

Spirit Whispers from the Heart

Volume Eleven



Painting by Lisa Evans

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Welcome to the eleventh edition of *Spirit Whispers from the Heart*.

Happy New Year to all my readers...here we are, 2010.

I wish you the best year yet, filled with all you could ever dream of. It is so powerful to open yourself up to the divine understanding that you are worthy of manifesting your dreams and desires. Make 2010 a year where you unfold the power centre in you...and acknowledge the divine presence is ever present and available to all.

I have been having a wonderful six months of experiencing serendipity in my life... that is why I am a little behind in keeping up with Spirit Whispers...sorry! Please bear with me, as I just HAVE to share it with you. I would like to show you, when the journey is right and your yellow brick road is heading in the right direction, there are NEVER any blockages.

I woke up one morning with this thought whispering in my ear...it is time to turn my book, *The Angel in my Dreams* into a movie. I wondered how I could even begin, as I have no experience with the movie world. Spirit told me to contact a film company in Sydney; I would find them on Google. That I did. They were very helpful guiding me to the Queensland Film and Television people. I rang them, and once again received guidance as to where I should take the next step. I told them I visioned 'Angel' to be an animated movie, as the different stories within the story could only be produced in that way. My friendly listener advised me to go to their web page and look up animators, which I did. I came across a name I liked, and after a huge gulp, I thought what did I have to lose. I had come this far, hadn't I?

I tried to call the number listed, but no answer, so I emailed explaining what the book was about, my vision and emailed a copy. The next day I received an answer...yes the producers would love to have a chat about 'Angel' and could we set up an appointment two days later. They lived less than 10 minutes from me!

The day arrived for our appointment. I was going to the toilet ever ten minutes, I was so churned up with the thought that maybe, just maybe this was really happening. My beautiful children's story was to be on the big screen.

I ask my husband and business partner if he would come along...I don't have much of a head for the business side of things!

After speaking to one of the partners (let's call him Peter) for over an hour, I felt as if I was wasting his time...too many ifs and buts. My heart sank!

From the top of the staircase descended the other partner, (let's call him Paul). He sat down and listened as I passionately drew them into each coloured curtain and scene. Paul asked to have a look at the book. He sat quietly flicking through the pages, as his friend continued to say how much money would be needed to do such a movie. Paul asked me if I knew some friends of his...yes I did! He said they told him about 'Angel' when it was first published, and said it was the perfect book for him to produce! Bingo!

Paul suggested to keep the story my own, to write the movie script myself! Yipes! As if!

On that very day, my friend from Melbourne, whom I hadn't spoken to for quite some time, contacted me. I told him about my latest project. He said if he could help in any way, he was there for me. As he had studied script writing he would give me some guidelines.

That night I said to Chris I needed someone to put music to the words of a poem I had written for book 2, The Adventures of Angela and Eli...and I felt my Melbourne friend would offer to assist. The very next morning I received an email from my friend asking if I wanted any music to words I had written as a gift! Hello! The next day it was done!

OMG, I thought, this is all happening so fast...maybe this time I won't be blocked!

After many, many weeks slogging away on the computer, trying to put the script together, Chris and I decided to stay a weekend at his parents' unit at the Gold Coast. On arrival I pulled back the curtains to see a double rainbow stretching as far as the eye could see right in front of us, over the ocean. I stood on the balcony, asking Chris to get his camera. My first thought was...this is a sign from God to say I am on the right track, as Angela and Eli, my characters, cross over the rainbow bridge to the hereafter.

When we arrived back, I received an email from one of my facebook friends...It was a picture of a rainbow going over a bridge with four little animals sitting, watching. I called Chris in to take a look...'this is another sign', I said. Less than ten seconds later I received another email. I looked at the picture of the lady on the header and thought how lovely she was. Just as I was about to delete it I noticed the title across the page was Spirit Productions. Curious, I investigated further...Victoria was interested in spiritual scripts for film and T.V.!

I decided to send her an email seeing this as another sign, with a copy of The Angel in my Dreams. Spirit whispered in my ear to call her. I noticed she lived in L.A...all I need to do was to get the dial-out number from Australia. On the second try, Victoria answered. I blurted out my plea as quickly as I could, not wanting to take up too much of her time. She told me her father had not long passed and she felt we needed more movies about death and life after! Bingo again! Victoria offered to assist as much as she could, offering to go through the story and give a few tips. She gave me a quote to do this, which was very reasonable, but seeing we are just scraping through financially after such a hard year last year, this small amount was beyond reach for us. I explained this to Victoria, saying I was sorry to have taken up her time.

Frustration surrounded me like a roaring lion.

My friend, let's call him Michael, from Melbourne, whom I have never met in person, happened to ring at this time. I mouthed off how frustrated I was...so close, yet so far!

Victoria emailed me and said, seeing the economy was so tough at the moment, she would halve her costs...this was still out of reach. For many it would be a beautiful dinner out in a swanky restaurant...but for us it was a fortune.

Michael rang me back to see if he could help...I thanked him, but it was ok...the universe must have had other plans for me. A week later he sent a cheque in the mail to cover the cost. I felt guilty...Did I sound like a beggar? Did he feel obligated or sorry for me? No, he said, this movie had to be and it was a pleasure to be a part of it. Tears flowed with emotion and love for him. How can you thank people who come into your life to give so freely...but wait there's more!

After giving Victoria the go ahead, she suggested some changes...as you only get one crack at the nut in Hollywood. I typed for weeks, trying to create a darkness to balance out the light and to get over my fear of...is this movie going to be too sad, too 'out there', too spiritual!

After about six weeks of slogging it out, I knew it was beyond me. Spirit asked me to ring my friend, who wrote the music...he would assist with the next step. I hesitated for two days. He had been so generous with his time when he wrote the music for the song...I felt I couldn't ask for anything more from him. I took the bull by the horns and rang. Yes, he did know of someone who could help me...his niece! That is what she did for a living! You're kidding me, I thought...Is this real, or just a universal joke. It was real. I explained to my friend we didn't have any money to pay her. Would she accept payment when the movie was sold to the big guns.

My friend's niece phoned me a short time after he contacted her. Yes, she would love the experience of writing the movie script. All she wanted was her name up in lights.

This journey still has many twists and turns with Julie, the editor of my books, taking over the reins of the script writing now. Many more earth angels have continued to step forward to make sure this dream, created above, will come to life.

What had I done to deserve such kindness? I know the answer to that; it is because I am kind. It is because I am giving. It is because I believe and have faith in the Divine Plan. After I got out of the 'I' and into the real reason the heavens had conspired to bring all these helpers together to get *The Angel in my Dreams* up on the big screen, I knew this was bigger than me, the writer. This was something God/Goddess had in the divine plan all along. We have all been contracted to make this happen. It is time for beautiful spiritual children's movies to be produced and seen...our children are ready for them. Their parents need to see them, so they can understand their crystal or rainbow child a little better. IT'S TIME!

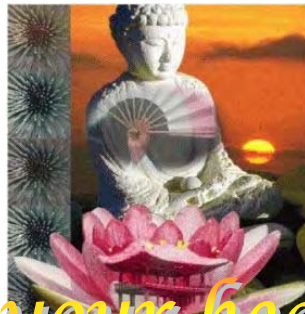
I wanted to share this story with you, so you can also look at the signs, serendipity, coincidences or whatever you wish to call them and see that your lives, like mine are orchestrated perfectly... if only we allow the process to flow. If it doesn't, if the doors don't open, like I have just shown you, then it may not be the right timing. Or it isn't to be, and go to plan B calmly and with confidence knowing you will be shown a new pathway.

Until we come together again in the next issue, may God keep you safe in the palm of his hands. Know how loved you are. Allow His/Her grace and blessings to pour into you in 2010 and beyond...all you need to do is to ask!

Your faithful companion in love and light. Jen. xxxxx



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from your hearts to ours

Entwined souls

Today I walked along the same old cobbled street, I thought of you, I thought of us,
was it a dream?

Can two souls recognise the echoes of yesterday?

Sometimes I feel I am just drifting aimlessly upon the sea of humanity with no destination or
land in sight.

You see, when you walked into my life, you gave me light, by touching my spirit and
illuminating my soul.

For a brief moment you were part of me, and I, you.

Your dreams were my dreams, my goals were your goals, and our thoughts were as one.

You captured my soul; you entered my sacred space, like entwined souls, circling in time.

Drifting in this life, bound by the last.

Enriched by the spirit, touched by the angels.

For eternity I will love you, and in my heart I will keep you.

As I walk my chosen pathway, I say to those of you who follow me. This is but one part of
the rainbow that lies ahead of you, grasp every experience as if it was the last,

take it with both hands and enrich this world with

divine spiritual love.

Tracy D Kay-spruce



*Dear Ones, the time has come to call forth your light. It could not be a more important time than now to go
within the centre of who you are and to call forth the light of your existence. Time is speeding up, Mother*

*Earth is swiftly going through her changes and the Divine plan is swiftly and effortlessly moving into
action. Many of you may feel this shift in your being-ness, and require much needed rest. Call to the core of
your heart. There you will find the love of Divine to help you to remain centred in what you will be asked
to do next. This will require great manifestation. Call to action all that is you; your light is greatly needed.*

*During this time we praise you and give you all that you ask to help you meet your needs, and the needs of
the Divine. You are now being called to bring the light of Love, Compassion, Understanding and Joy forth
towards a greater existence. The time is now to reach within, and "BE". Simply be; BE Love, BE Light, BE*

*still in the divine existence of who you are. You are NOT alone; the armies of Angels have come forth to
your planet to assist all of you on this mission. This is a most auspicious time on your planet and the shifts
have already begun. You, my child, are an integral part of this life source. Of this great change. You are a
lightworker, and you are being called now to shine this light upon those around you, upon the earth and
the Universe to aid in this process. Strengthen your core soul. Stand tall. You are blessed with the guidance
of the superiors at this time. Ask each night to allow the purpose of your complete soul to come forth. Ask
for the guidance of light and creation to assist you in 'your' mission of light. Ask and it will be given to
you. For you are an integral being of light & oneness with the Divine Creator. ~ Blessings of light*

from the Creator; AA Raziel. ~ Angelyn 2009



Our Psychological Immune System

Part Two

By Dr Joshua David Stone

My beloved readers, equally important to developing a high functioning physical immune system is developing a high functioning psychological immune system. In truth, developing a high functioning psychological immune system is even more important to developing a healthy physical immune system than even a great many of the physical factors. This is true because our thoughts create our reality. Even if you do every thing right on the physical level and the psychological immune system is not functioning properly this will compromise your physical immune system. So let us now explore what I mean by developing a healthy psychological immune system. This begins with each morning getting up and claiming your personal power and putting on your mental, emotional and spiritual armour, love and attunement. Just as we put on physical clothes every morning we must also put on mental, emotional and spiritual clothes each day. This begins with putting on your personal power, then your semi-permeable bubble of protection, then your unconditional self-love and self worth, then your attunement to your Oversoul, Monad and Ascended Masters and GOD. Then you must put on your overall Christ attitude and consciousness, which could also be called your positive mental attitude. Some of the other most important attitudes to put on are to having preferences instead of attachments, looking at things as lessons, non-judgmentalness, and forgiveness to name just a few.

