help with your learning. Your body should be treated with honour, treated well for it is your temple. It is where your Spirit resides for this earthly visit. Because it is where your Spirit resides, this temple should be honoured and looked after at all times. Never neglect it, never think lowly of it, always give it love. Your temple is the only body you will have in this particular lifetime so treat it with care and with honour.

We have all been graced with different bodies. We all have different shapes and sizes in much the same way as we all have different paths to travel. Our paths are different but we all end up with the same wholeness. It is the same with our bodies and as such we should never be ashamed of the way they look. Be thankful that we are fortunate enough to be given a body to allow us this earthly experience.

Always look and see behind the face, behind the physical extension. Look behind it and find the true soul. This is where the true love, the true calmness and the true happiness lies. Never judge a person by their outer extremity. Offer only love because judging on the basis of appearance is a very negative thing. When we see a person, see them for the real person and not for their physical extension.

Some people we consider to be beautiful, as such they become a temptation to us. We are tempted to wish we were more like them. This is envy and it is not a commendable characteristic. We should be happy with who we are and what we are. When you look at someone try not to see their physical body, see the heart and soul of their being. Search

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for the real person beneath the exterior and see their soul and their Spirit.

If you can see past the camouflage you will find the way to true happiness within their core. You will find the beauty of the real person that is hiding behind their protective shell. We all form such shells to protect our fragile beings from being hurt so easily. By seeing through this shell, you can find out how you can help this person. You can see ways to make their fragility stronger so that they become more confident within themselves. When they give themselves love they can learn and expand. This is why Spirit comes for a human experience, to learn. By seeing the real person, we can offer assistance to them and they in turn can help us through what we have learnt from them.



A prayer for the earth

Please send your healing energies to the earth, our beloved earth that nurtures us and gives us everything we need. We have done damage for thousands of years through the influence of humanity. Please help us to turn the tide and give back what she has so freely given to us. The earth has given her love and our food, the enjoyment and beauty of her surroundings. Please let us give back the healing and love, love that we feel in our hearts, love that our whole being feels. Send this healing and love to her to heal the damage we have done by our bombs, our pollution, our neglect and thoughtlessness. Please be with her, ease her pain, ease the trauma that in many cases are pushing her to her limits.

She has done everything for us and we have given very little in return. Help us heal her. Help us to give her the attention that she craves and the nurturing that she requires. Show us how to nurture her. Return some of the thanks and love she has offered us. Thank you for sending this energy to her. Thank you for letting us realise that we have been receiving, yet not giving in return. Now that we realise this, we will consciously be giving to her and tending to her needs.

Balance your whole being

There are things I need to know and there are things we all need to know. We all need to know a lot of things and we all want to know them almost immediately. Although we are all very impatient, you must remember that things will come to you when you are ready, regardless of your impatience. The impatience is not going to help you get there quicker so you should enjoy each and every moment of the journey.

Every moment is very important and you will reach your destination when it is your time. You will be able to do all the things and experience all the experiences that you have ever dreamed of when the time is right for you. If you enjoy each moment as it comes, you will experience enjoyment at each of the stages you come to.

Always listen and always be ready but remember to be calm, as calmness is what we need to get to the next level. With calmness and balance you will transcend energy levels. This will allow you to find new and marvellous things that you can both see and feel, so seek patience to allow ultimate attainment of this goal.

If you are busy thinking thoughts such as how can I appear better, how should I be, or why you should be somewhere as apposed to somewhere else, it is your ego that is speaking. Your ego may also be saying to you that you should be able to do certain things, or that you can do things that in reality you cannot, and ever questioning why you may not be as good at something as others. This is your ego and not your soul. It is your soul who can help you overcome these insecurities, but while your ego is allowed to overpower your thoughts with impatience and uncertainty you will continue to struggle in the pursuit of approaching your goal.

The answer is to be calm and relaxed. Know that when you are relaxed and balanced you will be able to optimise you're learning and experiences because your Spirit, soul and whole self will be aligned. This means your will be well balanced and thus receptive to all the things that you want to do and see. Aim not to worry about what other people are doing as this is really very insignificant to the way your life is and will be. The learning that you undergo is what is important to you. Everybody has their own journey to travel and thus must follow different paths. Since we are indeed all on different paths and experiencing different events and learning different things it would not seem reasonable to expect everyone to be on the same level at the same time in their journey. There may be a time when we will achieve this, but this time is not upon us yet.

Remember to take each day as it comes and enjoy it, really enjoy it. Be thankful that you are aware and therefore in Spirit and watching out for your journey. Many people still lack this awareness. They lack the knowledge that Spirit is within them and have a long way to go. You are aware. You are listening. Try to help those who are less fortunate to achieve direction for their journey. Although we, as the Spirits within, are happy and sometimes a little too eager, it is important to retain a sense of balance. This balance will enable us to help you more.

Please calm down and do not be impatient. It is vitally important to keep your impatience at bay. Let your soul be in control and not your ego. It is your soul that should have control but you do in fact need this ego. It is your ego that gives you the motivational drive to get up and go and make accomplishments. Your soul must be in control of your ego so you can show love, be loved and thus grow. Please calm down, remain in balance and remain open. Be listening all the

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time and waiting for signs that we are showing you a greater Universe. You will see this greater Universe as you open up. You will see far, so very far and to such depth previously unimaginable. When the time is right for you to be opened to such splendour it will happen, so remember to have patience.

Patience is a difficult word to act upon for many people, and I know sometimes it is easy to say “yes, I will have patience” but ego comes and says “I want everything this very moment”. When you can calm this and control the influence of your ego and allow your Spirit take control, you will have come a long way on your journey. You will realise that you are more in Spirit as you calm.



Think before you speak

Words can help, motivate and humour people but they can also cause deep hurt. It is very easy to say something in the heat of the moment and not really mean it. These are the words often received as hurtful and upsetting. This is something that we all do at times. We must watch what we say, we must think and say things in love. Never say words that you will regret on the spur of the moment, as much hurt can be done by what we say. Please think before speaking.

Realise that our ideas and those of others are not necessarily the same, nor should they be. These ideas do not come from the same perspective and so are not received in the same manner in which they were meant. So before speaking please pause and think of the meaning behind these words. Be aware not to say things that may be hurtful to someone else.

Be kind even if someone has said something nasty to you. Think about their words and their meaning, but do not retaliate viciously. Instead of returning venom with venom, try to return with pleasant and loving words, thus giving that person a chance to change their ways. They have been hurt in the past by words and they have learnt to lash out with their own words. If you say something kinder to them they will feel that kindness. The kindness will calm them and change their way.

Obviously, if you say something nasty in retaliation they respond to this with greater hurtfulness. These hurtful words will come from deep within them and will cause blockages within which act by reinforcing themselves in a cyclical manner. This cycle is well perpetuated, as hurtful words from one person tend to bring out hurtful responses in others. Try to break the cycle and be kind even when you want to yell.

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Think about the reason behind why you want to yell and consider what lesson it is trying to teach you. Remember, we are getting lessons all the time, and they often come from unexpected sources.

Just when you are not expecting it, something will occur and you might think “Hey, what is happening here?” Think about it and think about the lesson. Have you said similar things to someone else in the past? Did you realise the impact or the hurt it may bring? Now that it has come back to you, can you work out what the lesson to be learnt is?

Expressions of niceness and love shown through words may provide a surprisingly pleasant difference, but can be a difficult thing to do. We naturally want to release hurt that someone has caused us by causing further hurt, but you will feel such a warmth inside you when you hold back the potentially venomous words. If, with considerable restraint, you can distance yourself from the hurt directed at you and express something in return that is pleasant and loving you will feel better about yourself. The other person will experience some initial confusion followed but a sense of relief that the hurtful cycle has ceased. This will provide them with the lesson that differences in opinions need not be hurtful.

When you are talking to someone, remember to be aware. Be aware that you must start to really listen. You must start to be aware of what is really being meant and the importance of diluting the impact of hurtful words with words of love and compassion. This listening with awareness is very important so that you can think and speak with kindness and love and you will be surprised how good you feel. You will feel an inner glow that will bring you warmth and contentment. This warmth and contentment is your reward for being pleasant and showing love through thoughtful words. This love is

something that we all need to feel. It should be unconditional, given without expecting anything in return. Love does indeed bring it's own rewards because when you give love you receive it and this is a wonderful feeling.

Be very careful and aware of what you are going to say, what you are going to think, because it can effect your entire life. Fortunately you will find that after a short time you will no longer need to use such effort because and the words and acts of love will begin coming naturally from within you. As you can expect, initially when you are not quite as well focused on your path than you will later become, it is sometimes difficult to show such love in your words. As we have said before, always call on us. If you are having trouble, we will help you. We will be there to help you and guide you so please do not ever feel that you are going to be doing it by yourself. You need only ask and we will guide you and advise you so that you can feel the love. When you feel the love, then you will be able to express it. So enjoy the warmth and the contentment of love and you will be so very happy.

The things that worry many people

Many people worry that they do not know the direction in which their lives are going. Many people worry that they cannot see what will be ahead. Most people worry because they seem to feel that they need to be worrying about something. If they just leave it to us, leave it to us to guide them day by day, they will have an enjoyable existence. We know what is necessary for you. We can guide you and help you with your decisions. We can help you achieve what you need to do each day. Do not waste valuable time worrying. Set your sights on what you want to do, let us know what you want to do and then just work each day as it comes and you will find before long that you are doing precisely what you were wanting to do, without hassle or stress.

What you do each day is what you should have done. What you did not do, lacks importance and is therefore not worthy of worrying about. Most of your days are filled with things that are of little consequence to you. When you clear these activities from your system and get on with what you should be doing, you are a happier person. When you are a happier person, the people around you feel good to be with you. In contrast, when you allow yourself to clutter your day with things, unimportant things, you are a comparative misery to yourself and to those around you.

You must decide what it is that you would like to do, let us know about it and then leave it to us to help you. If you want to program your day, what you may like to do is ask us to help you get through the necessities of the day. Not all the things that you have decided to do really need to be done. We will help you to decide what the important things to accomplish are. These are the things that will benefit you and those around you the most. We will also offer assistance to

keep a balance of what is important in your life. It is all too easy to lose focus of this balance and try to do too much or too little and forget what the important things for you actually are. We will protect you from this. As we have said before, we do not wish you to be unbalanced, we strive for you to achieve a balanced existence.

