

MESSAGE ABOUT
VICARIOUS SUFFERING

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NOTE: The term “vicarious suffering” is used here with the meaning of one person taking on the suffering of another person as a substitute or surrogate, so that the other person is relieved of it, rather than the meaning of empathizing, as in “I suffer with you vicariously.”

The Heavenly Father is asked to speak of vicarious suffering. Is there such a thing? If so, explain how it can be beneficial to take away the suffering of people whose souls have taken it on as a means of evolving toward realization of the Divine Spirit within them. Is it not robbing them of opportunities? Do they no longer need these experiences?

You should not be concerned with suffering that you might take upon yourself for the sake of others. You come into My Presence with great love in your heart for all your brothers, and you may come with them one by one. As you come before Me with great love—because you desire that each one know and experience My Love as you have known and experienced It—and with deep compassion as you see their great suffering brought about by having strayed and lost sight of My Vision, My Love, My Light—as you do this, acknowledging the Purity and Holiness of Myself in each one—you lose sight of anything you might previously have looked upon as less than perfect or less than whole—anything that may have needed healing, as it might be so labeled. In acknowledging My Spirit in your brother, you touch the spirit in him, and there comes about an embrace—a holy embrace—between you and him.

As you stand before Me asking that all blessings that can be bestowed upon the brother be given in the appropriate way, as you volunteer to yourself be the vessel through which, if it is appropriate, any blessings may flow, then you have yourself done the most important thing you could do so that your brothers may receive their release. Then it could be that I may lay upon your heart something you need to do, but keep in mind that you must be very patient, for your brother may not yet be ready to receive those blessings I hold in store for him. Now, do bear in mind that there are many brothers who are touched by the suffering of others and desire to be of help to them, and they may do whatever seems possible to them in the moment. If they have not yet learned to recognize My Spirit within and release all things to Me, and yet are in some way able to take upon themselves the suffering of others, it is a sign of their great love for those who suffer that they may do so. And to look beyond themselves in love for their brothers is perhaps also a test of their own desire for oneness. If they should desire to do this, they accept to be helpful to others in whatever way each one can accept on his journey.

As you come before Me, also keep in mind and ask that My Will be done, and ask for what is appropriate for your brother. Have no desire that something should be lifted from him if it still serves a purpose—a purpose that will eventually lead him directly into the knowledge and recognition of My Light and My Love within his heart and that he rests in My arms. Have no fear, for all things that are beneficial to him will be given, and those things that are not will not be given. Nothing will be taken away that serves the purpose of leading him to recognition of Me and recognition that I am manifest as his brother. So, accept to be a vessel, and accept the ways in which I bless your brothers through you. Just relax and leave

all things to Me. Allow My Love to well up within your heart. It could be that as you come with a brother, the only appropriate thing in that moment may simply be to just extend your love, touch your brother—let him know, deep within, the love you have for him. So can you be My vessel; so can you serve your brothers who have lost their way, who have turned away from the Light and been distracted, and simply need to be gently turned back in the right direction.

So, the issue is not really suffering as much as it is turning toward the Light?

Suffering, as it is perceived by you on earth, is simply a means. There are those times when your brothers bring it upon themselves by having violated holy laws, but it also serves to cause them to turn, seeking in the direction whence only true help can come. As long as they are complacent in the idle joys and thrills of life on earth and are not in harmony with Divine Love in their hearts, there can be suffering because, until they reach a point where they finally cannot help themselves, they will not turn to the Light. For those, some suffering can be a tremendous blessing, but the issue is not suffering. The issue is facing the Light and realizing that their identity is a Light and a Love that can only be experienced. It cannot be explained.

Is there a benefit to the one who has taken on suffering vicariously?

To those who have perhaps taken on suffering from someone else, the benefit would be that they have allowed such compassion to well up within their hearts that they are willing to accept anything in order to be of assistance to another

brother. In so caring for him they lose sight of themselves, and they stop thinking about what they might find uncomfortable or distasteful. Their greatest desire is to have the light in another brother's heart become unveiled and expand so that they may be allowed to gaze upon it and have the great joy of recognizing the Father as He is come to them as that person. So, it can serve for some who are learning to love their brothers as much as themselves. They can, however, grow into an understanding of how their brothers can be helped in the greatest way possible. Never condemn or judge others who are trying to help in this way, should you in your own mind perceive that this might not be the greatest way. Just look at their hearts and the Light within and ask that they may be helped to recognize in all cases what is the most beneficial way for them. That will be your service—an expression of your love for them.