The other most important attitudes to claim is that you are the cause of your reality by how you think. Part of this understanding is to fully own that every feeling and emotion you have is caused by how you think and not by any person or circumstance outside of self. That your thoughts not only create your feelings and your emotions but also your behaviour and what you attract, magnetize and/or repel in your life. It is this attitude of being a cause rather than being an effect, a master rather than a victim that also makes you invulnerable. When you fully own your mental and emotional invulnerability and that you cause your reality and can demonstrate this in your daily life you have a healthy psychological immune system. Through the process of self-inquiry this means every time a negative ego thought tries to enter your conscious mind you push it out and deny it entrance and instead replace it with a Christ/Buddhist attitude and/or feeling.

The negative ego in your own subconscious mind is like a thought form virus or thought form bacteria. If you let the negative thought form into your mind you will be mentally and emotionally sick and hence have a weakened psychological immune system. If this continues to happen over time this is the initial cause for actual physical viruses and bacteria to form as well. The same principal applies to negativity coming from other people. This is why it is essential every morning upon arising to affirm and visualize that you have a semi-permeable bubble of light around you that protects you not only from other people but also gives you a certain degree of detachment and protection from your own subconscious mind. So this semi-permeable bubble of light protects you from your own subconscious mind and from other people and outside negativity. The bubble is semi-permeable because it allows in positive energy but keeps out any and all negativity. This is the proper masculine/feminine balance that is needed to stay psychologically centred. When negativity comes towards you when your psychological immune system and bubble is intact, it hits your bubble and slides off like water off a duck's back and/or bounces off like a rubber pillow. My beloved readers, do you see the profundity of this concept? The semi-permeable bubble of light gives you the needed protection and detachment both inwardly and outwardly to not become victimized and not to react. The ideal is not to react, but to respond without victimization taking place. Then one

can respond out of calm, loving, rational observation, spiritual discernment and non-judgmentalness. Children even understand this when they say "...sticks and stones may break my bones but names can never hurt me." They are affirming their psychological and/or emotional invulnerability. Now it is important to understand here that when I say you are invulnerable I'm speaking of this on the mental, emotional and spiritual level, not the physical level. Obviously none of us are invulnerable physically, for another person can kill, maim, or hurt our physical vehicle. Even though this may be the case, no one has any control over our thoughts, emotions or spirit.

Our spirit and soul, as you all obviously know, is indestructible and eternal. The ideal is to make your mind and emotions reflect this aspect of self rather than being over-identified with the physical vehicle which, in truth, is the definition of what the negative ego thought system is about. When your thinking and emotions are attuned to the Christ consciousness you will not only be in your power at all times and in your bubble at all times, you will also be in unconditional love, joy, even mindedness, equanimity, and inner peace at all times as well. The only thing in truth that takes you out of this is your own thinking. There is no judgment when this happens, however when it does, it is important to know where the truth lies. It is inevitable for everyone to lose their happiness, joy and inner peace at times, however, by practicing the science of attitudinal healing, over time one can have longer and longer periods of total unchanging inner peace, joy and love. Any time you have negative emotions in you it is a sign attitudinal healing is needed and with no self-judgment you should make the needed attitudinal and emotional corrections. We don't always have control over what happens in our outer circumstance in life, however we do have total 100% control over the attitude we take towards outer circumstances. Herein lies the secret to inner peace, happiness and joy. The Master Jesus gave the ultimate example of this in his life on Earth 2000 years ago. He was whipped, beaten, crucified and had nails stuck in him and yet he still demonstrated not only his mastery over outer circumstances but also mastery over his physical body when he said, "Forgive them, Father, for they know not what they do." Even though his physical body was tortured and ultimately physically killed, he retained his Christ consciousness. He set this example for you and 1, my friends. If he could do it in such an extreme circumstance, then certainly we can do it in all the spiritual tests, lessons and worldly tribulations we confront in our daily lives. Just as when you have a virus or bacterial infection you are sick physically, when you have negative ego thoughts and emotions you are sick psychologically.

My beloved readers, can you see what havoc to your physical immune system and psychological immune system you will cause if you don't own your own personal power, semi-permeable bubble of light, unconditional self-love and self-worth, attunement to your Higher Self, Monad, Ascended Masters, and GOD, and your Christ consciousness and positive attitude? I know many, many light workers who eat good diets and do all the right things physically, however their physical immune systems are in terrible shape predominately from having unbelievably weak psychological immune systems. To be healthy physically, in truth, all three levels of immune systems have to be functioning properly. Having a healthy psychological immune system in order to not catch the psychological diseases (moodiness, anger, depression, fear, unhappiness, upset, judgmentalness, meanness, self pity) is essential not only for physical health, but is also essential for spiritual health, the achievement of GOD- Realization, the passing of your initiations and Integrated Ascension. Most people on this planet have very compromised psychological immune systems, which is affecting their physical immune systems as well as their spiritual purpose for being on this planet. This again is not a judgment but just a point of observation and insight, which this chapter is hoping to correct and remedy or at least lead one in the proper direction. For those who have lessons involving a weakened psychological immune system I again highly recommend reading my books: How to Clear the Negative Ego, Soul Psychology, and the newest book I have just begun working on called How to do Psychological and Spiritual Counselling for Self and Others. Next year I plan to have videotapes demonstrating how I do spiritual counselling on all these different issues with people. I also recommend that you sign up for the correspondence course that I am right now in the process of putting together. There are different levels and aspects to this correspondence course involving books,

audiotapes, manuals, phone consultations with high level initiates in the Ashram I have trained, and the Wesak Celebration among other things. The crux of the correspondence course is to help light workers to fully integrate the ascension process into their mental, emotional, etheric and physical vehicles. One last point I want to make on the psychological immune system is in regards to the issue of unconditional self-love and self-worth. If this psychological work is not achieved the light worker will seek the self-love and self-worth outside of self instead of within self and from GOD. This will psychologically cause a hole to be created in one's bubble of protective light from the inside. In truth, every improper negative ego attitude will do this, unconditional love and self-worth being so important to a healthy psyche.

The real keys to Integrated Ascension lie within personal power, self-love, self-worth, your bubble and attunement to GOD. Ponder on this. If you don't own your personal power this will also sabotage your semi-permeable protective bubble of light for by not owning the power, you are automatically giving it to your subconscious mind, emotional body, inner child, lower self desire, negative ego, and/or other people. A healthy psychological immune system begins for most with owning your personal power. Your bubble of protection, self-love and self-worth and attunement to Higher Self, Monad, Ascended Masters and GOD won't hold if you don't do this. In truth, all four of those keys are totally interdependent on each other. Lack of self-love and self-worth will sabotage the other three. Lack of your semi-permeable bubble of light will sabotage the other three. Lack of attunement to Higher Self, Monad, Ascended Masters and GOD will sabotage the other three. The work begins with owning your personal power, however all four plus an overall Christ consciousness and positive mental attitude must be maintained in an integrated and balanced manner for psychological equilibrium and homeostasis to be maintained.

http://www.spiritual.com.au/articles/healing/immunesystem_jdstone.htm



Dr Joshua David Stone

In 2004, Dr. Stone founded the I AM University^[10], a spiritual university to teach students how to integrate all walks of faith. In order to facilitate this, he composed a large number of study materials: 8 correspondence courses, a workbook, a 7 Year Daily planner, and a number of further resources (meditation tapes & CDs, videos, DVDs). After his passing away, the I AM University was relocated to Europe in Austria where it continues to make the legacy of Dr. Stone available to serve students of spirituality worldwide.

Namasté I honor the place in you
in which the entire universe dwells. I honor
the place in you which is of love, of truth,
of light, and of peace. When you are in that place
in you, and I am in that place in me,
We are one



