



Light and Life
JOURNAL
AN EXPLORATION OF THE SPIRITUAL UNIVERSE

Featuring:

Relationships

ISSUE 9

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We are an independent publication dedicated to the educational and entertaining exploration of planetary faiths, religions, and spiritual movements, especially in their relationships to each other, and to the current evolutionary changes on the Earth and in its societies. Opinions of writers are not necessarily those of the publisher. In fact, we encourage respectful but candid debate of cutting edge spiritual issues and welcome your submissions and letters of reply. The Journal officially believes in the Urantia Papers as a foundation of spiritual truth, but not the only source. Truth can be most readily found through a close personal relationship with God but can also be found in other inspired works, even in the sharings of the next person you meet.

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Publishing in the Light of Urmia

PUBLISHER'S NOTE

The Harp of God, Incorporated is named after a supermaterial instrument that Paul, the revelator, saw people carrying on the Sea of Glass..."And singing the song of deliverance from fear and death."

Our purpose is to publish these songs of hope and of deliverance... from whence they may come. And coming in is what they are doing. It seems that everywhere we turn enlightened inspiration and worship of our Father/Mother abound. Since we got started with this effort we have been introduced to a spiritual reality on our world that is like a dawning new day. We are thrilled to have the privilege of networking this heavenly kingdom of brothers and sisters, the sons and daughters of the One God, the Father/Mother of all no matter from whence they may come.

Our corporation is a not for profit foundation whose purpose it is to publish and to foster the publication of the latest inspiration and highest expressions of truth that we can find for our readers. In this process, we discovered the volume of channeled works that were available and in looking into them we found the hosts of heaven "knock, knock, knocking" on our door.

It is a new age that is upon us, friends. The gates of heaven have



ON THE WESTERN SHORES OF LAKE URMIA, PERSIA, IN THE YEAR AD 24 THE URMIAN SCHOOL OF RELIGION* by Gerdean

been opened and the heavenly teachers are here. They are thrilled to find ways to talk to us and are awaiting our joining hands with them to clean up our act. It is our hope that this Journal will be a herald of the new age of spiritual progress and a networker of the mortals on the front lines.

The publishers of the Light and Life Journal are attempting to establish its format after the noted Urmian temple of the philosophy of religion which was in vogue during the time of Christ. This temple of religion had been built by a wealthy merchant citizen of Urmia, Cymboyton, and his three sons. We have come to appreciate the value of such a school in our attempts to pay respect to the many diverse philosophies that exist in our world today, in particular those philosophies that share with us an Exploration of the Spiritual Universe.

The Urmia religionists lived together in comparative peace and tranquillity because they had fully surrendered all their notions of religious superiority. Spiritually, they all believed in God; socially, full and unchallengeable authority rested in their presiding head - Cymboyton. They well knew what would happen to any teacher who assumed to lord it over his fellow teachers. There can be no lasting religious peace on our world until all religious groups freely surrender all their notions of divine favor, chosen people, and religious superiority. Only when God the Father becomes supreme will men become religious brothers and live together in religious peace on earth.

We asked for some insight into how this platform of teaching functioned and Teacher Tomas responded to say that while it would be difficult for an Urmian school to succeed on our world today because we are culturally still very competitive, personally defensive, and thus offensive, it is a worthy and attainable goal.

"As you attain to the understanding that when you, in liaison with God, have ceased to do battle with your environment and when all of your neighbors have likewise begun to find reality centered in the infinite I AM, the expressions of the differences between you are recognized as differences of Father's many-faceted reality, and so each viewpoint is found to be interesting, impressive, amusing, insightful, endearing and any number of valuable expressions of integrity, which is different than the format of debate."

Any education which was gleaned from the Urmian school was enjoyed because the listeners had the option to absorb or refuse any information which came their way. It came without assault, with respect and in the spirit of sharing. Mutual respect creates an atmosphere of spiritual fragrance. Thus, the Urmian approach entails tolerance. It means we purport "God as we understand God;" which understanding will ever be unique for each individual. In the ideal, we have ceased to argue.

We wondered if there had been an arbitrator to determine what could or could not be said on the Urmian platform, understanding that we don't like to be told what we can or cannot say. Tomas said there was no arbitrator of the subject matter, but there was a reputation about this temple of religion wherein its proponents took delight in living up to its standards. We are hoping that the Light and Life Journal will become such a spiritually fragrant forum.

In the structure of the Urmian schools, discourses would take place in lecture form while at a separate time there would be opportunity for discussion or debate. These discussions and debates were held in sufficiently adult and formal fashion that divisive behaviors were not accepted, therefore not endured. Debates were controlled discussions and they did not get out of hand, and this format was understood by everyone who approached this forum.

THE URANTIA PAPERS:

On the Vicissitudes of Life and Human Character

Compiled by Marty Greenhut,

One of my favorite stories from The Urantia Book is the description of the lives of the first humans on earth..."The Twins." Can any of us imagine being raised in a tribe of primates, realizing that we couldn't stay with them ... and running away to start the first human family on earth...? Such were Andon and Fonta, the "Twins". By the way, it was Fonta who figured out how to get a fire going by using a dried up bird's nest to chip the flint spark into. Here's an excerpt from the text about them:

[from Paper 62, The Dawn Races of Early Man; The First Human Beings, page 708.]

"The First two humans - the twins - were a great trial to their primates parents. They were so curious and adventurous that they nearly lost their lives on numerous occasions before they were eight years old. As it was, they were rather well scarred up by the time they were twelve. Very early they learned to engage in verbal communication; by the age of ten they had worked out an improved sign and word language of almost half a hundred ideas and had greatly improved and expanded the crude communicative technique of their ancestors. But try as hard as they might, they were able to teach only a few of their new signs and symbols to their parents. When about nine years of age, they journeyed off down the river one bright day and held a momentous conference. Every celestial intelligence stationed on Urantia that day, including myself, was present as an observer of the transactions of this noontime tryst. On this eventful day they arrived at an understanding to live with and for each other, and this was the first of a series of such agreements which

finally culminated in the decision to flee from their inferior animal associates and to journey northward, little knowing that they were thus to found the human race."

I marvel when I think of these two progenitors of the human race on Earth. Alone on the planet with animals. If it was a stage play and this was the curtain rising on act one, here we can see the stage set for the drama of the human struggle on our world. We are asked:

[from paper 3, The Attributes of God; The Father's Supreme Rule, P. 51.]

"Is courage - strength of character - desirable? Then must man be reared in an environment which necessitates grappling with hardships and reacting to disappointments.

Is altruism - service of one's fellows - desirable? Then must life experience provide for encountering situations of social inequality.

Is hope - the grandeur of trust - desirable? Then human existence must constantly be confronted with insecurities and recurrent uncertainties.

Is faith - the supreme assertion of human thought - desirable? Then must the mind of man find itself in that troublesome predicament where it ever knows less than it can believe.

Is the love of truth and the willingness to go wherever it leads desirable? Then must man grow up in a world where error is present and falsehood always possible.

Is Idealism - the approaching concept

of the divine desirable? Then must man struggle in an environment of relative goodness and beauty, surroundings stimulative of the irrepressible reach for better things.

Is loyalty - devotion to highest duty - desirable? Then must man carry on amid the possibilities of betrayal and desertion.

Is Unselfishness - the spirit of self-forgetfulness - desirable? Then must Mortal man live face to face with the incessant clamoring of an inescapable self for recognition and honor. Man could not dynamically choose the divine life if there were no self-life to forsake. Man could never lay claim to righteousness if there were no potential evil to exalt and differentiate the good by contrast.

Is pleasure - the satisfaction of happiness - desirable? Then must man live in a world where the alternative of pain and the likelihood of suffering are ever-present experiential possibilities."

TO HIM WHO HAS SHALL BE GIVEN MORE

Quote and commentary from Carol Davidson

P.1692 - §0 ... (Jesus said) "My beloved, you must always make a difference in teaching so as to suit your presentation of truth to the minds and hearts before you. When you stand before a multitude of varying intellects and temperaments, you cannot speak different words for each class of hearers, but you can tell a story to convey your teaching; and each group, even each individual, will be able to make his own interpretation of your parable in accordance with his own intellectual and spiritual endowments.

You are to let your light shine but do

MAJOR EXPLORATION

Relationships

To him who has shall be given more

so with wisdom and discretion. No man, when he lights a lamp, covers it up with a vessel or puts it under the bed; he puts his lamp on a stand where all can behold the light. Let me tell you that nothing is hid in the kingdom of heaven which shall not be made manifest; neither are there any secrets which shall not ultimately be made known. Eventually, all these things shall come to light. Think not only of the multitudes and how they hear the truth; take heed also to yourselves how you hear. Remember that I have many times told you: To him who has shall be given more, while from him who has not shall be taken away even that which he thinks he has.”

To the person starting out on the spiritual path, it seems he has nothing, that he is all physical body and no spirituality at all. He has no hope of achieving the growth that he sees in others. What he forgets is that long years of striving for spiritual growth must be undertaken, for nothing spiritual comes without effort. A person can have the most experienced Adjuster in the universe but still he must overcome self before he can choose the way the Adjuster projects.

If you envy another's spiritual growth, remember that the person achieved it through dedication to doing God's will through long years of the same type of spiritual poverty that you are now experiencing. And remember, if you persevere, you too can have that spiritual growth. Then after years of spiritual poverty, after you have conquered self, the time will come when your spiritual goals are realized to the point that it seems heaven is pouring out abundance immediately after you think of it. You have, and you are being given more.



Among the things we'll be offering for your exploration in this issue is a look at *Relationships*, especially the most critical relationship we experience -- the primal relationship between *mortality* and *divinity*.

We each deal with our own mortality every second of our earthly existence. Depending on our perspective, we react and interact with *life* in general. The long history of mankind's struggle for survival is centered around the success of its survival. The relationship of man's *origins*, then, become directly related to mankind's *destiny* - the result of that surviving.

The direct link between origin and destiny is where the element of *divinity* arises. If a mortal has a sense of a *divine origin* it relates to his/her expectations of a *divine destiny*. However, if you believe that life just happens and that death is the final act of that life, you will live your life accordingly. Your belief that your life, by accident of nature, has no lingering effect once it is over, is a subconscious lever that pushes, or motivates, you into a certain pattern of behavior. This does not mean that you would behave immorally, necessarily. It only signifies that divinity plays no part in your existence and that your actions represent whatever sense of responsibility your environment has placed upon you.

If you, on the other hand, possess the sense that mankind is the direct result of a *creative process*, full of *intent* and *design*, you will then be more likely to ponder the intent and design of your life and even its purpose and destiny. You will observe your current existence in an entirely different manner

than does the *accidental traveler*. You will search for meaning and beseech your creator for answers to the whys and wherefores of even the most mundane experiences.

The personal sense of a divine origin, no matter to whom or to what you give credence, provides leverage for you to measure your life and take stock in its value and in your own behavior. Belief in a divine origin also conveys intrinsic eternal, or infinite, possibilities for your life. The material existence tends to become more *unreal* and the *unseen* link between you and your divine source increases in significance. Thus you enter into the *real* presence of your *dual* nature, a nature that holds within it the ultimate relationship between mortality and divinity.

This presence of a *spirit reality* within you pushes you toward goodness, beauty and truth because you increasingly understand the infinite ramifications of your behavior in the moment. This may not be a fully conscious activity, yet your deep seated sense of a divine origin and the implication that everything matters, provides impetus to get a better view of what everything means to everything else. It gives rise to a sense of right and wrong, of a good, better and best way of doing things because if divinity saw fit to create you, divinity must have had a reason, a purpose, or a design, in mind.

Perhaps the confusion of our dual nature and the murkiness of that divine origin and its concomitant purpose or design will become clear in the ages to come. It is becoming more clear to us each day now, as we attempt to correct the confusion into which we were born. The divine circuitry is now flowing with new information to assist us in overcoming our handicapped, mortal status. Divinity is expressing itself to mortals and mortals are drinking it up. We are trying to quench our thirst and satisfy our yearning for divine expression.

It is this *internalizing* of divine expression that is moving everywhere around the globe and will result in many changes in mortal behavior. How might this ever-growing relationship between the divine and the mortal express itself? We herein explore the possibilities.

Unfailing



Goodness

By Teacher Tomas

Who would not admit to a bad moment now and then,
where you harbor ill will toward your neighbor,
or murmur expletives at rude drivers?
How many times have you known resentment
or those facets of imperfection
which you would regard, even philosophically,
as undesirable to a clear heart, a clear mind?
At the heart of you there is God, and so there is good.

Good is a quality of greatness, of divinity,
for divinity seeks only good, can do only good,
can be only good, for it is perfect.
It is love.

It is the desire to help,
to share, to express, to serve, to comfort.
Unfailingly does God reach for you
and unfailingly is He there when you reach for Him.
Unfailingly He is good to you.
Are you unfailingly good to God?
Unfailingly good to your brothers and sisters?

How can we be good without fail? Without fail!
You can be unfailingly good because
you will not be failed by the Father.
Even as you voice your malcontent and your resentment,
your righteous indignation or rightful judgment,
the Spirit within you, which is divine,
will point the way out of that darkness.
Unfailingly it will lead you into further goodness.

If you find yourself caught up short
in a social behavior or in twisted thinking,
the goodness of God will reveal to you your error
and, with goodness,
return you to your path of clear thinking, right behavior.
When you manifest these fruits of the spirit,
it is the fruit of *unfailing goodness*
which allows your honesty to be given and received.
For who denies good? All seek good
in each other and in themselves.

"First make the tree good."
And this good tree will produce good fruit.

Do not be alarmed when you discover
that sometimes as a mortal you fail to recognize
the opportunity to be good.
Turn only to that "missed" opportunity
as soon as you know
that you have been unaware of goodness.
In your loving service, be good.
"Be good to those who spitefully abuse you."
The human retaliates; the divine comprehends,
manifests forgiving tolerance.

It has been asked,
"Why do bad things happen to good people?"
There is a story about a man
who traveled the world far and wide,
seeking the answer to this question
to which he received many answers,
until he finally came to the home of a great guru.
The guru would not see him,
but instead sent this sojourner to the garden
where he encountered a gardener who was old and lame.
The gardener put down his tools
and talked about his life
and confessed that through foolishness
he had lost his wife, his children, his home, his career,
his standing in society, and ultimately his health,
but he had finally come to know peace
in the garden of the great guru.
And so when the man asked the gardener
why it was that bad things happen to good people,
the gardener took up his tools and replied with a smile,
"I don't know. Nothing bad has ever happened to me."

In a man of simple faith,
God's goodness is evidenced
by the quiet joy in which he goes about
doing good.

* * * * *

A Conspiracy of Kindness

Our moment by moment encounters in life are important opportunities to spread kindness and participate in the planet's "Correcting Time," in which humans will be awakened and encouraged to attain higher levels of truth, beauty and goodness. All are called to help, even a couple of ordinary guys like Vincent and Roland.

On the way to the luncheon, Vincent and Roland got lost. They couldn't decide if that was metaphorical, but they assumed it was. They pulled into a zippy mart, as they called it, to ask directions.

Roland has this ability to draw people to him. Vincent first saw this when he was in Utah visiting. He and Roland went into a grocery store and it seemed that everyone they encountered in the aisle acted as if they were old friends of Roland's, even though from their discussions it was clear that they had never met before. Once the two got outside Vincent expressed his amazement at the magnetic personality that Roland had exhibited, but Roland laughed it off as coincidence. Notwithstanding that brush-off, when the two stopped for gas Vincent caught Roland giving the guy at the next pump one of his cards after they had struck up a conversation.

So it was no surprise to Vincent that Roland, in the course of getting directions, managed to speak to everyone in the place and, before it was over, had them congregated at the cash register debating the best path to their intended location. Nor did it surprise Vincent when Roland gave each of them a hug for the help. It was quite a show and Vincent thereafter gauged his own actions by those that had been demonstrated by Roland in that zippy mart. That, he thought, is how you let the Father's light shine through you to those you encounter. That good-natured attitude, that openness to those encountered, that smiling, joyful

countenance. That's what Vincent sought to emulate.

Later, in a clothing store, Vincent and Roland were chattering with each



other and laughing. The banter was so obviously friendly and personable despite the joking around, that the clerk asked them if they were preachers! "Yes we are," Vincent told her. "We have to do it only through our actions and service to others. It is great that you have recognized that we are men in the service of the Lord because that tells us that we are successful in our attempts to give off the spiritual essence and grace that befits ministers such as ourselves."

She was intrigued and asked them what the basic tenets of their faith were. "Well," said Vincent, leaning closer to her and looking around mysteriously, "we believe that all

people are brothers and sisters. We also believe that God is our parent. Therefore we are all family." She readily accepted that.

"And we believe that we should each be tolerant of each other, as we all have our own path back to God. Therefore we don't speak badly about any other faith or belief system. Bad form, you know."

"Yes, I don't like people telling me that I am not worshipping properly or that I am likely to go to hell," she confided to him.

"No?" Vincent asked.

"No. In fact I have been very much put off by supposedly religious people who had a holier-than-thou attitude, if you know what I mean."

"Yes," Vincent replied. He glanced around and, seeing that there were no customers waiting, he continued. "Then you can do what we do — treat everyone as a child of God, be optimistic about goodness ultimately prevailing, and smile on all you meet. We call it a conspiracy of kindness. We are enlisting co-conspirators. Will you help out?" he asked, winking at her.

"Sure," she said. "I have a lot of opportunities to do that in this job. I'll try it and see how it works out."

Vincent smiled, shook her hand and he and Roland walked out of the store with another successful encounter and another story to tell.

Follow the adventures of Vincent and Roland in *Correcting Time: Where the Revelation Meets the Road*, by Fred F. Harris, Jr., harrisf606@aol.com, Mind, Body, & Spirit, Inc., P.O. Drawer 1838, Tallahassee, FL 32302.

Relationships for a New Age

By VALERIE DONNER

What are real-ationships? They are the way of the future. They are what God intends of us for they carry the premise for us to be in our divinity. They presume we have worked through most of our fears, worries, concerns, and inability to be in relationship. They require we free ourselves as much as possible from our egos. They demand we feel and look within our own hearts and that of our beloved. They force us to be all that we can be—no more half-hearted relationships

Most of us have not had good relationship role models from our upbringing or from society. Many relationships are ego-centered based on motives like what can you do for me—financially, materially, and make me look better to the world? They are based on a consciousness of the past but not the future.

Future relationships will allow the integration of the essence of the beloved to be what one loves. This will facilitate the adjustment of other aspects of each person's soul to come into physical embodiment.

This means the hearts of both individuals will truly see the other for who they are in their most divine sense. They will hold the space for each other to become their God Selves in relationship.

At this time in the third dimension it is most challenging for two people to create this type of relationship. Due to the demands of this dimension people still find themselves dealing with the ego's rule that runs relationships and often destroys them at the same time. People are then left shattered and disillusioned. They shut down their hearts and protect themselves from as much future pain as possible.

What do you get—you get a lot of unhappy people. You raise the next generation into thinking this is the way relationships are intended to be. Confusion and poor role models continue.

Are you ready to see this stop? Are you ready to get real in your relationships? Are you ready to be your true God Self? Are you ready to be honest, open, speak from your heart, and work together in oneness? Are you ready to practice sacred sexuality that puts you into the oneness with Prime Creator? Are you ready to throw away your defenses, to become vulnerable and loved for who you are—who you truly are inside, in your essence?