What we need to do is remove the things that are unnecessary in your day. This will give you time to yourself to attend to your own needs. Time to think of yourself. Time to give love to yourself. We must balance, we can not give all the time. To give all the time makes us lack balance, and then we achieve nothing. If we really want to care for people, if we really love people, we have to take this in to account. So stop and look after yourselves. This means looking after your Spiritual and physical self. You can look after your Spiritual self by speaking to us. Your vessel also needs to be looked after because it provides the vibrational energy that you require. Look after your body, physically through the exercise you give it, nutritionally through the foods you consume, and with Spirit. All of these factors are important as they go together to form a triangle.

A triangle cannot exist without all three sides. Like the triangle, your body and soul can not exist without these. The body, just like the triangle, needs all its constituents to form a whole. You need more to life than to just sit and meditate. This is very good because we like also to speak with you. You are there to learn. To accomplish this learning you need your physical body to be healthy. This requires conscious effort with regard to nutrient intake and balance. Think about what you are about to eat and endeavour to make it a good food that you are eating so that you are healthy. This gives your body something to work on and in this way we have a well balanced physical body and soul. Together they work well and can take you on all the paths that you need to go but

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remember that the path you take is completely up to you. We are there to guide you, to help you, and to reduce the clutter from your daily existence. Always call on us if you arrive at a place in your life's journey where you do not know where to go or what to do next. Sit down and talk to us. We will help you sort out the tangles and decide what you need to do. Always call on us. We are always ready and here for you.



Helping to search with love

Our day to day life is so important because we are changing the things that are happening around us just with our thoughts. Our energy and our love are helping the earth in turn changing what it is to be. Unfortunate happenings in the earth can be changed to calmness through love. Each time we absorb or give love to the earth we are giving the love that is so dearly needed. She has been rubbished for so very long and so sadly neglected.

So many things are to happen due to these unfortunately strains. They will occur in different parts of the world at different times. Some parts of this earth will have volcanic eruptions and floods, others will experience death and destruction. By observing Spiritual energy and giving love to those around you, you will notice that the surroundings where you are will not experience this upheaval, as the land will be happy and well nurtured. There will be no earth quakes, no devastation, instead there will be beauty in its fullest. So when you are looking at the beauty and calmness surrounding where you live remember that you yourself are contributing to this. You are helping it retain its beauty and tranquillity. It is a place of peacefulness that you can absorb and of love. It is a place that you can go and sit within and feel content. It is a special place.

This special place is where you are. It is exactly where you can look out and see the surroundings, whatever these surroundings may be. Some people may not have beauty of water and mountains, they may have lots of houses cramped closely to one another but still when you look deeply there is peace and tranquillity. There is no violent eruptions or very bad storms causing buildings to blow away or land to open up. There is calmness there. This calmness is coming from

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within your body. It is a calmness that is coming with the love of Spirit. Every time you feel or think love, you are healing the earth, you are giving everything to all the surroundings.

When you hear of devastation or earthly upsets, look around where you are and notice the difference. Notice the difference that you yourself can make. This difference can be even greater magnified by explaining Spirituality to others so that they can become closer to the Spirit and bring their own calmness and love to the land. You are actually helping more and more of this beautiful earth. This is the same beautiful earth that has everything for us, everything we need is here.



Teach me, so that I may learn

You say “Teach me, so that I may learn.” We are teaching you all the time. Every moment of your life, we are teaching you. Sometimes the message is very subtle, whereas at other times it is very clear. Keep aware and keep open. See the signs that we give. Listen to your mind and quieten it so that we can speak with you. We love to give you messages of help and strength and to guide you. All you need to do is listen and give quiet time to yourself.

Do not try to be everything to everybody. You have to learn to find your own way. You will need to give yourself time to be away by yourself. This is the time you can sit and listen and be taught. Of course we can teach you while you are working and at anytime of the day, but it is nice to give time to yourself, to really listen and to be clear of what you have been told. Remember, however busy you are, to find time for yourself because unless you look after yourself you can not look after others.

Although you may feel good about helping others, this will inevitably suffer if you allow yourself mental or physical fatigue. You need time for yourself and so you must make that time. It is time that you put aside everyday to your higher self and to us. This allows us to come into your thoughts to make you aware of what you need to know and learn and it allows us to let you know where you are up to so far. You are on a learning experience and you doubt yourselves so very easily and may not realise the strengths contained within. You really need this time for us to reassure you. It gives us the chance to let you know that you are doing well and to keep going the way that you are because your path is very strong. Remember to spend time with us and your inner self. This is a

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time when you can relax and feel warm and good about yourself. So do not keep putting it off, make a definite time and put everything else off. Allow nothing to interfere with this time.



Enjoy the little things on your path

Tell everybody that the time is very close. We need to be open and we need to be clear in what our beliefs are. We must be clear in what we trust in and clear in our minds exactly what we want to do. Do we want to have a Spiritual life in our human body or want to pretend when it suits us to have a Spiritual life?

Spiritual life is not something that we can turn on and off like a switch. Some people believe they can but they are not really experiencing true Spirituality. To be Spiritual, there is continuous growth where you are learning every day. You are not going out of your way to specifically learn but because you are open and because you are thinking clearly, you will realise your growth. You will realise that everything that comes from within you will have an effect. If you are thinking love or kindness, it is amazing how it will be expressed from you so naturally. It will shine from within you and catch on in a contagious way to the people around you.

Pleasantness affects the lives of many. Remember, even though it may be difficult at first to watch and think pleasantness, it will not be very long until it comes very naturally. You will not have to worry, it will come out and people will feel comfortable to be with you. People will come to you when they need help. They will come just to spend time with you because you make them feel good from within. Take this time now to make the choice of whether you want to enjoy being a Spiritual being or whether you will allow yourself to be closed. Do I want to be a positive person with an inner glow or will I allow myself to be a disagreeable person who likes to argue and fight? Do I want to have a peaceful and enjoyable life? Remember how very short our

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lives in these bodies are. Do we want to spend our time with agitation or peacefully with happiness?

Spirituality offers enjoyment of every moment. It allows us to enjoy the beautiful earth, the sun, the water, and indeed everything around us. This includes enjoyment from every aspect of nature, including the birds, the animals, the scent of flowers and so much more. Take note of everything around you. Do not walk aimlessly from place to place and not notice anything in between. Notice everything. There is so much beauty around but you must take notice to see it.

Take the time to notice that somebody may need some guidance or a little bit of help or even just a hug. It is amazing how to give something as simple as a hug can make someone feel so much better. A hug does not take much effort but it does take kindness. This small act of kindness will go a long way. Remember to keep clear, focused and notice the little things that come your way. As you better notice the small things that come into your life you will realise that your Spiritual path is becoming stronger. It is becoming stronger because you are noticing things that have always been there but you now have a greater awareness.

Enjoy your Spiritual travel and remember that we are always learning. However much we have been in Spirit we are all still beginners. We have much to learn, so remember that we are all at the very early stages of our path so enjoy the journey.

Words are used for a reason

We all know the stress you feel when you have said something out of place. Sometimes these things need to be said to clear the air. Say it and know that it was meant to be. Even though you may feel badly that you have upset someone, just remember that you do not know the long-term plan that the Spirits have in mind for you. Although at the time, you feel that you have hurt someone, this upset may indeed be very beneficial. Remember that you do not know the plan and those words may bring that other person to a closer love or a closer fellowship. Whereas, if this painful thing had not been said they might never become closer. Do not take it to heart. Know that you have said something and that you can not take it back.

If the words have come out, know that there has been a reason for them. At this stage, you are unable to know what this reason is. You have to be patient. Be patient and let things work their way out. Just let it work its way through. Be there for support, but do not try to fix everything. Sometimes trying to fix whatever it is will make it worse, just let it go through. If it was not meant to be said, you would not have said it. If it was not so, the vibrations would not have come into your mind to even think it. Remember to calm down, release your stress, release it into the Universe. We will help you if you just ask us to calm you. You will need to be patient and see it through. Go on with what you have to do as if it did not happen. This, I know, is difficult, but remember that you are of Spirit and Spirit is love.

You do not need to dwell on things that are not love. Carry on, continue what you would normally be doing and do it in love. Do this with the knowledge that there is a reason for what ever happens. There is always a reason. Even though

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you are currently at a stage where you are not able to understand the reason, in time when you look back on it, it will become clear to you. So be patient and wait until you can understand. Go in love.



Our love is strong

Love can be a loving word or a loving thought but it can also have a fine edge. Love can change and grow or love can twist and die. Love can contort and become possession. When you possess, it is a completely different thing. It is not love. Loving is many things. It can be thinking nice thoughts or shown by wanting nice things for that person. It is not demanding anything of them. Love means they are free to do their own thing. You can admire and just give them warmth and support but we can not own them.

We can not put them in a cage and keep them as our possession. Love is something you set free, love is something that will always come back to you because if it is real it never leaves. Love is something we all need to have in our hearts all of the time. Our love is for everything, the earth, the plants, all of the animals and the people that we meet.

Sometimes we find that we have feelings of dislike towards someone. We must realise that they have love in them and it is our goal to find that goodness in them. Find the goodness and change our dislike to love. There is always room for love in everything we do. Sometimes we just do not realise it. If you really dislike someone, pull back and think for a moment. Work out what it is that you are having difficulty with and what it specifically is that you do not like about that person. Once you have done this, try to think of the agreeable things apparent in this person. You will then be able to see more admirable qualities than offensive ones, allowing you to change your thoughts back to love.

We are here for love. We are here to feel love and to be loved. We are here to give and receive unconditional love at all times, wherever we may be. We should always have this

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unconditional love in our hearts. Expect nothing and give. Although you are expecting nothing you will find a lot of love will come back your way. Sometimes this love will not be in the form you are expecting but it will come back to you. You will feel a warmth that is filled with goodness and a general happiness that radiates from within.

So remember, do not try to possess those you love. Give them unconditional love. Send your unconditional love out and you will be rewarded with warmth and happiness and love will come back to you.



Life is truly an adventure

Life is an adventure, filled with many experiences that change from one moment to the next. New things come into our life. New learning experiences come into our life to enhance us. Sometimes we wish these experiences were different because they are difficult or not as pleasant as we would like. When we reflect back on the difficult events, it makes us enjoy and appreciate the happier, easier times even more. If we only had happiness, we would have nothing to gauge how happy we are.