Words of wisdom from the spirit within

Get Together

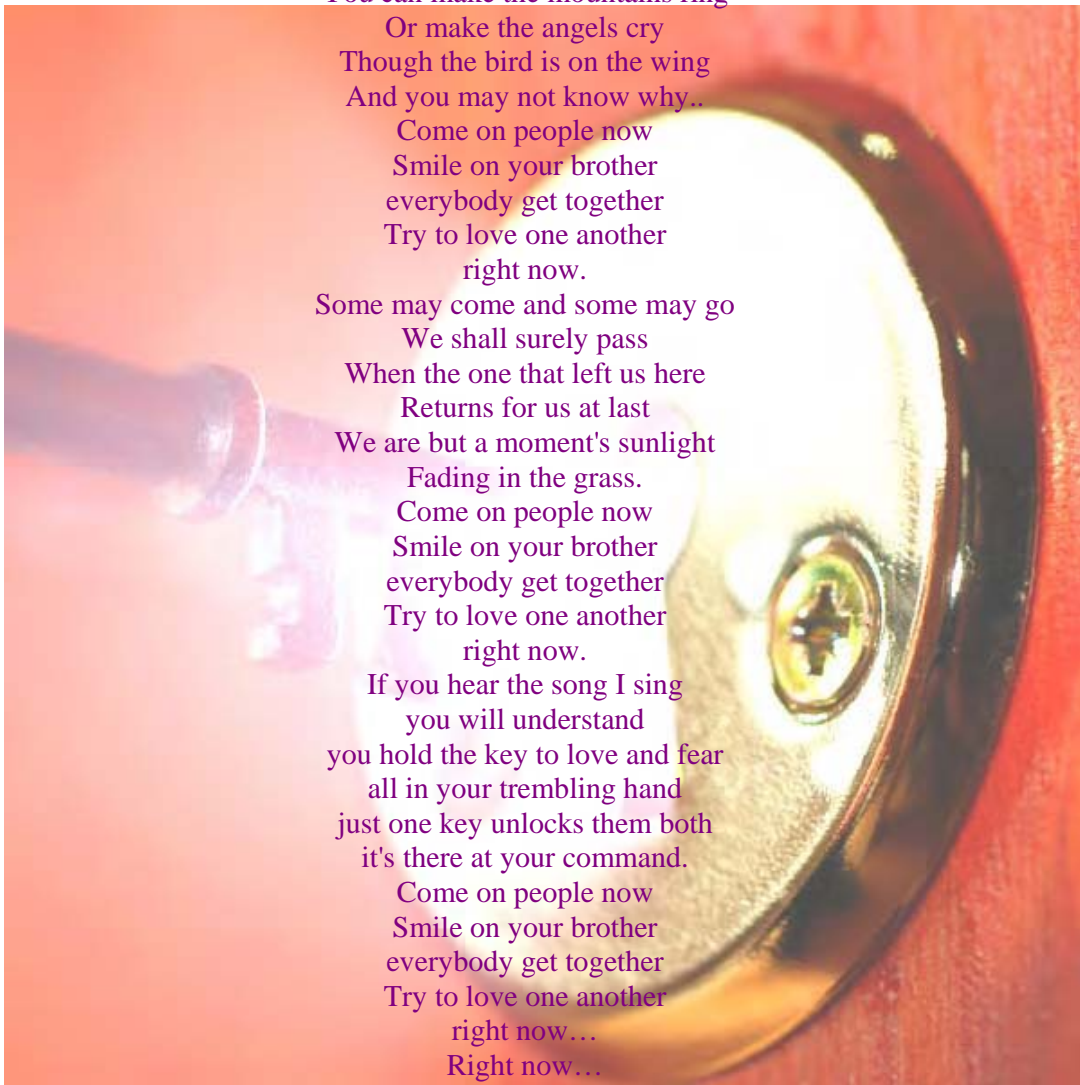
Love is but a song to sing
Fear's the way we die
You can make the mountains ring
Or make the angels cry
Though the bird is on the wing
And you may not know why..
Come on people now
Smile on your brother
everybody get together
Try to love one another
right now.

Some may come and some may go
We shall surely pass
When the one that left us here
Returns for us at last
We are but a moment's sunlight
Fading in the grass.
Come on people now
Smile on your brother
everybody get together
Try to love one another
right now.

If you hear the song I sing
you will understand
you hold the key to love and fear
all in your trembling hand
just one key unlocks them both
it's there at your command.

Come on people now
Smile on your brother
everybody get together
Try to love one another
right now...
Right now...
Right now...
Right now...

The Youngbloods



Becoming Mary

Becoming Mary



It all began in the far eastern part of the Holy Land, on the shores of what is now known as The Dead Sea. I was three years old and my elder sister, Marta and I were playing in the warm sands, as a gentle breeze splashed the salty waters into a fine mist of sparkling rainbow light. Our giggles rippled across the ancient landscape, freeing the wise souls from lifetimes past, allowing them to whisper the knowledge of remembrance into our pure crystalline hearts and minds.

We seemed totally unaware and yet our awareness of each and every moment, movement and magical sight and sound, created the perfect opportunity for the integration of this vital information that would help us become who we are today.

It is I, Maria, who writes this story of my own 'awakening', but I know I share this story with other women from many lifetimes. I write as a woman in a man's world, but also as a woman who has always known her self to be both masculine and feminine.

On that glorious day so long ago, I recall my absolute love of each and every tiny stone, each bird that flew overhead, and each breath of the wind, each wave splashing on the shore. This was ecstasy to me... pure bliss that flowed through me as gleeful laughter, setting me free to fly high above the desert of an unjust world.

Oh, what joy to be a free spirit - to feel myself in this world, but not of it!

Wow! I've found this beautiful rock by the seashore! To most it would be just another plain old rock, but to me this is my friend, my link with the *Great Mother*: the land, which I love as my dear and blessed home. As I touch the warmth of this big old rock I hear it sing to me in deep resonating tones that touch a deep sadness inside of me. Tears fall, as I release and let go of burdens that weigh down my own sweet innocence and that of so many who are fearful of surrendering to the depths of their own emotions. ...And then, I Am suddenly surprised by the incandescent pure vibrations of an angelic choir of supreme sopranos that lift my heart to boundless bliss! The joy I feel at this magical communication overwhelms me and draws me in to create my own playful sounds of gladness at this reunion and remembrance of times when to talk with the stones, to talk to nature, was the norm and very much a part of our everyday existence. I dance and sing until I can no more and fall to the ground in giggles of laughter and sheer delight at this beautiful bonding of heart and soul to the *Mother of Us All*. A deep calm washes over me as I lie on the Earth, feeling the oneness and blending of togetherness! We are not alone... we are all one!

The energy within me is sometimes so overpowering that I just don't know what to do with myself. How to express it in a way that is creative and empowering to my self and all those around me? This is something I Am continuing to learn, for there have been many times in my life when this energy has overwhelmed me and I've hit out with words, with actions, with the innocence of one who is just totally frustrated with this immense feeling. It is the power of huge mountains; it is the power of the great oceans; it is the power of lightening and of an erupting volcano! I have mostly kept this energy coiled up deep inside of me, not knowing how to use and express it in a balanced way. I have been unaware of this 'force' inside, but think others have felt it. It seems some may have been in fear of this energy and moved away from me. Some have tried to take this power from me and I have allowed this and then there are a few who have recognised this and shown me great love. I Am still learning, as we all

are, to recognise this within myself, to honour my own power, to understand how to use this in the most beneficial way of joyful creation. I know I Am not alone in having these feelings! My hope is that in expressing this to others we may all expand our awareness and use this divine light to support each other as a united community.

I am touched by the innocence of my own naivety and constant awareness of the light and love in all things. Is it a naivety or is it the childlike part of me that knows and feels this existence in every form of life, whether inanimate or animate, for all comes from Mother Earth.

I am touched by the sweet laughter of children playing; by the cheerful song of awakening birds at dawn; by the patter of light rain on my windowpane, inviting me to drink in these magical sounds of creation.

I am touched when a stranger smiles at me from across the street; by the intense look of a baby who looks deep within my heart and soul; by the encouraging glance of a dear friend who knows, accepts and loves every part of me.

I Am touched beyond words by the intense love I feel for this Home we call Planet Earth and know how She loves and adores every one of us despite the ignorance with which we abuse her love and care. Her lessons for us may be severe, but they are nothing compared to the deep hurts and pains she has had to endure and suffer for many a millennium.

I stand at the edge of the sea that they call 'dead', but I see and feel the aliveness in these waters, that are filled with crystalline forms and the most amazing minerals for healing all manner of ailments. I imagine the ocean that once filled this immense valley as I close my eyes and drift off into the colourful vibrant dream world of mermaids, dolphins and seahorses. I used to share these dreams with my sister and friends as they always appeared so very real, as if I were truly living these wondrous and magical moments. They would laugh at me, saying I was silly and stupid to imagine such things. I was confused, not knowing what was real and what was an illusion. My dream world and my conscious imagination were so clear and vivid, how could they not be real? And yet, no-one else seemed to have similar experiences and when I asked my parents about this they just brushed it to one side with a look of 'she's just a child'. Am I really so stupid and crazy? This other world makes me feel so joyful and happy and yet the world in which we really live seems heavy with struggle, with illness and with the burdens of pretending that we are the *chosen ones!* As the years pass, it becomes more difficult to keep these dreams alive and to feel the joyful song of my soul singing and dancing with delight. This is who I truly Am, but often it seems very easy to forget.

I Am learning to read and write. I absolutely and resolutely insisted that this be a part of my education, even though in these times it was very rare for a girl to learn such skills. *Why* was completely beyond my comprehension. All this talk of it not being appropriate for women seemed to be an excuse for the men to hold power and keep us from expressing who we are. My own gender as well as the men scorned me for this, but my dear father could not resist my insistence and I honour him for his courage as he attempts to explain away 'the phase she's going through'!

Oh sweet life, I hear you call me to truly live from my heart and to flow with the purity of a child. This is fine advice, but in the world of illusion it can be frightening to fully encompass this way of light. It is important that our core of *Who I Am* is strong, for we can be challenged at every turn, by what can appear to be the opposite. It is only as we become wiser and more experienced that we realise these waves of opposition are lessons we have chosen as opportunities to strengthen and know ourselves even more profoundly.

"It is not I that calls for silence. Silence comes naturally when all is in harmony. I adore the sounds of children's curious questions, the gurgles of an enquiring baby and the soft tones of one who is moved to create sacred songs in my presence. Silence is my home, but this silence I can find within, even amidst the cacophony of life's symphony of splendid sound".

Early in the morning, mists often form over the great salty expanse of the Dead Sea, the Sea of Jericho, as some call her, and when there are no winds to blow the eerie whiteness away, we may be shrouded in this illusionary world for days. I often let myself go back in time to past lives of parting the great mists of Avalon, to move beyond the veil and rekindle my life growing up as a dedicated Priestess and Sister of the Well.

I take myself forward in time now as I sit alone in my sanctuary cave at what is now known as La Baume. This Temple of Innocents has become a haven for many who come and sit in silence with the flickering light of sweet smelling beeswax candles. As we sit within the womb of the Great Mother the energy often builds as those present become One and we are moved to dance our feelings and sing the sounds of our emotions! This is always a beautiful healing of natural harmony, all supporting and encouraging each other by being fully present within our own truth. These temples are within us as we recognise our own truth.

I walk.... and journey on...

It is the time of my death and I see myself floating over my body. I am in the cave with many of the sisters who have been so loyal and dedicated over the years. There is such purity in the atmosphere with all of us dressed in our simple white robes, slender white candles burning in the alcoves around the cave and festooned around the area where my body temple lies. I look so serene and peaceful. It was time to leave and I made this conscious choice, having tormented for the last few years over the need to be here on Earth for the others or to leave and join my beloved bridegroom. We have never been apart and yet the human form does not allow for the generous alignment that I Am now beginning to encompass in the form of my spiritual being. I know he is waiting; waiting for me to fully float away, to leave them all behind, to let go of this earthly realm and begin the next part of my divine journey into the vibrations of pure souls. I know there are many layers to transcend, but there is always time. Time to be.