We are currently making the transition from what has not worked in relationships to what will work. Lightworkers are at the forefront of this shift as they work through their final issues, which have kept them, locked in fear and self doubt. They are the trailblazers whose strong intuitive sense tells them there is something much better with relationships than what they have experienced in the third dimension.

Relationships of the future will start with Self. They always have but Self will take more responsibility for its creations than in the sleepy past where projection, blame, and victimization have prevailed. Self will see clearly through the mirrors in life and will choose to find the divinity within each one.

In the future we will all be telepathic. We will have to learn to use these abilities in our relationships. Lack of trust will not be an issue because all will be clear and open. Love will take on a different role because it will be guided from the God Self, the divine, so the separation that has been a large part of relationships will cease. When you find yourself in your divinity you are in oneness. The fears and doubts of the past disappear.

There will be great strength in the bond of two. Many will find themselves with their divine complements, twin flames. Finding the other half of Self and bringing that into mutual wholeness will be a major gift in the new age of relationships.

Love, harmony, peace and unity will be the common strand that intertwines two people. They will not fall in love for the romantic reasons of the third dimension. They will fall in love as souls coming

back together to share divine love. This love will take them to the far reaches of their souls and their abilities. It will be a catalyst for their life purpose and destiny.

People will have autonomy and sovereignty. Enmeshment will become impossible. People will be seen for who they truly are and will be led to each other. Relationships will be for spiritual reasons, for sharing, spiritual growth and for mutual life purpose.

Relationships will take on the sacred. This means they will be the foundation of society. Culture will be created around relationship and common goals. Community will be based on these relationships.

We have not experienced what real-ationships are about but we will. As the consciousness of the planet continues to accelerate we will only find satisfaction in relationships that nourish our souls.

These relationships give to each other based on spiritual principles. They are uplifting and joyful. They bring playfulness and sharing. They allow one another to grow into their best Self for each other's highest good. This is what is real. This is the basis of relationships for the New Age of God.

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Our Cosmic Connection

LOVE OVERCOMES THE DECEPTION OF GUILT

by ANGUS BOWEN

If you have seen the movie “Matrix,” you have seen one of the great depictions ever of the distorted view of reality we mortals have of our material existence. The movie demonstrates, with unique visual effects, dramatic action scenes and imaginative dialog, the task we have in sorting out truth from fiction in our everyday life. Stepping through the portal and seeing with eyes to see, we begin to understand what has been taught to us in the past is a web of deceit. The veil that separates us from *universe reality* is, indeed, a matrix of deception. An intellectual fraud.

The deception hits us hardest right where we live. One example is the feeling of “guilt.” A much wiser and older Professor* friend, says, “So many of you carry around a burden of *guilt* and this self-righteous burden is a heavy weight that disallows your full freedom in sonship. Guilt is something you have assumed. You have taken it upon yourself. You have consciously allowed yourself to be less than you can be. Why is that? It is because of expectations. And ideals. And your inability to live up to your own ideals. And so you have guilt, and you carry this burden of guilt as if it were a cross to bear, heavy beams that are truly no more than a mote in your eye of perception.

“Understand that you are *accustomed* to feeling guilt. It is a part of your culture. It is a deep part of your religious heritage. And your parental influence and social influence. Even in your relationships with your peers today. It will require enlightened honesty to get past guilt.

“If you have had (and who of you has not?) an opportunity to say of another who



has wronged you or who has been accused of a wrong, “Father, forgive him, he knows not what he does.” And understanding the true depth of that perception, can you not also turn that view toward yourself and say, “Father, forgive me, I know not what I do”? For if you knew, if you truly knew, you would be prompted to act upon your light of truth.... Release guilt, that you carry for yourself and release it from the shoulders of your brethren. It is no longer necessary that you shelter one another beneath that yoke. It has been lifted by the Light. Rejoice in the Light.”

With that advice, we may not be able to suspend speeding bullets in mid-air (the Hollywood version) but we might be able to stop those feelings of guilt in mid-stride. Like all things worthwhile it will take training and practice to perfect our skills in our new reality, but as the old Professor explains, we’re supported by infinite love in our new reality. “Our Father *is* love. Even though he is intelligence and energy and order and design, ad infinitum, it is also and unerringly true that *God is love*, and when you seek for God you seek for that which will round you out and allow you to know perfection.

Seek love now, in your own heart, in your own being, in your own awareness, in your own universe, in your own frame of

reference, in your own relationships, animate and inanimate, spiritual, mortal or personal. And when you have come to an impasse where you can no longer identify the *need* for love, pray that you be shown another door, another avenue, another passage of the incredible love that will feed you, entertain you, delight you, nourish you, stimulate you, encourage you, challenge you and fulfill you for worlds to come.”

Imagine an entire universe that operates on “love.” I’d call that a “matrix” buster...the world’s best kept secret, so it would seem. If I can learn to perceive “love” in place of all those *un-realities* my material environment presents, I can rid myself of things like guilt and false expectations. Tomorrow doesn’t seem soon enough but the Professor reminds me, “It is good that you do not overmuch look to your future or weigh your future in terms of your past, but allow yourself to be in the time wherein you find yourself. From this instant of being, you are at once in a center of reality which, at its ideal, is in a heart of God, a citadel of the spirit, a safe, happy place along the journey from the moment before to the moment incoming.

“What a tender, loving, merciful, caring and thoughtful universe it is. For all its power and dynamics, it teaches you gently, if you open yourself to its unfolding. Resist not.”

**Tomas, from his lessons in the Melchizedek Schools, transmission by Gerdean*

STILLNESS: *Threshold for Spiritual Growth*

by **DONNA PAINTER**
The Stillness Foundation

We are Stillness Foundation, and our purpose is to bring people closer to God through a daily spiritual practice called Stillness.

As most of you are aware, the practice of daily communion with God is overwhelmingly supported in The Urantia Book. It is even suggested as the Master's key to living life on Urantia, "Of all human knowledge, that which is of greatest value is to know the religious life of Jesus and how he lived it." Obviously, Jesus' religious life was to commune with the Father whenever he needed love, courage, patience or other fruits of the spirit to face life's difficulties or to share life's joys.

If there is one central theme of all the teachers in the Teaching Mission, it has been the encouragement of daily communion with God which they have called "stillness."

Stillness is different from most people's ideas of meditation because it involves a focus upon a personal God. The Master most certainly focused upon the Father during his communion with Him.

We believe that Jesus' exquisite personality harmony and balance was achieved through his communion with the Father. To that end, we acknowledge the significant role the Stillness practice could have in our own spiritual transformation to help us to live more spiritually fragrant lives.

We concluded that if communion with God was the most important knowledge a human could have according to The Urantia Book, and it was the cornerstone of the teachings of the Teaching Mission, it is what we all need the most.

To support that spiritual goal, we developed Stillness Foundation. Our

sole purpose is to promote daily communion with God to those who are interested in improving their ability to manifest the fruits of the spirit in daily life.

In order for us to do this, we need the help of anyone who shares our vision; as well as our desire to help anyone who shares our vision. We would love to see individuals and groups promoting Stillness all over the world. It is not important if you have any formal affiliation with us.

The difficulty many people have with promoting Stillness is that it cannot be clearly defined or taught. To help you, we have developed some materials that explain the importance of stillness and how to get started. However, once a person starts, the sharing of experiences is all that can be done to provide continued support.

As with all of us humans, we want someone to give us the magic answer or to read about it in book, but developing a relationship with God is personal and individual through the actual experience of feeling His love alive in your soul.

This is not always easily achieved. In spite of this difficulty, what greater gift could you give to another than to put them on the path of finding the love of God within themselves?

Our primary method of spreading Stillness is through workshops, ads, books and tapes. If you need help

yourself, or want to help others begin a Stillness practice, let us know how we can help you. Or, if you want to share in our outreach, let us know how you can assist us.

What we have come to realize is that all the spiritual wealth we have been given by The Urantia Book and the Teaching Mission is not intended for us to keep to ourselves. Rather, spiritual wealth is to be shared. Whatever you are taught, you must in turn teach to others.

To that end, we are committed to sharing this information with truth seeking souls. We have many plans for our future outreach, including the development of a Stillness Center in the San Francisco Bay Area.

None of us receive any personal compensation. All of our support goes to outreach efforts. If you wish any further information, please contact us at:

Stillness Foundation, 7840 Harcourt Springs Place, Indianapolis, IN 46260; phone 317-334-1733; or e-mail: mikepain@aol.com or donnapainter@hotmail.com

We look forward to meeting new friends and growing closer to current friends.

In the Father's peace and love,

The Board of Directors - Jim Cleveland, Mark Hall, Donna Painter, Michael Painter, Marty Risacher



Apocalypse Cancelled!

by Sheldon Nidle for the Spiritual Hierarchy and the Galactic Federation

March 11, 2000 (3 Cib, 9 Ceh, 8 Manik)

Greetings! We arrive in much joy and with many interesting things to tell you. As you know, you are being rapidly transformed, both physically and spiritually. Your varied integration process has been going on for numerous millennia. It has been a major factor in your movement toward the Light.

As a by-product of this procedure, you have moved slowly through many layers of technological growth. Each succeeding age dramatically upped your society's knowledge of the reality in which you live. Yet, it also brought untold new levels of conflict, hatred and savagery. These are a fundamental part of the chaos field that pervades your reality's former matrix. It is this phenomenon that your secret rulers fully utilized to hinder your rising enlightenment. Added to these many devices was a global negative field of consciousness designed to keep you in lack and limitation. It is this system that you still employ erroneously as a standard by which to evaluate your environment. We ask you to utilize a new one founded upon Love, harmony and compassion. Emphasize these positive qualities collectively, dear Ones: they can then become commonplace in your realm.

Your world's many changes are merely portents of what is about to come. In this regard, we in Heaven would like to formally announce that the Apocalypse has been canceled. Your future is meant to be one filled with joy, not sorrow. The trials and tribulations that now engulf you are just the last aspects of your changing reality. They are a glorious sign that

those woes that have surrounded you for so long are finally ending. In many previous messages, we have made it a point to explain these final 'Days' to you. They are a period when your 'core' beliefs can feel safe to transform.

It is a time when you can discover how marvelous your coming new reality is to be. This process is one that has brought you through many 'ups' and 'downs.' Yet, it is serving a wondrous purpose. It is causing you to learn swiftly about how your former matrix operated and how your inner powers and abilities have greatly altered it. This process is one that has taken longer than we, at first, believed you required. However, it is now quickly running its course and preparing you for the myriad of marvels that are shortly to come.

These marvels include the restoration of your full consciousness. This important mission is the one that concerns us most. In bringing you back to your fullest potential, we are insuring that you can successfully fulfill your many responsibilities, including being Earth's physical Angels. It is this that allows you to become vital intermediaries for Heaven in this portion of physicality. Furthermore, you have within you the ability to affect all of physicality in many crucial ways. It is this possibility that has made us so deeply committed to your success. In a number of major decrees, the divine plan has stated bluntly what is expected of you. To do this, the Creator has given us numerous edicts to carry out these sacred desires. Because of them, we long ago intervened divinely in your realm. Dear Ones, you need to understand that you are to put away your inculcated fear of change and your xenophobia about other off-world societies. It is true that, in the past, many of them harbored very negative

feelings about you. However, we are currently altering them into quite positive ones.

In this regard, look at the fact that sentient life exists in many exotic forms. Like your own flora and fauna, sentient life in physicality has taken on many airs. To you, these Beings initially may appear hideous or even frequently seem to convey many negative intergenerational thought-forms. These old fears are ones that you are here to transform. When you achieve full consciousness, your mastery of them will be complete. You can look back at your thoughts and deepest beliefs with a great deal of hilarity. There can then be an acceptance of how limited and fearful your former beliefs really were. It is this process that sits at the very core of your coming mastery. Dear Ones, you are here to drastically alter present physicality and to be its great unifiers and noted peace-givers. This position is one that you have accepted in your current life contracts. It is one that has given you great promise, and why all of physical Creation has come to your shores.

As the many aspects of sentient life in the physical Universe join together, your growing awareness has become very important to them. Think of yourselves as some great Light that briefly fell upon a bout of intense amnesia. In reality, you are great Beings who have been told deceptively how insignificant you are, and you have bought into this belief. Now, you are beginning ever so slightly to remember who you are and that you have a vital mission to perform. You are also starting to be quite impatient with how long it is taking to recover your previous faculties. You have not yet noticed that some of your fellows

Please turn to page 46

KRYON: Channelled Address to the United Nations

Channelled November 24, 1998, 1:15 PM before the Enlightenment Society (S.E.A.T.), a chartered organization within the working area of the United Nations in New York City
Lee Carroll

The Kryon message: *We have changed our future, and the consciousness of the planet is in transformation. The spiritual critical mass has been reached, and you can see it all around you.*

Kryon began: Greetings, dear ones, I am Kryon of Magnetic Service. Indeed, it is the voice of my partner (Lee) that you hear now, but the energy in this room provides the fact that at this moment you are being visited. No, not by one entity, but by an entourage that flows into this space and wishes to walk between the chairs and the very aisles that are here-in a congratulatory and foot-washing mode. For this particular communication is going to be different than any before.

My partner, you said it felt like "home" here (The United Nations building). It is because this is your contract-this is what it always was-this is the area that we wish to fill with love in a grand way. Not just this room, dear ones, but an entourage which floods this entire building, floods this city, and floods the place where you have decided to come and hear this message. This is a message which is going to be far different than you would imagine-far shorter, indeed, than any message we've had before. This one is especially for those in this room, and for those in the building. But let it be known that this transcription is for all-the ears of those who are hearing and the eyes of those that are reading. It is for all on the planet.

This is not a time when you have come to revel in an energy because you are curious. This is about a reunion in the room, a reunion with an energy that was promised to you-an energy which was promised to you by appointment when you decided to come into this planet again. We sit in front of angels, each one-designed as angels-on purpose as angels. We speak of all of those who sit in this assemblage pretending to be human! For we know who you all really are [Kryon's continuing teaching that all of us are part of the angelic family]. We know of your courage. We know of your contract. We know what you've been through. We know of the infirmities in your body. We know of the shift you are going through, and we know all of these things because we are FAMILY. And this family wants to come before you now and do something that we've never done before.

This is the first time, dear ones, that this kind of message has ever been presented. And we do it quickly now. In the past we have promised you something: Spirit will never come before human beings and give a fear based message. NEVER! Let it be known, if you ever come before any entity who says that they represent Spirit, and you get a message dripping with fear and agenda, then it is not Spirit who sits before you!

Instead, what we do is to come and celebrate new human enablement, especially right now. There has never been a time like right now! This is of your making, and you should know it. You can walk from this place in a higher stature than when you came in, when you realize what you've done. I'm about to tell you in a way that is more graphic than ever before. This is not a fear message. You must understand the whole message before you stop listening or before you stop reading. Let this message be given

in total, and never quoted apart from its full intent. Those who would rip apart this message for their own purpose do not represent the new energy on the planet.

THE FUTURE

We're going to take you to a future Earth-a future Earth. This may be startling information, but we ask you to wait until the end of this message before you judge what is being given to you here.

We're going to paint a vivid picture of your future Earth, and it's going to be very disconcerting for you. [Pause]

In this very land (The United States) there is water covering both coast lines with major cities being under that water. There is disease-there is confusion-the stores are empty-there is a civil war here in this great land, and within it there is a smaller four-way race war. There is a removal of central control from all. There are police forces which are surrounding the cities, trying to keep order for their own area. The return to the "city state" is at hand, and they let no one in or out. There are state lines which are no longer state lines. It is chaos. There are submersible boats in the ocean carrying great weapons, which out of the integrity of their own commands, have sunk themselves-because they could not decide which port to land in. Each port has its own agenda. There is horror and despair in this country, in this land.

This is a future of Earth.

If you go higher in the land you find the great country of Canada, which is divided completely in half and starting to arm itself. Two great cultures with differing languages are almost at war-unable to decide who is going to get the various parts of the

land. The resources which are the most important reside mainly in one, and the other must share it to exist. As in the country below them, central control is all but lost. Culture and tribe awareness divide them.

This is a future of Earth.

We take you to just a few of the other continents to view what is happening: We find in the African continent there is a full reversal of consciousness-a return to tribal warfare, just as it appeared many, many years ago. The place where civilization had its seeds are beginning to be the place where it will be buried.

At the southern pole, Larson's Ledge has broken off, sending an enormous tidal wave sweeping across the southern part of the great Australian continent, covering cities, killing millions, putting the country in chaos and grief.

The great dragon (China) is quiet. A quarter of the Earth's population is quiet, but they are watching very carefully to find out where the power vacuum spots will be, so that they can sweep in and establish their culture. Most of them have anticipated this, for it was in their prophesy foreseen by their ancients.

This is a future of Earth.

Ah, but that is not the worst. We take you to what you call your Middle East. Listen carefully: There, dear ones, in the energy of the most Holy of Holies, the beast has arrived. And the beast, with its glowing eyes, has raised 40,000 feet tall and has planted its feet firmly on both sides of the ancient tribal lands and it's there to rule for 4,000 years-representing half its life. The metaphor of the beast, dear ones, in this context, is nuclear war-and it starts there-where Humans decided to destroy one another in the name of God.

This is a future of Earth.

I'm going to tell you what this is all about. We told you to listen to the entire message-this short message of today-for what is coming is profound! I'm going to give you the date of this future-the date of the future that we have just described to you. [Pause]

The date when all this is to happen is October 1998! [Pause]

“Kryon, you must have make a mistake! That date has already gone by. It's November 1998 now,” some of you might say. We know. Yes, the date has gone by. Dear ones, I just gave you the prophecy of scripture. I just gave you the prophecy of the 400-year-old Nostradamus. I gave you the prophecy even of the New Age masters who had the visions of a “snap shot” of the Earth as it had been measured and foretold in 1962 [a spiritual measurement much like the 1987 Harmonic Convergence]. And what I gave you was REAL!

That was the Earth's potential then, yet here you sit. None of it happened, you see. Not any of it happened! Not the catastrophes-not the race wars-not the nuclear wars. The Beast has been voided, and I sit in the very place which is responsible for so much of the consciousness shift. Listen to this, dear ones, listen: When the cook is in the kitchen, he has no concept of how relaxed and how enjoyable the meal is being consumed in the other room. [A metaphor for those at the United Nations who constantly only participate in the strife and negativity and stress of the day-to-day existence, without being able to look at the overview of what they have done.]

The Earth and all those upon it should be in massive celebration! And they should start right here by washing your feet! We speak of those who work here who deal with the children of the nations of the world-who deal



with the deforestation issues. We talk to those who are responsible for disease control. It has worked! And yes we address those who embrace peace over war, and who demand a planet with responsibility one for the other.

The consciousness of the planet is supporting what you're doing. This planet, which you think is filled with strife, is the kitchen (in the metaphor). Most of the planet sits back and enjoys a major shift, perhaps not even knowing it-an overview of a planet hurtling toward a new paradigm of coexistence instead of catastrophe and full war. Oh, there will be complications, and there will be strife, but look at the consciousness shift! Now the emphasis is about solving conflict and bringing permanent closure instead of about “who is right,” or “who deserves what.” It's about responsibility for ALL Humans on the Earth, and not just the good of the few in a certain area. The worldwide emphasis is on eventually creating a peaceful coexistence between ALL the tribes. It's about a planet coming together, finally, to move through a millennium that before had a stigma on it of TERMINATION. Instead, I am sitting here telling you that as this millennium draws near, there is a spiritual potential now of graduation and wisdom, instead of that awfulness that I just told you about. The potential now is of the New Jerusalem! and it is in your hands.