These ups and downs provide us with learning experiences. We need from time to time to take a moment to sit back and reflect on what is happening in our life and to reflect on how we actually see ourselves. Do we try to put on a show that is suitable for other people, or do we try to be ourselves. To provide a show for others is not what we came for. The most important thing is for us to learn to really understand ourselves. We must understand how we tick, what we really want to do in our lives and what path we are aiming for. The only way to work this out is to look within ourselves and find what is really in our soul.

The outward signs of what we want other people to look for is nothing, it is just nothing. We should aim to get rid of this outward perception because if we know ourselves and know what we want, that is the person we should be reflecting. This is the person that will be able to send love to others because they are not limited by artificiality. Artificial people lack an inner depth. Please go within yourself to find the real you. Find what you really want out of this life. Find what you really need to learn. Find what your weaknesses and strengths are. These are the things we need to find within ourselves and this reflects the real us that we need to portray to others.

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If we all portrayed our real selves instead of this artificial self, we would all be much happier. We would all be more trusting because we would know that we were all being honest though our actions. We would be able to rely on the strengths of others to assist where we have weaknesses. In this way we can help each other.

Please find the real you and portray the real you, not the artificial, show person. We are not on a stage. We are all living real lives. Since these lives go for such a short time, we owe it to ourselves to get as much out of them as we possibly can. We can all achieve this by being our real selves.



The power to extend yourself

When you are told to extend yourself, do you understand what this really means? We have been told that we are Spirit in a human body. How does this Spirit help us to extend ourselves? If you know your Spirit, you will have the power of God within you. We tend to know this in our minds but not put it to any purpose. Perhaps we are frightened to use this power or perhaps it is because we do not know how to use it yet.

To extend yourself you will need to see things. You may say to yourself that you cannot see such things, but imagine that you can see them and you will be amazed. Soon, instead of just imagining the image, you will actually be able to see it. Next time you are looking at something and you feel that you cannot see an aura surrounding it, imagine pretty colours around them. The colours can be any colour that you like. Every time you look at something, note how lovely it looks and allow yourself to feel the colours that radiate. Imagine the colour, then try to see it. Soon you will notice that the imagined colours become more than fantasy. They become more than your imagination because you can really see it. You really can do this.

The only barrier is that although you truly believe that you trust, you just do not trust enough. The subtle doubts in your trust are the same as the anxieties you feel when you give healing to people. You think to yourself that you hope what you are doing is correct. You then ask Spirit to flow through you so that it should work out fine. Do not think words such as 'hope' and 'should' but instead use certainties such as 'know' and 'will'. Say, I am using my body as my vessel to have healing energy flow through me so that this person will be fine. Or if you are sending absentee healing, know that the

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healing energy is flowing from you through your vessel to that person. Just know from within yourself that you have indeed accomplished it. Know that you have sent your energy, or that you have opened your vessel up, so the healing energy can flow.

Sometimes we think that the person who has received these healing energies is no better, but they are much better than they were before you started. Perhaps it is they who have blockages that they need to work through and as such are not able to become immediately better. When that person becomes unblocked, the energy that you send will flow through them. So do not think to yourself that you did not do a good job because there was no immediate change. Your efforts are both commendable and successful. It does mean though that it is they who are not yet ready. The energy is there, waiting for the appropriate time. When the time is right, it will flow through them and heal them. Always remember too that you cannot decide when the Universe is going to act. You can ask for the energy to flow, and if it is the right time they will be miraculously cured. If the Universe feels that they have a few more lessons to learn, the energy will be present but it will wait for the appropriate time to heal them.

Never think that you have failed or that your channell has not helped them, because this merely means that the Universe has decided that the time is not yet right. When you send healing energy of any type, always know that, that person will benefit from it. They will either be cured immediately, feel better, or experience these some time in the future. When the time is right, the energy will arrive with them and provide them with healing. Always know that when you send energy you are doing the right thing. Your healing energy will be flowing through and they will be healed when it is the right time.

If you trust in yourself and in your ability to heal you will look and be able to see the aura that surrounds everything. You will see them and be able to heal because you have the power of God within you. You have this power all of the time because you are God. He is inside you and you are in him. All of that power is there for you, it is just a matter of you realising it.



With trust, no problem is too large

We open our eyes in the morning and start to worry. We ponder over thoughts such as how we are going to do everything we need to. The worry makes us panic, it may cause us physical pain such as a headache and we may even give up. Why do we do this to ourselves? If we are in Spirit, all we have to do is ask that we get what we need to help us achieve our daily goals. If the Spirit is with us, we will achieve this with ease.

Our problem is that we do not trust. We think we trust. We say we trust, but when we reflect on the way we react each morning this clearly proves the fact that we do not. We must wake up each morning and thank God and the Universe for our being and our consciousness. That we are conscious of the fact we are Spirit is a great thing in itself because a lot of people as yet do not realise this. We can make better decisions regarding the direction of our path because we are in love and in Spirit. Being in Spirit means that we go in love but it also requires that we learn to trust. This means that when you wake up and have given thanks for everything around us, you must also trust that there is no need for panic.

What is going to happen will indeed happen regardless of whether we panic or not. If you approach your day calmly, easily and with joy, you can enjoy each part of the day as it happens. When you get to the end of each day and look back you will soon realise that you have accomplished more than you would have normally done. You will not have panicked and will have enjoyed the day. This is something that we must all practise. It is something we must really think about, especially when a problem arises.

Think about why it seems to be a problem. Soon you will realise that there really is no problem at all, just another thing that we will be able to do. Distance yourself a little bit, then allow your self to think about it. If you cannot find a solution ask Spirit to help. Look at the situation again and you will find that it was probably not such a big issue at all but instead was a small test that we needed to have. By asking for help we were able to get through it with a stress-free ease as if it were nothing. That problem will turn into something easily managed and we will no longer even consider it as a problem. That is all we have to do. Go step by step. If you feel you cannot cope with a situation, ask for help and you really will be able to get through it.

Just remember to trust. Do not allow yourself to manifest feelings of stress by experiencing headaches, by yelling, or by feeling irritable. All that this does is create blockages in our lives. These blockages act by making life just that little bit more difficult further down the line. Every time we do something negative it is going to come back to us. As soon as you think of some negative thought that you should not have even considered, quickly change your line of thinking to a more positive influence. You may find that it initially takes considerable time to change your thought patterns but with persistence and time you will find that you are thinking positive thoughts all of the time. Soon, when problems come your way you will not see them as problems. You will not see the disagreeable side of things but only the good. What you need to begin learning is to have a positive feeling towards what needs to be done throughout the day. With this positive outlook, negativity, crankiness and nastiness never come into your thoughts. When you get to this stage, you will find that life is much easier.

When you are faced with what seems like a problem, to ask for help, then stand back and see what you have to learn

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from it. It is at this time that you can proceed in happiness and love. This approach is so much easier and far less tiring on the body because negativity is the cause of much stress, discomfort and unhappiness. Unhappiness is certainly not what we are here for. We are here for love, contentment and to trust. Trust is such an important word. We need not fear for fear is a negative emotion. Fear is a negativity. It is something that we do not need and we do not have to have. If we trust, we will not have fear.

When you wake up from sleep, think of all the beauty that you have. Think of the beauty and happiness around you. The knowledge that you are Spirit should bring you happiness in itself. This knowledge allows you an awareness to know and plan what you are doing because you know you have the support of the Universe within you.

A plan for our soul

Many thousands of years ago the Divinett power decided on the plan for our soul by creating the pathway to wholeness. Each lifetime, our soul has worked to come closer to this path. We use our will to decide what we want to do and the direction our path will take. Sometimes our will, our ego, or our personality does not lead us in the direction our soul would most like us to travel. This is because each of us posses a mind of our own and this allows us to make our own decisions.

Our guardians and Spiritual teachers hope to guide us but we have so many choices. Often the choice we make leads us on a longer path to that which our guardians would suggest we travel. All paths will eventually lead to wholeness but sometimes they can be a little rougher or longer than they need be. Sometimes we sidetrack greatly on our travels. We need to let our soul know that we want to have awareness and travel the path that was Divinettly planned for each of us. We should aim for a partnership between our Spirit and soul. If we can combine our personality with our soul to form a straight line we will find the happiest and most direct way to our goal. The goal is that of achieving this wholeness.

We may ask for help with this because our Spiritual family is there to support us. They are there to help us in our decisions but they will not tell us the way, they will leave the choices to us. All the decisions and choices are ours to make but our Spiritual family is there to offer support and guidance when we need it. hat we really want with our personality may, at times, not be what the intention of our soul was when it came into our body. Even though the end result of the different paths travelled is for all to attain wholeness, if the distance is long it may not occur in this lifetime, or indeed for many

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lifetimes yet to come. If you ask to know the way that the Divinett path leads, life will be much easier. No longer will we need to continue the struggle with a meandering and long journey to reach our destination of wholeness. Remember that we can each have a partnership with our Spiritual family. We can form a loving relationship and be shown a loving path. Once you have formed this relationship you will find that it offers such beautiful, loving and Divinett power. Finding this power means that you have gone a long way in your journey. Always remember that it is the combination of our personality and our soul that allows us to travel the most direct path. This is the path that offers us much happiness and leads us to wholeness.



The choices that form our path

We all have many choices and we all have different paths to travel. When we travel along a certain path, we do so because it has been the path that we have chosen to travel. Every Spiritual path is the right path for us at that time. When we take a travelling vacation we can choose many ways to get to a single destination. We can travel the long and frustrating way or we can take the quickest and most enjoyable route so as to optimise the time spent when we arrive. Generally, the aim is to arrive at the destination as quickly as possible to allow maximal enjoyment of the surroundings. This is exactly the same as the Spiritual journey we take. The aim is to find the most direct and rewarding route to wholeness. This allows us to become a Spirit with humility, love and understanding.

Although every choice is indeed the right choice and does lead us in the direction of wholeness it does not necessarily mean that this is the optimal path or the optimal choice. As we know, the Divinett path was set many lifetimes ago for us. At this time our soul was Divinettly aware of the shortest path that it was going to travel to reach wholeness and make the soul very happy. For us to do this so many lifetimes later, we must once again align our personality with our soul to regain this clarity. Our personality is our ego. It is our ego that is the one that wants a lot of things. Our ego is very important because it gives us the drive and motivation to strive and achieve the things we want to achieve.

