

*PART I*

*PERSONAL EXPERIENCES*

THE JOURNEY OF  
RETURN

## THE JOURNEY OF RETURN

There is deep within each soul the memory of a purity and perfection it once knew and experienced, and it is this memory that is the lifeline that can lead it back to the full awareness of that state of being. As the soul begins to turn its attention to spiritual things, in the beginning it must rely on hope and belief in this holiness to sustain it. All religions depend on hope and belief as a technique to lift souls up from the stifling hopelessness and despair of pain, suffering, destitution, and total lack of any human love or acts of compassion from other people. Very often the conditions of life are so appalling that the soul is propelled into such beliefs in order to endure the suffering. At times this belief may appear to be an illusion or a state of denial of reality, but without it we truly are hopeless. For those who in their desperation have not yet reached out for the lifeline of hope and belief, life can be very difficult. It is the acknowledgment of Truth at the soul level by those who already know It, accompanied by acts of kindness, loving words, and other expressions of honor for and admiration of their brothers and sisters, that can stir the memory and cause the grip of fear on their hearts to loosen.

It is true that some souls with a deep spiritual awareness may be going through what Christian mysticism calls the Dark Night of the Soul, and this may cause them to feel even more hopeless and lost than those who have not given much thought to spiritual matters. These souls often find it impossible in this state to see that the difficulties in their lives are, in fact, a blessing from God and are designed to bring them

closer to Him. Their crying out grips us to the core of our hearts, and yet they must have this experience in order to become free from ego attachment and release themselves totally to God. Here again, it is the privilege and duty of those who know and experience Truth to stand by them in spirit—and often in person. It is one thing to intellectually understand that God only gives us what is best for us, but in the middle of the process of releasing, it is not always possible to feel it deep within. When we are going through these experiences it certainly helps—in fact, it is our salvation—to seek God in our brothers and sisters. In order to experience Divine Love, we must offer it—It fills us while flowing through us. However, it is definitely beneficial to turn to those who know Truth and ask for their support. None of us are whole, perfect, and separate beings unto ourselves, but rather each is a part of the other and of God, and we all have need of communion with each other; therefore, it is our fulfillment—our natural expression—to offer limitless Love and acceptance to each other. It is the support of our brothers *along with* such acts on our own part that helps us endure our difficult times.

As we embark upon the journey of returning to the full awareness of our true being, we are often resistant to the very process that is so beneficial. After being brought up in a society that treasures judgment as a sign of intellectual accomplishment, and judgment against others as a means of feeling superior to them and aggrandizing our egos, we may at first view relinquishment of judgment and seeking to discover the Spirit of God in other people as an obstacle. We may even say, “I don’t want to see God in this person whom I dislike. I just want to experience God by Himself.” It does take some use of the intellect and a step of faith to accept that what we observe with our earthly senses is the expression of

the ego, which is not perfect, and that there is a perfection beyond these perceptions that can be discovered. One must surely want to become aware of this reality in order to be willing to use certain techniques in achieving this goal. For some people—especially religious people—it may come as a surprise to hear that use of the imagination (in the appropriate way, of course) can be a very powerful spiritual tool. To imagine perfection to be where we had judged it impossible to be is the first step in reinterpreting all those things we have judged against. It is certainly much easier in the beginning to imagine this when we are alone in a meditative state, because the personality of other people is so strong as to cause us to put up barriers when we are in their physical presence.

For those who just don't find within themselves the desire or willingness to do this on their own, if there is any desire to do it at all, there is every possible help available from God. We need only ask, and He will arrange everything in the perfect way and at the appropriate time, and He has tremendous joy when we ask Him for help. We are, after all, His children—a part of Himself—and His love for us is indescribable. We must of course accept that the methods He uses may not seem to have any value to us—simply because we don't understand the process. When we ask in earnest, then we must accept whatever presents itself to us and at least give it a try.

If we ask God for help, He will begin to present us with events, circumstances, and encounters that encourage and inspire us to persevere. We may hear of books, workshops, stories of experiences other people have had, etc. One of the most memorable things He gave me was a beautiful dream. I will relate it to show how moving one of His gifts was.

