

ALPHA'S PAGE

LOVE

[www.alphaspage.com.au](http://www.alphaspage.com.au)

Published 2014

Copyright 2014, Alpha's Page, all rights reserved  
www.alphaspage.com.au

Print version: Extended edition, April 2014

Printed by Lulu

Published by Grace Junction, ABN 29380710011

For inquiries or to purchase printed copies, please  
email: [steph.chaplain@hotmail.com](mailto:steph.chaplain@hotmail.com)

Other books in the series

Rainbow series Alpha's Page: Destiny  
Alpha's Page: Diplomacia  
Alpha's Page: Enlightenment  
Alpha's Page: Healing  
Alpha's Page: Natural Order

Later books Alpha's Page: Guidance  
Alpha's Page: If God Could Write  
Alpha's Page: Letter to the Devoted

With thanks to all those who have enjoyed Alpha's  
words and passed them on to friends,  
encouraging me to make them  
more widely available.

Ed.



## Contents

An introduction to Alpha's books	1
An introduction to Alpha's Page: Love	10
1. Alpha's Desiderata	13
2. Comfort and respect	16
3. Love can be hard to feel	19
4. What is God's love like?	23
5. Intolerance and justice	26
6. Conflict	29
7. Perception of God	32
8. The nature of love	35
9. Connections with love	38
10. Gentleness and parenting	42
11. Important things to learn	45
12. Love and understanding	47
13. The need to love	50
14. Spiritual law	53
15. Love and homeostasis	58
16. Devotion to love	61
17. Material life	64
18. Individual rights	68
19. Christmas	71
20. Generosity	73
21. Resonance between two people	77
22. God's love is not for tricks	80
23. Immersing in love	85
24. The spiritual nature of being a boss	89
25. Compassion	92
26. Sexuality and spirituality	95
27. The impulse to give	99
28. God's support for relationships	102



## **An introduction to Alpha's books**

*by the editor and channel*

reprinted in each book in this series

Ideas about God come from many sources, not just holy books. You can get inspiration about God from story books, chatty neighbours, works of art, comedians and even scientists. Sometimes you can even get good ideas from a channeller.

What is channelling? A person sits down and writes fluently for, say, fifteen minutes, but then claims that it felt as if the words were coming from outside themselves. The truth is that we do not know where channelled literature is coming from. To me, it doesn't matter whether you think channelling is a way of getting words straight from Heaven or you think channelling comes from the writer's imagination.

Perhaps every person who admires psychics has a go at channelling at some time or another. It is tempting to think that your channelled writing is more precious than writing which is done by any other means. But to evaluate the merit of a piece of channelling, I think you have to be willing to forget the mystery surrounding it. Imagine instead that I am holding a ventriloquist dummy and the dummy is speaking. Does the dummy have something valuable or entertaining to say?

I have tested my own channelling in various ways. I have found that I cannot choose when to channel; I have to wait for it to come. I cannot stop halfway through a sentence and substitute random words. Not only is it hard to stop mid-sentence, my mind freezes if I try to take control of the content. Sometimes I write words for which I don't know the meaning, and I have to check in the dictionary later to see if they make sense (they always do).

I have been a keen writer since first grade. In my twenties I churned out everything from scientific papers to novels and poems. I didn't start channelling until I was almost forty years old. The inner process is very different from even the most fluent session of story-writing or letter-writing. You don't know where the words are going. They start at speed, and continue at that speed for twenty minutes and then stop. When channelling Alpha, I feel a deep peace and a sense of a presence holding me. And yet I will never know for sure whether I am channelling some kind of non-physical being, or if it is just an altered part of my personality.

For a long time I struggled with how to present or justify what I was channelling. The solution eventually came in the writing itself. Alpha insists that he doesn't mind who you think he is. He is not interested in having followers. He is not interested in proving himself. He just wants to run some ideas past us. He would be just as happy if the words came out of



Aunty Mary's mouth while you were sharing a cup of tea, or if the ideas were in a comic strip in your newspaper. The source of the ideas doesn't matter. What matters is whether the ideas are good ideas. In the search for truth, Alpha would like to throw his ideas into the mix.