What we need is a balance. We need balance between our ego and our soul if we are to find the optimal path for our journey. We can manifest our future by asking for and gaining the things that we superficially want, although this approach can be somewhat child-like in its simplicity. A child will always

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want the sweets and the toys that they see in front of them. They want these things regardless of whether they are good for them or not because they lack understanding. The same can be said about the choices we make. We can choose to be brilliant, have power and control the lives of many and this choice might make us happy for now but it may not provide the optimal path to wholeness.

To want riches and power makes our ego feel very large, but it lacks helpfulness, humbleness or love. Nonetheless, this path will lead to wholeness, although it may be achieved only after a journey shrouded in turmoil. To head more quickly towards wholeness we need to find a better balance between the personality and soul so as to include qualities such as compassion and generosity. If you want the kind of path that takes us with love and kindness on our journey you need only ask the Lord for help. By communicating with God you are communicating with the entire Universe.

Ask them to help you to make the choices that are the optimal for your life. Ask for guidance to uncover the choices that will allow you to have balance, kindness and love. This is the way to have a happy life, a calming life and a life that brings others to the warmth and contentment of Spirit. This will be a life that brings joy and overwhelming happiness to all. This is a life of perpetual vigour and wonderment. You will feel fantastic because this is how the body feels when the Spirit is within you and you are moving along the optimal path. It is the Divinett thought and the Divinett want for your soul. The personality and ego that are in balance with the soul will always feel this way.

You will feel the joy of breathing, the joy of looking around and will absorb the beauty around you. Remember that all choices are the right choice but if you ask for help regarding these choices you may find the optimal path. This is the path to love, divinity and wholeness.

The inner voice

Intuition feels like our subconscious voice speaking from within. Intuition is God answering our questions. If we spend time praying and talking to God, we must also take the time to listen when the answers are told to us. We must really listen. We must not think to ourselves that we already know the answer. We must listen intently to the real answer because only the real answer comes from God. Go within and listen closely.



Look to see the beauty

The world is full of beauty but to see such beauty we need to open our eyes. Many people are only able to see the dull and dreariness of the life that they manifest from within. If you open your eyes you will be able to see the beauty of the sun sparkling over the water. You will see beauty in the flowers, in the trees, in the hills. You need only look around for there is beauty everywhere. If you can see beauty everywhere then you will be able to see the beauty that is in yourself. You will see the unique splendour in the creation that you are.

Give thanks for your abilities. If you have any problems think about how slight they are in comparison to all of the advantages that you have and then ask the Universe to show you a way to fix these problems. There is nothing too great or too small for the Universe to manage. Whatever your problem may be, if you go to the Universe and ask God to be with you, you will be shown how to overcome these difficulties. Remember that there is always a solution for everything. It is just a matter of you trusting and seeing the love around you. If you see this love you will also feel the love within you.

Spirit is with you all of the time. Talk to Spirit and the Universe and express this love. You will feel the benefits. You will feel the tingling sensation of the energy as it passes through your body and around your body. You will know that they are there helping you and you will see the beauty because you are part of the beauty.

Choices may lead us astray

The path that we travel can be very difficult. It is dependent upon the different choices we have made throughout this, and our previous life. We have free will to choose what we would like to do. Sometimes these choices can lead us astray. Sometimes they can lead us to unhappiness and discontentment. Remember that we chose to come into this particular body and this environment. This is our learning path. We chose it and we have to go through with it.

Some times we ask ourselves why it is that we have so many problems? Why is it that we have so many heartbreaks? Only you can answer this "why". You must go back and think why did I need to do all of this and consider what part of my character I am trying to strengthen. Sometimes you can believe that you give nothing but love and things still do not go the way you were hoping. You must remember that what you do now affects your future and what you did in the past is affecting you now. Perhaps in the past you did not show love. Perhaps in the past you had a lot of problems and nastiness and it is only now that you have started to work your way through it. This is good, but you still have to work through the problems of the past so that your future can be more enjoyable and fulfilling. When things at the present seem to be going entirely the wrong direction, do not think you are a failure at what you are doing now, just realise that the past is still with you just like the future is still with you. These things need to be worked through.

As our Spirit enters our human body it loses the power to remember its past lives. It loses memory of the things we have done or said and the hurt we may have caused. Although you do not remember these things, they still need to be worked through. It is consequently of great importance

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that you do not consider that you are failing at what you is doing now. Just remember that the love you are giving now will give you love in the future.

Sometimes your past is here to affect others around you. As you are working through your lessons, take notice of what is happening to the people around you. See if you can notice the change in them, as a result of the love you give. No love is ever wasted. Nothing you do is wasted. Everything we do creates a learning experience. It will all result in sheer love and wholeness.

What ever happens to you in your life, know that none of it has been wasted. Every moment and single experience has been for a purpose. That purpose is for goodness. Please remember that nothing is wasted, no love, no joy. It is all around us and it will all come back to you. So have faith. Never loose faith. Trust in the Divinett power and know you are always loved.

Obstacles on your path

The life that you have on earth in this body is the life that you need to enjoy and learn from. In this life, you must show yourself love. You must show yourself time, patience and to trust in your inner strength. Your inner strength, your inner Spirit is always with you and you need to trust in them. The whole reason you are here is to travel along a learning path to improve and develop your inner strength and your Spirit.

Although your Spirit has had many lives, it still has a lot to learn. To enjoy what you are doing is the best way to learn. Enjoy your fellowship with other people. Enjoy your learning experiences. Most of all, enjoy life in general. Do not become upset and bitter about things that may happen. Embrace anything that happens as a learning experience. Know that it is meant to help you learn and thank these things that happen for teaching you another valuable lesson.

When an obstacle is placed in your path, stand back and see what you can learn from it and then be thankful for the experience. Happiness is the frame of mind to be in. To be nervous, anxious or upset is of no value because it does not teach us nor does it lead us along our path. These negative emotions provide a side-tracking route that inevitably lead to a dead end. To be on the Divinett Path is the way to happiness. It is important to remember that there is always a way around whatever obstacle may come your way. If you feel you require some assistance in finding the way around, all you need do is ask Spirit for help and we will help you.

Remember, if you are not happy, talk to us. Talk to us and we will advise. We will not tell you what it is that you need to do but we will advise you of different paths that you can take. We will show you different ways that you can go around the

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obstacle that is in front of you. No obstacle will be too great. No obstacle is ever too difficult for you to get around. Achieving this is something that you can learn. It is there for you to learn. To overcome any difficulties all you need do is take a few minutes to think about the situation. Think about it in love and think about it with our help. There is no obstacle too great for you. There is no need to be upset or nervous. Everything that comes in front of you and anything that affects you is all within your grasp. It is there for you to grasp and to work your way through it.

If you are not feeling happiness and love there is a problem. To solve your problem, you need some quiet time to think it through and work it out. Go within yourself and really concentrate on what you need to learn from this problem and you will soon see the solution.

Working through difficulties

You are going to experience a lot of important lessons in this lifetime. Remember that however bad things may seem at any given time, you are in Spirit. Always give yourself distance from each situation to allow yourself the vision to see the purpose of the learning experience. What thoughts and visions come into your mind? Thoughts may flash into your mind. They may be memories of events that have happened in the past. They may be things that you have said a long time ago. Some of these memories may have been about distressing things you might have seen or even said to another. They might be memories of times when you have been quite stressed or emotional yourself.

Think about these thoughts and visions for a while. Think deeply about each of the visions that have come into your mind and what it is that really happened. How did each situation work out and what benefit did you get from it? Go through each one of them and just see exactly how they affected you then, and how they affect you now. Did you indeed gain something? Did what you learnt then affect the way you are feeling and reacting at this moment? If you are experiencing unpleasantness now, you may find that some of your previous lessons did not fully teach you what you needed to learn. Since you did not learn fully previously, you are now finishing off the lesson to be learnt. When thinking about your previous problem and your present problem, try to work through them completely so that they are cleared from your mind. Cleared so they will not come again.

If you are finding it difficult to work out a solution, ask us for our assistance. Ask for our guidance and we will help you. When you have worked out all the reasons for this problem, let it go. Allow it to go to the Universe and be changed into

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love and then it will come back as love. When this difficulty comes back as love, the problem is gone. It is gone from your system, it is gone from your very being. You have learnt from this. You have learnt from a past experience, and this will project right through to your present situation. Clearing then allows you to move past it. You will have progressed past that lesson and be ready for another. So always remember that there is a reason for everything, even though at the time you may not understand what that lesson is. Soon the reason will come to you and you will realise exactly why you experienced a certain event. This will enable you to rejoice in the fact that you have gone through another learning situation.



Teach me to learn and to see

Teach me to learn and to see. You all have the capacity within you to learn and to see. You only need to open your mind and you will see. To gain your full sight you will need to learn to use your intuition. You will need to relax and allow yourself to feel with your soul. Feel for other people, feel for everything around you. Relax and go within. When you go within yourself, feel and listen. Extend yourself and feel the energy around you. Feel the energy of other people. Relax and you will feel it. Believe that you can see because you want to see. Close your eyes, visualise and sense. Sense what is around you and sense what you can see. You all can do it because you all have the ability. So go within, relax, be peaceful and open yourself. Open your mind and open your soul. You may need to practice a little, but you all can do it.

Have confidence in yourself. All you need is the confidence to know that you have the ability. You always have had the ability, so use it. Use your ability to extend all of your senses. Your aura touches everyone else's aura so you can feel what is happening within them. All you need is to find the calmness within yourself and you will be able to tune into their energy vibrations. You have always had this ability but like a child you have to relearn how to use your sensitivity. It just needs to be resurfaced.

So when you ask us to show you, it is just a matter of thinking about it, thinking about those layers that you have, the layers of protection that you have built up over the years around you blocking your sensitivity. When you peel off these layers, you will find the sensitivity that you did not realise you had. Let the Spirit beneath your shell shine out more and you will connect more. You will connect with the Universe because it is all there for you.

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The whole Universe is there for you to tap into any information you like because it is part of you. It is all there but you will need to peel that protective barrier off, scrape it away. Open your inner self because that is where everything is. Everything in the Universe is there, so you know what to do now. Just go and sit quietly and tap into everything that there is and enjoy it. Know that you have always had this ability and that it is just a matter of finding your confidence and breaking the shell around you. Enjoy your Inner Self and the sight it will bring you. This sight will bring you love and it will flow from every part of you.