## DREAM OF LIGHT

*During the early 1970s I had several dreams of searching for a secret staircase. About 1 a.m. on November 30, 1974, I awoke after having a dream that was my first intense spiritual experience. I dreamed that I was going up and down a stairway seeking a secret passage. Someone came and told me to wait—that he would go and get the key. When he returned I saw him unlock some golden gates. I was aware of where I had just come from and, as it were, stepped back to that place. Immediately I was told by others to go back or I would lose the lofty state of consciousness. I returned and ascended some steps to what appeared to be a stage, and I entered into a very lofty, royal hall adorned with gold and beautiful draperies. I felt that I was approaching the Presence of God. The level of consciousness was very high, but suddenly it dropped back to where I had been, and the splendor began to fade. I fought to blot out the lower vibrations and regain the splendor, much as a drowning person fights to regain the surface of water. It was granted me to regain that high level. I then noticed an old man, who might have been an overseer, such as Saint Peter.*

*Suddenly I turned around to look behind me and encountered an intensely bright light, which I could not bear. I felt that I was in the Presence of God and threw myself on my face. I heard a voice deep within me ask God to never let me stray from the way to Him, to make me pure, and to make me of service to my fellowman. It seemed that the awesome Presence was on a balcony, such as those above the entrance to Gothic cathedrals. I never saw a figure there. I was just aware of blinding Light and indescribable splendor. Then as the splendor began to fade, I fought again to regain the high*

*level of consciousness. I was shown a beautiful curtain closing on a very high but rather narrow stage, and the word "Pluto" was written across the curtain.*

For many years I pondered the meaning of the word "Pluto." I knew that in Greek mythology Pluto was the god of the underworld where souls go after death. In the mid 1990s I was under a lot of stress with my job and caring for both of my elderly and sick parents, in addition to my sister who had had problems from brain damage since birth. I kept saying to myself, "I'm being destroyed." Then I read two books by Bernadette Roberts called *The Path of No-Self* and *The Experience of No-Self*. I realized that No-Self is when the ego has been destroyed, but a shell of it continues because that is necessary for us here on earth. This death of the ego was what the word "Pluto" symbolized.





## **TURNING OBSTACLES INTO BLESSINGS**

As mentioned above, resistance to seeking to recognize the Spirit of God in others can be a major obstacle for some people. I understand that well because I was one of those who said, “I don’t want to see God in other people. I just want to experience the Presence of God.” I had spent many years reading various books about spiritual development and mysticism. Some of the books I didn’t even understand, and others offered techniques that were impossible for me to use—such as stilling the mind of all thoughts. The idea of communing with God by seeking Him in other people seemed novel and a bit off the mark. I dismissed the idea at first, but events in my life had brought me to a spiritual and emotional crisis. This state was necessary in order for me to accept the ideas God had presented to me and that I had rejected. The following shows how I was saved from the dilemma.

### **JESUS IN THE THEATER**

*It was spring 1982. My life had been a series of failures for many years. I had been unable to finish my studies as a musician because of joint problems. I was studying data processing but didn’t really like it. I was depressed because, after many years of intensely studying spiritual material of various sorts, I still felt as though God was far away and not hearing or responding to me. I never found any way of communing with Him, and he always seemed silent when I talked to Him. I told Him that I didn’t think I could take it any more. During spring break I had state and federal income taxes to*

*complete for three people, as well as a list of other things to do. A very spiritual friend of mine called and said that he wanted to visit—that he had been told in prayer he should come. I couldn't say no, but I really didn't have the time.*

*One evening we were sitting and talking about spiritual things, and I told him that I had sunk as far as I could go in what seemed to be a bottomless pit. As I was talking I noticed a light in him, and I knew it wasn't something I was seeing with my physical eyes, but I disregarded it. As we continued to talk, I noticed it again a couple of times. I thought it was strange, but I didn't have time to think about it or try to sort it out. One day he said, "Let's go to a movie." I said, "I don't have time. I've got to get these tax papers finished." He said, "I'll drive and you can work on them while we are in the car." (It was a drive of about thirty miles.) So, again I reluctantly agreed. As it turned out, the movie we were going to see was Chariots of Fire, which had a strong spiritual tone to it.*

*After the movie had been going about half an hour, I suddenly noticed that Jesus was sitting next to me in the body of my friend. I knew without a doubt it was Jesus, but it seemed so strange. I kept looking at my friend, who seemed engrossed in the movie. The sense of the Presence of Jesus and the Divine Love he was sending me was so strong I couldn't ignore or doubt it. I had been drinking a lot of water and got up to go to the restroom several times, and every time I returned, Jesus was still there. I think that my state of despair made the Presence even more overpowering. After we left the theater I couldn't help but weep, even in the presence of my friend. Finally, I had experienced that God and Jesus did love me and had not forgotten me.*