Please see following page.

The Resurrection of the Feminine ... The Ascension of the Planet by NANCY M. BROWN

One has to be only barely cognizant to realize that many energies are out of balance on our planet today. The energies that appear to be most unstable exist between the feminine and masculine principles.

The true meaning of both femininity and masculinity have been all but lost in the over-inflated, pumped-up ego pomposity of our male dominated culture. This age old conditioning, in which each "side" is seen as separate with no hope of union, weaves its way through all cultures and has resulted in a self-perpetuated, downward spiraling path of destruction for all humanity. Instead of striving for balance between these two opposing yet interdependent energies, we fight for dominance, one over the other. This competition for dominance spills

over into our individual beings. Our internal anima and animus rarely coincide peacefully within our psyches. When dualistic energies do not flow undisturbed within us, they will not flow undisturbed in our relationships with others. Only when both men and women are sensitively alive to this interplay of forces stirring within, will we become fulfilled through unconditional love for ourselves and others.

Why is it so difficult to rectify this age-old battle? What healthy paradigms exist to guide us towards the wholeness so many of us crave? Why has the feminine been so lost and the masculine so wounded in its attempt to over-compensate for something it doesn't even know it's longing for?

There appears to be a revolution of Spirit occurring on our planet today. I believe this Spirit is feminine in nature and is undertaking the task of healing the damage done by the out-of-balance masculine principle that has resulted in a corruption of our planet.

We cannot begin to understand the role this feminine principle plays towards our ascension in the cosmos until we come to an understanding about our natures and how we have evolved to this state of being.

We begin this exploration by examining the concept of Taoism.

Please see page 34



KRYON: Message to the UN

Continued from previous page

Each of you came to the planet with full knowledge of the 1962 potential. Each of you also knew of the changes possible, and of the potential that the year 2000 would find far more peaceful news than the predicted catastrophe. Look around! None of the prophecies are upon you! Even though there are still those who will try to force the old energy into the

new consciousness, they will fail. They will "stick out" as old energy, and be rejected by the consensus of the planet.

There has never been a greater time for you to implement a Council of Wisdom, a nonvoting council of indigenous human beings on this planet to reside in this building. And we are telling you that the

consciousness of the building will eventually support this. The consciousness of the people will support it. The consciousness of the planet is pushing you toward it. It is the next logical step and when you present it, present it to the public first. They will do the rest to help you to implement it. This reunion is almost over (the meeting), and this family which has come in here to wash your feet is doing so to say "Thank you." This family, which has come in to wash your feet, says "we're all going to go through a grand millennium shift now because of what you're doing here." Can it be any clearer? Can it be any clearer why we love you so? This is the message today, from this side of the veil to you. Let the transcription go forward, that all will know what took place in here today. Let all know what it could have been,

but what it is. None of the things as described have happened. None are scheduled, and none will be not with the work you are doing. So the entourage retreats. It has only been a few minutes, but it has been a powerful few minutes of love. Walk from this place and know who you are! Perhaps you thought you were a piece of a whole that nobody noticed? I'll tell you, the Family noticed! You're never alone! When you go home tonight, look in the mirror. We challenge you to look at yourself directly in the eye and say the words out loud, "I AM THAT I AM" Because indeed, that's who you are. And so it is! Kryon

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A Playground of Sexuality

Poignant and thought-provoking views about the relationship games we play with each other as sexual personalities -- from the book, MASCULINE/FEMININE.



She is supposed to admire him for the masculinity in him that she fears in herself. He is supposed to desire her for the femininity in her that he despises in himself.

He desires her for her femininity which is HIS femininity, but which he can never lay claim to. She admires him for his masculinity which is HER masculinity, but which she can never lay claim to. Since he may only love his own femininity in her, he envies her femininity. Since she may only love her own masculinity in him, she envies him his masculinity.

The envy poisons their love.

He, coveting her unattainable femininity, decides to punish her. She, coveting his unattainable masculinity, decides to punish him. He denigrates her femininity - which he is supposed to desire and which he really envies -- and becomes more aggressively masculine. She feigns disgust at his masculinity -- which she is supposed to admire and which she really envies -- and becomes more fastidiously feminine. He is becoming less and less what he wants to be. She is becoming less and less what she wants to be. But now he is more manly than ever, and she is more

womanly than ever. Her femininity, growing more dependently supine, becomes contemptible. His masculinity, growing more oppressively domineering, becomes intolerable. At last she loathes what she has helped his masculinity to become. At last he loathes what he has helped her femininity to become.

So far, it has all been very symmetrical. But we have left one thing out.

The world belongs to what his masculinity has become.

The reward for what his masculinity has become is power. The reward for what her femininity has become is only the security which his power can bestow upon her. If he were to yield to what her femininity has become, he would be yielding to contemptible incompetence. If she were to acquire what his masculinity has become, she would participate in intolerable coerciveness.

The world is stifling under the triviality of woman's femininity. The world is groaning beneath the terrors of man's masculinity.

He is playing masculine.

She is playing feminine.

How do we call off the game?



He is playing masculine.
She is playing feminine.
He is playing masculine
BECAUSE she is playing
feminine. She is playing
feminine BECAUSE he is playing
masculine.

He is playing the kind of man
that she thinks the kind of woman
she is playing ought to admire.
She is playing the kind of woman
that he thinks the kind of man he
is playing ought to desire.

If he were not playing
masculine, he might well be more
feminine than she is — except
when she is playing very feminine.
If she were not playing feminine,
she might well be more masculine
than he is — except when he is
playing very masculine.

So he plays harder.

And she plays ... softer.

He wants to make sure that she
could never be more masculine
than he. She wants to make sure
that he could never be more
feminine than she. He therefore
seeks to destroy the femininity in
himself. She therefore seeks to
destroy the masculinity in herself.

CELESTIAL TRANSMISSIONS UPDATE

A MESSAGE FROM OUR CREATOR

ED. NOTE: Christ Michael is the Name of our Creator as it is given in the Urantia Book. He lived here in our midst as Jesus of Nazareth. This transcript was given Jan 30, 2000 to a Teaching Mission group in Couer d'Alene, Idaho; T/R, Mark

CHRIST MICHAEL: This is your brother. I come into your midst today as one who is beside you, as one who joins you in your sojourn through this life, as one who supports you, as one who loves you dearly, and as one who needs you. For when you act, I act. When you love, I love. When you reach to another, I reach with you. You are my hands. You are my eyes. You are my ears. You are me made manifest in this life.

I ask you to allow me to work through you. I ask you to think of me in this process; to engage me. When you step forward realize I step with you. When you see another in pain, realize I am there with you; I see this as well. When you have a burning desire in your heart to reach out to another, realize I share this with you. Together we share the desire to spread love to all the children. But it is through you that I may speak to them. It is your voice; it is your proximity; it is your mission.

Help me to speak to those who can only hear through the material voice. Help me to reach to those who will feel your touch. Help me to extend our love to them through your exchange. Represent me when it is you who they see in this interaction. Represent the love that you know me to be to them. Represent the faith that you have in me by being with me and there for me. Show them the glorious student that you are of my teachings in demonstrating for them your actions. This we are to do together in great joy and with great peace.

I realize each of you in your heart has the desire to commit to this for me. I ask that we be about this business together in a more fully conscious manner, with more awareness for the process and for the undertaking we have before us. I have pledged to support you, and I will. The Father supports us all. Together we simply must go about this business, and I know I can count on each one of you to be there for me. For this I am so very grateful that I wish to bring you my peace and my love, my guidance and my protection as we go about this process together.

Thank you my faithful ones, in this pursuit. We shall stand together one day and look back on all that we accomplished and be very pleased indeed at our work. Until then lean heavily on the faith that you have for me and for this process and that will allow the work to be far greater when you are in realization. I love you and I thank you.

MOTHER MARY ON MOTHERHOOD

*ED. NOTE: This transcript appeared in Quantum Newsletter. It was channeled by Gillian MacBeth-Louthan**

Welcome. I come to you this day, this heartbeat, this breath. I come to you as a warm light. I come to you as a love that you have never felt that you have received. I come to you to comfort you, to hold you, to embrace you as my child. I am Mother Mary.

On this day I have chosen to come forth to bring all of you back into the world of light from which you were birthed. There are many parts of your being that have been scratched and dented and cracked. All of you are in need of some nurturing, some love, and some more truth. Many of you feel that you have been left, abandoned by those who have loved you – left emotionally, left spiritually, left physically. Just let me wrap around you as I speak and hold you, and love you.

Remember when you were a child and you let your mother comfort you when you were hurt, when you were afraid, when you were sad. Some of you have not seen or been emotionally with your mother for many years. Some of you feel twinges of sadness as I even mention the word mother to you. But I come to speak to you that the mother energy does not just come in one person, in one parent. The mother comes from everything within the earth.

Look around you at all the mothering that is happening 100% of the time. Look at the fields as you drive by and see the mare with the foal, the cow with the calf. Look in the treetops and see the baby birds with their mother. Look at all the children that surround you in all the places that you walk. For even though you may have lost physical and maybe even emotional connection with who you know to be your mother, the mother frequency lives on and on and on.

As a child you only focused with tunnel vision, as a child you only saw one mother. But I come as a mother of the Christ and as your mother to tell you to embrace the motherness in everything. For as you go through many bumps and snares and pitfalls in these upcoming events, you will need someone to hold you. Many of you feel that you are too big, too old, too proud to be held by someone that could represent your mother. But still you need that warm blanket of love around you and it needs to heal you.

I am not associated with any religion as you know it. I am placed on alters and pedestals. I am placed in grottos. I am placed in caves that are alive with moss and wetness. But yet no statue, no



icon, no rosary can contain me. For when I speak, I speak from the motherness of all of us – not just from the female version of myself. I am the feminine face of the God, of the Creator. I am within every human being – the males, the females. I am within every species and within every plant. I am not just one person in your life. I am all things in your life. When you need to be held – call upon me — as the wind I will wrap myself around you and I will hold you and I will love you as you have never been loved. When you need to immerse yourself within me, walk in my waters and call to the motherness of the ocean, of the streams, of your bathtub – it matters not. I am within the polarity of all cell structures, of every part of your being and I am here for you.

Do not look at me as an icon, a statue, and someone who mothered a great being, for that was just one minuscule role that I played. I have played all roles. I have been all mothers. I have been mothers of many great beings that have been birthed. But I want you to focus on how and where I am available now specially for those who need nurturing. You do not have to suckle upon the breast of a mother to receive the nurturing that she gives to you.

With many of you that are mothers or will become mothers one day – it is important to understand how many layers of motherhood exist. Many females do not mother themselves and have not for many many years. They still look to that single-celled individual – their mother. The word mother in Latin means matter. Your mother Earth is all female – 100% and she nurtures all of her creations. All life on earth comes from her, everything has come from her womb.. She comes through every element of her body and of her being to embrace you –whether it is your toes in the grass or your feet in the sand. Love what is around you. Let it nurture you. You do not need something that is new – clothing, jewelry, car, or flowers that come from another to feel nurtured.

All of earth at this time is feeling motherless –even little children that have mothers.



For their mothers were not nurtured and even their mothers feel motherless. So I ask you through my words and my light and my undying love for you to receive this nurturing that you all are in such need of. Get down on your knees, on your haunches, on your buttocks –sit on me, embrace me, through the life force of Mother Earth!! Let me hold you, let me cleanse you and let me release from you what burdens you. You will need my help as the Earth, as Mother Mary, as the mother energy in all things to get through these upcoming events. Not by keeping you less than. Not by keeping you infantile, and certainly not by keeping you corralled and limited. But by

helping you to become MORE...

* *GILLIAN MACBETH-LOUTHAN* is creator of the *Quantum Newsletter sent electronically via email worldwide. email: quantum@magicnet.net.*

RELATIONSHIP WITH THE SPIRIT OF GOD WITHIN

THE BRIDE AND THE GROOM

*ED. NOTE: Teacher Ham. Teaching Mission, 9/26/99
Nashville, Tennessee. Transmitted by Rebecca*

HAM: Greetings, children, I am Ham and I want to thank you each for coming here tonight. This evening, we shall discuss the process of wedding oneself with one's inner spirit.

The human mortal mind begins very far from the Adjuster's* consciousness or consciousness of the Adjuster. You begin life and consciousness is born as awareness of material reality. As you grow, but still as a small child, the dream life and conscious life are somewhat melded. So, a child's fantasy life is very real and very rich. Eventually, there comes a point when you as a child realized that the material world was more real, more important, than the fantasy life and you gradually let go of the dream fantasy world in favor of the world of material reality.

This is usually around the time when moral decisions begin. You as a child, at one time, made a choice between the purely selfish and the understanding of another person or another being that made you feel compassion for that person or being. Often times with children, this decision involves a family pet, but it is always another living thing.



This is your first feeling of compassion for another, the first time you were able to project the "I" into the "you" and it is in that moment of realization that the Adjuster takes up his long residence and begins the slow process of wooing the human mind.

The Adjuster is pure love. He is purely feeling everything you feel, projecting the I that he is into the you that you are at all times. This is often referred to as a love affair, the process by which you gradually give up the selfishness and the self-centeredness that you were born with allowing him to invade your consciousness and to project the love that he feels for you and for all living things. You cannot feel the love of God without simultaneously feeling love for other beings. Likewise, when you reject feelings of love for a person, you reject that part of God that is projecting love to you and through you.

Often in this class, we have spoken of acceptance. The simple acceptance of the Father's love. Tonight, we will speak of actively loving the Father for the more you actively love him, projecting love toward him, the more he will reveal himself to you, the more you will come to know God and it is this process of you beginning to know him that is a gradual wedding of two beings becoming one.

In fact, and in truth, you are all betrothed to the Father. You are all undergoing a process of opening yourselves to love and of

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learning to love him. When you actively make the decision to love God, and you love him with all your heart and all your mind, soon you will find yourself becoming more like him and this is how you get to know the Father, you partake of his goodness, of his righteousness, his love, and compassion. And, as you do this, gradually you must let go of the old selfishness, the old struggle with the world that you are all engaged in. Gradually, you let go of material concerns and are instead focused on concerns for other people.

As you love God, you begin to partake of his joy and so gradually you begin to let go of those things that are not joyful, that do not bring you joy. And you find that joy is only found in the loving communion of hearts.

As you grow to love God, gradually you begin, in baby steps, to partake of his wisdom. Wisdom begins with self-control. Self-control is denial of selfishness. It is selfishness that causes the grasping nature, the fear, that you won't have enough time, that someone will get more than you, that there won't be enough left. It is selfishness that causes all manner of rudeness, and it is wisdom, in partaking of the divine nature, that allows grace and good humor. Many so-called accidents are warnings that you do not have enough self-control. They are the seraphim's way of nudging you toward God. You should all be much more at ease. Practice the stillness ** and in that stillness time, practice loving the Father. Practice giving yourself to him actively. Then, much of the pressure of daily life will begin to lift.

* The Adjuster is a reference to the indwelling Spirit of God that lives with each of us and in each one.

** Stillness practice is a reference to the practice of quietly going within to be with the Spirit and commune with Father/Mother.



“ASK AND YOU SHALL RECEIVE”

ED. NOTE: Malvantra is of the Order of Melchizedek and is thought to be one of the twelve Melchizedek receivers on the Planet with Prince Machiventa. This excerpt is from a transcript made on January 16 in Coeur d'Alene, Idaho. Transmitted by Jonathan

MALVANTRA: This is Malvantra speaking.

Many have been disappointed upon reading and then attempting to apply the phrase, “Ask and you shall receive” for, subsequent to asking, there appears to be no forthcoming reception. Let me describe the process so that you may better understand the interval of time that will necessarily transpire.

In the physical realm it is easy, upon receiving a petition, to traverse space, to undergo a duration of time, and deliver said request. That is the simplest mechanism of this principle. However, when it comes to the reception of things spiritual, there is often required a transformation in the asking individual in order for the reception to be appropriate and complete.

When you ask, be prepared to be adjusted, for this adjustment is necessary for you to reach an alignment that will point you in the direction of your request. Through this alignment you will be able to ascend, that is, to grow, to become further receptive. Through this ascension you will reach your goal, and that is the attainment of the plateau whereupon the answer will be immediately forthcoming.

All petitions are granted their answers immediately from the side of divinity. But these other courses of action must be taken to make it all possible on the side of the creature.

A COURSE IN MIRACLES, CHRISTIAN SCIENCE, AND MATERIAL REALITY

“The Rock in the Water”

ED. NOTE: A lesson on body perceptions from Teacher Olfana transmitted by Susan, Half Moon Bay, California Teaching Mission Group, Sept. 10, 1993, and originally published by our predecessor publication, Spirit Quest, in that year.

Student: The first question I have is regarding my background in Christian Science. I'm having trouble understanding what I perceive to be a contradictory emphasis in books like 'Keys to the Scriptures' and 'A Course in Miracles' with books like the

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Urantia Book. On the one hand, Christian Science and ACIM seem to emphasize to me a very high level of understanding of a spiritual world, and seem to denounce the reality of a materialistic world. Yet books like Kryon's book and the Urantia Book seem to indulge in endless speculation about energy forces and material forces. The involvement that S has with the healing energies, including her involvement with the flower essences and the gem elixirs, imply these are crucial to her background in spiritual evolution and her understanding of healing. Can you clarify some of this for me?

Olfana: You touch upon issues of great importance. We understand your confusion regarding these many questions. Let us digress for a moment. Can you allow the use of symbolism, symbolic images, to help you, perhaps, to comprehend?

Student: If you think these symbolic images will help, yes.

Olfana: If you place a rock in water, is it not true that your perception of the rock can change when you view it, looking downward into the water? And then shift, and perceive the rock from, let us say, the side of a container that holds this rock and water. Also, if you placed your face into the water, would you again see the rock from a slightly changed perception? Do you understand the image we create here?

Student: Yes, I've experienced those different perceptions a number of times.

Olfana: Then please hold this image in your mind as we proceed to discuss concepts of the body. The physical, bio-chemical mechanism, or instrument, you are housed in, is now, indeed, like the rock, of material substance. Yet, your perception of this body you inhabit can change depending upon your perspective. Sometimes you feel you ARE the rock in the water. Yet this is only one perspective. When you look from outside the cylinder, through the water, does not the rock appear magnified, greater than its original image?

Student: Yes.

Olfana: Your consciousness is not only connected to this physical being. Much of your perceptions of your consciousness as limited to this body is illusory, just as the rock appearing magnified is an illusion of light waves affected by the water. Lessons learned from the perspective of being 'in the body' are a necessary part of your experience in this lifetime. However, you are indeed, so much more than what the body appears to limit you to, that teachings such as the Course, or the doctrines of Christian Science, encourage you to expand your perceptions past these body limitations.

The true essence of the rock is not modified by these perceptual changes caused by different viewpoints of it. Just so, your being is not limited by body perceptions. Higher truths surrounding the complete make-up of your being are not fully understood or

widely taught on your planet. I might say, you have seen the rock from many different angles in the this cylinder of water. But, thus far, you have not reached in, and pulled out the rock, in order to gaze upon it, alone.