So, the point is in the loving, not in the suffering?

Yes, you should not desire simply to suffer. There may have been some in the past who have seen suffering as what they should strive for—that it is necessary to suffer in order to come to a knowledge of the Father. This is not the most beneficial way in which one can experience and know the Father; however, if one desires to know Me enough to be willing to suffer, that itself shows that he is seeking to fully know My Presence. As you on earth may blunder about, be not overcome or saddened by some of the dead-end streets you go into. It is a part of the process, and by going through the process, you have experiences through which you can identify with your own brothers. By being able to identify with that, your compassion and love are increased, and any tendency you might have to ever judge them falls away. If you have not

had any of their experiences and do not know their suffering, then you do not understand your brothers, and you may be inclined to simply say, “Father, bless them,” and then go your way. But you must stand there and say, “Father, is there something I can do, is there some way I can allow You to express through me?” and be willing to take that on yourself. Unless you are willing to go out into the byways of the earth, wherever I may lead you, then you have not recognized that as long as there is one brother who is lost and floundering about but also desiring to find the way and who could be helped—as long as there is one left—your joy could not be full.

So, when you do experience suffering, the benefit would be that you would be less likely to judge another—that suffering would help you to stay away from or release judgment and instead embrace joining with the brother? And it would let the brother know that you are joining with him?

Never just choose to suffer. Simply be willing to accept whatever the process is into which the Father may choose to lead you. Do not perceive it as suffering, even though it may appear to be a hardship. Always know that there is a Divine Purpose to what happens, once you have released yourself to the Father and accepted that only His Will be done. It is necessary to do that. If you should take upon yourself to decide what another brother needs, you must realize that you cannot know what is best. You must allow the Father to do it. The suffering of your brother may be necessary to some extent in order to bring him to a point where he realizes that he has lost his way and cannot help himself and then turns to Me. The most important thing for your brothers walking in darkness, who have lost their way, is to reach a point where they

turn to Me and say, “Help me. Just provide a way. Help me!” For having once turned, they are then going in the right direction.

So, in some sense, to engage in vicarious suffering might be a kind of human insistence on a solution that is not God’s solution. In fact, we cannot know God’s solution; we simply must be open to it. In other words, vicarious suffering is another way that we might try to solve another person’s dilemma from our own perspective. Is that correct?

Yes, and you do not have the wisdom to know what is the best solution. Sometimes the brother may need to suffer a little while longer, and sometimes that may not be the case. You do not know and cannot make that decision. There are some brothers of yours who have great healing ability and can take away the suffering of your brothers. They may not have the knowledge of whether it is appropriate at that time. They can also take some of the negativity upon themselves, but it does not have to be done this way. There is another way. But do not judge a brother who does this, because it is a sign of great compassion in his heart that he would be willing to take this upon himself. Just come before Me and say, “This brother has such great compassion and yet is bringing so much upon himself. I ask, dear Father, that You help him to know that he should always turn to You and that whatever You should tell him is the appropriate way, is the way it should be done, for of himself he cannot know.”

Would the Father give some instruction as to what the vessel should be doing at this time?

*As you go about your daily life, never be upset or concerned when everything goes topsy-turvy, because I have other plans at times. Just always know that what I have decided is the perfect thing to happen will come about and that you will be led into places where you come in contact with others whom I can touch through you. You may never be aware of it; there may never be a word spoken. It could just be touching the energy of another person that may lift some sorrow, distress, or depression. Your job is to simply be empty, and you will not know My Presence fully unless you **are** empty, for as I flow through you, you are also blessed. If you decide yourself what must be done, you have closed the door. Then you will not feel My Presence and your brothers will not be blessed in the greatest way possible. You have restricted them. As you rise in the morning, say, "Father, this day help me that I may always look to You and always be empty, and bless my brothers in whatever way is best for them, whether I know it or not. Help me to always accept to be led wherever You would lead me." And when I lay it upon your heart, be willing to drop those mundane things and pause a moment to receive the instruction or message I have, or to extend love to someone you may think about because I put the thoughts into your mind. You know there are brothers in other parts of the world who are suffering terribly and who are also seeking a way of love. Just extend your love and know that it flows through you and touches them. Although you may never know or see anything discernible, judge it not, for a blessing has been given, and you have been the vessel through which it came. You have fulfilled your purpose.*

Some people say they find it difficult to see the Father in all things they encounter. Also, sometimes we seem to take other

people's suffering upon ourselves and even have difficulty sleeping at night. Can any help be given?