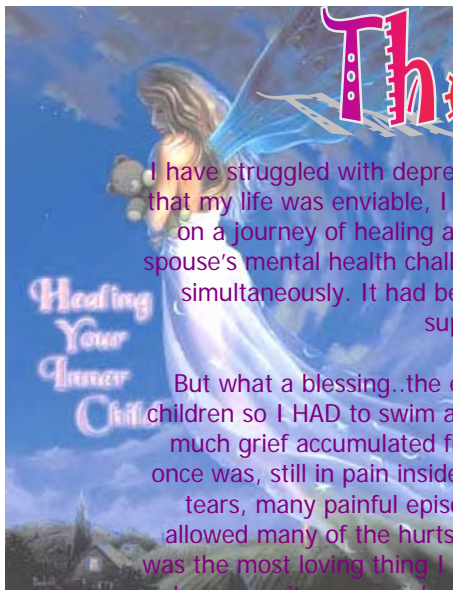
The air is thick with a damp mist that fills the grief stricken lungs of my sweet sisters as they hold their composure at their loss. They know I Am but a breath away and yet the feeling of separation is overwhelming them. It is Marta, my own flesh and blood sister, who can hold back no more, her emotions pouring in floods of wailing tears from deep down inside of her. I can hear her heart scream forth in silent anguish as the frustration of all those years of unsaid words oozes out through every part of her being as a convulsive shaking. My soul longs to return to comfort her, to hold her in my arms and tell her how much she means to me, how much I have always loved and adored her and am grateful to her for her constant care and support. For oh so many years did she work hard at making sure everything was in order, that all the chores were done, while I seemed to swan around like a princess with very little to do. I know she often felt resentful towards me for what appeared to be an easy life of love, prayer and contemplation. Deep down she knew that my Way was hard and at times deeply traumatic. As I traversed the canyons of darkness and despair, the oceans of sadness and grief, she was always there for me, keeping me in contact with this earthly plane as I healed the emotional pains within my own life as well as that of countless lost souls who came to me. They came to this temple cave with hope and faith in their eyes – I could cry for them, but The Way was to accept and love them. They came in

my dream state, so, so many from where I do not know, but I often awoke exhausted from these fitful nights. I had agreed to stay and leave a legacy of compassion, to show others The Way to release suffering and sometimes in my learning I suffered greatly too.

AndaRa Alicia Mary Smith

I Am an Energy Worker, Writer, Teacher and Healer, who has weaved across Mother Earth for Almost 30 years, guiding thousands of people on Journeys to Inspire; Journeys of the heart and Soul! Encouraging all to 'Be Who They Were Born To Be'!

<http://www.aliciamarysmith.com>



The child in me

I have struggled with depression for many years now and although on the surface it seemed that my life was enviable, I had so many buried griefs. In the last two years I have had to go on a journey of healing as chronic depression set in after my father's sudden death, my spouse's mental health challenge surfaced and me giving birth to my third child, all happened simultaneously. It had become too much for me to handle alone without the emotional support I needed and so I finally collapsed.

But what a blessing..the emotional wounds forced me to sink or swim. I had three small children so I HAD to swim and that's how I found inner child healing. It turned out that I had much grief accumulated from childhood, and by going back and affirming the child that I once was, still in pain inside of me, I was able to start healing emotionally. It involved many tears, many painful episodes of anger and loneliness - the dark night of the soul - as I allowed many of the hurts to surface and be acknowledged. But being honest with myself was the most loving thing I did for myself and for the people I loved (although they could not always see it as so much negativity was pouring out from me). But eventually..after all the hurt was allowed, good memories of my past suddenly started appearing and becoming clearer as if they had actually been trapped beneath all the layers of pain above them. I started feeling genuinely good about life and believing in the inherent good in people again.

So now, I continue to love my inner child and be honest with my feelings by allowing them space to be acknowledged. Just like my children need to both grieve and receive comfort when they get hurt or sad by their own choices or by others, I have learnt to accept that I too have that same need in dealing with my own hurts and griefs, both self-imposed and those caused by the choices of others. It isn't easy, given the years of conditioning I've had to be practical, critical and 'strong inside' both as a child and even more as an adult, but I'm learning well, spurred on by how good it feels to be able to breathe freely again.

In all of us there is a child, and that child never goes away. Accepting the need to Love that child is such a powerful key to so much healing and a greater horizon of happiness ~

Wishing your inner child today the acceptance it needs to gain the space and freedom to come out and play.

much Love and Light,

Celya @ <http://celyasheartart.blogspot.com/>

Working from the Center

When we are "in the thick of it," overwhelmed by too many things that need our attention, it's important to remember that we are never given more than we can handle. When life's challenges make us question this, our best coping mechanism is to follow the reliable and well-known course to our calm centre and anchor ourselves there. It is for these times that we have been practicing regularly, so that our mind, body, and spirit will know how to find the peace within. Even in the midst of seeming chaos, a deep breath can help us turn within to find the space to work from, the calm at the centre of the storm.

Tapping into our inner resources we begin again, bringing our focus to the needs of the present moment. Asking "why?" shifts our energy away from the task at hand. We can seek answers to those questions once we get to the other side of the present challenge. For now, we accept what is. Once we have collected scattered energy and created space, inspiration will strike, help will arrive, and what seemed impossible will either become possible or we will find it has become unnecessary. The flow of the universe and its perfect order has room to move in our lives when we get ourselves and our extraneous thoughts out of the way.

After the thick has become thin again, we have the opportunity to learn from the situation with a better idea of our true capabilities. We can now ask ourselves the "why" questions with the goal of fine-tuning our lives. Perhaps we have taken on more than is ours to do or made commitments out of obligation rather than insight. It could just be the ebb and flow and life, or we may be receiving life lessons on a fast track in preparation for something wonderful to come. But when we have a chance to make new choices, we know the best ones are made when we work from centre.

The Daily OM

<http://www.dailyom.com>

Seeking Answers

You will make transitions from this realm to others, but always you will live. There are many ways open to man, but there is one unflinching, one certain true way for man to establish God's kingdom on earth. This is by the light, which is within himself. Daily endeavour to realise your true self who is buried deep in your innermost being. Remember always the quiet, pure true contact within the sanctuary of your own being. Be true to your own spirit, and in being true to yourself you will be true also to God and the universal brotherhood. Practice this daily realisation of the great white light within your own being and project it forth into the world of men. Then my friends, the mists around the earth will gradually be dispelled. Do not look to others to do the work for you. Every man is his own saviour, and every man is the saviour of all mankind.

Darkanjal

A Message from the Angels



Hello Angels,

Every one of us, as long as we are in our human form, and in our human body, has one or more angels with us at all times. In working with individuals to help them come into closer contact with their guardian angels I have experienced that they are present for each and every one of us, at all times.

Manifesting your Soul Purpose with the Angels, a message from the Archangels

Realize that whatever limitations of consciousness you currently carry, that reality is infinite. The Divine is infinite. Our abilities, the abilities of the angels, are truly infinite. We withhold nothing from you. The Divine withholds nothing from you in your role of true creation as a being of love, and of light, and of compassion, of caring and of devotion to what you have come upon the earth to express.

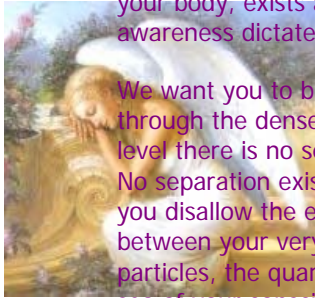
This purpose extends beyond the lifetime you are experiencing now. It extends from the time your consciousness first came into being, was first born from the heart of The Divine. It extends beyond the time when you completely return to the heart of The Divine. However many lifetimes, however many places, however many stages of consciousness and being you move through, we are your constant companions. Constant.

As a soul you were conscious of the heavens, of the earth, and of what you could carry upon the earth. You chose a selection of gifts that fit your composition as a soul, that fit the abilities that would come easily to you, that fit what would make your being, what would make your heart sing, what would make you joyful, blissful, what would make the sharing of your gifts the greatest pleasure that you could experience on the earth. Your soul emanations then began to call to you all that would be needed for you to come into physical form in this manner. The angels around you assisted greatly in this for we are the builders of form, the builders of creation. We are both the thought forms and the hands of The Divine that work at the place of intersection between heaven and earth, between spirit and matter, between inspiration and form.

We are given upon you that we may assist you in bringing into form the very essence of your soul. The angelic realm extends from the Throne of The Divine to the very centre of the earth. From the highest vibrations of love of light, to the densest vibrations in the cores of planets and the stars. We extend across this entire range of vibration. From the angels on high who carry the pure thought and pure consciousness and pure love of The Divine to the angels of form, the elemental angels, sometimes known as the devas, who are within the soil of the earth who work with the creation of flowers and plants and trees. Many, many cultures and folklores are aware of the Elementals, for they are the ones who produce your flowers, your fruits, your vegetables, who hold the sacred form of the trees and plants. They work within every cell of living life. They are the arrangers of electrons and protons and neutrons, of atoms. They are present between the spaces of the subatomic particles.

We want you to realize that your body, which feels so solid, is primarily space and energy. The amount of actual physical matter in your body, if it were to be compressed to the utmost density, that at the core of your earth, which is far from utmost, (for example, the pressures that exist in a black hole,) but for the purpose of illustration, if we were to compress the physical matter in your body to the degree of compression that exists in the centre of a planet, the amount of physical matter that you carry would not even be the size of the head of a pencil tip -- so what is the rest of you? Energy, space.

We are giving this illustration for you to realize that within your form, within even the form of your body, exists angels, busy and at work, under the command of whatever your current awareness dictates.



We want you to be aware that angels exist from the most high and exalted levels of heaven through the densest and most exalted forms of matter. We wish you to know that at this level there is no separation of heaven and earth, no separation of The Divine and creation. No separation exists. The only separators are what are present in your consciousness where you disallow the expression of love, where you disallow the presence of love. The spaces between your very particles of being, the electrons, the neutrons, the protons, the subatomic particles, the quarks, the elementals of your being, are very, very small pieces that rest in the sea of your consciousness, so much energy and so much space between the physical matter there, and yet here is where the energy of your consciousness resides. Here is where you allow or disallow the light and love of creation to be the sea of being that you are.