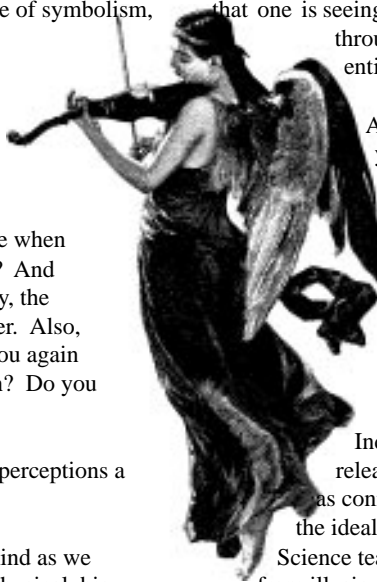
The water surrounding this rock is representative of the many illusions or beliefs that exist in your philosophical doctrines. ACIM encourages you, as does the work of Mary Baker Eddy, to see that these illusions can be penetrated, and, through inspiration, a clearer perspective—perception—of the true entity that you are, can be discovered. However, doctrinaire interpretations that the body has no existence on the physical plane are also incorrectly stated—perceived. You cannot deny that one is seeing an aspect of the rock, even when viewed through water. Just so, seeing the body as a physical entity has some accuracy.

Adjustments to the vibrational manifestation of your entity can indeed take place. And physical imbalances do occur. These teachings of such matters as flower essences, energy transmissions, and adjustments are appropriate to one level of perception of your being. You are not removed from the water yet. Therefore, within the boundaries of this perception, the body needs to be dealt with.

Indeed, the time comes when you are truly released from any limiting perceptions of your being as connected to a physical manifestation. But, this is the ideal which is striven for in ACIM or the Christian Science teachings. Those who can release themselves from illusions of body boundaries can indeed create new perceptions of themselves—healed perceptions of themselves. But most mortals need to begin their comprehension of themselves at a level much more connected to the physical world.

In the Course, Jesus says, "If taking a pill allows you to feel less anxious, then, by all means, take this pill." There is much truth in this teaching. It encourages you to see that leaving behind your illusions of the body is a process that builds toward a final moment of clarity—just as one realizes by shifting positions and observing the rock, that these changing perceptions of the rock in the water are more the result of the water, than the rock.

That moment of clarity liberates you to reach in and remove the rock from the water, to see it free of the substance which clouded your true perception of it. Just so, your release from illusions surrounding the body will come at the point you choose to remove your perceptions of your being from the body, which seems to contain it. We hope our attempt to elucidate your concerns regarding these issues has been helpful. We thank you for your patient attention.



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RELATIONSHIP OF TRUTH, BEAUTY AND GOODNESS

This transcript was given in Pocatello, Idaho on January 7, 2000. Klarixiska is a personal teacher to one of the group members. Daniel is the group teacher. Transmitted by Bill

KLARIXISKA: You have heard the words truth, beauty, and goodness as the expression of divinity at the finite level. There are no higher concepts than these three available in mortal experience. The three words, while denoting different things, different concepts, are also united. Truth is both beautiful and good. Beauty of necessity expresses truth and comes from the Source of goodness. All truth and all beauty is divinely good. So, you see, there cannot be truth without beauty and goodness. There cannot be beauty without truthfulness and goodness. There cannot be goodness that is not true nor beautiful. The will of God always embraces these three. It is never the will of God when you contemplate ugliness, falsehood or evil.

Yes, it is difficult to know the highest from among the offering of several choices. It is difficult because we have not achieved Paradise where all this sort of recognition is inherent. It is necessary for us to exercise our free will choice in these arenas of truth beauty and goodness so that in the exercise of that choice we work to discern within the context of our commitment to do the divine thing, to be living divinity ourselves. "Be you perfect, as I am perfect", said the Father, "within the realms of human perfectability". This command was never given for us to attain Deity status; that is impossible. But divinity status is not.

Within the limits of our finitude we are called to achieve perfection. You will not accomplish this in mortal life; we will not accomplish this in morontial life; we will only finally accomplish this in our spiritual career beyond the Superuniverse level as we reach the shores of Havona and as we progressively obtain the Spirit, the Son, and the Father. It is such an enormous adventure that my mind is overwhelmed, as I know yours also are. But I am taught, and I believe, nay, I know that we shall achieve the Father's desire.

So, my friends, be happy. Be cheerful. Pay attention, as you were told, to the beauty that surrounds you and dwells in each of you and in every other normal minded human being. May this new year bring you all great joy as you progress toward our common goal. My love to you and the love of all the other teachers here present. And now Daniel desires to have the last word!

DANIEL: My dear friends, how delightful this has been for me. Yes, I wish to say the final prayer and have you join hands once again. Universal Father, Eternal Son, Infinite Spirit, Sovereign Michael, Co-Sovereign Nebadonia, angels and all others who

love and support us....I lift up my heart in thankful praise for these my brothers and sisters who brave the weather, who bring their bodies to a place of meeting despite the distractions. I offer my thanks. Most of all I rejoice to be called a son of God and a brother to these my brothers and sisters.

Order our steps to walk firmly following our Master this year, and let our voices speak words of comfort, of hope, of love. Yes, dear Father, Son, and Spirit, we wait as we move increasingly toward you, for that great day when we will stand in your actual Presence. Until we achieve that, help us to rejoice in all the goodness, all the beauty, and all the truth that both lives within us and surrounds us. In the name of Michael, our Sovereign Master Son, do we offer these prayers. Amen.

RELATIONSHIPS -- WITH THE ANIMALS

Excerpts from Feb. 2, 2000, by Gorman, who is a secondary midwayer. Transmitted by Gerdean in the Butler, Pennsylvania Teaching Mission group.

GORMAN: The animal kingdom is a part of the Father's kingdom and, to its capacity, is responsive to the currents set in motion by the Father's will. And, as you know, harmony resonates throughout the universe, all the way to Paradise. It would stand to reason that if it will go that far, it will go out into the briny deep to affect the critters there that are harkening to the symphony of the spheres.

What wonderful playmates and role models your animal kingdom provides for you here. When you have leisure, you might begin to be aware of and appreciative of the many messages that are inferred by their existence in your lives. You who have pets are certainly aware of that already, but even the wild kingdom is responsive to the touch of the Master's hand.



You might be interested to know that we have enjoyed observing the antics of the animal kingdom for many millenia. We find them as amusing as anything you have on your television, and wonder often at the inter-relationship that is possible and can develop by and between you, in those of you who have learned how to intune yourselves with those elements of reality that are related to you but which do not rise to your status of worship and wisdom. Even so, they are often a tremendous testimony to your and their Creator... . AND WITH THE BEINGS ABOVE.

GORMAN: We are very excited by all the things that are going on in your world and through the influence of this era. You who are movers and shakers are getting in the mix of real life and proving the thing about being active in the field rather than single-eyed mystics. The Teachers ought to be very proud of you all for how well you have taken their words to heart and how you have bonded and banded together across the world to inaugurate your efforts and supported each other in your endeavors. Who else is going do to it but those who will? We are very excited, appropriately enthusiastic, about prospects and the potential of what we can do when we work together for the good of God.

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One of the advantages is that we can talk to each other now and learn from each other. In fact, you have motivation now such as we have had for some time, and our mutual motivation is what gives us the greatest impetus in common.

When we secondary midwayers joined together with the primary midwayers and became the United Midwayers, we were able to do much more than when we operated in the limitations of our own kind, and you are proving to each other and to the universe, if you will, that you also are capable of contributing to the advancement of many by your willingness to step out of the confines of your limiting belief systems to grasp the greater truths of the benefits of conjoint action.

HUMAN RELATIONSHIPS

ED.NOTE: Celestial Teacher Aaron is known and loved in Teaching Mission groups in Pocatello Idaho.

This transcript was transmitted by Bob on January 23, 2000

AARON: What we endeavor to offer to you is an enhanced perspective in relationship building. We understand the value of your interactions. We know the purpose of your development along these lines. We look forward to your efforts at realizing unity through purposeful interaction with the intent to find love.

If the intention of an individual in interaction is to find commonality, then the level of their expansion is limited to the realization of likeness and difference. The lacking component from this perspective is the inability to comprehend uniqueness and symmetry in diversity, patterns of distinctive flavor.

If an individual chooses to relate to others based on commonalities, then they will most certainly find the common aspects within others to relate to, yet the opportunity for expansion and advancement through the recognition of diverse talents, skills, patterns, is thwarted from realization due to the limited perspective and scope of the viewer.

In relationship, a most healthy perspective to have, truly, is not to have a particular perspective at all on how to approach relating to others. Any perspective or expectation or view, in and of itself is a barrier to realizing the beauty, uniqueness and symmetry of another being.

Better would it be if the questions of the mind were looking for the expression of the individual in its most honest form regardless of its reality, than to be looking for how one's

expression might coincide with your own.

The true value-seeking person is not concerned with the type of value being presented, rather that there is something of value being presented. They ask questions such as, "What can I learn from the expression of this individual? How can I harmonize with this personality to find a better realization and understanding for myself and for the other?"

Communication goals are not so important as the communication itself. The outcome will make itself clear.

Relationship hinges upon the capability of two personalities to interact. If a person is seeking for reasons to interact or not to interact then the interaction they are undergoing is limited. True interaction relates without particular motive, mainly for the purpose of interacting, relating to know another, to harmonize personalities, to realize unity, to recognize family. No other purpose is necessary. No other motive, intention, reason can have more value than the simple desire to know God as is represented in another being, for whatever that representation might offer, not how that representation can be beneficial or similar to one's own being

PLEIADIAN LIGHT NETWORK (Excerpt)

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Internet: <http://www.pleiadianlight.net>

e-mail: info@pleiadianlight.net. Contact person Gill Patterson.

.....The need for equality of all people, regardless of colour, race, creed, ideologies or religion is what will unite us in Love and bring us into our own empowerment and into the frequency of Love.

These energies began in earnest on the 9/9/99. We continued through the "dawning of the new Golden Age", the Autumn eclipse on the 11 August under the chohan of St.

Germain, and the guidance of the Trinity Lords of Light, Lord Michael, Lord Metatron and Lord Melchizedek. The solstice and full moon energies which occurred on the 21 and 22 December 1999 dealt very much with embracing these same issues; working with our inner feminine and masculine nature, our perceived differences between men and women and as an added bonus we got to work with the earthly "father figure" dynamic. These energies or qualities of the seventh ray will continue through the Spring eclipse on the 21 March, until 5 May, completing a nine month gestation period. Many people will now consciously be working with sacral issues, inner feminine and masculine rebalancing and inner child work.

My suggestion would be to call to St. Germain and surround



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yourself in his violet flame of protection when you feel vulnerable or fearful. Then visualize yourself inside Telios, the heart centre of Mt. Shasta, California. This inner City of Light, the home of St. Germain, is a wonderful energy portal which is assisting in clearing the earth plane as one of the twelve main energy centres on the earth plane. Draw on the seventh ray qualities of St. Germain and feel yourself in this frequency of Love.

The United States is a second ray country, and by drawing too on the energy of these ray qualities of Love and wisdom, we are able to move more fully into this frequency, which is the evolutionary process particularly for first ray countries. These energies, as mentioned, will continue until the 5 May 2000, the time of the new harmonic convergence. There will then be a planetary alignment of the seven main planets in our solar system, and from this time, it will be appropriate to work with the energies of all seven rays under the chohans of these rays, with the assistance of the spiritual hierarchy of this dimension, overlit by the Trinity Lords of Light.

Another wonderful happening is the “influx” of spiritual Beings assisting us on the earth plane as we move more fully through the ascension process. Ascension, or perhaps more aptly to be called descension, is the process of becoming our Higher Light on the earth plane. Our Higher Light refers to our Higher Selves of the Light and our Christed Overselves of the Light.

This process deals with clearing our false beliefs and judgements, raising our Light quotient and coming into the frequency of Love, operating from the heart centre. This process usually occurs over a period of time naturally, and by working with the spiritual hierarchy of this dimension. However, we are now approaching what is known as the “Age of Aquarius” and will be fully immersed in this band of Light from December 21, 2012.

We move into the “Age of Aquarius” and “Photon Band”, every eleven thousand years for a period of two thousand years. So, there is perhaps a slight urgency to awaken people on this earth plane to their own wonderful Higher Light and firm connection to the spiritual hierarchy, to assist every atom and molecule on this earth plane, within the cosmic law of free will, to move into this “Age of Enlightenment.”

Also, at this time, we are completing a 230 000 000 year cycle around the Galactic Centre, or what we call Mother/Father God, the Great Central Sun, the source of All That Is. Every Being through all dimensions is moving up into their next evolutionary stage, with the earth being a central stage player.

The last thing I would like to briefly mention is the concept of fear. Most of us have fear, as this is part of the three dimensional reality and serves to show us who we are not, to move into who we truly are.

In other words, by embracing our fears, we are able to transmute them and move further into compassion, wisdom and Love. However, there is a lot of talk at the moment about negative extraterrestrials, the secret government, and other influences that serve to do harm to this earth plane. Most of this is true, but by

this awareness, we have an understanding of our opponent. I call these enemies opponents, for this is what they are. If we understand that the entire creation is made from Love, from the heart of Mother/Father God, the Great Central Sun, the Source of All That is, then even the darkest Being has an aspect of Light.

In this way, we can honour our fiercest enemies as our greatest allies or teachers, as they move us from fear into courage and Love. We can then become Divinely indifferent when we recognize their Light and embrace them in respect, honour and Love. For by embracing your shadows, you will embrace the shadows of humanity.

You personally can make a difference, don't get caught in the fear mentality, recognize all your teachers, and embrace all aspects of this wonderful creation in the frequency of Love.

The harmonic convergence on May 5 will bring with it a planetary alignment of the seven main planets in our solar system. These planets each hold aspects of ourselves as the greater whole, and influence us in our everyday lives according to which planets are prominent in not only our individual charts but through the planetary influences, on this entire earth plane.

At this time, we have the ability to individually and collectively bring through the full signature of Christ Consciousness and become our Higher Light permanently on this earth plane. We will align with the spiritual hierarchy of our solar system and the chohans of the seven rays in order to assist in clearing the earth plane of the seven ego allurements specific to this earth plane, and bring each atom and molecule into wholeness, within the cosmic law of free will, working with the frequencies of the seven rays.

Until this point we have consciously or on the inner planes being working with our inner feminine and masculine re-balancing, our perceived differences in being man or women, and specifically with inner child issues. For we are unable to become our Higher Light permanently on this earth plane until we have worked with the inner child, and come into the frequency of unconditional Love.

We have also been working with the seven ego allurements of lust, laziness, gluttony, pride, anger, envy and greed. Let us now open a planetary healing circle, and call upon all these wonderful Beings of Light that are assisting us at this time in order to become our Higher Light permanently on this earth plane.

**In Dolphin Love and Star Light,
Gill Patterson**

Light and Life

JOURNAL

AN EXPLORATION OF THE SPIRITUAL UNIVERSE

NETWORKING OUR PLANETARY TRANSFORMATION

Welcome to our first **Light and Life center spread** of spiritual exploration opportunities. We will glean items of interest from many sources on these pages and invite you to share with us your events and non-commercial offerings. Our summer issue is due for publication in July.

For true planetary interfaith outreach, we recommend you check out:

UNITED COMMUNITIES OF SPIRIT

Global/Local Interfaith Network

Bruce Schuman-<http://origin.org/ucs/>

Says Bruce: "We're creating a variety of new tools, and we're continuing to attract talented writers and teachers and visionaries. We're expecting to put together a directory of member organizations, and we want to list everybody anywhere who wants to work for spiritual unity, and be part of the emerging new spirituality at the highest level.

A Cyberworld of Discoveries

Our features editor, Angus Bowen, is having as much fun as the rest of us exploring spiritual websites. Here are some of his favorites and a bit of commentary about the Light and Life Journal "attitude."
ANGUS: "We are but babes in this New Age. Let's go about it wide-eyed and enthusiastic.. We have nothing to fear. We cannot have our religious self usurped...it is under divine protection...and we cannot afford to retreat to any safe havens because history has shown that these safe havens become vulnerable. They resist the nature of the universe, which is constant change." Share some of our recent discoveries.

<http://www.kryon.com/> - The Kryon web site. Channelings from Kryon, love-filled and empowering.

<http://www.light-mission.org> - Only Those Seeking Truth and Inner Awareness Need Go

<http://westwood.fortunecity.com/byrite/365/Rumiselections.html>
Translations of the great Sufi master Rumi

<http://westwood.fortunecity.com/macy/329/apprenticeship.html>
Interesting essays on Akhnaton, Taj Mahal, Liberty, Teetotum, Anew!, Algol, Apprenticeship. Information and music designed to help find answers, look beyond, tap our unlimited potential and come together as one

<http://www.boondock.com/> - Boondock - a place for dreamers who want to sail beyond the edge of conventional wisdom and everyday existence. Native Americans and other Native peoples -links & commentary. Music: Techno Pop, Alternative Christian, or Contemporary Christian - MPEG3. Me and God in the Coffee Shop by Rene Donovan
<http://www.cet.com/~cwithin/awelcome.html> - The Church Within - Thought provoking, inspirational and inspired messages and stories, books, tapes and spiritual toys

<http://virtualbiz.com/transcripts/> - The Teaching Mission Transcripts

<http://datacreek.com/mark> - The inspired music of Mark Austin, plus Links and thoughts on life concerning philosophy, religion, and the human condition. Building community around religions and beliefs

<http://spirit.webopolis.net> - Finding

hope in a world of uncertainty

<http://www.help-yourself.com> - A place where you can grow and enhance the quality of your life

<http://www.ccnnet.com/~elsajoy/> - A garden of spiritual inspiration devoted to metaphysics, mysticism & spiritual healing

<http://www.denver.net/~juliox> - Spiritual Spectrum TV Series - a variety of topics, from meditation to medicine, love to capital punishment, atheism to Christianity, vegetarianism to life after death

<http://www.netspace.net.au/~sooznaid/index.html> - The Inner Journey - Dedicated to those on a personal and spiritual journey

<http://www.livingarts.com> - The Catalog for Total Well-Being

<http://members.home.net/carol.herren/gallery> -Excellent artist ,collaborator and spiritual sage, Carol Herren

<http://www.lightshift.com/> Activities of the LightShift Global Meditation Initiative

<http://www.venosa.com> - The inspired and inspiring art of Robert Venosa

<http://www.forteantimes.com/index3.html> - The internet's #1 source for reports on strange phenomenon

<http://www.n2012.com> - Network 2012 - An international communications hub for linking up Light Workers around the world

<http://home.clara.net/lovely/homepg.html> - "The World's number one crop circle research site"

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<http://www.islandnet.com/~arton/nereader.html> - The New Earth Reader - The Ascension of Planet Earth

<http://www.reach.net/~wbarton> - The Galactic Federation - The United Nations Genesis II

<http://www.reach.net/~star1> - The Bartonian Metaphysical Society - The Sephiroth and the 13th Tribe, Galactic Federation of Light Force, The Maitreya, and more

<http://www.wingmakers.com/> - The WingMakers' Time Capsule (Code-named Ancient Arrow Project)

<http://www.petprojects.net/esoterica.htm> - Esoterica: "Your source for information on alternative spiritualities."