*After returning home I mentioned to my friend that I had noticed a light in him several times earlier, and he told me that he had been concentrating on the Spirit of God in me rather than accepting as reality my description of my deplorable state of being. He then helped me as I began seeking to experience the Presence of God in other people rather than just abstractly trying to still my mind, which I definitely could not do, and attempting to experience God for myself alone. I will always be grateful to my friend for accepting to be God's vessel to help me at a time when I really wasn't seeking help anymore, as well as helping me during the years since that time. He was an example to me of a vessel being always willing and ready to go where God sends him, no matter what the circumstances are. Thank you, dear brother!*

This was a wonderful experience, and it gave me hope again, but we cannot simply revel in these glorious experiences and consider that there is nothing beyond them. God gives them to us in order to encourage us as we continue to allow all those things that block our view of Him and the reality of our brothers and sisters to be peeled away one by one. If we actively participate in the process, progress is much faster. Because my despair had been so great and my desire to know God continued with intensity, I was willing to seek to have experiences of His Presence over and over again—in spite of resistance from the ego. This is how it began.

## **EXPERIENCE OF ONENESS**

*Shortly after the experience of Jesus' Presence in the theater, I had been thinking about the experience of being at-one with others, which is sometimes described by spiritual people. My parents had an old country store, one that sold just about*

*everything—groceries, some drug items, work clothes, shoes, hardware, feed for all sorts of livestock, gasoline, and limited car parts. One day my parents, an aunt who helped us, and I were all there, and an old, very poor, and illiterate man came in. He was unusually grumpy that day; nothing satisfied him. As I was standing watching what was going on, I whispered to God: “I would like to experience my oneness with this man.” In an instant I felt truly one with him. I wasn’t used to getting, or at least recognizing, such a quick response from God. Maybe it was because I had bounced back from being so low in the bottomless pit and was now interested in experiencing God in someone other than myself. I was standing thinking about this when the old man, who had finished his shopping, started to leave. As he passed by, he turned to me and, in his colloquial dialect, said, “You know, pretty boy, sometimes I’m a little fussy, but I really like you.” I knew immediately that my experience of oneness was not just mine—he had also experienced something. As I began seeking to commune with the Spirit of God in other people, I came to realize that the blessing was one shared by both of us.*

Truly, an experience of holiness is worth more than a thousand books on the subject. One experience alone is enough to cause us to begin to ask to know God in all people, circumstances, and situations around us, and as we do this, the obstacle of resistance begins to melt. Still, at first we may find there is some resistance when feelings of fear or dislike are attached. Such feelings are interpretations and perceptions based on limited earthly knowledge, or in many cases simply hearsay. It takes a certain boldness to be willing to say to God, “I feel no love for or attraction to this person, but I am willing to allow You to show me the truth.”

## DEATH ROW INMATE

*I now often choose to seek the Spirit of God in people whom my personality would like most to reject, but at first this wasn't easy. I do a lot of talking in my prayer and meditation sessions. I speak to people of the beauty of the Spirit of God within them and ask them to open the door of their hearts and bless me with an experience of God's Love there.*

*In the 1980s there was much publicity in my state about a death row inmate who had committed a heinous crime and was about to be put to death. If I recall correctly, he robbed a store, and then shot and killed the owner in front of the owner's child. It was said that he had no remorse whatsoever. I think it was the day before the scheduled execution that I decided to include this young man in my prayers. Much to my surprise, I received a beautiful wave of indescribable love. I was so blessed and overjoyed by it!*

*After the execution had taken place, the news commentators said that before being executed, the young man said he was sorry about the crime he had committed, knew he deserved the punishment he was about to receive, and was at peace. I don't know what brought him to that point, but I think it is because of this that he was so open to me the night before his death. I thank him for the blessing he gave me!*

As time went on I began to think that I should extend my communing to include more people whom I had never met—including those who could have a great effect on circumstances in the world. I have found that often when I start working with someone, it seems the door is bolted and no one

is at home. It takes about a week before they even seem to begin to listen to what I am saying.