Light of the Universe

We are the light of the Universe. We are there to show you the path that your Higher Self Divinettly gave you at the beginning of time. We will show you the way to your eternal happiness and love. Always see the light in front of you. Feel the warmth that this light always provides for you. We are there to give you contentment, show you the light and to offer you assistance when you need it. We are always there for you. If you have any doubts about finding the light or about the direction to travel, go within and we will support and guide you. We will suggest different things that may help you.

Ultimately, it is entirely up to you whether you decide to listen or not. You shall always retain your freedom of will so you have the choice to choose the way that you would like to go. We will always be there to assist you wherever you decide to go. You may stray considerably but we will still be there to help you. We will guide you when you ask for our assistance. We will try to guide you back to the path you Divinettly chose to travel.

If at any time you do not want to go along that path, that is perfectly acceptable to us because you are learning lessons on the way and that is what you are placed on earth to do. We will not be looking down at you or judging you by your actions. We will always be looking at you with love. It is with this love that we will try to help you. Remember that the golden light of the Universe is always with you. Look for it and you will see it. Its brightness will never fade and its glow will never go out. It is always there in front of you, guiding you. All you need do to see it, is to look. Just look and you will see it and feel us with you at all times. Ask and we will be so happy to be there to support you.

Times are changing

Times are changing. You will notice and feel within yourself that times are indeed changing. You will feel the energy surging through your body. You will notice the awareness you have now that you did not have before. You will notice increasing numbers of people having common interests. More and more people will become more loving and kinder in their actions and deeds. There is great change taking place.

More kindness is coming into the world but unfortunately there are still many people who have not found this feeling in themselves yet. Since there are many who are yet to find this kindness there has to be disruptions. These disruptions may hurt a lot of people but do not give up your faith. Know that these disruptions must come. Be trusting and loving, and realise that this must happen. Also realise that after the turmoil has passed, you will find the world will be a different place. There will be more expressions of caring and love. There will no longer be the cruelty or nastiness to contend with. There will be more peace, calmness, enjoyment and fulfilment. Just take notice of what you are feeling and of the changes you feel.

People that are aware now will actually notice the changes in themselves. They will notice the strength that they have. Their character will become stronger, calmer and less judgmental. It is important with this change that people are becoming less judging of others and accept people as they are. The people who are not aware that they are Spirit will be starting to realise there is something different but will be unable to discern the nature of the change. The people who are already open in mind and Spirit will be there to help them. Be always alert to someone who is questioning the change. When you hear someone questioning, be ready to help them. They have

been sent to you to help them understand what is actually happening with the feelings they are experiencing. Allow them to realise that they are not by themselves. We are all one. We all have our individuality but we have the love and the sharing of everyone.

Always be aware and notice the changes. Notice how you can change and help other people. This change will be happening very soon. You may have even noticed some subtle changes already because the changes have been evolving for a short time already. It has been happening very gently, but the change will soon become more apparent. There will be definite changes. Do not be frightened by the change, just know it is coming. Look forward to the extra love and extra care that you are going to be able to give and receive.



Work through your problems

Enjoy your life, for every day is very important. Enjoy each moment. Enjoy the company of the people around you. Show happiness and love to everyone. Change your judgmental or petty thoughts to feeling of happiness and let the love flow from you. Always think love and show love. You will feel the kindness and contentment within yourself. When you feel this happiness within you it spreads to those people around you and they will also feel good within themselves. It is more than you feeling love and happiness within yourself but it is the compound effect this has on those around you and in turn the effect these people have on others.

A small amount of love from one person can spread a long way to affect many. This life should be spent in contentment because you are here to learn and you are here to learn how to love. Start thinking and feeling this way. Enjoy everything that happens in your day. Sometimes things may happen that, at the time, you consider to be less than desirable. Step back and look at the event. You will see that after more consideration that there has been value in what has happened, thus the lesson has been learnt.

This lesson may be something that you can expand on and teach others. Teach others how to work through their problems. Provide them with the means to overcome their problems so they can move on without the suffering and stress they previously endured. This means that you, and they, can overcome their difficulties and remain relaxed and happy. Spirit wants you to enjoy life in kindness and love. When you are short-tempered, irritated or stressed you are not listening to your Spirit within. You need to relax and consider your problem. Look at the problem and see where it is coming from. Work out why it is happening and what is

actually causing the problem. Think about it, analyse it and contort it and then you will see clearly the lesson to be learnt. When you have found this lesson you can change back to calmness.

Always remember that everything that happens is for a reason. Do not just overlook it on the pretence that it will pass and that you will forget it. If you do not learn from your experience it will continue to plague your life until you do work through it. Many people cannot work out why they experience so much stress in their lives. The reason is that they have never adequately worked through their problems and so they escalate and grow larger. Remember to always show consideration, kindness and warmth to everyone and everything and you will feel an inner glow and happiness that makes life rewarding and worth living.



The start of a new world

Today marks the end of a long time coming. A lot of people will not notice the change but there will be more people who understand. There will be more people who understand than ever before. More people will be coming together in strength. They are strengthened so that they can go out with the word to explain to those who are not aware. Soon you will notice the difference. You will notice the feeling in your body, the awareness in your mind, the openness of your mind. You will feel it and be aware of it. You will notice how you are attracting people with similar ideas as your self. These people will have a calmness that you also share. It is contagious.

You will find many more people will be searching. They will be searching to know what is happening. They can feel something deep inside themselves stirring but will be unable to understand what it is. They need to be gently shown and taught about their Spiritual life. All of the people who are already open to Spirit will be there to teach these people. Those who are open to Spirit will help them with their searching and bring them into peace and understanding.

Remember that today is the last day of the way it has been in the past. It is now entrusted to those Spiritually aware people to send their awareness to those around them. The goal is to change the world into a loving, calm and happy place for all. To create the world in the way it was meant to be from the start, a place of beauty and caring. Open your eyes and you will see that this is the beginning, the beginning of you achieving wholeness and the beginning of you coming home. Look forward to such a loving happy time and enjoy the path that leads you to this brand new world.

We affect everything around us

The earth is a place where we learn. The earth provides us with our learning playground. We come here to learn to be people who are more caring and loving. We come here to find out the meaning behind our previous problems. We also come here to find a greater understanding of ourselves, our feelings and of our emotions. We must strive to understand ourselves before we do anything else. If we do not understand ourselves, we are unable to fully understand anyone else thus unable to help them.

Every day we learn to work with new and different things. At the end of the day look back over your day and give thanks for all the new things learnt. Be thankful for the happiness that we enjoyed, the warmth felt in our hearts, and the achievements made during the day.

Remember the time spent with feelings of annoyance and anger towards another person provides a lesson. What may you have learnt from this experience was that you were not annoyed at this other person, but were annoyed with yourself. You need to work out why you were annoyed with yourself. You need to fully understand the reason for this anger.

You are very complex until you have gone through this learning. As you come closer to wholeness you will become less complex as you realise there is only one state to be in and that is the state of love. In this state you find happiness, calmness, thoughtfulness and humility. With all of these qualities life becomes increasingly enjoyable. You will also notice that your path becomes so very smooth and those around you also become easier to get along with. This is because as you become calmer you influence the people around you and they become calmer also. There is a calming

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influence all around you that radiates from within you. The earth around you even seems calmer, the water looks more calmer and there are no violent storms. Everything around you is more peaceful. You have a beautifully calming effect.

Bear in mind that while you are advancing in your learning, you are influencing more than just your self. You are influencing the people and the earth around you. Your learning is greater than you realise. With all this learning the earth is changing. The earth is changing more towards how it was meant to be in the beginning. It is changing towards being a more peaceful and happy place. As you go on your learning path you will find more rewarding friendships and become more united. Take notice because yours', and everyone else's learning, are helping the earth and the whole Universe achieve such change. It is not just a personal learning because all of us are interconnected. We are all as one.



Strive

To strive is to use as much of your mind, body and soul as you can. To strive is good because you are using more of your ability than you would normally use. You have so much, but you only use so little of your abilities. To strive is to narrow the gap. To try to extend your mind and to learn is so beneficial because there is so much to learn. The Universe is endless and when you open your mind, body and soul the learning possibilities are endless.

There is so much to know and Spirit will always be there to help you with anything you would like to know. All will not be given to you just on request. You will need to put the effort into what you want, and to achieve it you will need to strive for it. The act of striving for what you want is the thing that will open you to the wonders of the earth and open you to the Universe.

Opening yourself will allow you to become in balance so that you will gain an awareness of all the things around you. Do not wait complacently expecting everything to be given to you because it will not come unless you put the effort in. You have to do the learning because learning is what you are here to do. As mentioned previously, Spirit will help you and guide you, but you have to do the work. You need to want to learn also. To strive and extend yourself that little bit extra will get you into the learning pattern much quicker so that happiness, lovingness and humility will be yours. With that extra effort you will see the world begin to open up in front of you. Put in the effort of learning and travel your Divinett Path and you will be amazed at what you will see.

Gradual opening of the soul

Spiritualism is not just the opening of your eyes so that you can know everything. Spiritualism requires learning and creating an awareness. It is something that requires your mind and body to be in balance with one another. It is in this way that you can experience the vastness of the Universe, and the vastness of your ability.

The human body is not made in such a way that it can suddenly take on all of this power. It needs to be a gradual opening and development of your mind and body so that it can cope with the power. When Spirit enters your body on conception, it has a closing down effect of its power and knowledge because your body cannot cope with its full vibrational energy. As you become more aware the body opens and strengthens. That is why you cannot progress immediately from not being aware to being fully aware. It is a gradual process, one we must have patience with.

The difficulty with this is that humans find it very hard to have patience. Things tend to be wanted immediately, contrary to the way it happens in reality. If you become too aware too suddenly you will not be able to cope with it and you will experience discomfort within yourself. You will know everything you desire at the right time but you must prepare your body and mind for it. You must look after the vessel that is your body to the best of your ability. Have it healthy, exercise it and feed it nutritious foods. When your body is prepared, you will be assisted to extend your Spiritual energies to a higher level. Remember that everything will be there for you when the time is right. When this time comes, you will be prepared for it and so will experience the happiness and contentment that comes with opening your soul.