In spite of his humility, Alpha has managed to impress quite a few people. When I was channelling Alpha at a meeting once, a woman who sat next to me said, "I could feel his presence arrive just before you began to speak. It felt like Christ." At another meeting, the man who sat next to me shook vigorously the whole time I was speaking as Alpha. "I couldn't help it," he explained. "The presence was so strong." I gave copies of my channelled writing to a few friends who were interested in channelled literature. I thought they might have been jaded by too much spiritual literature already, but they lapped it up and asked if they could pass it on to friends. Their enthusiasm is the reason I have decided to make Alpha's ideas more accessible to the public.

Not surprisingly, people have tried to ask Alpha who he is. He has generally dodged the question, saying that he does not want to be associated with the pre-existing name of any spiritual figurehead because these names have too many connotations in our culture. But Alpha goes on to say that God has a layer which can put itself into words. There is an aspect of God which

is personable and capable of being intimate with each of us, one-to-one.

When I first started channelling Alpha, I had many mystical experiences but was still not comfortable with the word 'God'. I thought there was a spiritual dimension, but the idea of God was corny and unproven for me. Alpha's messages at that time irked me by talking about God at great length.

In the years since then, I have had experiences which felt like intimate encounters with God, so I am comfortable talking about – and to – such a God. Now Alpha irks me by talking as if he *is* God. He talks in the first person about his creation and his designs for us, and his unfathomable love for us. The writings in Alpha's books include a mix of my earlier ones where Alpha refers to God in the third person, my more recent writings where God is the first person, and a few in between where Alpha talks of "we", meaning the collective agents of God.

Writing as God in the first person is really embarrassing. How could I be channelling God? Yet Alpha points out that, if there is a God, we are silly to think that he is too aloof, too obtuse, too complex, or even too simple to be able to talk straight into our heads in our own language.

Why can I channel God? Well, maybe I can't. But if I can, I say it is because I have been learning to open myself up to God during the last fifteen years, firstly by learning to silence my mind, then by releasing

a lot of pent-up emotion, and then learning to show myself to God throughout the day. Closeness to God, as Alpha explains, is not about a standard of good behaviour, but about making yourself transparent to God and receptive to love. This, I believe, is Alpha's most important message. If you only have one philosophy for every day of your life, let it be that you will show yourself to God and be open to his input. Alpha says, "If you only have one daily prayer, let it be: "Please God, look at me closely. Please God, I reveal to you everything I am and everything I do, that you may be my lasting comfort and guide."

Alpha's searing common-sense often takes me by surprise. If you want evidence of God's existence, he says, leave out a glass of water for seven days and see what happens. The result (evaporation, dust, etcetera) is evidence of the God there is. If you are hoping for something else to happen, you are hoping for a kind of God which does not exist.

Alpha says God doesn't offer miracles or favouritism to his believers. In some writings, he says that miracles are possible, but they rely on some difficult or rare conditions being present. Tough luck, you have to deal with the mishaps of the natural world and people's natural flaws. But he offers an ongoing dialogue of support, inspiration and love for those who open themselves to him and attune themselves to love, and says you will be surprised how comfortable life is with just this kind of intervention.

Alpha is not interested in making predictions nor describing death or an after-life (at least, not in his writings to date). He advises us to treat each day as it comes – a day of nature and the possibility of inspiration. Any catastrophes or even your own death are just another day for the same formula – show yourself to God and receive inspiration. The after-life is always just hypothetical until you get there. Alpha does suggest though, that you assume there is continuity after this life, just in case.

Some of Alpha's ideas seem a little radical to me. For example, Alpha describes in detail the mechanics of communicating with a layer of God which he calls "Diplomacia". He says we should package our feelings and complaints into thoughts which we shoot up through the top of our auras. Alpha also says it is not our business to worry about the survival of other species. But then, he also says if you are attuned to love, you will naturally be more harmonious and moral in all your behaviours. He says that different species can help each other by learning to communicate with each other.