## **WORLD FIGURES**

*Some time in the late 1980s when the news often featured stories about Gorbachev and Ayatollah Khomeini, I decided to commune with the Spirit of God in them. It took a lot of patience and effort—prayer/meditation can sometimes be very hard work. At first, Gorbachev seemed as if he was in a deepfreeze, but as the months went by he seemed to thaw. I spoke often to him in spirit, telling him of the beautiful Spirit of Light within and urging him to allow it to beam forth from him into all the world. As time went by we certainly did see that he did that. The collective prayers of all of us surely helped him to do it.*

*As for the Ayatollah, it was a very different story, and it serves to show how uniquely each one of us was created by our Heavenly Father. I began my attempts to commune with him around New Year of that year—1989 I think it was. I spoke similar things to him and urged him to accept the great opportunity he had to spread God's Light into the world. About five months later, one night as I was focusing on the Divine Light in his heart, suddenly he opened the door of his heart and allowed me to see his true being. What I beheld was a beautiful, brilliant, and still light. I was so blessed by the experience that several days later I realized that every time I thought of him, I only thought of the beautiful light. Then I also realized that he was the first person whom I had ever totally forgiven, for now I didn't think of him as being what I had judged him to be. One evening a couple of days later, as I was walking through the family room, the news was on, and I*

*heard the commentator say, “Ayatollah Khomeini has said that even though it is bitter as medicine, he will agree to talk peace with Iraq.” I continued to commune with him, and one evening he raised his arms and embraced me as his brother. As he raised his arms in spirit, his right arm brushed my left side, and I actually felt it in my body.*

As strange as it may seem, it is sometimes easier to desire to see God and know His Presence in those who dislike us or to whom we are not attracted than in those with whom we have some very positive and intimate relationship. If we dislike someone, we may simply want to see something better, but if we love what we perceive on the earthly level, we may have no desire to go beyond that. On the other hand, when those whom we love suffer, we are propelled to reach deeper within ourselves and bring forth the desire to make even those relationships holy. Such was the case with my mother.

## **MY MOTHER**

*My mother had been through great suffering with a knee replacement and then a hip replacement, followed by a split in the bone around the artificial hip joint. She had always been a very strong person who felt that she could do anything. She was very active in church work and loved to bake. Everything had to be baked from scratch, and it was absolutely delicious. Now she was very weak and depressed. She would only lie on the couch all day and do nothing. I attempted to commune with her for a whole year, but it seemed the door to her heart was bolted. About five days after the experience with Ayatollah Khomeini, she suddenly flung open the door of her heart, and the Light there washed over me in great waves that made me laugh. I was amazed and struck by*

*how different the Light was from that in Khomeini, which was so serene. The next afternoon when I came home from work, I noticed freshly baked pastries on the kitchen table. She was back at it, and we were delighted.*

When people don't respond, it is often tempting to give up. It is very difficult to continue to go to the door of their heart day after day, whispering to them and coaxing them to allow you to see the beauty of the Light there and to experience the joy of their love, when you get no response. But this is also a test of our love for them, and our patience and confidence will eventually be greatly rewarded. I find that my willingness to wait is renewed when I say, "I thank you, Father, that You come to me as this dear brother or sister to bless me with Your Love."

The obstacles of resistance become less and less as we enter into holy embraces more and more. Based on the memory of past experiences, we know that the mask of personality, which sometimes is somewhat frightening, always covers love and beauty. We may spend a number of years focusing on healing relationships with other people before we begin to realize that there are many more areas of life that need to be included. We must eventually broaden our perception of perfection to all facets of our lives. An opportunity was presented to me to do this with a pet.

## **LADY**

*I went to visit some friends in Virginia one summer, and after I arrived one of my friends said to me, "I have a friend who has an old dog named Lady to whom she is very attached. Lady is very sick with pancreatitis, and the veterinarian has*



*suggested euthanasia. Would you pray for Lady?" I agreed but wondered how best to do it. I went into my room, folded my knees, and sat down on my feet. I had no idea what kind of dog it was or what she looked like. I just pretended there was a dog on the floor in front of me and started talking to her. I told her that God is present in everything that exists, and His Light is also in her. I concentrated on the Light of God that was within her and gave thanks for It. When I was finished I seemed to sense the presence of the dog and was a little surprised that she didn't jump on me and lick me as dogs like to do. It seemed that she just sat there and looked at me rather ladylike.*