The energy of the Universe

Energy is around and in everything. Anyone can draw on this energy at any time. You only have to ask and you can have it. People often say that they are feeling tired. All they need to do is direct the energy through their body and they will have the energy to continue doing what they wanted. Visualise this beautiful energy that is all around you and in every cell of your body. Visualise absorbing this wonderful energy. This is the energy of life, the energy of the Universe. This energy is endless so there is no need for you to be tired when it is there to be soaked up and enjoyed. We are so happy to give you all this energy. We are very happy to make you feel well. When you are filled with this energy you will feel great. You will feel happy and content. You will feel as though you can conquer the world.

The world really is your oyster because there is nothing in it that you cannot do. All you have to do is open your mind and realise this. Realise the wideness of your thoughts, your feelings, your love and the connection that you have with everything in, and on the earth. Everyone is related to one another and that is why you have been asked to care and give love to everyone. To think of everyone and to treat them in the way that you would want others to treat you.

If you see someone who is upset, put your arm around this person. If you see someone hungry, give them something to eat. Take care of those around you because you are all one and everybody belongs to everyone. Do not think that we are separate because we live on a different continent to another. Do not think there is a dividing because they are animal or because we may have a larger brain. This division simply is not there. We all need love. We are all as one. We all need to be cared for and we all have feelings.

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Do not think of people who are different to you as outsiders. Think of them as part of yourself and thus part of the person that you love. Take in all of the energy around you and remember that the energy you are absorbing is the same energy that everyone else is absorbing. This includes the ants and the spiders. Whether you like it or not, they are all taking in the same energy. They are all receiving the great Divinett love. So if the Divinett energy can give love to all things, there should not be difficulty for you to share this and love one another.



The simplicity of Spiritualism

Being in Spirit is not a difficult thing. You are born into this body in Spirit and have always been in Spirit. Some people confuse the issues and make it difficult unnecessarily. When a baby is born, it grows and gains confidence in itself. It knows it can move its arms and legs. It knows it can walk. These things are accomplished with a little practice. The same is true for your Spirit. You were born in Spirit and have always been in Spirit but it may need some practice to achieve it. There is no need to make it more complicated than that.

Why try to put everything into a routine of uniformity when there is no need. Speak to the Divinett Power from your heart, not in repetitive talk. Ask to have your mind, body and soul opened so that you can gain your heritage, gain the Universe. You do not need to complicate things. Just know that you are in Spirit, and that you are love. Appreciate that the Universe is there for you. You have just to learn, as a child learns. All you need to do is open yourself to the Universe and its power. It is always there for you.

Remember the simplicity. You do not need to find some complicated method to get to your heritage. Your heritage is there for you. Just open your mind and give love. Ask for assistance and talk from your heart and not from your mind. Your mind is the one that needs complicated things to make things seem right. Your soul does not need these things. Your soul only needs honesty, love, humility and understanding. All that is required is to open your self, your mind, your body and your soul. Let your soul be in control. Let your soul guide you and advise you. Open your mind so that you can see what the soul can see. You can see everything you need to, everything

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you ever wanted to know. It is all there for you, all you need do is open yourself.

There is no difficulty. There are no major hurdles or complicated routines nor learning words. Just let it come out naturally. Whatever you feel, let it come out. Do not rehearse what you are going to say. If it is rehearsed it lacks naturalness and therefore it is not from the real you. Let it flow from your heart and your soul. Spiritualism is not a complicated business. It was never meant to be and it never is. Let it be as uncomplicated as putting your arm around someone to show you care. It really is not difficult at all.



Be aware

Everything you learn and feel is good. Everything is there for you to absorb, for you to understand and receive messages. Things do not just happen. Things are there for a purpose. Things always turn up when you need them. If you are watching and listening you will notice these things coming to help you, they will guide you. People will turn up when they are least expected with a message. A message that could be ignored, or a message that could be taken to heart. Someone could suggest a book for you to read. Pick the book up in your hand, feel it, and if you feel happy with it, read it. See if there is a message that you receive from it. You do not necessarily have to accept these lessons.

These people and things giving messages and lessons discreetly come into your life and they gently guide you on your path. Some people choose to ignore these helpful suggestions. Some people do not even see them, do not even hear them. If they were aware and open, they would notice if a kindness came their way, a comment or a suggestion that would help them. Do not just dismiss the thought from your mind, think about it. If you can not work the meaning of the thoughts out, take them up and see where they will lead you. They will lead you on your path and help you on your way. You will have learnt how to solve a situation or realise the way you want to go.

When you have difficulties, take notice and see if you can find assistance. Do not leap, think about it, work out whether it is taking you on your path or a side track. If you are listening properly to their suggestions they will not allow you to get sidetracked. If you should become side tracked it will take a bit longer to get to your wholeness but you will be learning on the way. The most important thing is that you are learning

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with every breath you take. Take in the things around you and you will find the lesson that benefits you, the help that you are requiring and in so doing enjoy the love you are receiving and giving.



Mankind

When you look at what has happened over the centuries to the earth, mankind has done a lot of damage. Mankind has caused a lot of cruelty, especially to himself and to other animals. You may ask yourself how we can ever get back to being a loving being. Although there is a lot of nasty, vengeful and cruel things happening, there are also many positive and loving occurrences. It is the caring things that mankind needs to start working on. They have to get back to caring about others more than themselves and learn to become loving people.

Mankind needs to be able to see something in distress and offer it help. You can start this change. If you see someone in trouble, help them. If you see a plant is dry, water it. If you see a mess, clean it. Look further than your own small perimeter. Look around and see where you can make a difference. By doing this, others will see and copy. As each person starts to think of the earth, thinks of other people, you will be amazed how this action rubs off onto other people. People see other people doing positive and constructive things and realise that they too could do this. In this way, more and more people will realise how to give love to the earth, to the animals and to those around them. Soon they see their life becoming more peaceful and happy and this is seen by others and the cycle is perpetuated.

When you hear about all the terrible things that are happening, just watch and listen and hear the good things that are not usually advertised. These are the kind and good things that are happening. They are becoming more and more evident every day. You will realise that the earth is on a turn for the better. Things are going to plan because they are moving toward love.

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Do not give up or feel despair. Stay positive, stay focused and trust. Trust that the Divinett power knows a lot more than we do. The ultimate plan is that everyone will be happy but we must still use our own will to find this. When we are happy, calm, peaceful and loving we are on our way along our path. When we achieve this, calmness will come over the world. As long as you stay focused you will notice a big change. Amazing changes will be happening.

There will also be great upheaval because everybody has not yet caught up with the changes. Many people are on a different path and still are not aware. Stay firm on your path. They will soon catch up and there will be less and less of this cruelty, less of the destruction. Some people need small amounts of destruction and despair in their lives to awaken them so that they realise what is important. When people think that money and possessions are what is important in life, greed becomes the focus of their life. This is where some destruction and turmoil in small amounts acts to help them find their correct path and learn to care about the important things. Sometimes the turmoil and difficulty is needed to provide a lesson to help people become more loving, and less self focused. Some people need to learn that they form only a very small part of a very big world. Although these lessons are sometimes difficult, they encourage love and fellowship that allows contentment gained from all that is around you.

Experiencing different feelings

Emotions are something that you are feeling all the time. Some things stir us up emotionally and get us quite upset. Some things make us very excited. These variations are natural. It is natural to have our really exciting times, our uncomfortable times and our sadder times. This is how we stay in balance. If you did not have any quieter, unhappier times, you would not realise the joy that you receive in the happier times. Do not expect to be happy every moment of the day because this is not natural.

You have to experience all the different feelings in the world. You must experience anger, disappointment, as well as the joy. Remember that your character is being strengthened with all of the different things that happen. Think about all of the different feelings that you experience when you become angry. If there is a time when you begin feeling annoyed for any reason, you can cope with this emotion by physically moving away from the situation to allow yourself time to become centred. Spend the time by yourself to think about what you are doing and what you are learning. See if you can feel why these things are happening and then go back and continue that conversation. Continue, but not with the anger, convert it to love. With you coming back into the conversation with calmness, you will bring calmness into the room and the conversation.

Feeling relaxed and understanding the source and meaning of your anger will create calming vibrations that will change the energy around you. Your vibrations will affect the other people with you. Instead of ongoing disagreement, your positive energy will radiate from within you to meet and change these aggressive vibrations. You will be changing

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their vibrations and changing them so that they will be able to take the anger out of their hearts and feel good.

There is a purpose in every feeling that you have. Never say that you are disgusted with yourself because you have just lost your temper or acted in a way causing regret. Never be disgusted or regretful because you have learnt. Everything is a learning experience not just for you but also for everyone around you. This is why you need to think in a discerning way about the nature of the lesson being learnt. That specific lesson may not have been directed towards you, it may have been sent to help someone else. This allows tuning of your discriminating skills towards your varied emotional experiences regarding the lessons that you must learn.

Blockages

For the body to be healthy the problems that cause stress must be worked through and the blockages resolved. There are many ways of doing this. You can work with someone who can take you step by step through problems that have disturbed you or sit and meditate on the problem. Sometimes you just do not know what has caused a particular problem. It could even be from a past life and in this case you will need to find someone in this field to help you. Quite often it is the emotional upsets that we suppress that cause problems. We take in negative feelings from other people, as well as ourselves, and dwell on them and expect our body to function normally with all of these extra blockages.

The nervous system is very sensitive to these blockages and may be making you feel unwell. It is amazing how many organs are affected by the blockages caused by stress. We must learn to work through our emotional problems. We must see them, deal with them as they come and not take them on board. Think of the stress and the consequent of blockages. They are a test that we must work through, not something we hold on to. If we work through it and let it go, it is gone. We will have learnt something from it and be able to go on to the next step.

If we find someone wants to argue with us, stand back and consider whether you need the stress that this argument would bring. Undoubtedly, the answer will be that you do not and that the situation is best addressed without arguing. This may appear like you have given in to the person but it is much better to be at peace with yourself than yelling, becoming stressed and affecting your whole body.

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Always think of the outcome of what you are going to say. Are you prepared for the upheaval of a disagreement or do you value a peaceful life. A peaceful life is what our Spirit and higher self wants for us. Spirit wants to keep you even and happy. Negative thoughts and actions create energy blockages in your body and as I have already said, this will give you an ill mind and body. Good mental and physical health are rewarded to those who think positively and avoid energy blockages caused by stress.