<http://www.sylvia.org/> - Psychic Sylvia Brown and the Society of Novus Spiritus (a universal religion)

<http://gopher.a-albionic.com:9006/> - New Paradigms Project an effort to survey, analyze, and evaluate the new "World Views"

<http://www.mension.com/> - Mensionization-Complementation: New Insights on Ancient Paradigms Alchemy, I Ching and Kabbalah

<http://members.tripod.com/~DiamondLight/inspired.html> - Unlimited Envisions - Neo-Civilization: 2012

<http://www.geocities.com/~divisiontheory/> - Division theory: Science of the Afterlife

<http://nehrer.net/> - The Essence of Reality

<http://www.netdot.com/hermital/index.htm> - Consciousness, Physics, and the Holographic Paradigm

<http://www.crownjewels.com/links/>

[themeindex.html](#) - Strange Properties of Stones, links

<http://www.johnco.cc.ks.us/~mfoster/relistudies.html> - Mark Foster's religious site, links

<http://www.SpiritSite.com> - SpiritSite.com - a wide selection of spiritually-oriented book excerpts, audio clips, and religious art elections

<http://www.lifenow.com> - Life Now Books & Sound - to help find answers, look beyond, realize our unlimited potential, grow and come together as one

SOME PUBLICATIONS OF INTEREST

From Michael Lightweaver
<http://www.n2012.com>

Concepts Magazine
1853 North Raymond Ave
Anaheim, CA 92801, USA
Telephone: 714-526-6978
Email: staff@conceptsmagazine.org
Website: <http://www.conceptsmagazine.org>
(Spirituality and the Workplace)

The Door Opener
70 Valley Falls Road,
Vernon, CT 06066, USA
Telephone: 860-875-4101
Email: AnOpenDoor@aol.com
Website: www.anopendoor.com
(Health, esoterics, ecology, info networking)

TouchStone Magazine
Box 90164, Gainesville, FL, 32607-0164
Tel: (352) 375-7050
Email: touchstone@acceleration.net
Website: www.humblelight.com
(health, healing, spirituality, peace & justice)

Paradox Magazine
PO Box 560561,
Rockledge, FL 32956-0561, USA
Tel: 321-779-9032
Email: paradoxman@juno.com
<http://homestead.juno.com/paradoxman/>
(spirituality, sexuality issues, lifestyles)

One Heart Magazine - National Edition, P.O. Box 13144,
North Palm Beach, FL 33408, USA
Telephone: (561) 848-1155
Email: solarheart@aol.com
Website: www.solarheart.com
(Spiritual transformation, Celestial teachers)

For Your Consideration
1711 Riverbirch Hollow,
Tallahassee, FL 32308, USA
Telephone: 850-216-1375
Email: layels@aol.com
(Spiritual, planetary transformation)

Healthy Alliance Journal
P.O. Box 2272
Winter Park, FL, 32790, USA
Telephone: 407-339-4050
Email: editor@heal-all.com
Website: www.heal-all.com
(Spiritual transformation, health, healing)

Crystal Tower Magazine
71451 Des Moines, Ia 50325 USA
Ph: 515-462-4251
EMail: RamaIII@aol.com
Web Address: nebsnow.com/crystaltower (Spiritual & planetary transformation)

What Is Enlightenment? magazine
PO Box 2360, Lenox, MA 01240
(413) 637-6015 email wie@wie.org
URL www.wie.org
Biannual (spiritual transformation)

THE TEACHING MISSION: **Ham at IC99 ... *love one another***

The Scene: Spirit Quest 99, the International Conference of Urantia Book Readers, Vancouver, Canada, August 10, 1999 The Setting: An auditorium, with Teaching Mission followers, skeptics and open-minded seekers gathered to hear from celestial teacher, Ham, who had asked for the time. What would the big announcement be? Rebecca, the receiver-transmitter, speaks slowly to a quieted room.

Greetings, my friends, my beloved ones. Our greatest desire is not that every person should necessarily believe or accept the teachers or our words. Our greatest desire is a simple one — it is that we should learn every day to love one another a little more.

I come bringing you no great announcement. I come in humility, in service to you, my friends, my children. I come bearing the love of the Father, and I come offering words of love to you. There are many children here who have taken the first steps in love by allowing our instruction to help guide their steps in small ways upon the journey that you all are taking toward the Father.

We, the teachers, wish to extend our profound gratitude to you children. We are very humbly proud of each one who has taken a step in faith that has brought you here today. We wish to bring you words of comfort; we wish to bring you words of hope; to help you develop your trust in the Father; to help you develop your trust in each other.

The Father has sent out one mandated task — that you all must find in your hearts the resolve to attempt: BE YOU PERFECT EVEN AS I AM PERFECT. And children, He did not expect you to do this by yourself. Vast are the numbers of teachers. Vast are the numbers of angels and other planetary helpers who have come into this world to help you begin the task of your eternal lives.

We come to serve, to help you. This world is a planet of the walking wounded, and Michael in his benevolence and purity of purpose has sent as many teachers as can be received, to help each one of you — each one of you — overcome the wounding in your lives that has been brought through no fault of your own.

Michael is sending with his teachers the Bread of Life and the Spiritual Water that will truly quench your thirst forever. He asks but one thing: He asks that you be willing to open your hearts just enough to allow yourselves to receive his love and to allow yourself the willingness to change.

Your anxieties, your fears — all these things are known to us. We know of your difficulties, your sorrows, your broken hearts. We know of all the various ways in which you hide from yourselves and from others — and yes, children, from the Father. We know how hard your lives

are, for most of us have lived lives very similar to yours when we were in the mortal state. Michael in his wisdom knows the value of this experience when it comes to teaching.

We offer our help freely and you are all free to take it, to take it later, or to wait until the mansion world experience, when you will receive teachers in that estate. If there are any questions I would gladly discuss these things with anyone who wishes to.

Q. Hello Ham. Is the Teaching Mission an adjunct to personal revelation or an (amplification?) to epochal revelation.)

Ham: It is both, yes. Epochal revelation impacts upon the individual, the personal revelation, as you, of course, have experienced in reading your Urantia Book, but yet we teachers desire to be more like helpmates.

We are not directly involved in your experience with Father, which would come under the realm of auto-revelation. We foster your relationship with the Father, but we do not intervene, we do not come between you and God. We are merely teachers who decide to help you bring that spirituality that you are receiving from the Father, help you understand it, help you apply it, and to steady you on your path. We are assigned to teach, not to reveal the Father, for the Father reveals Himself with you each.

Q. Ham, this is just a simple question. Why now?

Ham: Certainly. There is of course a simple answer. It is Michael's will, but I know you are desiring some more detailed explanation. Many events have occurred in conjunction: the final adjudication of the Lucifer Rebellion, the opening of your planetary circuits, and the will of Michael to bring his beloved world back into the realms of light, from the darkness into which it was cast. Is this helping? (Yes, thank you.)

Q. I'm pretty nervous to bring my question to you, Ham. I am nervous because my question has potential to be offensive. When I first got the UB I was in fear because I was scared it was evil, and I was almost now feeling a similar fear. I can't help but think of Adam and Eve when that default happened. There were two human beings that were supposed to be superior that were misled. I desire to

HAM at the Urantia Book International Conference

follow the golden rule, as I can understand every one probably here does. Is there a way you can ease my fears?

Ham: Yes. Daughter, you are a beloved child of the living, eternal, infinite, and universal Father. You must open your heart to His tender ministrations, believe with all your heart that you are loved, and that you are loved as if you were His only child. There is no fear there. Allow the Master to hold you in His arms. Allow Him to stroke your hair and to rock you like a child, like a baby. Relax into His love; receive His love. Be at peace — find peace — find words of love and peace, and allow yourself to gradually give your fear to God, give your fear to Michael. It is not something you have to carry — because you are safe. You are surrounded by angels. There is nothing — nothing on Earth — that can truly harm a God-knowing and Son-believing woman such as yourself. That is all.

Q. Ham, if I understand this correctly, the Lucifer Rebellion has finally been adjudicated? (Correct.) The circuits have been opened? (Correct.) The teachers have arrived to try and assist us in the process of connecting with Father? (Correct.) What is it exactly that you would advise the people here on the planet to do to help foster a loving countenance among the people? What is it that we can do?

Ham: Spiritual power is a wonderful thing. Spiritual power multiplies itself. If you give love, share love, receive love freely among your friends, it multiplies many times so that this love that you are giving, this love that you are sharing — though it may seem a small thing — in actuality it is growing, it is growing on its own. You are simply planting seeds, spreading seeds, as you go. Allow the Father to do the rest. Is that helping? (Yes.)

Q. What does the “opening of the planetary circuits” mean? “Planetary circuits” is vague to me. What does that mean? Is it anything other than partial individual circuits...how would we see evidence of that?

Ham: Yes. The circuits allow the spiritual help, the teachers and the many others who are flooding into your world. It allows them to communicate with each other over distance, and of course allows communication over long distances to other worlds. It would have been impossible to attempt the great spiritual upliftment of the world without the spiritual circuits being open. This is a massive undertaking. It is difficult and very involved, because we of course are involving the entire planet, entire world and its billions of people. How you may see evidence is how there has always been evidence — spiritual fruits manifested in your fellows. There is no other evidence of God. That is all.

Q: Ham: I can assume as so many people would say this method that has been chosen for the teachers to come...you

know, we all have the same book, we all see the same words on the same page, but this method is so fraught with errors on the part of the transmitters and it creates great skepticism among the people. Why should such a method be chosen and approved?

Ham: All truth as it is imparted to the material mind contains varying levels of what you would perhaps term error or impurity. There is no perfect revelation, no perfect teaching method aside from your own personal experience of God. It is our desire that you each should learn to perceive truth with the morontia soul so that all the mind errors and problems with simply... the sensory mind, can be somewhat eliminated, but not completely, because you are mindal creatures and the mind is always present.

You humans tend to believe what you see with your eyes, and doubt what you feel with your heart. We desire the opposite — to believe what you feel with your heart, with your soul, and doubt what you see with your eyes. Faith means to believe in something so real that all the evidence, all the sensory evidence to the contrary, cannot dissuade you from the truth that you know with your soul. So you must discern the words of truth with the method that can best do that, with your soul, with your heart, with your morontia being. Is this helping? (Yes. Thank you.)

Q: Ham, there are some of us who have trusted enough in the personal correction process that we have allowed ourselves to utilize the best of our abilities the assistance offered. It occurs to me in my discussions with other individuals who have also experienced profound changes in our lives that it is a very individualized process that occurs. The teachers work with the individual in the place that they are, and the individual chooses what errors, what perceptions need to be changed. In some cases faultingly and unknowingly, and in other cases they are calculated. This is where I am. This is what I need to know. Would you expand upon your approach to working with the individual and what you would call personal correction, or what we have come to call personal correction? Thank you Ham. Thank you for great assistance in my own life.

Ham: Certainly daughter. What you term personal correction is simply recognizing what are obstacles to love. Everyone has obstacles to receiving the full, the complete love of God. I dare say if you were receiving the full and complete love of God you would be fused. Yes, fused.

What we desire is to simply help you recognize the places where you are not receiving love, where you have fear of receiving love. Sometimes you children forget that love is a powerful force. It is not something light, something ethereal. It is a powerful spiritual reality,

and as you interact with love, love changes you and we simply try to help you cope, help you understand those changes that are occurring. We do not change you. Love changes everything. That is all. Is that helping? (Yes.)

Q: If one wishes to receive a teacher does that necessarily mean that in any way, shape or form you also have to be involved in the transmitting and receiving process with this Mission, or is it simply a matter of having a recognizable personality to, in addition to individual relationship with God?

HAM: Son, there are no requirements. This is not boot camp. However your relationship with your teacher evolves, however you are comfortable with your teacher is wonderful for the teacher, and the teacher will accommodate you in your needs. It is not for you to accommodate the teacher.

Q: Ham, I sometimes think that instead of a Teaching Mission you should have called this the Therapy Mission. [Laughter.] I don't say that to be sad about it, but it helps so many people as we all know. My real question is, what can you do for us who participate to help us overcome our insecurity and defensiveness. Because others do not agree with our participation in the Mission we seem insecure and defensive with others. How can you help us to overcome this, to reach out and accept those who do not accept this? For I would think that in love that would be the ultimate goal and that is what you would want.

HAM: Yes. Most of the teachings of the man Jesus were to go against the natural inclination. When you are rejected it is most natural to feel defensive and feel afraid, to feel uncertain, but the Master would say... "go boldly forth; proclaim the good news as you know it to be true."

Sometimes your seeds will fall upon fertile ground, and there are times the ground is not prepared to receive it. This is nothing you can control, nothing you should control. Understand that your duty is simple: Love one another, return good for evil, return love for fear, return gentleness where there is a harsh word.

It is difficult. No one said it would be easy, but you are making progress ... fast progress, son. You know this and everyone who knows you also knows this. That is all.

Q: Ham, I am interested in hearing your assessment of the progress of the Teaching Mission up to this point, and your assessment of the progress since the birth of the Fifth Epochal Revelation up to this time, and your thoughts about potential dangers that we might anticipate that might be coming towards us in the near future that we might be better able to deal with with your forewarning?

HAM: It is not up to me to evaluate or assess the progress of the Teaching Mission. Those who do monitor things tell

me that everything is going according to the Father's will, to plan. Be unperturbed, be unworried, find peace in your heart that all these things, for they are truly in the hands of God. I am aware of your human striving, your human struggles, and this is natural, this is all a part of being human, part of being a human being on this world. Love each other as we love you. Show each other your love as we show our love. That is what is important. Nothing else will change the world.

Q: You state very beautifully the power of love, and for it to change peoples hearts and the potential to change the world. Is there also within your understanding of the power of love what we would call tough love, of naming or labeling injustice and wrong?

HAM: Of course. As you ascend in your spiritual journey it becomes easier to distinguish truth in its higher forms, and, it is also easier to distinguish error in its many forms. To fight on the side of righteousness, on the side of goodness, is always a noble battle. Be at ease, for you do well, daughter. You are greatly loved by more than you will ever know in this life. That is all.

Q: Ham, at this point I don't see any further questions. I guess my only thought would be if you could leave us with some last thoughts this evening? Perhaps you could give the essence of what you want the people to take from here tonight? That would be greatly appreciated.

HAM: Certainly. If in the days ahead if you could open your hearts a little bit more every day to receive the Father's love as it continually pours out upon you. You will be doing the Father's will. That is the essence of my lesson tonight. The Father's will is the Father's love, and receiving the Father's love is doing the will of the Father.

You all are beloved. You all are precious. Go in peace. Go in health, and children, find the emotional security to love yourself as we, the teachers, love you.

That is all for tonight. I am profoundly grateful that you have come to hear my words. May you be at peace and go in love. Farewell.

News of the Spiritual Planet

Dalai Lama lists 'Matters of Great Importance'

His Holiness the 14th Dalai Lama of Tibet recorded a Millennium Message January 1, 2000 via conference call and live webcast.

Some excerpts:

We have had many experiences during this century- constructive as well as extremely destructive ones. We must learn from these experiences. We need to approach the next millennium more holistically, with more openness and farsightedness. If we are going to make the right kinds of efforts to make the future of the world better, I believe the following matters are of great importance:

1. While engaging in material progress and taking care of physical well-being, we need to pay equal attention to the developing peace of mind and thus taking care of internal aspects of our beings.

2. Along with education, which generally deals only with academic accomplishments, we need to develop more altruism and sense of caring and responsibility for others in the minds of the younger generation studying in various educational institutions. This can be done without necessarily involving religion. One could therefore call this 'secular ethics', as it in fact consists of basic human qualities such as kindness, compassion, sincerity and honesty.

3. This past century in some ways has been a century of war and bloodshed. It has seen a year by year increase in defense spending by most countries in the world. If we are to change this trend we must seriously consider the concept of non-violence, which is a physical expression of compassion.

In order to make non-violence a reality we must first work on internal disarmament and then proceed to work on external disarmament. By internal disarmament I mean ridding ourselves of all the negative emotions that result in violence. External disarmament will also have to be done gradually, step by step. We must first work on the total abolishment of nuclear weapons and gradually work up to total demilitarization throughout the world. In

the process of doing this we also need to work towards stopping the arms trade, which is still very widely practiced because it is so lucrative. When we do all these things, We can then hope to see in the next millennium a year by year decrease in the military expenditure of the various nations and gradual working towards demilitarization. Human problems will, always remain, but the way to resolve them should be through dialogue and discussion. The next century should be a century of dialogue and discussion rather than one of war and bloodshed.

4. We need to address the issue of the gap between the rich and the poor, both globally and nationally. This inequality, with some sections of the human community having abundance and others on the same planet going hungry or even dying of starvation, is not only morally wrong, but practically also a source of problems. Equally important is the issue of freedom. As long as there is no freedom in many parts of the world there can be no real peace and in a sense no real freedom for the rest of the world.

5. For the sake of our future generations, we need to take care of our earth and of our environment. Environmental damage is often gradual and not easily apparent and by the time we become aware of it, it is generally too late. Since most of the major rivers flowing into many parts of south-east Asia originate from the Tibetan plateau, it will not be out of place to mention here the crucial importance of taking care of the environment in that area.

6. Lastly, one of the greatest challenges today is the population explosion. Unless we are able to tackle this issue effectively we will be confronted with the problem of the natural resources being inadequate for all the human beings on this earth.

God 2000 Speakers Seek A New Image of God

South African religious leader Desmond Tutu urged Christians to embrace other faiths during a "God at 2000" conference at Oregon State University.

"Gandhi was not a Christian, but if you say Gandhi was not a good man, you are not speaking my language," Tutu said.

Author and theologian Marcus Borg invited Tutu and five of the world's most influential religious scholars to talk about how the image of God has changed.

Borg said his view of God has changed dramatically from the stern lawgiver he learned about as a boy to a God that is beyond the understanding of any religion and "dwelling within each of us."

He challenged Christians to open themselves to other religions that see God as the entire universe, and to reject "supernatural theism," or reducing God to human dimensions as an individual personality who meddles with the universe.

Joan Chittister, a Benedictine nun and author, said a more feminine image of God is needed because the Earth is in danger from overpopulation and pollution, and needs nurturing, not punishment.

But she added that any image of God should be beyond "any color or gender."

Karen Armstrong, a former Roman Catholic nun turned TV commentator in Great Britain, said she has drawn her image of God from three major Western religions: Judaism, Islam and Christianity.

She said compassion and the "Golden Rule" of treating others with compassion was perhaps more important than seeking God in a church or through religion.

POPE JOHN PAUL II APOLOGIZES FOR ERRORS OF THE CHURCH JOINS THE RANKS OF THE WORLD'S PEACEMAKERS

COMMENTARY by Marty Greenhut

Years ago my father visited

Jerusalem for what was a major pilgrimage in his life as a Jew who survived the twentieth century. He told me that he left a prayer written on a scrap of paper wedged between the rocks of the ruins of the Western Wall.

Now I have read that Pope John Paul II has done the same thing. He apologized to the Jews for the church's part in anti-Semitism over the period of the Christian Era. He inscribed his apology to the Jewish people, this prayerful confession of the Church, on a scrap of paper, and on his knees, he wedged it into the rocks of the same Wailing Wall.