*The next day I was hurriedly getting dressed to go somewhere, and suddenly it seemed that Lady was there, sitting on the floor looking up at me. Since I was in a hurry, I didn't think much about it and just said, "Hello, Lady." The following day I was brushing my teeth and again in a hurry to go someplace when suddenly there was Lady sitting on the floor before me and looking at me. Again I just said, "Hello, Lady," and rushed to finish and leave. The third day after praying for Lady was the day before I was to return home. A friend and I were sitting quietly in a restaurant after ordering our meal, and suddenly there was Lady again. This time I was not in a hurry and couldn't help but laugh, and of course I explained to my friend why I was laughing. After I had returned home, I called to let my friends know that I had arrived home safely, and my friend said to me, "I just talked to my friend who owns Lady. She said that Lady is healed, and the veterinarian says it's a miracle."*

In my experiences with prayer, I have found that often children and pets respond more quickly than adults. Perhaps it is

because they are more open to accepting an acknowledgment of God's Presence and to accepting unconditional love from another being.

Regardless of how spiritual we may think we are or how often we experience God's Presence, there come times of dearth—times when most people don't seem to be responding as we approach them in spirit—and we wonder if we are doing something wrong. Such times can be discouraging, but even in times of famine God sustains us and keeps us from losing hope (see I Kings 17:8-16). It can even be delightful.

## **EXPERIENCES WITH A CHILD**

*I have two beautiful friends who had a son born in the mid-seventies. I saw him the day he was born and was amazed at how alert and aware he seemed. I later moved from the area and only had a chance to see them about twice a year. On one of my visits when the child was about three years old, he was sitting on my lap watching cartoons, and I began to feel his spirit reaching out to me. On the personality level he was being entertained by the cartoons, but on a deeper level there was a communing of the spirits within us and an exchange of a beautiful love. From that time on there seemed to be a strong bond between us—that is, until the age of puberty hit and, as some teenagers do, he shut down for a few years.*

*Sometimes, when he was still small, my friends would say to me on the telephone, "He's being obnoxious and won't cooperate. Will you pray for him?" When I did my evening prayer and meditation, I called him by name, and immediately I could feel him come running to me, jump on me, and throw his arms around my neck. The next day my friends would say*

*that he was totally different. This little friend was always ready to exchange love. I even called him “my old faithful” because, if I was having a very dry prayer and meditation period, all I had to do was call his name and have an exchange of the Love of God in our spirits. It was so uplifting! A couple of times when I was sitting at work I felt him come to me in spirit, hovering above my left shoulder. I would pause a moment to receive his love and reciprocate.*

*I think this beautiful child helped me to understand more than anyone else how much difference it makes when we take the time and make the effort to seek to recognize the Spirit of God in others. Our brothers and sisters need it, and so do we. I personally think this is both the best and the easiest way to commune with God and be mindful of Him in our lives.*

Oftentimes we go through life with the desire to be mindful of God, and yet at the end of a day we may say, “I was so caught up in all the activities, I didn’t even think of God.” We recognize that it is the things we dislike or the things that challenge us that awaken us to the need to look beyond the outer nature and recognize God there. This can range from unpleasant situations to an illness that disables us. We may find it difficult to acknowledge such things as a blessing, but if we reflect upon it, we will realize that we seek God most when things are difficult. Even a minor irritation can result in a blessing for many people if we allow it to be a reminder to look for Truth and seek to experience Love by offering It.

## **SPIRIT OF GOD IN THE PULPIT**

*I once attended a church where the minister really loved to talk about the Love of God, and when he did so, you could*

*feel that he knew what he was talking about. There came a point in time when he was going through a lot of stress and difficulty, and one Sunday morning he was giving us a tongue-lashing of a sermon. I wouldn't say that we didn't deserve it, but after about fifteen minutes of being scolded, I was getting weary of it. I looked at his heart area and started focusing on the Light of God there so intensely that I wasn't seeing anything else. After I had done this about five minutes, he suddenly stopped abruptly, turned, and looked at me for a couple of seconds. Then his voice took on a very gentle and loving tone, and the rest of the sermon was inspiringly beautiful.*

*I might also add that when this minister would lead a prayer for someone who was sick or in trouble, he would often say, "Father, we lift them up into Your arms." I think that was extremely powerful, because I can imagine that everyone was visualizing lifting that person into God's arms.*

There has been some discussion in spiritual circles about the appropriateness of praying for the physical body, and some people think it should not be done. I have received messages from God and Jesus indicating that the physical, emotional, and mental parts of our being should not be looked down upon or neglected. Of course, we must keep the proper perspective. Jesus once said, "Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matt 6:33). To me this means that we first turn to God, seek His Holy Presence, and acknowledge that all gifts come from Him. We ask that He grant what will draw us closer to Him, and we desire that only His Will be done. When other people ask us to pray for them, we seek the Spirit of God in

them and ask the same thing. Sometimes immediate relief is not God's answer, but again, we can be surprised.