We wish you to know that the nature, the quality, the presence, the essence in the sea of your being is determined solely by your consciousness. We come to you to help you realize your soul nature, your true nature, the beauty, the magnificence, the nobility of your soul nature.

We want you to be aware of your original choice for this lifetime. We wish you to know that your choice was sanctioned by The Divine. Your choice was sanctioned by the angelic realm. We wish you to know that the choices you made were in total and pure alignment with The Divine. The choices of your soul were blessed and a covenant was given upon you, the covenant of The Divine to you, to supply you with all that you need to find and to continue to express the gifts of your soul. This is an evolutionary process. There is not one expression that ends this, there is not one expression that begins this. There is a continuing evolution of expression. Know that The Divine, and all who serve The Divine, are fully with you in this.

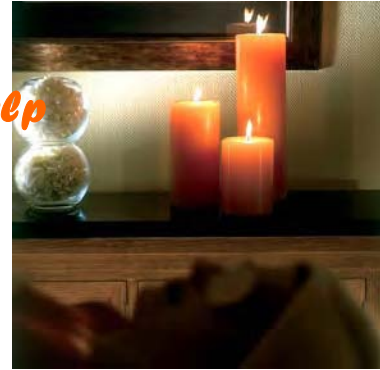
The Divine blesses you
The Angels
^| ^



I am the light of the world,
He who follows Me shall not walk in darkness,
But have the light of life.

John 8:12

"How Taking Care of Yourself Can Help You Manifest Your Dreams of Love"



One of the things my ex-husband gave me was a gift certificate for a massage from our favourite massage therapist. It reminded me of how important it is to take care of ourselves... especially when we're wanting to attract love and manifest our dreams.

What dreams do you want to manifest? What kind of love do you want to attract? Start with remembering what you love to do. What makes you feel good? Knowing what makes you happy is the first step in knowing what you want in a relationship. You want to attract someone who will join you in doing those things that make you happy, right?

But sometimes we get so busy doing what we need to do for others, we not only forget about doing the things that make us happy, we forget what they are.

We do what we need to do at home, we do what we need to do at work, we do what we need to do for our kids, but we forget about doing what we need to do for ourselves... doing the things that we love and that make us happy.

For years, I never took vacations, or did the things I really loved, because I was waiting for a partner to arrive to do them with me. I wasted years just doing what I needed to do to get by, but not really enjoying my life. If someone had asked me what I really loved to do, I probably couldn't have told him or her, because I never did any of those things.

I attracted a lot of men who were completely wrong for me and definitely not my soul mate. I was coming from a place of need and wanting to fill a void. I was not very happy in my life, because I did very few things that brought me joy.

Keeping yourself happy and taking care of yourself is a big part of the process in attracting your soul mate and manifesting your dreams.

How do you begin when you feel like *you've* gotten lost somewhere in your own life? Take some time to write down all the things you love to do. Make a list as long as you can. Then try to find ways to start incorporating at least one or two of them into your life. The law of attraction works best when we're happy and joyful already, not when we're coming from a place of need or desperation looking for someone else to make us happy, like I was for years.

If you're already living a life you enjoy, you'll attract more of the same, more things that bring you joy... including a partner.

On your list of things you love, include what you want in a relationship and a soul mate, and how you want to feel when you're with that special person.

Once you've uncovered the things you love, and what you want, you can create a vision for what your ideal life would look like. Write it down. Make a vision board with wonderful pictures of what you would like to bring into your life. Close your eyes and visualize.

This will imprint your subconscious with your desires. Once your subconscious believes it, the miracles start happening faster than you can imagine.

Be patient with yourself as you start this journey. Treat yourself lovingly. Take care of your body. Treat yourself with the respect and kindness you offer to those you love. Treat yourself, as you would want your soul mate to treat you. When we're physically exhausted, or mentally and emotionally drained, it's impossible to

deliberately create our lives and attract what we want. We go into default mode and start reacting to life's events, instead of being conscious creators.

You are a powerful creator. You can become the person you want to be, and live the life you desire. It starts with taking care of yourself, doing things that you love, and putting attention on what you want to bring into your life. Then you will start attracting all the wonderful things you deserve... including your soul mate and the relationship of your dreams.

Think about what makes you happy. Remember what made you joyful as a child. From that place of joy, you'll attract the most joyful relationship and experiences you've ever imagined. You deserve it... you deserve to have all the joy in the world. It starts with taking wonderful care of you. You deserve *that* most of all.

Dawn Allen, CDC, CPTF

Love & Attraction Expert, Relationship Coach, and
Founder of Inspired Heart Coaching

"Helping you create the relationship of your dreams..."

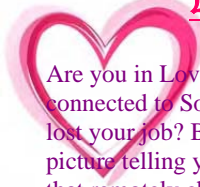
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Love – Channeled from the Lemurians



Are you in Love with yourself? Love is total abandon to your Higher Self. The part of you that is connected to Source – the part of you that doesn't care about the details, just the big picture. Have you lost your job? Been treated unfairly? Feeling like you are not a part of anything? It's your bigger picture telling you that you are changed. Yes, changed – for the better! You don't fit in with anything that remotely challenges your Love for yourself. Your Higher Self knows exactly what's going on as you stumble and sometimes crawl through the 3D, gaining valuable insights for the entire Universe. Everything here has been geared toward telling you that you are less than, that you didn't succeed, that you should do better – or worse, that if you make that mistake again, you will be punished – that if you question again, you will be dismissed like a speck of dust. Sound familiar? Well, specks of dust are made of energy particles that dance better than the most talented ballerina! Dance to your own tune, to the light within! That is Love of self – that is honouring what you are!

The new energies are all about Love of self. Nothing less will do. Now, we are all used to questioning ourselves intensely, sometimes (in my case, anyway), all day long. For me, this process drove me to the brink of total despair more than once – The upside of this was that it propelled me in a very short period of time to where I am now – which is in a space where I am truly beginning to Love myself – accept what I am and more importantly honour it. The time for intense questioning for many of us is over. Most of us are clear enough to begin to truly rejoice! Those of us who feel that they haven't reached that point yet soon will feel differently – I truly believe this. Like a subway, there are trains constantly coming. If you are reading this, there is no missing the boat (or rather the train, ha ha). How do we fit in? We don't – we make our own light and what's outside begins to fit around US! Is this kind of thinking total arrogance or total Love of self? I like to think that, for the most part, if we are participating in this community, we have dug deep enough, suffered enough, cleared enough, to finally shine! What's more, we are being propelled in ways never before (at least not for a long, long, long time) seen on this planet. You deserve to shine and have everything around you shine – period!

We are being given special dispensation here to very quickly become that which we aspire to – to be well – to be in Love with ourselves. These wondrous benedictions have come to us from Source because the All-That-Is has commanded that it is time to begin the journey back home. The acceleration bonus is icing on the cake and the higher beings can't wait to dish it out to whoever wants it NOW! Take the cake, eat it, become Love itself and be WELL! We deserve it!

The Lemurians say that it is time to ride the wave. Finally – Yes, the wave may crest and then fall, but when you are in space of more and more self-Love, you begin to surf even when the water is flat! Love is God and Love is your own heart beating true and free! Thank you. *Carla Maria Fox. xxx*



On the Couch

With Cheryl Cattarin

At what age did you realize you were different or searching for the 'unknown'?

When I was about three, I said to my brother: "Tom, there is a man in the corner there". He replied "No there isn't". "Yes there is, I can see him. He has a tattered coat on, he is old, he has grey messy hair. He has his hand in his pocket, as if he is pulling something out to show me". Tom said, "Don't be so stupid, you're imagining things".

I realised then that something wasn't right but I didn't have an adult's understanding of what it was.

How did you approach this?

I became confused and uncertain about what I was seeing, hearing and feeling. I tried desperately to shut down my psychic ability, in the hope that these spirits would go away. I remember having a beautiful angel standing behind me and saying to it "go away, I don't want to be different". (I've changed now though and recognise what a blessing it is).

Were your family supportive or understanding of you?

In later years, yes. My mum was psychic but didn't know how to explain these abilities to me. However, I still learnt from her though, as she could see spirits, knew when someone had passed or when someone was in trouble. Her insight allowed me to gain an understanding of my gifts and talents but I was still unsure of how to develop them.

In the past twenty-five years my family have been very supportive and interested in the spiritual gifts that I have. My daughter is very intuitive and gifted and it has been an honour to pass on my knowledge to her.

Has your journey been a struggle to find your own identity?

A struggle? Yes. As a child I took on the belief that I really must be crazy if no one else could see or hear these spirits that I naturally communicated with. As a result of trying to shut down spirit communication, I, for many years became very anxious and agitated whenever any earth bound spirits were around. Yet, as time went on and I realised that this "energy of anxiety" was my first point of contact with a new spirit in my vicinity, I learnt to tune into their energy and as a counsellor, spent much time counselling them and helping them to choose to go into the light. The lesson for me was really about learning to trust my own self instead of relying or trusting other peoples' beliefs over mine.

What was the turning point for you that lead you to where you are today?

The turning point from fear to trusting myself came many years ago when I decided to learn to meditate and that very same day (never before or after) a brochure came in the mail advertising a course in meditation and psychic development. This course not only helped me to connect with spirit again but in a more enjoyable way and also developed my skills and talents, which I previously didn't know how to accept or acknowledge fully.

What do you feel your purpose is in this incarnation?

My purpose at this point on my journey is to teach and impart knowledge on self-healing. I am about to launch my first book called "From Crappy to Happy" in November and I feel it is an honour to bring this information on self-healing to the many. I am also blessed to receive channelled spiritual messages from a group of Spiritual Helpers whose greatest joy is to impart knowledge and wisdom to all of us. These messages are a gift from them to the reader and with the use of the World Wide Web, these messages are reaching people all over the world. Helping to connect people to their spirit / intuition is my main purpose in this incarnation.

What are your dreams for your future?

Can I say "world peace" or will that make me sound too much like a "Miss Universe" entrant? My dreams are like others no doubt, to enjoy this wonderful playground called life and then return home to spirit and be able to say "Wow, I had a great adventure this time around and I loved teaching people how to connect more fully with their highest potential".

What makes your heart sing?

Simple things. Sunny days; meditating; kayaking; friends; family and having fun with people. Following my intuition and being in awe at the joyful outcomes that result from that trust.