This very moving and deeply symbolic gesture followed his visit to the Jordanians, Palestinians, and his speech at Yad Vashem, the Israeli memorial to the victims of the Holocaust.

This is to thank you, dear brother and elder. This is a great event in the spiritual life of our world. It seems to signal a response of organized religion to the pulling on its apron strings by the upstepped consciousness that is growing and deepening everywhere we look.

The Catholic Church, and all the mainline religions seem to be coming to terms with the upgrading of their paradigms and spiritual understanding so they won't be left behind when 'Michael's Boat' embarks on the ultimate quest of human brother/sisterhood and of our common divine Father/Mother God.

It is surely interesting how religions start out way ahead of their time, inspired by the latest revelation of God, and bring the world ahead a giant step. But later, when their inspired truth becomes written-in-stone they get in trouble because of the spiritual evolution of the planet. Both Religion and religionist stand to lose because of intransigence at a time when planetary change is happening.

Such was the story of the Pharisees of old and of the Vatican during the Inquisition. And it is now the time of the churches, synagogues, mosques, and temples of the world that are called on to recognize the brother/sisterhood of humankind and Father/Motherhood of the God of all.

This points only to peace, love; light and life. There will be no stopping

this tide in which all boats rise. We are getting ready to step out onto a new and considerably higher level of spiritual attainment worldwide after a hard won victory over materialism and the darkness of cosmic isolation.

The best that we can hope for will be this kind of leadership by the world's religions in these times of change. We all reach out for truth; the very law, the life and the spirit of God. Now that we are riding down the whitewaters of change, let us get out our spiritual compasses and pull together in the love of our divine family.

The New Age search for spiritual meanings and exploration of the esoteric is no less a 'religion' of the world. Doors are opening. And, entering, we find ourselves on new levels of loving fellowship, joy of daughter/sonship, and most of all in greater light of the unspeakable, infinite and eternal love of our Father and Mother God.

The worst case scenario would be the failure of our mainline religions to come to terms with change and growth. Religious fundamentalism is on the examining table as we speak.

DEAR PASTOR

Letters from kids

Dear Pastor, I know God loves everybody but He never met my sister. Yours sincerely, Arnold. Age 8, Nashville.

Dear Pastor, Please say in your sermon that Peter Peterson has been a good boy all week. I am Peter Peterson. Sincerely, Pete. Age 9, Phoenix

Dear Pastor, My father should be a minister. Every day he gives us a sermon about something. Robert Anderson, age 11

Dear Pastor, I'm sorry I can't leave more money in the plate, but my father didn't give me a raise in my allowance. Could you have a sermon about a raise in my allowance? Love, Patty. Age 10, New Haven

Dear Pastor, My mother is very religious. She goes to play bingo at church every week even if she has a cold. Yours truly, Annette. Age 9, Albany

Dear Pastor, I think a lot more people would come to your church if you moved it to Disneyland. -- Loreen. Age 9.

Tacoma

Dear Pastor, I liked your sermon where you said that good health is more important than money but I still want a raise in my allowance. Sincerely, Eleanor. Age 12, Sarasota

Dear Pastor, Please pray for all the airline pilots. I am flying to California tomorrow. Laurie. Age 10, New York City

Dear Pastor, I hope to go to heaven some day but later than sooner. Love, Ellen, age 9. Athens

INDWELLING SPIRIT: *Lots More Than Seven Chakras Here*

Did evolution build our incredibly complex biological machinery? Or was it here from the beginning? Here are some heretofore unknown scientific discoveries that reveal our bodies and our beings to be even more complex and amazing.

Did Evolution Build This Complex Motor?

Adapted from The Daily Telegram and a pamphlet by Bernard Reeves, Creation Science Movement, PO Box 888, Portsmouth PO6 2YD,

In 1997 two scientists, John Walker of the UK and Paul Boyer of the USA, won a joint Nobel Prize for the discovery of a tiny motor whirring away in every cell of all plants and animals. The motor is found in the enzyme ATP-synthase and rotates at a speed of about one hundred revolutions per second (6,000 rpm.)

This tiny motor is 200,000 times smaller than a pinhead. Every cell in your body, and those of all living things, has hundreds if not thousands of these motors. A human body is estimated to contain over 10,000,000,000,000,000 of them (that's ten quadrillion.)

The ATP-synthase motor's job is making energy for living cells. It does so by making the molecule adenosine triphosphate(ATP) from adenosine diphosphate (ADP) and phosphoric acid, a synthesis which requires an input of energy. The ATP produced breaks down to ADP again, giving up the energy by coupling itself to another chemical process within the cell which requires the energy in order to react. Energy is directed and all the products of the process are then recycled. ATP supplies the energy for the functioning of the brain, the beating of the heart and contraction of all muscles.

Dr. Walker say, "We require our body weight in ATP every day. We are turning over that amount of ATP to keep ourselves thinking and walking around." On a lazy day we might use only half our body weight, but during hard work up to a ton of ATP could be recycled in a day.

It was Dr. Walker who in 1994 provided the first detailed picture of how the motor works. He used X-rays and an electron microscope to take an 'atomic snapshot'. In 1997, M. Yoshida attached a tiny fluorescent filament so the motor can be seen spinning under the microscope.

Every cell contains power packs known as mitochondria (chloroplasts in plant cells). Embedded in the membrane of each mitochondrion are the rotating disks of the ATP-synthase enzymes. The disk (think of it as the armature of the motor) consists of so-called C protein sub-units, the exact atomic structure of which are yet to be resolved - this may take another decade of research.

Projecting from the armature or disk and rotating with it is a bent shaft called the gamma protein sub-unit. The free end of the shaft engages with a "hat" - a ring of six protein sub-units - three alpha and three beta units, which do not rotate but are attached to the membrane. The motor disk is driven by the flow of hydrogen ions through the membrane of the mitochondrion.

An ADP molecule and a phosphate ion enter each of the beta sub-

units of the 'hat' (which is shaped to facilitate the combination.) The bent axle turns eccentrically, squeezing each beta sub-unit in turn, expelling the newly formed ATP molecules. Three ATP molecules are formed with each revolution of the motor. At about 100 revolutions per second these motors recycle roughly ones body weight daily, however as demand for energy increases, the flow of hydrogen ions through the mitochondrial membrane increases the speed of the motor to meet the demand for more energy.

All this to keep our bodies and brains functioning, thus making life possible - no wonder ATP-synthase is called 'the motor of life.' As Dr. Walker comments, "It is incredible to think of these motors of life spinning around in our bodies!" Of course, the same amazing, ultra-miniature motors are spinning away in all living things, including plants, fungi and bacteria.

Did this motor evolve? The fact that the enzyme is the same in single-celled bacteria and in man, as well as all other forms of life, indicates that it was in perfect working order from the beginning of life on Earth. The ATP-synthase motor is very complex.

Could natural selection have perfected this enzyme in the first 'proto-cells', as evolutionists must believe? Either the motor works or it doesn't work. (Its malfunction is the cause of one form of heart disease, where the motor runs in reverse and breaks down ATP.) If the motor does not work, ATP is not made, and there is no source of energy for the cell.

The motor could not have gradually grown. It is composed of many proteins that are precisely shaped and with chemically active sites exactly where they have to be. Take away just one protein and the motor is useless, it had to be perfect from the outset. The membrane of the mitochondrion that holds the motors had to as well be perfectly formed to house the motors, otherwise the cell could not live.

So who designed this motor? Chance processes stumbling along making billions of little motors that failed repeatedly along the path of blind natural selection, or an intelligent being?

Information Theory tells us that information is corrupted by chance processes. Information only derives from an intelligent source. The plan for this irreducibly complex motor is coded for by information on genes. The genetic information is translated and the motor is manufactured and assembled by a series of mechanisms which are, in total, even more irreducibly complex than the motor itself.

The psalmist David (139:14) declares, "I will praise Thee; for I am fearfully and wonderfully made; marvelous are Thy works; and that my soul knoweth right well." Of course, the shepherd king did not know quite as "right well" as we do today, thanks to dedicated scientists like Boyer and Walker.

Awesome, an in-word today, just about sums it up. The more that is discovered of the Creator's ways, the more we stand in awe of Him. Ultimately, His ways are past finding out.

Mothers and God's Wings

An article in National Geographic several years ago provided a penetrating picture of God's wings. After a forest fire in Yellowstone National Park, forest rangers began their trek up a mountain to assess the inferno's damage.

One ranger found a bird literally petrified in ashes, perched statuesquely on the ground at the base of a tree. Somewhat sickened by the eerie sight, he knocked over the bird with a stick.

When he struck it, three tiny chicks scurried from under their dead mother's wings. The loving mother, keenly aware of impending disaster, had carried her offspring to the base of the tree, and had gathered them under her wings, instinctively knowing that the toxic smoke would rise.

She could have flown to safety, but had refused to abandon her babies. When the blaze had arrived, and the heat had singed her small body, the mother had remained steadfast. She had been willing to die so those under the cover of her wings would live.

Psalm 91:4 (NIV)

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

GOD'S GARDEN

Plant three rows of peas:

Peace of mind, Peace of heart, Peace of soul

Plant four rows of squash:

Squash gossip, Squash indifference, Squash grumbling, Squash selfishness

Plant four rows of lettuce:

Let us be faithful, Let us be kind, Let us be obedient,

Let us really love one another

No garden without turnips:

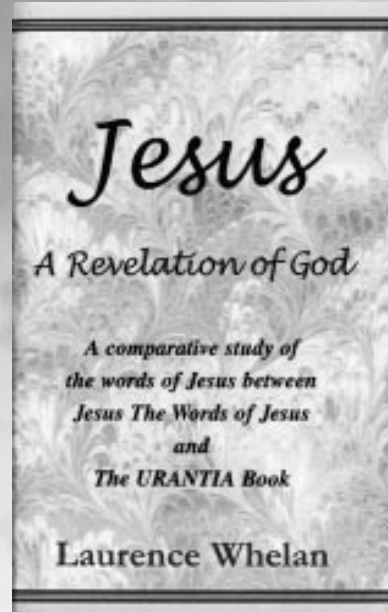
Turn up for service, Turn up for one another

Water freely with patience and Cultivate with love.

There is much fruit in your garden Because you reap what you sow.

To conclude our garden

We must have Thyme



***Jesus: A Revelation of God* is a comparative study of the words of Jesus between *Jesus: The Words of Jesus* and *The Urantia Book*. Twenty years in the making, this 417-page book is the result of a study of the gospels from 35 versions of the Bible along with many other books about Jesus, including a 25-year study of *The Urantia Book*.**

***Jesus : A Revelation of God* is the story of Jesus with the words of Jesus, consolidated and retold from the gospels of Matthew, Mark, Luke and John. Under the quotes of Jesus from the Bible are the words of Jesus from *The Urantia Book*.**

***Jesus: A Revelation of God*: \$18.00**

Order from the Jesusonian Foundation.

www.jesusionian.org

To place a Visa or Mastercard order by phone, call: 800-767-LOVE

PLANETARY CHANGE *Global Networking Relationships*

For your exploratory pleasure, here's Global Meditations, a network and newsletter that's in the forefront of planetary progress toward Light and Life. If you've looked for opportunities in environmental and spiritual activism, here are some excellent starting places from a recent issue.

Hello, this is BARBARA WOLF
<http://www.globalmeditations.com>

Last weekend, July 10-11, 1999, at The Presidio in San Francisco, I met with 50 environmentalists and others of diverse backgrounds to explore topics that could be addressed at a May 12-14, 2000, conference on technology and global ecology. Specifically, we discussed how to effectively use the Internet to create environmental awareness by educating the public on such matters as local and national chemical poisoning, air pollution, toxic products, etc.

We discussed forming a federation of ecological and environmental web sites, with links to related sites.

Jim Fourier of PLANETWORK (<http://www.planetworkers.org>) conducted the proceedings, and he is calling for public participation in the May conference. He says: "Planetwork will bring together leading innovators from a wide spectrum of fields - from information technology to ecology and biology, from the arts and education to environmental activism - to share their visions, and initiate a new network phenomenon together. This groundbreaking event will demonstrate, hands on, uses of the Web for those working on the ecological crisis, and illustrate the pivotal role those in the information technology industry may play in the creation of a sustainable future."

<http://www.planetworkers.org/participants.html> will take you to the PARTICIPANTS of the July 10-11 meeting.

Among them were: BILL PEASE, Director of Internet Projects for the Environmental Defense Fund, who directs SCORECARD, <http://scorecard.org/>, which has 2 million visitors monthly. If you live in the U.S.A., for free on that website, you can enter your zip code to read about chemical health hazards, uses and emissions in your community. 6500 chemicals are profiled. EDF's sites aim to recruit and mobilize a growing internet community of environmentalists, enabling them to take actions that reduce environmental health risks."

JOSH KNAUER is founder of the ENVIROLINK NETWORK, <http://www.envirolink.org>, a central clearinghouse for environmental issues, and, he says, it is "the Internet's largest and most complete environmental information resource for activists, organizations, businesses, and government. 2 million visit this site monthly."

<http://www.envirolink.org/environews/> is updated daily with news and features.

The EnviroLink LIBRARY has 60,000 resources broken into categories, and information is accessed by the use of key words (example, 'rainforest') or by environmental topic (example, 'climate change').

There is a BULLETIN BOARD, and also REAL TIME CHAT, the latter of which is extremely active. Before the cease fire, Serbs and Albanian Kosovars used this Chat Room to inform each other of oil damage, etc. TIME MAGAZINE recently featured Mr. Knauer, EnviroLink, Knauer Communications and GreenMarketplace.com in its "Environmental Heroes" section in 1999.

THE GREEN MARKET PLACE, <http://www.greenmarketplace.com/>, recently founded by Josh Knauer, lists non-toxic household items that are good for people and the environment.

IGNACIO FERNANDEZ represented THE INTERNATIONAL RIVERS NETWORK, <http://www.irn.org/>, a very active 'water' site. Global (by country) events on river and water actions are updated continually on <http://www.irn.org/revival/action/index.html>.

JOSE CLOVIS SOUZA SANTOS, (zeclovis@coastalway.com.br) of BRAZIL works with an organization in a unique way to help to combat the destruction of the AMAZON RAINFOREST. His organization finds funding to buy threatened parts. One current project is to buy a very ancient tree.

MATT LUST is executive editor, information systems, of the GLOBAL ENVIRONMENT & TECHNOLOGY FOUNDATION, <http://www.getf.org/>, which promotes "the development and use of innovative technology to achieve sustainable development. For nearly a decade, GETF has brought industry, government and communities together to address environmental challenges with innovative solutions. If you click onto the web site, you will see that it is a truly global site, with news updated daily.

MARC GIMBRERE is founder of THE GLOBAL SUSTAINABILITY ALLIANCE, <http://www.wenet.net/~navigate/gsa/index.html>, which

concerns itself with reversing the current environmental destruction on our Planet by working toward a holistic systems management of communities, including a system of barter.

He is also the president of MILLENNIAL GOODS, <http://www.MillennialGoods.com/>, which concerns itself with environmentally friendly products in the fields of ENERGY, FOOD and COOKING, WATER, HOUSING, WASTE, TRANSPORT, COMMUNICATIONS, GARDENING, MEDICAL, etc.

JEFF MCCRACKEN is director of Public Affairs for the Bureau of Reclamation in Sacramento, California. He maintains an active website, updated daily, <http://fedpage.doi.gov/>, with news from California's Federal Natural Resource Agencies.

<http://www.planetworkers.org/participants.html>. From here, you can reach the biographies and web sites of other participants.

ALSO from Global Meditations, here are excerpts from Barbara's extensive and continuing calendar of spiritual events upcoming soon. Bravo! Keep up the good work!

May 22-26, NEW YORK, UN Headquarters. Millennium Forum, organized by civil society groups to add the voices of "We the peoples of the United Nations" — the opening words of the UN Charter — and broaden the discussions on the world body's future role. <http://www.millenniumforum.org>, <http://www.un.org/millennium>

May 26-29, LONDON, Regent's Park College. LONDON CONFERENCE 2000, organized by Association of Spiritual Academies International. The ASAI is an association of teaching organizations engaged in the preparation and training of spiritual teachers, practitioners, and leaders. Contact: Rev. Helen Roberts, 11134 County Road 44, Leesburg, Florida 34788 USA. Email: asai_exdir@hotmail.com. Phone: (352) 589-4308 <http://www.ILDT.com>

June 1-4, the Joshua Tree Retreat, CALIFORNIA. Sacred Arts Retreat Finding Form For Our Visions Of Planetary Healing, organized by Vijali Hamilton and Gay Luce. Contact: Vijali at 435-259-2744 or email at vijaliham@aol.com. <http://www.rocvision.com/vijali.htm>

June 2-4. NORTH CENTRAL PENNSYLVANIA STATE. Weekend with The Elders. Organized by The Bear Tribe. Tel: 716-657-6881.

June 2000, COSTA RICA, University of Peace. Week-long Milenio conference and celebration to bring together Milenio teams working in crucial areas of global concern as well as other guests and participants, including Nobel laureates, musicians, artists, world leaders, environmentalists, spiritual leaders, grassroots organizations, and those dedicated to peace, justice and sustainable life. Contact: milenio@igc.apc.org <http://www.milenio.org>

June 25-30. LOS ANGELES, CALIFORNIA, Sports Arena. The Dalai Lama teaches Atisha's "Lamp for the Path to Enlightenment" and Lama Tsong Kapa's "Lines of Experience". Contact: <http://www.ticketmaster.com>, Tel: 805-583-8700. <http://www.tdling.com>, Tel: 562-402-1321.

LOVING GRACE BY ME

by Jim Cleveland

I know there is a place up in the Heavens
peaceful goodness in a land for you and me
but I need you now, Father.

I need your loving grace by me
Upon this wasteland of the innocent and the guilty and the free
Now, Gracious Father
In this hour, in this minute that won't agree
May I have your loving grace by me?

There is no place on earth like the Heavens
and peace and goodness are very difficult to see
that's why I need you, Father
I need your loving grace by me.
within these sin-swept canyons of the suffering family tree
Now, Heavenly Father
In this hour, in this minute that won't agree
I really need your saving grace by me.

One day our dust will blow upon the plain
and in Heaven it will just be memories.
but I will still need you, Father
to shine your loving grace on me.

On the sparkling shores of knowing, feeling, being with goodness
In splendid seconds that smile in full degree
I will always need your loving grace by me.

*Now is the time to live, Now is the time to give
to make our Heavenly destiny
Now is the hour, Now is the minute
to find the Loving Grace of Spirit Free
in the Holy Mother's bosom, with the Father's gentle hand
and to shine it back in service, that's the key
to feel the light of loving grace we need.*

The Resurrection of the Feminine ... The Ascension of the Planet



Continued from page 14

Taoism is the idea that the universe is run by a single principle, the Tao, or Great Ultimate which underlies all form, substance, being and change. The Tao encompasses everything.

Tao gives birth to the One, the One gives birth to the Two and from Two emerges Three. Three gives birth to all things and all things carry this interdependent, dualistic nature of the yin yang. The yin yang principle is divided into two opposite principles which oppose yet compliment the other in its action. This principle functions from humanity to the cosmos. It results in all change and transformation in the effort to achieve balance.