## **A HEALING**

*Some years ago a friend of mine had a problem with his stomach. It was severe enough that the doctor decided to perform a procedure by which my friend had to be anesthetized and have an instrument inserted through the mouth into the stomach. It seemed there was some concern that he might have an ulcer, or even stomach cancer. For a couple of days I tried to commune with the Spirit of God in him, but I got no response. On the night before the procedure I stood before the door of my friend's heart in spirit, talking to him about the beauty of that spirit within. I asked him to open the door and allow the Spirit of God there to bless me, but it seemed the door of his heart was bolted. Finally, I said, "You can ignore me if you like, but if you think I'm going away, you are wrong. I'm going to stay here until you open the door." After about five minutes, suddenly he flung open the door of his heart and allowed God to bless me with a wave of Divine Love. I gave thanks and knew that my friend had released himself to God and all would go according to God's Will.*

*The next evening I called to find out the results of the test. When my friend answered the telephone, I asked "What did they find?" He replied, "Nothing, but I had a healing." I asked, "What do you mean?" He answered, "I had been told that for a certain number of hours before the procedure I couldn't take any kind of medication. Last night I had a terrible sinus headache that wasn't getting any better. Finally, I decided to soak in a tub of hot water. As I lay there in the*

*water I had a healing, and I knew you had something to do with it.”*

Our problems and illnesses are usually symptoms of the “disconnect” between our consciousness and the awareness of our true being, and they are most effectively worked on from the root of their existence, that is, our belief that we are separate from God and His creation. If we only work on ameliorating symptoms, no change in our perceptions is effected.

Sometimes in our frustration with conditions in our lives and those of our brothers and sisters we may feel as though we would like to storm the gates of heaven, but that really does not work. We can't force entry into the hearts of others, but if we stand by them faithfully, radiating a gentle love, they will, with time, notice how non-threatening we are and eventually release their fear. It is our privilege to do this—and also a source of great spiritual blessings. Jesus told his disciples, “This is my commandment, that ye love one another as I have loved you” (John 15:12).

## MESSAGE FROM THE MASTER CHRISTMAS DAY 2003

I have asked our dear Master to bless us with a message on this joyous day.

*Come unto me, all you who are heavily laden with burdens of the body, heart, mind, and soul, and I will surely help. If you will only ask of Me, and then release the burden to Me, I will find the perfect solution to every situation. You do not know the perfect solution—what would be most beneficial to you—but if you will trust Me, you will receive relief, Peace, and Joy. If symptoms and signs continue for a short span, do not give up hope. Remember that in order to receive relief from a splinter embedded in the flesh, you must first endure having it removed before the healing process can begin. If you had only an inkling of My Love for you, you would know that My Father and I do not punish and have no delight in seeing you suffer, but we do know the process of making you whole again—healing you from your fragmented state of awareness. Do the following:*

- 1. Approach the Father and Me without fear.*
- 2. Ask of Us—speak to us of your concerns, of what is troubling you.*
- 3. Leave the burden with Us—don't carry it back in your heart, or come back later and try to get it so that you can carry it around with you.*
- 4. Trust—accept that We will arrange everything according to your best interest.*

5. *Give thanks that the burden is no longer yours—allow your joy to be seen in your countenance.*
6. *Look for opportunities to allow Us to extend Love through you to others.*
7. *Accept gladly the circumstances of those opportunities, even though from an earthly perspective they may seem to inconvenience you.*

*Understand that difficult circumstances may be the needle that removes the splinter of obstacles you have carried for eons. Those of you who know of Me know that I have always extended Love. If you are in a difficult situation, close your eyes and imagine Me as I was on earth—imagine that you are in My Presence. Speak to me of what concerns you, and then allow yourself to feel and accept the Love with which you must surely know, without a doubt, I envelop you. Your little step of faith and trust, which is not unfounded, is all that is asked of you. The rest is Our job. If you find your faith wavering, turn to one who knows Me well, and ask him or her to speak to you of Me. Remind yourself every day that I am in your heart and stand ever beside you.*