Describe yourself...the real you.

The real me: Sensitive; compassionate; intuitive. I think the "real me" though, is spiritual energy enjoying a ride in a material body.


Love and Light
Cheryl

Some words of Wisdom

Notice how many times a day you put yourself down. Include what you think and say, and the words spoken in jest. Pay particular attention to how you react to your mistakes and poor choices. Think of yourself as a child who is learning to walk; you need encouragement not criticism.

You will become the person you think you are. Affirm positive messages about yourself...treat yourself gently and with respect. You deserve it. *Jen- Irishu*



 would like to inform you I am doing spiritual healings again. I have found since the changing of my guards, guides, I am working with a far higher vibration and energy now. Many practitioners and teachers have been guided to see me from all over Australia. I asked why this is. Spirit told me it is now time for healers to have their vibrations and energy fields lifted in order to do the new healing work that is available to us now and in the future. If we are to rise to the 5th plus dimensions, then our 'bodies' also need to be swept clean, so to speak, to rise up and ascend. I guess this is the gift I have been gifted for now and I feel humble to have been given it! And so it is.

You can contact me through my website... <http://www.jen-irishu.com> or 0401003140

Shine your light

Hi to our readers,
I found this on the Findhorn website and thought, what a great article for Spirit Whispers. So happy reading. Pat.

Let your spiritual nature illuminate and brighten each day. Pay attention! Brushing over details can create grey and stagnant areas.

We are in a time of great transformation. The in pouring of light is accelerating the need to strengthen our spiritual immunity and become a positive force of change to help our entire planetary body to heal. We are each being called to step forward into greater self-responsibility and infuse the pre-existing energy fields with our spiritual light to create new configurations.

Light is not the absence of darkness; it is the fluid and dynamic essence of life. Being a light worker is a task for the committed, not a hobby of convenience. It is time to extricate ourselves from the many illusions we have developed about the world and ourselves in general.

The more you call home the parts of you that have become separated for whatever reason, and find a way to accept them into yourself, the more vibrant your light body becomes. The very thoughts that you are entertaining at this moment shape your future. This applies to every moment and all the moments that follow.

Here are two suggestions for strengthening your light this month. Neither one is particularly easy for both require self-cultivation and willingness to learn.

First, do not gossip. It decreases the light within you and others as you pass along the story. It is time to experience our personal power and consciousness without diminishment of others but through the acknowledgement of the unique contribution of each individual. So, the choice is to depreciate or appreciate through our words internally and externally.

Second, follow your emotional triggers to their roots. You can do this by not expressing feelings as they arise, but rather holding them and exploring the deeper dynamic. This is different from suppressing the emotion. It may take some practice to discern this difference. To express the feelings discharges them, limits your understanding, and stops the process of transformation at the current trigger. This practice matures us internally by not allowing us to become entangled or lost in repeated suffering.

The Angel of Light brings you the opportunity this month to up level, increase your frequency, and learn a new way to show up in the world. Give your ego new instructions, listen to your soul, and let your light shine.

We cannot direct the wind, but we can adjust our sails.

If you can think it...dream it...believe it...you can have it.

Sally's Page





Higher Self

Affirm what you want to manifest

Alida Fehily

Higher Self

Listen to your higher self - it is guiding you towards your destiny

Each and every one of us has chosen to come to the physical earth plane with a designed destiny and many pathways. You are here to experience an extraordinary life and to awaken to your true self. The perceived lessons in life are actually what you have manifested for yourself in order for you to grow and to experience spiritual oneness.

In society we are taught to get a job and have a family. We work hard and save for retirement. The truth is - we all have a pre-encoded dream in our heart. This is designed especially for us to do what we love.

When we experience dissatisfaction in our lives such as our job, sickness or relationships this is when we become aware that there must be something else to life. This is when the mind and the heart are not in alignment. The mind thinks we should be doing one thing and yet our heart is not solely in it.

Universal signs are displayed in front of our eyes all the time. Pay attention not to miss the messages that may seem too plain and simple. The mind usually tends to seek complex and complicated matters rather than the straightforward ones.

There is no power out there - it is right here, within you. We have access to all knowledge and wisdom within. There is no separation between the self and the other and all things are a reflection of your infinite and abundant self. Every day stop and listen to your higher self as guidance is always there. Practice connecting with your intuitive senses - your inner team of feelings, hunches, inspirations and clear knowing.

Our mind can express our creations in our realities of our higher being or thoughts of our personas. Our personas are who we think we are. This is how we perceive the world to be through our own eyes.

The wisdom from our soul takes our perceptions on our realities and links it to our purpose. When this integrates our purpose becomes so alive and is manifested into the physical reality. We have the power to manifest whatever desires the mind and the heart has.

If you know you really have the ability to live your dreams - what would they be? It's only the limited perception of the mind that stops people from living their dreams. Listen to your higher self - the dream in your heart, as it guides you towards your destiny.

"I listen to my higher self guiding me on my destiny"

Life is a journey

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Why won't God help me?

☯ Spirit guides... Sometimes I hear people say, "Why Won't God Help Me?" I feel that people need to understand how God answers them.

The Helpers: To receive answers from spirit requires a deep surrender, a deep letting go. When you ask God for help, remember that God whispers in your ear, through your intuition, through inspiration and through unconditional love. There are many who do not pick up these messages and then feel as if God is not answering their prayers. God is a God of love; God is energy, spirit moving through you.

To receive spiritual assistance from God requires listening at your heart level. It requires letting go of your request and allowing the presence of God to be with you. You can experience this presence in meditation.

Answers come to you at this deep, spiritual, intuitive level. You can bask in the essence of this love and feel solutions, inspiration and ideas coming to you as an answer to your prayer. When you ask questions, feel vulnerable, lonely or in despair, do not think that God does not hear you. To receive the answer to those questions, you have to first, place yourself in a state of allowing the answers to be heard. These answers come through your thoughts when you are in a deep meditation. You will know when they are coming from spirit because those answers will be for your highest good and come in the form of unconditional love. Anything less than this is your own mind searching for answers. When your mind is in the way, you will need to meditate more deeply to reach a space where there is no thought, peace and stillness. Then simply observe, feel and experience answers flowing to you. You may experience comfort, ideas, and solutions at this deep, spiritual level.

The Helpers



Channelled Spiritual Messages are given to Cheryl Cattarin in Meditation each week. The content of the Channelled Spiritual Messages depends entirely on what 'The Helpers' feel is most relevant at the time.

<http://www.cherylcattarin.com>



Yosef's Pearls of Wisdom



Re'eh ~ Clarity of Mind

A friend's mother has often said, "The Lord never gives us more than we can handle, but sometimes I wish He didn't believe in me so much."

In order to achieve our maximum potential we need to **"See the source of that which I give you in this moment"** (Deuteronomy 11:26; details posted August 29/08). Each person has an ability of comprehension with his/her mind as well as feeling with his/her heart or intuition. While we are open to these things we are limited by the human components that were instilled in us by the Creator. Knowing and accepting our limitations allows us to function properly within this world.

Having natural limitations does not prevent us from achieving a high spiritual level. It just serves as a reminder to us, that as individuals, we are required to do that which the Creator wishes us to do. Without understanding our boundaries, we might be tempted to believe that any or all of our spiritual efforts might elevate us to a level equal with, or beyond, that of our Creator.

When a person conducts him/herself exclusively in the spiritual realm that person becomes stuck within the limitations of that space. Any function in that realm is stationary. In the physical realm we must accept the challenges we are constantly given by the Creator. This entails utilizing the power of the thought process so that we are able to change with the flow of the Creator in this world. This is one of the ways that we generate self-growth. Using principles of a different realm causes destruction.

We were created to function on a human level and to meet the challenges we are faced with daily. If we follow the guidelines that the Creator gave us to assist us in our connection, we will more easily meet and deal with those challenges. The strength we gain from our connection will allow us to assist others in their journey – and will expose the fallacies associated with the worship of false prophets and their idols.

Arrogance and defiance of the Creator's plan includes those who extol the virtues of their ego less selves. By rewriting the rules to suit their own needs they derail others and block them from completing our true mission. We were not placed as humans in the physical realm in order to try to elevate ourselves to the status of deities. That would apply to those who act as though they should be treated as gods as well as those who think they are. We were put on this earth to conduct ourselves as human beings, a combination of both physical and spiritual.

As a matter of fact we are told that we were created (Genesis 1:27) **"In the image of God."** The Hebrew word that is used to indicate image is tzelem. The root of that word is tzal, which means shadow. The additional letter Mem is a square representing that the shadow is made into a definite form. That is why the word tzelem is translated as image or

form. Any aspiration other than to connect directly with the Creator that has no form or shape is idolatry.

Rejecting the Creator's supreme control of the world is a form of defiance that separates us from where we all originate. People often worship a form or shape and not where it originates. In this way they disconnect themselves from the origin of all existence.

The structures given to us by the Creator reveal deep wisdom when interpreted and applied properly. Anyone who chooses to obliterate a structure simply because it is old has chosen to judge and reject the Creator's wisdom. The Torah – guidance that Moses gave is our source. People have created a void by misinterpreting and mistranslating the Torah in a way that spoke to what they wanted people to believe.

Manipulation is often utilized to alter people's perception of truth. It simply replaces one system with another and convinces people that only the new system works for them.

How does a person come to see what they need to? Physical or spiritual beliefs all have limitations. If you do not recognize the limitations of the choice and structure that you are in then you are not seeing clearly. Each individual is responsible for his/her own choice and the consequences that those choices bring.

To live properly all forms of idol worship have to be removed from your desires and where you live (Deuteronomy ch.12). A person should not do things just because it is right in their eyes. A person must do things because it is what the Creator wants.

People ask where does bad come from? Bad does not mean evil. It is written, (Deuteronomy 30:15) **"See! I have put in front of you today the life and the good and less than good the death and the bad."** We can then elevate the less than good to become good or to cause it to be more distant from the good.

Pure thoughts generate clarity of mind. We must be very wise when it comes to choosing those things that we become attached to or focus on. Removing oneself from the human plane to operate totally within the spiritual gives way to delusion. While attachments are part of life they also are part of clouding a logical thinking person. Being beyond the attachments is freeing, yet it is only with grounding and humbling oneself to the origin of all existence that real clarity exists.