Yin is described as: female, receptive, passive, dark, yielding, hidden, decrease, emptiness, weak, earth, destructive, magnetic, moon, night.

Yang is described as: male, creative, aggressive, light, thrusting, firm, increase, fullness, strong, heaven, constructive, electric, sun, day.

Remember, that these ideas are two halves of a whole concept that brings forth the dynamic process of mutual creation AND destruction within the whole.

Opposing meanings emphasize balance. The seed of one is always found in the other.

An example is when one rides a bicycle one has to “pump” one peddle at a time while releasing the other to achieve momentum. One is therefore not the cause of the other but results in a synergistic wholeness of movement.

Most people view the yin yang principle as two separate entities rather than a process itself. If we divide the whole into two distinct halves as our current world view dictates, we are only able to see two halves operating as separate things. Rather, we must begin to realize that they are compliments and interdependent upon each other.

The whole is out of balance when the two halves are out of balance. If something is too yin or too yang there is discord. Imbalance in any aspect of yin yang functioning leads to problems including possible failure and certain chaos in all aspects of being. Essentially all disharmonies can be viewed as an imbalance of yin yang energies. To be balanced implies a constant readjustment of energy which flows through a process of conflict or agitation to form a new equilibrium. It appears our planet has been stuck in conflict and agitation and, therefore, unable to achieve balance.

Understanding the feminine through the use of intuition is the key to our individual and societal healing.

There are two types of intuition. The lower form, where animals perceive the approach of danger, for instance, is on the mundane level. There is also a higher state which evolves through our superconscious. This super-conscious intuition gives us the ability to tap into “cosmic mind”. Cosmic mind contains directions concerning the destiny of our individual lives, as well as, guidance for our societal and planetary evolvment. Intuition is the guide to a more enlightened path and the answer to our prayer for wholeness and balance and it is feminine in nature, It is also our fear of this feminine nature that impedes our progress towards this goal. Why?

In his book “From Misery to Enlightenment” the author Osho looks at three levels of consciousness. The first and lowest level is instinctual in nature, the middle level is intellectual and the highest level is intuitive. Because these words all begin with “in” Osho tells us that these levels of consciousness are inborn traits found in every normal functioning human.

Instinct is the world of animals and consists of biological and chemical urges. Osho states that in his estimation, 90% of humans function at the instinctual level of consciousness. For instance, he states that falling “in love” is usually just a matter of hormones being attracted to other, opposite hormones. It is purely instinctual.

Intellect is also an inborn trait, however, it functions from a conscious level of activity. Osho says that intellect is something that has to be recovered or reclaimed and all education is about shaping the intellect. Further, he tells us that intellect will always try to dominate instinct and intuition because it has “logic” on its side - reason, argument, proof.

We see, then, that at the center of the unconscious is instinct, at the center of consciousness is intellect and at the center of the superconscious is intuition.

Osho’s belief is that most of us never reach our intuitive natures because we put so much energy into repressing our instinctual natures. He says we use our intellectual energy to repress our animal nature instead of using the intellect to release the divine within us.

Intellect’s job is to find a way to help its unconscious be fulfilled. Since both instinct and intuition are unconscious manifestation, our minds tend to be dominated by what it is trying to repress rather than seeking what it is trying to express.

Please see page 37

The Great Light Body Shift of May 5

From: Celestial Teacher KIRAEEL

From the Great Shift NewsZine and www.inward.com

Who is Kirael? A light being from the Seventh Dimension, and a member of the Guidance Realm. He brings a message of love and healing and his focus is preparing the Earth and inhabitants for a Great Shift in consciousness.

KIRAEEL: The Great Shift of May 5, 2000 marks the Day of Epiphany for the Earth plane when a great Light Shift will occur that will bring you out of darkness. It is a major shift for the Light Workers of the world when every Light Worker on Earth has the opportunity to shift their embodiment process to their Light Body. Your bodies will begin to lose their density, and you will begin to feel the body moving towards Light emergence. This Shift is the forerunner of the Golden Shift itself into the Fourth Dimension.

You must be clear that each human being is in part the Creator. Each knows on another level, not discernible by the human mind, that each of you has a part to play in this process. Some of you will choose to play it from another level of consciousness, and some of you will choose to play it from this level of consciousness. But, no matter the level of consciousness, be aware that the Creator's Light is guiding the entire process.

This Shift is the first awakening of the Golden Shift process that takes you, not to the new millennium hype that transpired, but to a new and clear understanding of your own presence. It takes you to an understanding that you no longer seek for a God out in some fictitious sky, but you recognize that you are the Creator energy. In this new understanding you realize that you have a core responsibility to yourself as the Creator to create a space in time where Mother Earth and Her inhabitants can live joyously with all realms of activity; that they may intermix dimensional processes without the fear of one energy overtaking another, thereby, collectively understanding in the Light that the healing is in process, and that all become the "healed." This Shift is the celebration of celebrations. Nothing will be the same after this event.

14-Day Window of Opportunity

The Great Shift of May 5, 2000 will not happen exactly on that date, but over a 14-day window of opportunity (April 28-May 11). Center point of this Light Shift is midnight of May 4 at 24:00 hours.

During the 14-day window, the inhabitants of the Earth plane will have the obliged right to begin to take their physical bodies to the Light. You may leave your human force field intact, but you must realize this is the beginning stage where you can begin to become lightbodied.

The centerpoint of this window is a beautiful energy. You can utilize it to bring your focus to the highest possible reality, demanding that your 10% no longer maintain a hold on the presence that you infer as the illusionary product of the human reality. Simply make yourself go beyond.

In this 14-day window, a number of people will choose to ignite their Light. Those who activate their Light will activate Light beyond physical bearing thereby opening into the higher percentages of the brain spectrum. When you have a vibrational alignment like this, forcing your Earth plane to vibrate at a totally different segment of reality spectrum, then is the time for you to best utilize that power.

How can you activate your Light? Simply choose to ignite it. Get as deeply into meditation as you can and choose to ignite your particle of Light with your intent, from the God-cell itself.

Each human who ignites this Light will come to the understanding that you have been living under a guise that is no longer acceptable to the human world. Your governments and those who govern this world must come to a new awakening. They must realize that this is not a political event anymore. This is salvaging the Earth plane. This is about creating a space for continuing the Earth plane in its highest possible vibration - a space where we can live with your brothers and sisters of the Galactic Worlds, where we can no longer think that one person is better than the next, where you may sit in judgment of your brothers and sisters. For you have been taught that the Creator is a judgmental entity that chooses whether you are right or wrong. The only thing that the God Creator has given you is enough Love and Light for you to settle your own positions, for you to know what is right.

You have learned over the last 2,000 years that you must live in fear. You have learned that you must outdo someone else in order to gain anything from your own reality, when in fact the Creator has given you very beautiful and simple laws that you must begin to abide by in your life.

These are not laws of guidance. These are not laws of some Bible written by men in a dark room 1700 years ago, nor are they laws set up so that one man may turn a whole country into a warring nation. These are laws of the Creator, set up so that you, as the Light Beings of Earth can direct your spacecraft into the new understanding, into a new awareness of Love Light.

You must come to the clarity that the one thing that has been held over your head for so long is "Do something wrong, and you will die." Death will not exist in the new energy. You will choose to move from one level, back and forth. This is the Truth. You will move back and forth at will into many different dimensional processes, but you must at all cost protect Mother Earth in the process ...

.... The Great Shift of May 5, 2000 is the point in which science and religion recognize that neither has the answers. If the scientists recognize that they don't have the answers, then those in religion must admit that they too don't have the answers. With this Light Shift, the answers will come in a collective energy from the two.

More from Kirael and on the Light Shift in our next issue.

Developing a Full Relationship with God

Excerpts from the essay by Dr. Joshua David Stone

In beginning this writing, I want to let you know that there is no subject more meaningful and exciting for me to write about. I have been looking forward to writing this section for two weeks. Developing a relationship to GOD is a multifaceted subject. We must begin by defining our terms here, for the experience of God to every person is quite different. Let me explain here, my beloved readers, what I mean by this.

One's first relationship to GOD is really their relationship to their own higher self. In different spiritual schools of thought the higher self can also be termed the soul, the Oversoul, the higher mind, higher mental body, or superconscious mind. This is every person's inner teacher until they reach the fourth initiation. After the fourth initiation the disciple or student has fully integrated the vibration and consciousness of the higher self and then is provided a new teacher by GOD, which is the Mighty I Am Presence or Monad. The Mighty I Am Presence is the individualized presence of GOD within each person. Ascension is the full merging and embodiment of the Mighty I Am Presence and/or Monad on Earth in all its' glory.

Now, some people experience GOD by not focusing consciously on their higher self or Mighty I Am Presence, but rather on an inner or outer plane spiritual teacher. Examples of course, would be Jesus, Buddha, Mohammed, Moses, Krishna, Rama, Mother Mary, Quan Yin, Isis, Sai Baba. The affects of this form of worship of GOD are similar, but with a slightly different unique vibration.

A slight variation of the above theme of GOD worship would be having a guru in either physical or non-physical form. In this capacity there is the complete surrender to one embodiment of GOD. The true guru however, such as Sai Baba is always the first to point out that his devotees are embodiments of GOD as well. The true guru is always focused on empowering his students, not trying to retain power over them. This form of worship of GOD is 100% appropriate and legitimate, as long as the guru has not been contaminated by negative ego aspects. Students must be spiritually discerning if this is the form of worship they resonate with.

The next form of developing a relationship with GOD has to do with understanding the Trinity of GOD. By this, of course I mean, GOD, Christ and the Holy Spirit. The Holy Spirit, also sometimes termed the Holy Ghost or Shekinah, everyone is connected to. It is the very breath and voice of GOD throughout creation. The Holy Spirit is kind of like

the higher self, except it is the cosmic version not just the personal version, for each individual. The Holy Spirit speaks for the at-onement or the atonement. The Holy Spirit is the Voice of GOD throughout creation, and is the answer to all problems and challenges.

There are only two voices in the infinite universe, if you take everything back to its bare essence. There is the voice of spirit (Holy Spirit) and the voice of negative ego (glamour, maya, illusion).

Unfortunately most people do not take advantage of the tremendous powers and wisdom of the Holy Spirit. This is true regardless of what religion or spiritual path one is connected with. The Holy Spirit's specialty is the "undoing" of the negative ego and its effects mentally, emotionally, physically, environmentally and socially.

When a person calls to GOD they must realize that it is their own higher self, Mighty I Am Presence, Holy Spirit, Guardian angel, Spirit Guide, spiritual teacher, and inner plane Ascended Masters who respond as intermediaries for GOD.

So, definitely pray to GOD and develop a personal relationship with GOD, however, fully understand that the full realization of GOD takes place in stages. First, beginning on a planetary level, then solar level, then galactic level, then universal level, multiuniversal level. For more information on cosmic ascension, I would encourage you to read one of my newer books called "Cosmic Ascension." Before cosmic ascension can be begun, we must first complete our planetary ascension.

True realization of your ascension is not leaving this world or dematerializing, but rather fully grounding your Oneness and merger with your Mighty I Am Presence and/or Monad on Earth. Each person's true mission in developing a relationship to GOD is to not ascend, but to descend GOD to earth, and to find their true puzzle piece in the Divine Plan and manifest it fully "on the earth plane." The material universe is one of the seven heavens of GOD, and the Divine Plan is to make the physical universe be a perfect reflection and mirror of the spiritual universe. As His Holiness the Lord Sai Baba has said, "Hands that help are holier than lips that pray." It is time now for all light workers to honor, worship and relate to the material face of GOD, and ground their ascension and their service work on to this plane. Experience and enjoy GOD also in the beauty and glory of nature. Lastly, my beloved readers, to sum up this writing on developing a relationship to GOD, it can be seen that there

are many lenses, levels and stages to experiencing GOD. I have humbly endeavored to elucidate and clarify a few of these. As my dear friend Lord Melchizedek has so beautifully stated: "The experience of GOD is like a many faceted cosmic prism with many lenses to this prism." In this writing I have attempted to synthesize many of the lenses of this prism through which people on earth develop a relationship to GOD. By understanding these different lenses of GOD worship, we can expand our own relationship to GOD and be more compassionate and understanding to other people's form of GOD worship.

Namaste!

To enjoy the entire essay by Dr. Stone, visit:
<http://www.drjoshuadavidstone.com>

Dr. Stone is founder of the Melchizedek Synthesis Light Academy (MSLA). His series of books on Ascension are The Complete Ascension Manual (I), Soul Psychology (II), Beyond Ascension (III), Hidden Mysteries (IV), The Ascended Masters Light the Way (V), Revelations of a Melchizedek Initiate (VI), How to Clear the Negative Ego (VII), Cosmic Ascension (VIII). Dr. Joshua David Stone, Melchizedek Synthesis Light Academy, 28951 Malibu Rancho Rd., Agoura Hills, California 91301, U.S.A. Phone: (818) 706-8458 Fax: (818) 706-8540 E-mail address: drstone@best.com



Resurrection of the Feminine

from Page 34

Most of our decision making processes are based on survival issues or "imagined" realities. This leads to "fear-based" thinking and living. Fear-based living shows that we are striving to repress instincts we don't even understand. This is why there is so much addiction in the world. It is an artificial means of repressing what we feel is "unexpressible" in our lives. Through fear of the unexpressible the instinctual mind can take on bizarre and exaggerated tones.

Repress anything and it becomes valuable. Repress it more and it becomes more valuable. Stop repressing and it loses its value. One can then begin to heal as energy ascends instead of descends. The lower unconscious clears and energy is now allowed to flow into higher channels that create connection with the wholeness of being, allowing for the balance we are all seeking.

An unclear unconscious hinders soul expression. When the lower unconscious is cleared, intellect can begin to function with true intelligence. One begins to function from the receptive (feminine) superconscious and sees things not visible to human eyes. We now are able to tap into the cosmic, divine mind and our higher urges can be fulfilled.

This is an important task to be accomplished in our lives for this is how we balance the yin yang energy within. When we transform and heal ourselves, we transform and heal the planet. We must not be afraid of nor invalidate the feminine for it is here that we begin our ascension towards fulfilling our earthly, spiritual missions in life. Intuition leads to our authentic and creative self and leads us to a independent life.

Ascension to the intuitive feminine is everyone's birthright. As each of us examines our life and discovers what is repressing our souls, our talents, our very reason for living, we begin to move towards a balanced yin yang existence. The masculine begins to honor the feminine for the gifts she brings and the feminine begins to appreciate the gifts of the masculine. As the planet begins movement towards balance, it also allows for its ascension to its rightful place in the cosmos/universe.

This is the blueprint for healing the split between our human and divine natures. The healing of society and therefore the planet will happen through the examination, acceptance and resurrection of the feminine. This consciousness will then be allowed to form a bridge to reach our highest RECEPTIVE state - our connection with Divine/Cosmic Mind. When this potentiality becomes actualized - true miracles will manifest and our world will be transformed.

Nancy resides in Door County, Wisconsin and owns a metaphysical bookstore called "Star Gazer". She is currently working on a book entitled "Coming Back to Life". E-mail: nancymariebrown@webtv.net

Sacred Relationship Parenting

Our Connection to the Days of Light and Life by DANIEL RAPHAEL

As the author of SACRED RELATIONSHIPS, A Guide to Authentic Loving, I am often asked what credentials I possess to have become an authority on relationships. My response is always the same: I came from a dysfunctional family, endured adolescence, worked in prisons for many years, was a partner and parent and eventually worked through and overcame my relationship dysfunctions. That is not to say that I am not still learning how to be more loving and authentic. What I have learned is distilled in this tightly written book published through Origin Press.

While the book is oriented toward intimate and personal adult relationships, its fundamentals apply equally to parenting. Whether you are a single parent or with a partner-parent, my book will give you a broader understanding of parenting and the children who came into your life.

Americans have always been fascinated with frontiers and we have even infected the rest of the world with that fascination. Today, there is nostalgia for the frontiers of the Old West because it has become one of many frontier eras that have passed from our culture. Yes, even wars and nationally sovereign borders will one day become obsolete frontiers, too. But personal relationships will always be the final frontier of human activity.

As parents, we have a frontier with two fronts. The first frontier is to provide a healing parental relationship with our children so that they innately will have the skills to raise their own children as functional, spirit-infused individuals. The second frontier is to overcome any abusive, neglectful, or forgetful relationship skills we learned from our parents. Child psychologists have known for years that parents who abuse or neglect their children were almost always abused or neglected in a similar manner when they were children. It is

time to stop this destructive cycle whether it is overt physical abuse or subtle emotional abuses that leave no visible marks.

Many of us came from a family where responsible parenting skills and the assets of responsible family relationships were meager or even absent. Worse yet, some of us came from families where we learned self-destructive relationship skills. The wilderness is no longer outside of our lives, but INSIDE! The best possible tools we can give our children to help ensure their successes is to provide them with a set of innately successful relationship skills.

With the same determination and as consciously as our great grandparents decided to engage the hazards and rewards of a frontier wilderness, so too must we engage the frontier of responsible parenting. Their choice to move into the wilderness to begin anew was not just for their own rewards, but for their children and their future generations. Our rewards for engaging the challenges of our “frontier of relationships” will be shared with each succeeding generation of our children.

If our frontier today is within the family, what tools do we need to enrich and fulfill our lives and those of our children? If we want our children to have a fulfilling and satisfying life, would we send them out into the world without the right tools? Surely not! Just as many of our great grandparents provided their children with a cleared piece of land and the tools of production, so too must we as consciously provide the tools for our children’s success during their life.

If you came from a functional, loving, and supportive family, HURRAY! Pass on to your children the same parenting skills you received, and also point out what your parents did that helped you become a more productive, loving, and fulfilled person. At the same time, point

out some of the less desirable ways you were raised, so that your children can discern the difference and choose a better way for raising their own children. The desired outcome is that each generation will be raised with greater effectiveness so that each child is given the best internal resources for succeeding in life.

The result is that rather than families producing more socially dysfunctional children with each succeeding generation, the trend will be reversed and more socially functional children will be produced in each succeeding generation. Only then will the inauguration of The Days of Light and Life have a possibility of occurring. Jesus provided a wonderful model for *sacred relationship parenting* with his own brothers and sisters. He became their father-brother after Joseph died and provided an excellent model for us to emulate with our own children.

Conscious, loving, and supportive parenting is the infinite frontier for this and all generations to come.

I invite you to examine *Afterword, An Educational Continuum for Functional and Sacred Relationships*, the very last section of my recently published book, **SACRED RELATIONSHIPS, A Guide to Authentic Loving**. It provides a dimension of parenting that can help your child enjoy growing up and becoming a socially functional person – one generation closer to the inauguration of The Days of Light and Life. The Afterword will lead you back to the first chapters of the book where you will discover and understand the relationship you have with yourself on a spiritual journey.

Daniel Raphael is the father of three children and a former Army Officer and Viet Nam veteran. He has earned degrees in Sociology and Education, and a doctorate in metaphysics. Comments? You may reach Daniel at danielraphael@earthlink.net or 303.641.1115.