Trusting

Trusting is a very important thing. Spirit is there purely to help you and wants to give you love and only love. We find it very difficult to trust something we can not see, something we can not touch. When everything is going smoothly it is easy to trust but then something goes wrong our trust disappears. It is very important to hold firm our trust and realise that we learn from these problems and that is why we are here, to learn.



Excitement

Excitement is the best medicine that we can have. Excitement builds up our energy flow and makes you feel wonderful. To get excited is a really good thing for everybody. When you are excited, your mood is elevated, you cannot think negative thoughts. All you can think of is the glory that your body is full of and that you want to spread the joy to everyone else. It is contagious. Everyone feels that vibration. Instead of people thinking negatively and becoming stressed with thoughts questioning what they need to do and how they will possibly achieve it all, the thoughts will become more positive. The excitement will cause them to start feeling an inner glow of happiness. This overwhelming sensation of happiness and contentment will spread from person to person as contact is made.

Excitement is not something to keep to yourself. Share it. Think how happy you are and then let it free. Let the excitement out. Spread the excitement through happiness and joy. See what happens, just see how you feel. Note how relaxed you soon feel. You will have lost that tightness between your shoulder blades or in your neck, and your headache will have eased. All this just from being excited and sharing that excitement with others.

Sometimes excitement can make you want to cry. It makes you feel so happy that tears come into your eyes. You may think to yourself that the tears are silly because you are happy and have no reason to be tearful. This is another way of relaxing and releasing the blockages from your system. Do not worry about the tears, just let them flow. You will experience just as much joy out of tearful joy as having laughing joy. It is all a release. The more releases you have the more blockages you loose and the happier you become.

Experience laughter and tearful excitement all the time. Seek enjoyment in everything you do.



Ego

Although excitement is a very good and positive experience, it requires limits. You need to be aware not to go to the extremes. If we allow this we can become very self oriented and motivated. We begin thinking thoughts such as “I am good”, “I am remarkably clever”, “I must tell everyone of all of my knowledge”. This self-focus is ego.

Ego can come across instead of Spirit. Be very careful you do not cause yourself more blockages by allowing your ego to rule. Everything has its balance and balance is what we are working for, a complete balance. Excitement is an excellent thing but you need be careful not to allow it to degrade into something completely different. An attitude bathed in self-gratitude perverts this balance. As one becomes more unbalanced the self-righteousness of the ego incorporates even more blockages into your system.

Remember that excitement is a good thing but that you need to watch when you start to say “I” very commonly in conversation. Where practical, try to keep “I” out of your vocabulary. Keep your ego in-check and be more interested in what others have to say rather than promoting how good you are.

Chemicals

Our lives are becoming increasingly influenced by chemicals. We can all help change this. We can start to grow our own food. Even a small plot will help the earth and it will also help your body. If everyone was to grow just a few vegetables using natural pesticides instead of chemicals, just think of the benefit this would provide our body and the earth. The chemicals were not meant for a healthy body. Some people believe that the chemicals are helping civilisation because they are helping protect the food from pests and keep the food fresh longer. They do not realise the damage they are doing to our body and the earth.

Our body was meant for a perfect vibration. It was designed for foods that were grown naturally and looked after and cared for. Man was not meant to consume food that was grown in mass production, sprayed, boxed and packaged for transportation across countries. Food treated in this way loses its vibration. The food cannot help it. It was meant to be grown and eaten with love. Our job is to change it back to the way it should be. The food should be grown with love and with no chemicals, so that their vibration can live longer. The food's vibration can then vibrate within us, giving us a healthy body. In this way they are not dying, as their vibration lives on in us.

If everybody looked after the earth just a little more, imagine the enormous difference we would see in our own health and that of the earth's health.

What we need to know

What is it that everybody needs to know? Everybody wants to know how to be better. We can achieve this by going inside ourselves and looking and seeing what we want in life, seeing what it is we really want. We need pay no attention to what lies just under the surface because what we really want lies deep. We should not worry about what other people think or what other people say. What is important to us is what we really want, our deep innermost wants and requirements.

We want to be loved. We want to be needed. We want to help others. How do we achieve these things? We approach it by looking after ourselves. To do this we must keep ourselves healthy by opening our mind and always being in close contact with our heavenly energies. These energies are with us all of the time. They can see us and they know what we are doing. Sometimes when we experience difficulties we forget about them and that is when they want to be with us the most. When we have problems they want us to turn to them and they will give us the strength, the message, the way to solve the problem.

Whenever you think there is going to be a problem, you can go within yourself and ask for the assistance you need and it will eagerly be offered to you. Ask for help, do not allow yourself to become stressed. You need only ask "please teach me what to do", "show me what to do", "be with me" and they will be there. Their entire existence is to help us and love us, but unfortunately we can forget them and this is when chaos reigns. When they are with us there is no chaos, there is calmness and peace.

If we can achieve a state of calmness and peacefulness we will be allowed to travel further down our path. When we are

peaceful and calm we can think appropriately and more logically. We can get things done instead of putting things off and wondering how we are going to get through everything. If we are in a state of inner peace and love we will get through everything with no delay or stress. We will be comfortable and happy. We will feel good within ourselves. The main thing to achieve in life is to feel good within ourself because this is what we are all about. Our goal must be to feel good within ourselves because this means that we have love within ourselves. We are here to give love and receive love and this is something that requires balance.



Open your soul

Today is a special day. It is a day that brings tremendous happiness and joy. Today is a turning point. Today is a time when more people are becoming interested in Spiritual energy than ever before. More and more people are coming to learn how to open their minds and open their soul. They are listening. They are becoming aware. They are absorbing the vibrations. They are aware of sensations that they cannot verbalise adequately but that they can feel. They are saying for you to open your mind, open your soul and you will know exactly what I mean.

Look around you. Look at the people that come to talk to you. It is strange that more and more people are coming to think like all of us here. They are becoming more aware. More and more people are coming closer to their path. Just be aware and listen, always hear. Do not close your mind off. Always be listening and waiting for the messages that you will receive to help you on your way.

Like a child

We are here to learn. We are here to enjoy and to love each other. Life is very much like a child starting school. The small child goes to school with the purpose of learning new skills. With that learning they also enjoy fellowship, games and the chance to simply enjoy everything around them. They experience no pressures, just happiness. When they go to high school the pressure and stress soon becomes present. It is usually magnified by their own making and that of those around them. We aim to be more like the small child starting school with no pressures or stress. We aim to learn but to do so in an enjoyable way. We should not magnify our stresses like the older child because we need to enjoy our life.

Trusting in Spirit

Trusting in Spirit is an important thing to do. Spirit is there purely to help you. Some people find it very difficult to place their complete trust in something that they cannot see. When everything is going smoothly it seems easy to trust. When something goes wrong our trust seems to disappear. It is very important to feel the connection and to know Spirit is there all the time, even through our ups and downs. They are there waiting for us to invite them in so that they can help us work through the problem.

Forgiveness

Forgiveness is something people find difficult to offer, yet it is something that we all need. We have all said cruel things, regrettable things and unintentional things that have hurt people. To say that we cannot forgive someone is very wrong because we need to be forgiven ourselves.

Think of all the little things. The innuendo from your words, if said in a different way, could really comfort people instead of causing them pain. Think before you say things. Think that maybe you need to learn from this experience. Maybe it is not the other persons' fault but something you are lacking that causes you not to understand the situation.

Sometimes we only know half of a story yet we are still quick to jump in with all our suggestions and ideas of what they should or should not be doing. We are on different paths so we should not say these things because they may not be appropriate for the path they are travelling. We have to consider whether it is something we have to say or something we have to learn. Try to quietly think about it before you actually say anything. In that way you will be able to be more comforting to a person rather than being hurtful.

Seeing into the Universe

To see a baby's first smile is to see into the Universe. The sparkling eyes, the smile so genuine, uncorrupted that shows sheer delight and happiness. It is such a beautiful feeling to be able to open yourself completely, open yourself like a baby. Babies are incredibly Spiritual. This level of Spirituality is what we need to aim to get back to. We need to regain the sheer delight of being in Spirit, the sheer delight of just being in our very existence. We should feel warm and content within ourselves.

Whatever happens is a lesson to be learnt, so exist and feel good about it. Enjoy, show your happiness and your love to other people. These people may not be travelling on your path and not even be on the same level as you at this time. Help them by showing warmth and love. In helping them on their way, you are showing the genuine love of a baby. Babies only understand love. When we achieve this stage, we know we truly are in Spirit. We really are fulfilled. Remember next time you see a tiny baby smile, have a good look, have a really deep look, know that this is where we need to return to. A genuine love for ourselves, for others and for the earth that nourishes us, will make you feel wonderful. You will feel wonderful in the knowledge that the more love we give the more we will receive and the more contented we will become.

Asking for help from the Universe

We all feel that whatever we have to do is very important. We sometimes feel that we may not have enough time to do what needs to be done. Questions about how we are going to fit it all in are very unimportant and feeling anxious about what you have not achieved will not help at all, it will only delay you. When you get up each morning, write down what you need to do and ask the Universe to help you do what is necessary. By remaining calm, you will find that you do get through everything. You will even find that if you allow yourself to procrastinate, you will still get through it because you have put your day in the hands of the Universe and time means nothing to the Spirits. Whatever you need to do will fit in.

In the hands of the Spirits, you will look at the time and question how you managed to get so much done. You will have done much in a very short time, where normally it would probably take you hours longer or not be finished at all. Always remember that getting very anxious and uptight hurts your body. It stresses you and quite often makes you unpleasant to other people. This stops you from doing what you had planned to do. You will quickly learn that if you ask assistance from the Universe you will be able to stay calm and know everything of importance will be done. In this way you will stay healthy, pleasant and loving.

If you are held up in a traffic jam, realise that there is a reason for it. If every red light is against you, the reason may be that you are being stopped from having an accident further down the road. You are being protected. Whatever happens during your day, keep relaxed, keep a sense of belonging and know that you are in Spirit. The lesson is that nothing is wrong, everything is right and happens for a reason. Gain happiness in knowing that your day is progressing just perfectly.