I would like to thank you for your comments and encouragement to continue these writings.



Rabbi Yosef Yitzchok Serebryanski is known simply to his friends as "Rabbi Yossi." Behind that simplicity lies a complexity of understanding and analysis of Torah and creation that brings joy and warmth to those who immerse themselves in his teachings. A true friend and confidante to thousands of people who turn to him weekly for guidance and wisdom, Rabbi Yossi is renowned for his compassion and open heart to all who enter his scope.

In his professional career Rabbi Yossi is a teacher, lecturer, mashgiach, published author, spiritual healer, professional counselor and guide. In his daily life he is just Rabbi Yossi - a highly perceptual and loving friend to all.

<http://www.revealingthesoul.com>



Lord Metraton's Message to You

Channelled by Jen-Irishu. 4/12/09

☉ my dear Children of the Earth Star,

I come to you, through this channel, to bring you a very important message to begin your New Year, the year of 2010.

As many of you know, those of the Star Seed, you are now entering into the portal of a new revolution on your planet. You are heading towards the doorway of 2012, the so-called end of your life, as you know it. In many ways this is indeed correct...it is an ending of sorts. Although it is not an ending to your world, in fact it is the beginnings of a high vibrational shift in cosmic energy and magnetic field release.

Those of you who are raised to a vibration of understanding will understand perfectly what I am speaking about on this day.

To attain this vibrational energy shift, many, many of those souls who have chosen to incarnate on earth at this time, to be of service to The Master, have had to experience many upheavals and emotional discharges over the last period of time. This has been a testing of sorts. Also, we have been working on you, at a level far higher than you could ever imagine, to tweak, for use of a better word, your DNA and magnetic field to reach beyond your wildest of imaginations to heights you never dreamt of.

Look at this purging as a re-birthing of a new you. This has been necessary, although often a painful process, to prepare you for the rising of dimensions. As any mother will tell you, giving birth is a painful and sometimes a long process...so has this rising been to many souls on your earth.

Do not by any means feel you have been alone in this shift...this has been happening on a universal level...as above, as below.

We have spoken many times of the mirror effect. Heed my words, many kingdoms within the realms of the heavens have also been going through the same vibrational shift you on earth have been experiencing. This has been happening on a cosmic level because many beings from 'outer space' are preparing to enter your earth's sphere to assist hu-mans to step into your new world with greater ease.

Do not fear these beings. Just because they look different to you, remember, you look different to them as well! It is they who will need to adjust to living in a different atmosphere, with a different race. It is they who will be the 'aliens' in a strange world. Let me tell you this, they have been working through this process and with human energy for eons, to prepare for this entering into the earth's atmosphere. They come not to harm you, only in love and assistance. They come with new knowledge and wisdom.

They come as friends, not enemies.

If you look to the skies, many will see strange flying objects...space ships if you would like to call them this...we refer to them as Mother Ships. Within the Mother Ships, are many so called babies...smaller crafts, which will mingle with your flying eagles in the skies. There will be much excitement of sighting these crafts. News reporters will be flocking to get the latest news on these flying saucers. Pictures will be scanned all over your globe on your T.V. screens and web system. This is all in preparation to take the fear out of an encounter you may experience...understand these are not your enemies, only friends assisting.

We ask this of you, to enter into the new phase of the earth with confidence and be sure-footed. Remember to raise your energy field to the highest source at all times. Raise your thoughts to nothing but acceptance. Feed your temples with the purest of foods if possible. Fresh is always best. If you cannot feed the temple with fresh, then bless your daily bread before you allow even the smallest morsal to enter your being. This prayer alone will shift the energy of your food source.

Thank you for allowing me to speak on this day. We come to you in peace and harmony. We come to you in love. We surround you with the purest of light.

Yours humbly in spirit. **Lord Metraton.**



Land Beyond Words

There is a vast and wonderful place called the Land Beyond Words. You are welcome to enter and to live in this wondrous place. Let us go there now.

As you approach, you see that there are several angels in a row, each holding a net bag of golden silk. And you suddenly understand that you must pass by each angel in order to enter the beckoning forest, and that each will ask you to give them something and will then give you something in exchange.

The first angel smiles warmly and gestures for you to approach. She has a very large net indeed.

She asks you to hand over your worries about the future, those huge burdens you have been carrying about all the things that might happen. And so you remove the heavy pack from your back and put it into her net. But she just continues to look at you, holding out her net. So you empty out your pockets of every "what if" you are carrying. But still she smiles and holds out her net.

And now you see that the cloak you are wearing, the heavy one that you put on to protect yourself from the storms of life, has dark strands of fear and worry woven into it. And so you remove this cloak only to discover another and another. And you keep putting them into her net, until finally she smiles, closes the net and flies to the heavens.

Now the next angel approaches you with her net held out. She holds you with her gaze as she asks you to hand over your doubts. You look down at your body and see that even though you have removed the heavy clothing of fear and worry, you still have doubt clinging to you, right next to your skin, itchy garments that keep you awake in the middle of the night as you second-guess your decisions and beliefs, and wonder if you are strong enough to handle what life may bring. You gladly take these off and put them into her net. You stand in your nakedness as you watch her fly to the light.

And now, you see that the first angel is holding her net to the light, transmuting all of your fears into love. And a gentle golden rain of love begins to fall down upon you and wash you clean. Every last bit of fear is washed away from your body as you feel yourself bathed in unending love, the love that is there for you just as you are, ever and always, no matter what you have done or failed to do.

And now the second angel holds her net to the light and begins to sing, and all of the itchy, clinging doubts are transmuted into a beautiful misty cloud of faith. And the cloud begins to form into a garment, with the fabric woven with the lustrous gold of love, the vivid red of courage and the deep purple strands of unshakable belief and certainty. Now the garment drifts down and covers you, so that you may walk forward in grace, strength, confidence and beauty.

Now the next angel beckons you. He is large and muscular and he holds a gigantic net. He asks you to hand over all of the rules you have in your mind. He asks for all the rules you learned from your parents, your teachers, your friends, your church, and your work. He asks for everything you have learned from TV and newspapers, as well as all the books you have read. He asks for what you were taught by science, by the government and by spiritual leaders as well. Even the most treasured rules that you believe are inviolable, yes, he asks for these.

And you stay with this angel for a very long time, as you begin to see that you are full of rules, and it takes some time to pull them out of your mind and put them into this enormous net.

Your mind grows emptier and quieter as you do this, and all the voices of judgment begin to quieten down as the rules leave. At first this feels very uncomfortable, for your mind is not used to being without rules: the rules you have obeyed and broken, the rules you have demanded others adhere to, the rules yet to be tested. And your mind continues to empty as you dig into the corners and crannies, pulling out rule after rule after rule.

Finally, your mind is completely empty and still. The angel takes his enormous net full of rules and flies to the heavens, where he holds it up to the light. As the rules are transmuted by the light, it is as if a light switches on in your mind and you can see clearly for the first time. Then your quiet mind feels very full indeed, but it is full of one thought and one thought only: I am.

Now you come to the next angel, a beautiful little angel with a big smile. She holds out a tiny little net of gold and asks you to put within it your beliefs about your worth, your value.

She knows that she can hold out a tiny net, for she knows how things are outside the Land Beyond Words. Out here, the air is so dense and the pressure is so great that everyone gets compressed, and as hard as we try, our understanding of our true value is always much smaller than who we truly are.

You somehow know that this view of your value, your worth, is contained in a little locket you hold in your heart. As you pull it out, you are amazed to see how small it is, in spite of all your efforts over the years to make it larger.

You hand the locket to the angel, who puts it in her tiny pouch and then flies up to the light.

As you gaze upward, you see the locket open; within it is a picture of you as a newborn baby. This picture then begins to expand and expand, growing larger and larger. As you watch, you see yourself grow from a tiny helpless baby into a huge powerful presence.

Now this expanded presence that is you descends and fills you completely. But it is much too large to be contained within your body, so it reaches out beyond you, in a great cloud of golden energy.

You feel the expansiveness of it, spreading out. You see how this energy that is you, has no end and that it combines and connects with all others, all people, plants and animals who live, have lived and will live on this earth, for this energy knows no boundaries of space or time and is completely blended with all.

A vast expansiveness sits within your heart now, where once there was a tiny locket. And you find that you can now breathe in through your heart, through this expansiveness that is you.

And now, the Land Beyond Words beckons. And although you had thought you would be walking into a forest, you find that walking is no longer necessary. There is no linear progression at all, no step that follows step.

And you suddenly realize that you are not within a forest at all; you are the forest. You are every tree, every bird, every bunny, every leaf, every blade of grass. You are deeply aware of all parts of the forest at one and the same time, for everything here is you, like your fingers and toes, the hair on your head, the heart that beats within you.

You expand and expand, becoming now the roaring rivers that pour into vast oceans, the mountain peaks that reach up into the sky, and the sky itself.

Your energy is as vast as this land, for it is this land. And within you now grows an understanding of the way things truly work, of the way things are, in the land of true being, in the Land Beyond Words.

But it is a knowing, not a conscious thought. And what you know is everything. But yet you have no words within your mind. There are no words to express what you know, now that you know it all.

You look back at the angels who guard the entrance and you understand that the rules you handed over were made of words and those words did not have the ability to express what you now know: the inexpressible, the place beyond words.

Your understanding is so vast and complete that you are filled with joy, joy in being who you are in this moment and in this place, one in being and serendipity, possibility and wonder. All of this is you.

You hunt for the words to express it, but the words do not exist. You try to draw it, but the lines are somehow not full enough. Everything you try is too small to convey it. The form cannot be captured.

Finally, you relax into it, into the vast and certain knowledge that this land can be entered only as you have entered it, and that once here, you cannot describe it to anyone else. You understand that your ability to stay here in this forest depends upon staying free of all you handed over to the angels before you entered.

Each fear, doubt, rule, opinion and view that you allow to come into your mind from outside is like a weight that begins to pull you down into a smaller size and place, until finally you are again outside the Land Beyond Words, lost and confused, taking one step after another.

And so you stand again before the row of angels, shaking your head in cosmic amusement that you actually had it all and forgot it again. And this time, as you hand over your fears, your doubts, your tiny locket of self worth, and empty your mind of all your rules, you begin to laugh.