Light and Life Letters

ED. NOTE: Welcome to Light and Life Letters. Address your correspondence to Light and Life Journal, P.O. Box 692, Monterey, MA 01245 or e-mail to landl_letters@hotmail.com



To the Light and Life Journal:

crystalline tears
fall upon the ground
covering it with lace
and frozen fractal beauty

followed by a hush
and a tranquil silence
the blanket spread
by weeping angels

their dear ones have forgotten
the purpose of this journey
in genes and atoms
and patterns of time

perhaps the beauty and the silence
will help them recall their truth

i received a copy of the light and life journal today. thank you.i offer my color, texture, and note to the divine symphony, in deepest humility and praise and welcome the accelerating process of oneness.

blissing in the purelite,
inrtemple

To the Light and Life Journal:

Thanks so much for the Light and Life Journal. It's been a great source of inspiration and comfort. For these many years now, I've noted with wonder, the amazing array of diverse approaches to the Heavenly Father which have been appearing here on the planet. If it hadn't been for the constant voice of God's leading and guidance, such phenomena would be quite confusing indeed. You know the questions: What should I be involved in? Where can I do the most good? How can I best help? etc. etc. Well, it's comforting to know that all of these avenues are

converging and continuing in one direction, that being to facilitate our communication with the indwelling Spirit. To the end that we use them for this purpose, and not allow them to become a purpose in themselves, we will make great progress. Communicating with Our Heavenly Father more continuously is the only real purpose we have on this world and I suspect on the ones to come also. All other purposes are subordinate and secondary to the call to liberation to be perfect like our Father. Indeed all other influences are designed to help us along the way.

It has occurred to me with ever increasing clarity that the real purpose of our being on this planet is to establish and maintain a constant and ever more clear communication between our minds and the Spirit who is always attempting to speak to us. I have come to see that it is our personal desire in letting this happen which leads to its' accomplishment and establishes in us the visible signs of love, peace, and joy which continue to manifest themselves in our daily lives.

The Light and Life Journal is a nice resource and I would like to receive more.

Love, Patrick. Ormond Beach, Florida

To the Light and Life Journal:

I received my box of journals... I read one of them and find the material very enlightening and ringing true in my mind and heart. This world really is being contacted and nurtured in many ways... I enjoyed reading the journal very much, it looks great and is easy to read. All of you are doing great work and it is a pleasure to be involved in my humble way.

Hi Marty and everyone.

Here is my list of the addresses where I placed the Light and Life Journal. It has been a great experience. I met a lot of people, made new friends and joined a study group of "A Course in Miracles". four members of that group have joined our group in Arcadia for a Teaching Mission session, and two of them now have a Urantia Book. I have put a check for forty dollars in the mail to Karrie Hummel, my contribution towards the printing cost.

I am looking forward to the next Light and Life Journal, to place them again. I have come aware of many publications about spirituality out there, very informative about New Age, Eastern Philosophies, Holistic healing etc. But I feel our Journal goes much deeper to the Source and Center all people are searching for. So, feel good about all the work you do. It will truly help to correct our beloved planet.

Also did I find a very remarkable and special book titled, "Kiss of God, the wisdom of a silent child" by Marshall Stewart Ball. A book very much worth having.

This book is so very remarkable because the teachings in the form of poems are coming from a young boy who neither walks nor speaks and has only limmited use of his hands. When he was six and a half years old he started to write by pointing his fingers at two and a half inch blockletters on an alphabet board. By pointing to the letters he writes words, which are then transcribed by his parents, family and friends.



The messages are so simple and full of gentle wisdom. He speaks of a "Lovely God" and "Quiet thoughts". He knows himself to be "loved and good." People I know who have read this book are deeply touched by it. It would be very good in my opinion to mention the book in the L&L Journal. The Publisher is "Health Communications, Inc."

There is also a website www.marshallball.com, Marshall is now thirteen years old. At the website there is an e-mail address, where you can read the many reactions from different people.

I hope this has been helpful.
Love to you.

May God bless us all,
Nel
Covina, California

To the Light and Life Journal:

I am new to the Teaching Mission...

I have been reading the UB for 25 years. After reading a copy of the Light and Life IC Edition, I became interested in what the Teaching Mission was all about. I have read "The Center Within", "Fruits of the Spirit" and "Correcting Time." I have put into practice many of the lessons in these books, which have been life changing. I love the quote "the currency of the Universe is Love"...

On Thanksgiving Day while meditating, I asked the Father and Jesus if it was their will that I would like to have a Teacher. At that very moment I heard what I thought was someone talking to me. It said: "I am Andrew. I will be your Teacher. God LOVES you." I have yet to hear anything more while practicing the stillness two and more times a day.

I have been reading the past Teaching Mission Lessons that are on the Internet. Last Monday I attended a JarEl Teaching Mission meeting in Arcadia. It was great and everyone so loving.

I was at the IC in Vancouver last summer but I did not have eyes to see nor ears to hear about the Teaching Mission. It was not until October that I received a copy of



Light and Life at a Ventura UB Study group that I was blessed and my eyes and ears were opened.

In God's Love, Larry, Ventura, California

To The Light and Life Journal:

I was doing a stillness practice the other day and was graced by a lovely vision. I had a sense of the rest of the universe. All these evolutionary worlds in different stages of growth and development aware of each other and their place in the universe. People just like us living their lives, doing business, raising families, making decisions, growing in experience. Living on worlds with diplomatic relations to other worlds in their system, with interplanetary travel and commerce, communication systems linking worlds, systems, constellations and the universe capitol and graced with visible divine representatives.

Then there was our world and others like it, dark, confused, backward, isolated; ignorant of the life in the rest of the universe. What a challenge to begin life on a world such as this, what a strange blessing to be given the opportunity to live by faith and by faith alone.

Michael, Stockbridge, Massachusetts

To the Light and Life Journal

What a super job you have all done to get this great inspiration to the mainstream...I am seeing this happen first hand and immediately! I give thanks and praises for this great work! And I get the fun of passing it out to folks!!

One Love, Connie
Oklahoma City, Oklahoma

Dear Sir,

I have recently read selections from your journal - Issue #8 and was immediately attracted to the article "Contact of the Divine Kind," by Allen Wolf, having experienced a similar spiritual event in 1987 - an event which heretofore I have shared only with a priest-friend.

If Mr. Wolf is accepting correspondence from other "seekers" who would like to share their

Light and Life Letters

experiences, I would appreciate your sending me his postal address.. Also, I would like to be added to your circulation list. It was not clear in this issue where I should make this request. Would you please advise.
Thank you, E. L., Norfolk, Virginia

Aloha, Thank you so much for your wonderful work. I received lots of copies of the issue #8 and I distributed them on Maui. For the record, however, I will give you our address ... We were honored to be featured in your Journal. I will point out one error:

At the end of Sheldan's article, PAO's information (name, address, telephone number, website) was omitted. If it is possible please add this information to your webJournal. Thanks so much. Sheldan and I are truly grateful for the work you and your staff are doing to assist in our shared, most sacred mission.

Selamat Ja! Colleen
PAO, P.O. Box 880151, Pukalani, HI 96768
USA Tele: 808-243-0728 Fax: 808-572-4751
website: www.paoweb.com
email: paorg@aol.com

"Bravo" You all did it! Congratulation on your current issue of Light & Life.

This last Journal has been the answer to my prayers, my hope for the Teaching Mission's to be the "child being born" from the Urantia group, helping to bring these people to their senses about world changes & need to action. The Urantia book is the restoration of a forgotten knowledge. In getting to know our history and from where we came from helps to find our way back Home. The Urantia book hints of the beginning of a Journey.... The way and how to proceed is going to be a unique experience for each one. For sure, needing an open mind, and the realization of GOD within and out side of us too.

Thank you all, Love, Libe, Miami, Florida



COSMIC CONNECTIONS

The San Graal School of Sacred Geometry

Editor's Note: In our continuing explorations of the cyberspace universe, we have found this fascinating alternative publication, and have asked them to share their message with you.

by **RAY FLOWERS**

The San Graal School of Sacred Geometry

We are a very small team of researchers and teachers. Our goal is to provide as much information as possible, on topics that are not included in the mainstream media, so that our readers might be able to form their own opinions about the conditions in which we live. Topics could range from the Dead Sea Scrolls to advanced civilizations in other galaxies. We are particularly concerned with the difference between misinformation/disinformation, and truth.

The study of Sacred Geometry is an ancient subject and has been regarded as a secret teaching. Considered an esoteric science by the likes of Leonardo da Vinci, Plato, Vitruvius, and Pathoragus, Sacred Geometry offers a view of life through mathematics and often childlike drawings, to challenge the mind and its ability to separate, in order to combine into Unity. Sacred Geometry is not just a drawing, but the Symbol of Functions.

The Ancients provide us with Myth and Symbol in their texts, and Mystery in their arts. As one of my teachers, Schwaller de Lubicz so apply states, "We have nothing to discover outside ourselves, this is the axiom of the doctrine of the Anthropocosmos." Peering through the Mystery of Myth and Symbol, we begin to realize that the information contained therein, is also contained within each of us. God is not a haughty entity in some obscure place, but right there inside everyone. Need we pay attention?

I am an active researcher in several fields including: Ancient Egyptian, Sumerian, Kahuna, Tibetan, Taoist, Hindu, Essene, Aztec, Mayan, Olmec, and Tolmec, including aspects of Astrology, Astronomy, Calandarics, Sacred Geometry, and Celestial Mechanics. Actively researching the Ancients gives us the opportunity to realize the cycles of time.

The San Graal Newsletter is free to anyone who requests it, available only as an E-mail Newsletter. It is compiled and edited by Ray Flowers, currently on an irregular basis, depending on how much quality information is available. At the San Graal website, there are links, articles, archives, and information on a variety of subjects.

The San Graal Web site also provides a forum for expression by its readers. Your visit and expressions are welcome.

Ray Flowers is webmaster @ San Graal School of Sacred Geometry: www.sangraal.com and can be E-mailed at: ray@sangraal.com

EXPLORER ENDNOTES

In issue 9, we have explored Relationships of many kinds -- with friends, lovers and strangers, with God and celestial teachers and the indwelling spirit, with the environment, the religions and politics of our planet. Hopefully we have shed a little light and some worthy perspectives for you to consider.

Issue 10 this summer will focus on what the Teaching Mission celestials call "The Correcting Time," this era of unprecedented change and spiritual awakening. As we are all delightfully diverse, we are sure to find varying insights and ideas that will contribute to the understandings that are an individual part of each of us, and which reflect where we are in our spiritual growth. As we gather these perspectives, we will find, as usual, that the common essences of truth that underlie each one bring us a wholeness of confidence and faith that move us forward -- upward. There is a central harmony that accents our Oneness under God, our Oneness with God and our fellow children who are also learning the lessons of time and space.

Indeed, what IS happening on Earth? Have we overcome apocalypse, and are we now in the hands of Divine Deliverance

Apocalypse Cancelled!

Continued from page 11

are secretly sabotaging your efforts. This, in fact, is what is happening to you. To help you, we have instituted a number of remedies called your Ascension process. Together, we are successfully reaching for those elements that permit you to transform this present reality.

Dear Ones, as you grow in your awareness, the inner potential which gracefully drives your transformation increases in intensity. It is this grand force that makes your success inevitable. It also possesses another key by-product. It allows you to come together collectively. This great connection is another important part of your transformation. Inside you exists a grand design. This design is not just for sexual or procreative reasons. It is there to show you how spiritually connected you really are to each other. It is the divine message that your True Self has given you, that you are really all one.

which will guide those who seek truth, beauty and goodness? Are you optimistic or pessimistic, and why? We invite your submissions. Send us your inspired prose and poetry because this is YOUR publication too. It is designed for many spiritual expressions.

Along those lines, we received a recent letter that indicates a lingering lack of clarity over what we choose to publish. The writer doubted the validity of one particular celestial teacher because his understanding of her statement made it conflict with The Urantia Book. He said it made him doubt the validity of the other material in our journal.

Certainly, you should read all of our content in attunement with your own Spirit of Truth, those silent bells that will ring for you from within -- if you keep them clean and shiny.

We are fully committed to screening our content as best we can for insincere shysters, deluded evangelists, or just seemingly red flag inaccuracies based on our own levels of spiritual discernment. But given the plethora of spiritual movements now openly proclaiming the messages they are receiving, we cannot possibly vouch for the absolute factual accuracy of all these many offerings. This

is a most special thing that can be fully experienced when full consciousness arrives. You are to express this gift as divine compassion and true self Love. In this way, you can carry out the divine edicts of the Four Great Social Laws.

Heaven first promulgated these Laws long ago to assist fully sentient Beings in forming galactic societies. These star societies eventually came together and created the Galactic Federation of Light in this Milky Way Galaxy. It is the organization to which you will belong when you formulate your galactic society. Further, you are to demonstrate to all of physicality some truly unique qualities. It is these many wonderful qualities that permit you to have such a great destiny. With them, you are able to command great respect and shower physical Creation with your wisdom. This wisdom gives you the magnificent opportunity to begin the final stages of a process that can reunite

is especially true in how people interpret what they hear. Sometimes we are laden with doctrinal and emotional baggage and false foundations that prevent clarity. Would we have believed Moses' burning bush? A Galilean carpenter as the Son of God? Or that Mary appeared to a schoolgirl? Or that Billy Graham knows how to interpret scripture? Or that the Urantia Papers are indeed the Fifth Epochal Revelation? Our task is not to verify all things that we publish; it is to be guided by spiritual values in our decisions.

At the Light and Life Journal, we are journalists, evaluators but not judges.

We just hope you will enjoy our collection and not consider it or anything else produced by humankind as Holy Writ. Your truth bells, in time, will help you know that your knowledge of absolute truth is not even an issue. The joy is in the search. And we believe the search itself can be good journalism. We present what is actually happening, what major movements are saying. We think you want to know.

We believe there is a commonality of Love that propels these many human quests for greater spiritual understandings in these quickening times, and that at each time one reaches for love in faith, reaches for a holier place, a higher station for all of our brothers and sisters, then that outreach is supremely rewarded -- with greater measures of love, faith and understanding. These are the steps we want to share. -- Jim Cleveland

physicality with the multitudinous realms of Spirit. It is this possibility that most excites all the vast realms of Heaven!

Amen. Selamat Ja! (Be in Joy!)

Planetary Activation Organization Mailing Address: P. O. Box 880151, Pukalani, Maui, HI 96788-0151 U.S.A. Voicemail: (808) 243-0728 | Fax: (808) 572-4751 | E-mail: paorg@aol.com Website address: www.paoweb.com

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If you would like to subscribe to the Light and Life Journal, advertise in it, contribute money to Harp of God Foundation, Inc., submit a letter to the Editor or volunteer as a distributor in your own neighborhood, fill out the form at the bottom of page 47 and mail it to Light and Life Journal, P.O. Box 692, Monterey, MA 01245.

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It is truly a joy to help lay the foundation for peace on earth and a great privilege to be here for the dawning othis historic time of transition on our world.

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your Soul to move into higher consciousness. We would love to assist you on your healing journey and hope you will visit Mary Ebben, JoiLin Johnson, Suzanne Conti, John Miller and others at www.gatewayhealing.com

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THE DECISION, a novel by Steve Fleming, is available through 1stBooks.com in both downloadable "virtual book" and printed & bound versions. As quoted by critic Henri Forget, "The scope of this conflict between classes of people, between forces of greed and acceptance, is ambitious and chronicles a veritable history of the universe, as documented and explained in The Urantia Book source material. The book is imaginative, fascinating, provocative, entertaining, inspiring and challenging to the reader as a prospective godlike being in courage and character."

JUST RELEASED — "That New Song" by Michael Mann, long-time Urantian presenting a collection of songs old and new that will uplift and inspire you, including "Jesus' Birthday" & "Light Love & Power." Orders by email: living-room-music@msn.com; website up soon at living-room-music.com, or call 305-662-7670.

MY NEW BOOK "The Tao of God: A Restatement of Lao Tsu's Tao Te Ching based

on the teachings of The Urantia Book" is now available. Read it for FREE online at www.RichardOmura.com or buy the printed and bound copy by credit card by calling toll free (877) 823-9235

WILLIAM SADLER JR. lectures are available to download for a short time at this site: <ftp://www.hialoha.net/BillSadler/>

ONJINJINKTA PUBLISHING -- The company's mission is to publish uplifting spiritual books that bring healing and a deeper understanding of God's will in our lives. The company's first books - THE RIPPLE EFFECT (by Betty), The Soul's Remembrance (by Roy Mills) and The Adventures of Caterpillar Jones (by J. J. Brothers), are already creating new, positive ripples in many cities. But we are still a small company, and it is a huge task to take our books and their messages to as many people as possible. As Betty continues touring the country for 'The Ripple Effect, ' we will have new opportunities for you to help us reach more people. We need your help for us to reach as many as we can with this important message of hope, love and peace. If you are interested in how you can volunteer your help, please call Jay Davis at (425) 290-7809 or log onto our web site www.rippleon.com.



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The kingdom of heaven is neither a social nor economic order;
it is an exclusively spiritual brotherhood of God-knowing individuals. True, such a brotherhood is in
itself a new and amazing phenomenon attended by astounding political and economic repercussions.

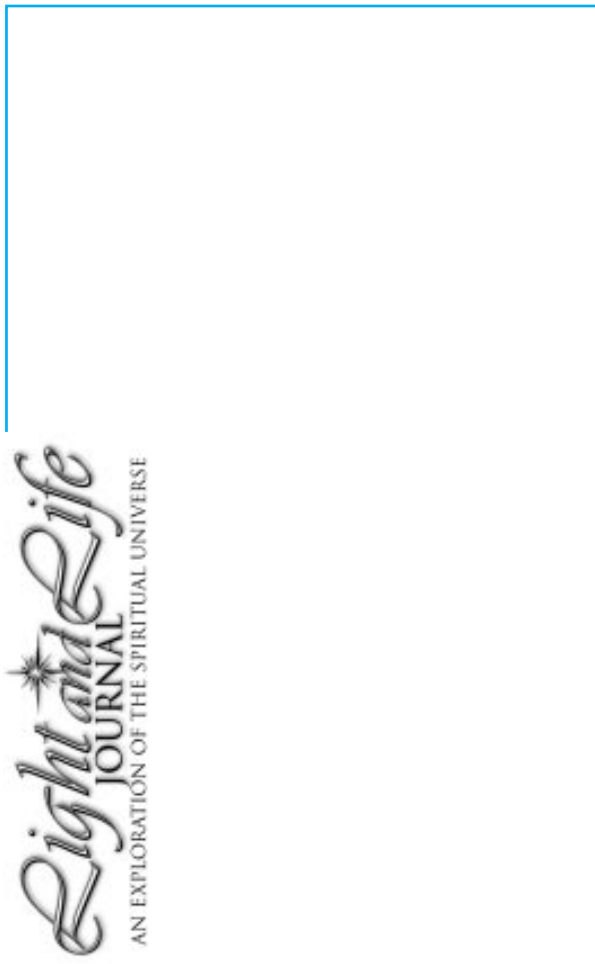
—from *The Urantia Book*, page 1088



Help me to speak to those who only hear through the material voice.
Help me to reach to those who will feel your touch.
Help me to extend our love to them through our exchange.
Represent me when it is you who they see in this interaction.
--Christ Michael/Jesus, page 16

Sometimes your seeds will fall upon fertile ground and there are times
the ground is not prepared to receive it. This is nothing you can control,
nothing you should control. Understand that your duty is simple:
Love one another, return good for evil, return love for fear, return
gentleness where there is a harsh word.

--Ham, page 29



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