Intention

Often we begin with an intention to do something and what we end up with is completely different to what we were expecting. The main thing is that you have started with an idea, and that the idea has widened. The difference between the initial intention and the outcome means that you have actually seen where you have to go and have detoured onto a different path.

If you are unsure of the direction you need to go, always call us. We are always eager to help guide you. When you do not know what to do and you feel you are coming off the rails, sit quietly and listen. Listen to your inner self, your intuition and you will be shown the way. Your intuition and intention will always be with you to help along this journey but you must take the time to listen as this is the way you will know the correct path for you.



Impatience

Impatience is a word that most of us know a lot about. We get overly eager and want things to happen before it is time. We push and we try to get things done as soon as possible. If we just have patience and wait until we are ready, it will happen without the stress impatience brings. It is amazing what will happen if you just show patience. Things will go smoothly and you will be happy. Everyone around you will be happy.

An impatient person sends vibrations of agitation that upset those around them. Everyone around an impatient person becomes agitated, they then become uncomfortable, and so the cycle goes on. We do not get as far on impatience. When we show patience we achieve far more. Everything fits neatly into place and we happily achieve our goals. Then we note that what seemed to be an impossible situation or task has been completed, even with time to spare. This has been achieved because we have shown patience. We showed patience and it all happened.

Always remember that if something is not working for you, sit back and look at it and think about it. Think, should I be doing it now or is there another way to do it. Do not be like the impatient bull. Think about it. Most people may take the approach that if they are feeling impatient it means that they are desperate to get a particular job done. They may consider that they do not have the time to stop and think about it. If you take a few minutes to think about the situation and approach it in a patient manner you will get it done a lot faster, feel a lot happier in yourself and everyone around you will be happier.

Doubting yourself

Most people think they are in control. They think they are not doubting of themselves. They feel sure of themselves. Then they come to another test, a test that is a little more difficult than the rest. They then see how they are feeling and how much trust they really have. Suddenly it is apparent that their trust has vanished. They say that they trust in Spirit but that they cannot trust themselves. Since this perceived self is actually Spirit what they are really saying is that they do not trust in Spirit. You must stay aligned, stay centred. You must stay aware and believe, believe and trust at all times. We are always with you and we are always there to help you. When you are in doubt, call on us, we will always be there for you. Make sure you call on us whenever you have a problem of any type. We will give you the strength to get through it. We will advise you, we will help you past that problem so that you become stronger.

The only way to gain great strength is to keep experiencing and overcoming these little tests. You do not want to stagnate, you need to learn and go up in your vibrational energy. Up in energy means up in confidence and up in Spirit. You must always stay alert. Stay alert for when the next test comes. Stay alert and trust. It is much easier when everything is going right to be in trust. When the pressure is on, the test really begins to see how much you are indeed in Spirit, and how much you are ruled by your ego. Remember that we are there to help you, so do not struggle by yourself. Call on us for help and we will be there.

We are always there to help you

The world is an open book. This statement has been told to many people but they do not seem to understand what the true meaning of this is. Knowledge is everywhere, you just need to ask and you will get the knowledge that you require. Knowledge is the Universe and the Universe is you. All you need to do is think of what you want to know and the answer will come. Trust in the Universe because it is everything and everywhere. The knowledge that you crave can be drawn from the Universe. If there is anything at all that you want to now you can ask us. We know all, we have all the information, we have seen all, we know the future. We are the best ones to ask. Ask and we will tell you.

Sometimes we will not tell you the whole story that you want to hear because you are not yet ready. As you become more and more in Spirit, you become more open and we can tell you more. So do not think that you are being ignored if the answer is not given to you the way that you want. It is just that you are not ready for it at this time. All will be seen and all will be clear to you in time.

Time is coming when your vision will be as wide as the Universe. You will be able to see everywhere and everything. Do not rush, it will come at the time best suited for you. Some people will approach this time more quickly and others will be slower. Everyone will have their own time and their own path.

Things will happen much faster in the next few months than ever before. Be prepared and be open, listen, and do not doubt. When things happen know that they are happening for a reason. Know we are speaking to you. Know it is time to go to the next step of your Spiritual journey. It will be a good

time. It will be a very busy time. It is a time when you will enjoy all of the love that comes with helping people.

Enjoy the love that brings more people to a closer understanding of Spirit. Understanding the love of Spirit will be the best thing you will ever find. Relax and keep calm, because when you are calm you are more in tune with your senses. When you feel tense inside, relax and call on us. Ask us to calm you and you will enjoy the special time that is to come.



Think with kindness

Lets talk about kindness for a while. Sometimes in order to be kind you need to refrain and say nothing. Sometimes kindness involves saying things that are deep down in side that you find difficult to say. On other occasions if you say the things that you are really thinking, you may hurt the other person and make them feel uncomfortable and unloved.

Thoughts provoked through kindness and honesty always provide the best answers. What we really need to consider is the way in which we choose our words and approach our responses before we speak. Honesty without kindness, even with the best intentions, can cause others harm. We may not even be aware that we have caused distress. We need to be aware and consider what we are going to say and the effect it is going to have on those involved.

Always refrain from saying words just because you have been hurt by somebody. Never say things because you want to get even with someone. Remember the value of kindness and love. When you are thinking of love and kindness you would never even consider saying hurtful things. When you feel hurt, pull back and ask for guidance. It is very hard to think of kindness and love when we are hurt within ourselves. Ask for our help to see the lesson you need to learn to understand the hurt you are feeling. In this way your thoughts can go back to love, kindness and contentment.

Before we can truly speak with love and kindness in our heart we must first heal ourselves of our own hurt. We need to work through the problem that is making us feel uncomfortable before we open our mouth to speak. Realise that we can not put everyone on the path that we want them to be on. If they do something that hurts us, we must think about what it is we

are learning from this and what is the reason for them to have said what they have said. After thinking about what has been said and mentally working through it, we can better understand their viewpoint and why they have said such a thing to us. This then provides us with the lesson that we have learnt or are yet to learn. By working through the problem we have brought ourselves back to love again. We no longer feel the need to say anything negative in retaliation. We can say something that is kind and it will help them because for them to have said those hurtful words they must themselves be hurting. With us replying with words of kindness we have helped them as well as ourselves.

Never retaliate with vengeful words. Say nothing at all in preference to something hurtful and unkind. If you can not find it within yourself to go within and ask for help with this problem, then say nothing. It is always best to understand the problem and work through it with kindness. In this way you are learning and also helping the other person along their path.

Use all of your senses

Let us talk about the things that people often do not even think about for a while. These are the things that are often taken for granted, such as the air that we breathe, the beauty that we see, the touch that we enjoy. Often, we do not appreciate these in the way they deserve. We need to give thanks for our bodies and give thanks for the beauty that surrounds us. It is very important to be able to appreciate the depth of this beauty.

Many people who are blind see much better than those who can see. They have an inner sight. People who can see, can have both the physical sight and inner sight but must be prepared to work at it to develop this sight. It will not only enable them to use surface sight but will enable them to appreciate the true depth of sight.

We also have the ability to feel. We can feel temperature, such as hot and cold, and we can feel the vibrations around us. We also can sense. We can sense the feelings of people and things around us. We can tell a lot about people just by feeling the vibrational energy around them interrelating with our own energy field. We need to use all our senses in more depth. Concentrate on one sense at a time and isolate the feeling it gives you deep inside. Sense, a little at a time, on everything that is around you. Focus on the movement, the energy, the pain and the happiness that you can sense. When our senses are used to the fullest in this way we will be rewarded by fulfillment within ourselves. We will feel contented, full of life and full of Spirit.

We have been given an ideal combination in that we are both of Spirit and of human form. We are here to have a human experience and should enjoy it to the fullest. We need to

enjoy what we have now and live each day as it comes, not wishing for tomorrow because tomorrow is only an extension of today. Every moment is important and our time here is very short.

To experience more than the superficial depths of life, widen all of your senses to make them universal senses. Look with your eyes and your mind and you will sense and feel everything. We all can do it but we need to open ourselves. We must allow our mind, body and soul to be in complete harmony with the Universe to open our senses.



Going within yourself

Some people think they need to be speaking all the time but constant chatter is not beneficial. We sometimes feel if no one is speaking that we are obliged to talk. Do not worry about the quietness, enjoy it. Take pleasure in the fact that you can sit there and go within yourself. Just a few minutes spent going within yourself will do you great benefit. When you take this time you can communicate with us. We will be able to relax you and teach you. We are there at all times. When you question yourself about what you are going to do, do nothing on the physical plane, but go within and we will keep you contented, happy and relaxed. We are always happy to talk to you. We love talking to you and when you come within you experience deep contentment. That deep contentment will continue when you come back into the physical world.

Instead of rushing around getting nowhere fast, you will have contentment. Instead of the rushes of normal daily life, you will have contentment to follow through with what you need to do. It is amazing the things that you can do if you are doing them with contentment and relaxation. These things become a pleasure. When you rush and have much to do, quite often the pleasure is lost. It may be crucial that you do a specific amount in a day and if you go within yourself and relax you will feel good about yourself and accomplish what you need to do. Feeling good about yourself can continue the whole day so that everything you do becomes enjoyable.

The short time you have here should be enjoyable. It should be a learning and happy experience. Never feel hassled or stressed. Always go within, even if it is only for a few minutes,

go within so that you can calm down and feel contented to be you. By doing it this way you can enjoy the whole of your life.

.....
Sometimes you will have ups and downs of course, but you know that we are there with you, so come and trust us for we will help you through these times. Your life will be much better when you learn to trust in us and remember that you are in Spirit. When you are in Spirit you are trusting in yourself. To trust in your self is vitally important. You must learn to trust in yourself and to trust in your higher knowledge so you can be in harmony and balance with the Universe.



Concluding comments

Everyone can experience the warmth and love of Spirit. All you need to do is open yourself.

Our task is to let others share the joy that we are experiencing and guide them to open themselves.

In this way we can all enjoy the lessons on our pathway to wholeness.

My love goes with you on your Spiritual journey.



About the Author

Fay has been a Natural Therapist for 14 years. Her main areas of interest are massage, nutrition, herbs and homoeopathy.

Her love of homoeopathy lead her to become involved with energy work using radionix. She soon realised that there was a lot more to energy and became involved in Spirituality. Fay is now a Spiritual healer and teacher.

Thanks go to her Spiritual guide, Wyac, who channelled this book and enabled it to be brought to completion.

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