You laugh with joy over what you know is about to come when you enter the Land Beyond Words, the place of wonder, where a miracle is served up every day for breakfast, where every breath is a wonder and delight, where what actually is exceeds any desire you may once have had, where you are so expanded that there is no end and no beginning of who you are, where your mind is so still it contains one thought and one thought only: I am.

There are many resources available to you on www.quado.com, including powerful meditations to quieten your mind and pull you deeply into the moment and a crystal full of energy to hold during your meditations.

I am sending you my love and caring. I hope that these messages help strengthen your inner light.

Love & peace,



Email: carriehart@msn.com <http://www.carriehart.com>

The act of forgiveness is enormously powerful as this means giving away, pardoning without any residual burden of guilt or blame and often times this is the last step in conflict resolution, releasing negativity by forgiving, or at least being willing to forgive another person or persons for their motivations, intentions and behaviours which may in the past have caused you pain.

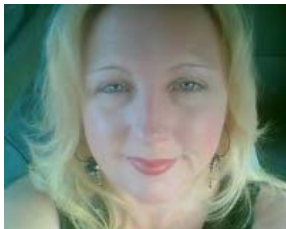
Forgiveness, even just the willingness to forgive signals the end of unfinished business and when forgiveness is fully experienced and realised, it becomes clear to a person that there really was never anything to forgive and that it was misconception and misinterpretation of the behaviour of the other person which caused the pain that they have experienced. It is not the other person who brings the feelings of disappointment but rather the impossible expectations, which lead to disappointment.

Relationships end but true love never dies and the passing of a loved one is not a betrayal. A broken promise may prove on deeper inspection to be an impossible promise, spoken in the heat of love or passion and as such blaming the other person for failing to live up to your expectations is also false. Each of us is responsible for his or her own destiny and as such anger and blame are always false. Forgiveness sets us free and releases the other person from the focus of baseless emotion at the same time releasing us from the chains that anger and blame put upon us.

Self-forgiveness is also an important part of the forgiveness process and in forgiving someone else we must also be willing to forgive him or herself for their part in the event that has caused them so much trauma. Unresolved remorse or guilt holds us into an emotional pattern and can keep us in this "holding pattern" unnecessarily for many lifetimes leading to continued self punishment and considerable suffering both for the one suffering with the guilt and their significant others.

The one who needs to be forgiven may be deceased and in the case of loving couples, the fact must be faced that barring accident which takes these two together, one partner will leave the earthly realm before the other. Relationships always end, whether by choice or as a result of the death of one of the partners and this can be extremely painful. A normal reaction of the survivor is anger at having been "left" and this may lead to guilt over these unloving thoughts. This is when we need both forgiveness of the deceased and also self-forgiveness.

When the pain is too great or if there is a total lack of understanding, the process of resolving limbo can be helpful in easing these feelings. The beings in such deep relationships will often return to be together in future lifetimes and decisions made in anger and grief at the loss of a mate will interfere with the expression of unconditional love in future incarnations. Caution and lack of trust can interfere with intimacy until there is forgiveness and as such this really is a vital process in relation to spiritual evolution.



Blessings Jammie @ <http://soul-light-journeys.heim.at>

FORGIVENESS

Krittika's Angel Whispers



Question:

Hello Krittika,
I have a really strange question for you Krittika. I remember some of my past lives. I have a friend at school that does as well. Mum calls us special children. She has crystals and gives them to me for protection, especially a rose quartz crystal. Mum said to ask you if you can remember your past lives as well. I can't wait to hear if you have. Lots of blessings to you. Thank you for your page, I love to read what you say. Fiona. NZ.

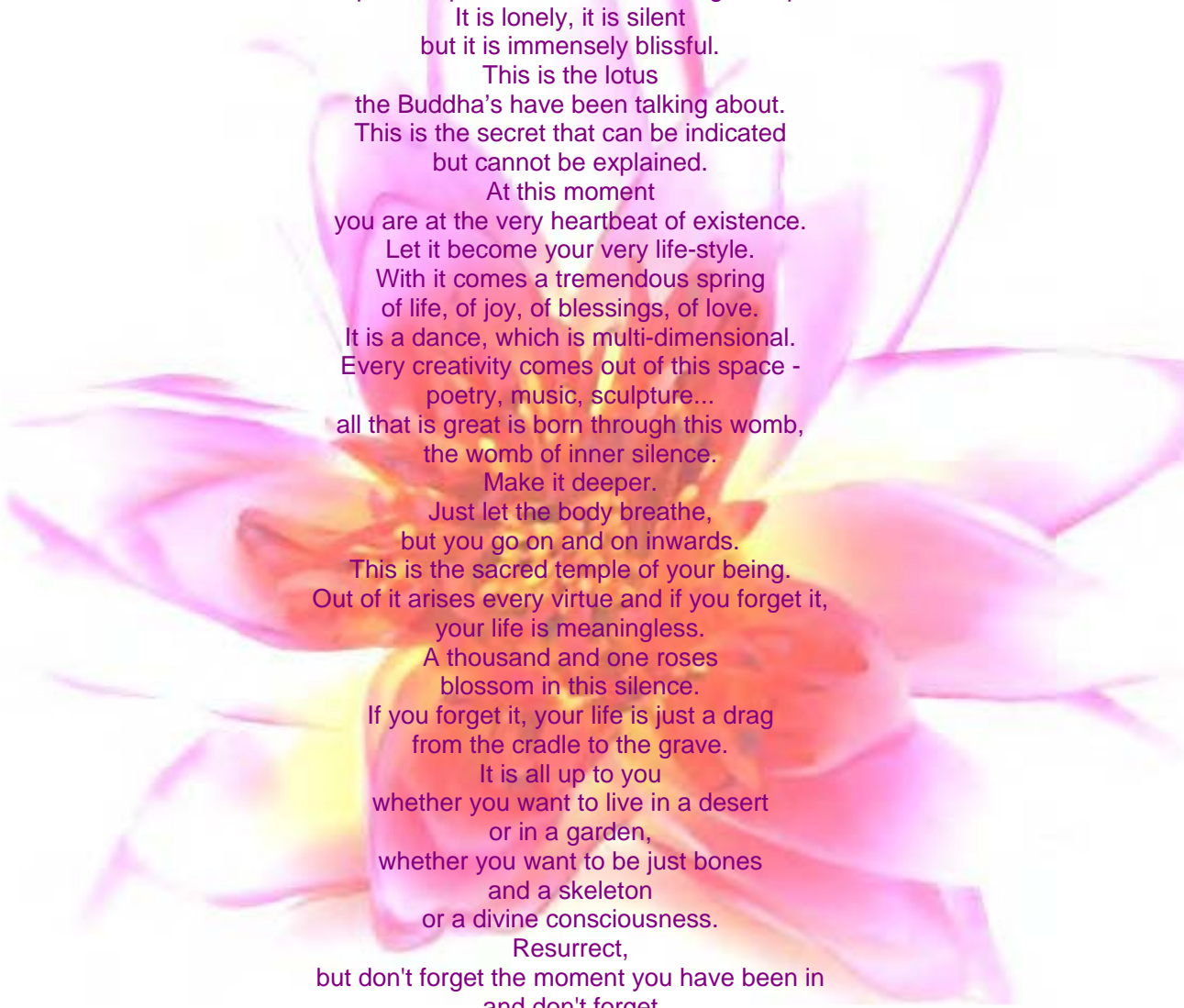
Answer:

Yes, I do remember some of my past lives. The strongest memory I have is when I was a little African boy. I was walking through the jungle and playing with my friends, and a snake bit me and I died. My mum has seen past lives of us together, especially during the medieval times and during the times of Robin Hood... I hope that you will still believe in past lives as I do. Your friends might not believe in them, but you should always stay true to yourself.

Angel blessings from Krittika xxx



Become silent and just be



Become silent.
Close your eyes
and gather your energy inwards.
No movement. Just be . . .
A single-pointed consciousness
and you have taken the quantum leap
from mind to no-mind.
Deeper, deeper... There is no fear, go deeper.
It is lonely, it is silent
but it is immensely blissful.
This is the lotus
the Buddha's have been talking about.
This is the secret that can be indicated
but cannot be explained.
At this moment
you are at the very heartbeat of existence.
Let it become your very life-style.
With it comes a tremendous spring
of life, of joy, of blessings, of love.
It is a dance, which is multi-dimensional.
Every creativity comes out of this space -
poetry, music, sculpture...
all that is great is born through this womb,
the womb of inner silence.
Make it deeper.
Just let the body breathe,
but you go on and on inwards.
This is the sacred temple of your being.
Out of it arises every virtue and if you forget it,
your life is meaningless.
A thousand and one roses
blossom in this silence.
If you forget it, your life is just a drag
from the cradle to the grave.
It is all up to you
whether you want to live in a desert
or in a garden,
whether you want to be just bones
and a skeleton
or a divine consciousness.
Resurrect,
but don't forget the moment you have been in
and don't forget
the space that you have travelled.
Don't forget that nothing is more precious
than your own being.
This remembrance
makes each one of you a Buddha.

OSHO



My sincere thanks to our guest writers.
You have been so generous with sharing your articles.

This edition's guests are ~
Angelyn Hunter - Canada
Bev Angel – Sth Africa
Cheryl Cattarin – Australia
Dr Joshua Stone – Heaven
Dawn Allen – U.S.A.
Daily Om – Canada
Tracy Kay-spruce – Spain
Carla Maria Fox – U.K.
Celya - Earth
Alicia Mary Smith - U.S.A.
Alida Fehily – Australia/ Canada
Tammie Bowden - Australia
Carrie Hart – U.S.A.
Jen-Irishu – Australia

Lord Metraton, Yosef, Pat and Krittika



☞ pray you have enjoyed our stories, as much as I have putting them together, and would be honoured if you could share *Spirit Whispers from the Heart* with your email friends. They are available to read or download at <http://www.jen-irishu.com>
Our next e-mag will be out on the 1st August. Thank you.

☞ would like to thank Lisa Evans @ l.evans426@btinternet.com for allowing us to share her beautiful artwork.
A big thanks also to Pat Sailor for editing my many mistakes! I am getting better!

☞ if you would like to email your heart and soul journeys, along with a beautiful picture, and a question for Krittika to answer, please contact me at inharmony7@hotmail.com. I would be honoured to share them with our readers in the next edition.

Until next time we meet. In harmony, peace, joy and love. *Jen-Irishu xxx* 