It is certainly possible that when you look upon other brothers, it wrenches your heart and you have great desire to lift that suffering. In a way, you suffer with them because of your love, but always remember My Light, My Spirit, within them, and focus your attention upon it to the point that you begin to see that Light only. Then the suffering melts away, because you see it no more—you look through it—and you feel the Love that is Mine. Embrace what is holy within your brothers, and continue to do that. As you look upon them, it is certainly appropriate, when you see dark clouds around them, to just gently remove them saying, “Father, all that is not in accordance with Your Will for my brother at this time, if he permits, I will remove. I place it over Your Flame of Love beside me so that it may burn away all the dross and release the pure and holy energy.” Then you bless your brother, and you focus always on the Holiness within him, the Beauty and the Light you see there. And each time you do that, you awaken it more in him. But remember, your brother is Myself, come to you to bless you, and what you may perceive as suffering is only a perception—not that you should ignore it, but do not allow it to make your heart heavy. Release it to me.

Then take your brother by the hand, put your arm around him, and come before My Presence and say, “Holy Father, I bring one so dear to me. I love him. I desire that he know Your Love as I do! We come before you. Bless us together. And allow all that is not true and real—that is only a perception, an ignorance, or lack of knowledge of You—to just melt away as we stand before You gazing into the Light. Know that I love my brother. I cannot be filled with joy unless

I know that he knows it also.” And then release all that is heavy on your heart and know that what is heavy on his heart will also, when it is appropriate, be released. Be not disheartened if it is not released from him totally in that moment. Just rejoice that I, in all My Love and Gentleness, know when it is totally appropriate. And it will be done, for I have total Love for your brothers. I will bring that about in the perfect way. So, as he stands with you before Me and gazes into the Light, as he allows the Light of the Spirit within to beam from his eyes, he is released of all things. Then he also has that great desire to go back into the world as one like unto yourself, one who wants to gather together all those who are willing and bring them to Me. When you do this, you release all things to Me and you are blessed with your brother. You know My Love and Light welling up within you, and you realize that I am manifest as you in the world.

You have come forth into the world to be another one to help many of your brothers here, not by taking their troubles upon yourself but by bringing them to Me and watching them be transformed into pure Light. I walk the earth each day as you—I touch your brothers as you—and you have a holy service here on earth each moment of the day, even as you sleep. If you have accepted that purpose and have the intention that My Light go through you, I will bless the world, even the earth itself, so that it may be transformed and no longer be known as the planet of suffering and agony but the planet where Love and Light radiates out into the whole universe. Those in distant galaxies will look in wonder and say, “What a beautiful star that is! There is so much light coming to us from it. How did this come about?” They will want to know how all this was transformed. You are blessed!

Is there a closing message?

The Master spoke:

Go forth in the Light, knowing that you rest in the Light, knowing the Light goes through you, and having one great desire: that the Father help you to always be totally empty so that no brother who could be helped would fail to receive what the Father has prepared for him because you perhaps have not been open, but rather that he be blessed because you are an empty vessel. Never stop to question, and never wonder about it. Just know that because you have asked Me to be in your heart, to express through you, I walk the earth as you. Did I not tell you I would come again? I just didn't explain how it would be. I walk the earth as you when you allow it, and then you are Me. Just ask each day, "Master, be me. Help me to allow You to be me." That is all you need to do. Don't get bogged down with wondering about it; just have that intention. Ask, and be open. Allow your brothers to be blessed as each one comes to you. Just reach forth to that Light in their hearts, desiring to touch it and be enthralled by it. Assure them of the Light there. If you try to figure it out or focus on appearances, you close the door. You must release the perceptions in order to know My embrace.

Allow the Love to flow through you as you speak to your brothers, for it is only in this way that they will allow the shackles to fall away. Allow your perceptions of lack of love and of pain to fall away as you focus on the Light and Love in their heart—as you allow those things to dissolve. When you focus totally upon the Light and Love and they recognize that you are seeing only this within them rather than seeing their pain and suffering, that is what allows them also to release those things. For if you look upon them in pity, they will

notice your perception of those things that cause pity. Go beyond pity, for compassion and love flow across all things. Then you allow Me to be in you, and you see Me in your brother. And you look into his heart and say, "I thank you, Father, that You sent this brother to me, so that I might gently part those clouds and gaze upon Your purity in his heart, allowing those other things to drop away in love." I bless you, My dear brother, and I thank you that you allow Me to walk the earth in you.