*Forget not your brothers and sisters; for I tell you, no one comes before Our Father or Me in love and asking for the sake of others without finding entry. Devotion to your fellow-man allows the door to be opened, for devotion is that Spirit of the Father within you coming into your awareness. Do accept that there is no greater purpose than this for you to be on earth, and release the goals of the ego, for they will never satisfy you. Every day state that your intention is to be a vessel of the Father, pure and empty, so that He may through you call your wandering and confused brothers and sisters back to Him. As you think of them, touch each one in spirit*



*with love, and give thanks unto the Father for the opportunity to know His Love flowing through you to them.*

*Now, go with the blessings of the Father and Myself. Your brothers and sisters are waiting for you! Many will only know and experience Our Love through you.*

[See Appendix for a short discussion of the term “empty vessel.”]



## A WAY OF PRAYING

I certainly do not intend to try to improve on the Master's message, but I thought it was important to first share His message before going to this next topic. I have resisted the suggestions of several people to give exercises because I felt that sharing my experiences would be the best way of assisting those who care to try the approach to spirituality that has been so helpful to me; however, a personal situation has touched my heart, and I have decided to suggest a way of praying that works very well for me.

If there is a situation bothering you that involves another person, I would suggest that you go to the Father and the Master using the steps He so lovingly gave. We should always speak of these things with Them, and most of us don't have a problem with that. A little more difficult is leaving the burden with Them, trusting, and giving thanks for something of which we have not yet seen the manifestation. What I am going to suggest has already been related, but in order to be of most assistance, I will gather the ideas together all in one place.

1. If possible, sit quietly in a place where there won't likely be any interruptions and try to release the cares of the world. Taking a few deep breaths sometimes helps.
2. Approach the Father and the Master and be perfectly honest about your feelings. If there is a situation you are concerned about—someone is sick, someone has

hurt you or saddened you, or if you just really hate someone—admit it. God already knows anyway, but you need to face your feelings yourself. If you do not feel like loving or forgiving the person, tell God about it, but then *ask Him to help you to be willing to release these feelings to Him and accept to see things differently*. This is the key that unlocks the bolted door of your heart. God will not force entry, but if you ask for help, that request unlocks the door and leaves it slightly ajar so that He can help.

3. Now, imagine that person is standing in front of you. Think of the body and personality of him or her. Then accept in your mind that God has come to you to bless you, but He is wearing the body and personality of that person as a mask. Imagine the mask becoming thinner and more transparent, and behind it is a Purity, a Holiness, and an indescribable Love that could only be coming straight from the Heart of God. Consider yourself to be in the Presence of God, and never think that you need to fear It. Remember, *God is Love*. (When you imagine God's Presence, you allow those things that block your vision and experience of Him to fade, because it is the belief that He is *not* there that blocks the experience.)
4. After you have accepted that this is true, and can begin to feel the beauty of the experience of being there, now talk to God. Tell Him how much you adore Him and how thankful you are that He is Love and you can always approach Him.
5. Say, "I thank you, dear Father, that You have come to me this day as (the person's name) to bless me with an experience of being in Your Presence and knowing

Your Love.” Pause a moment and allow yourself to be blessed—linger in the experience of it. (You receive by giving. That is, *because* you have acknowledged the Presence of God there and offered appreciation for It, you then experience It as His Love flows through that person to you.)

6. Then you might ask God to also help that person to experience His Love just as you have experienced It.
7. It could be that God may place into your mind an idea of something you could do. Sometimes when a person is sick, worried, or depressed, I may get a feeling that there is negative energy around him or her, like a cloud, and I may feel prompted to say, “All that is not in accordance with the Father’s Will for you at this time, if you allow, I will remove.” Then I imagine that I am gathering it in my arms, and I place it over a Flame of Divine Love beside me so that the dross can be burned away and release the pure energy of God to bless us all in the way it was intended.
8. Allow your heart to open and your love to envelop the person.
9. Now give thanks for the situation that has brought you to this experience. Admit to yourself that if you had not had difficulty, you might not have taken the time to seek out God. Try to accept that what brought the situation on was really a way of that person reaching out for love; that is, if he felt loved, the situation would not have come about. This blessing was made possible because *you* didn’t stumble over the situation, but rather accepted to use it as a tool to look beyond it.