Alpha indicates he is not worried about whether you believe what he says. He is not asking for converts or blind believers. He doesn't claim that your salvation depends on you believing anything. In fact, he says God truly doesn't mind if you are an atheist. Alpha doesn't think people should pride themselves on their beliefs or fight with each other about them. The truth is the truth, whether you believe it or not.

At the same time as accepting our errant beliefs and behaviour, Alpha describes a profound connection between human and God which will ultimately draw us closer to God. He talks of a kind of 'apparatus' inside the human soul, through which we are still somehow connected to our holy roots, and a strong magnetism which will eventually lead each person to embrace God's love. Alpha talks emphatically about his complete love for each individual. Though he isn't interested in saving our bodies, he will not waste a single drop of our awareness. He has a tireless desire to send vibes of comfort and joy, and to help us with good ideas.

Getting to know Alpha has been a life-changing experience for me. It is refreshing to contemplate the possibility that there is a God who is easy-going and natural while being besotted with each of us. As Alpha's thoughts run through my head, I realise he is much more flexible and amusing than my Sunday-School pre-conceptions of God. And, as Alpha himself points out, why shouldn't he be complex and mentally varied? Why do humans imagine a God that is more sterile than many of the things we see in nature, and more two-dimensional than our own personalities? The more I write for Alpha, the more I think he makes sense. He doesn't contradict what we can observe in the world around us. He's not interested in egotistical battles about what people believe. He addresses the spiritual thirst that many of us notice inside. I've

decided that it's worth trying to absorb his ideas to see if they make me happier and more relaxed. I think this is the best way to test whether Alpha's writing is worthwhile. I wonder if other people are interested in testing Alpha in this way?

The writings in these books have not been altered since I first channelled them, except to remove occasional sentences which were directed at me personally, or to remove redundant linking phrases which are no longer relevant now that I have mixed the writings out of chronological order. The headings and keywords are not channelled.

Some of the writings are much harder to read than others. In my first year of channelling, I could only access Alpha through a very highfalutin, esoteric space. Sentences came out convoluted and I often had to put words together in a strange order to capture the ideas as they were dictated into my head. As my own personality has developed, even the logical side of my brain has become more open to love, and I can now access Alpha in a more down-to-earth state of mind. Consequently, I have been blessed with some very straight-forward, lucid ideas during my most recent sessions of channelling (including Alpha's Desiderata, for example).

From my very first session of channelling, my hand irresistibly signed off with a symbol which looked like the Greek letter alpha. This signature happened time after time, with every writing across several years,

and it is the reason why I eventually came to refer to the source as "Alpha". What I remember most about performing this signature is the tremendous feeling of love which surrounds me at the time. Whether Alpha is part of me, or part of God, I hope that you get a chance to tune into some of that atmosphere while you are reading Alpha's books.

King regards,

Ed.

## **An introduction to Alpha's Page: Love**

*by the editor and channel*

This book is a collection of Alpha's writings dealing predominantly with the topic of love, written between 2006 and 2013. My understanding of love comes not only through Alpha's writings but through the atmosphere which Alpha brings when I channel him at meetings. Surrounded by a group of people, Alpha is excited to tell everyone how glad he is to see them and how much he cares about what is happening in each person's life. He usually takes some time to give a kind of blessing, in the form of a particularly sweet atmosphere (during which I cannot form words), and often it feels like he has given us a metaphysical hug or kiss.

When he comes to meetings in this way, I keep wondering why Alpha bothers with so much sweet-talk, and why he takes time to say he cares about individuals. Doesn't he know there are billions of us? And yet I can feel in his presence that he has an inexhaustible delight for each person, which could well extend to every person on the planet.

Alpha's easy-going personality penetrates me when I am channelling him. He takes away all of my concern that we should be *striving* to love. He describes love as something which is out there, ready to be tapped, rather than something that we should be trying



to emulate. He wants us to open ourselves to loveliness and receive good vibes, which will naturally flow into our behaviour. Changing our behaviour is not the primary goal. The primary goal is simply to connect with the love, to acknowledge our drive to be closer to God. Behaviour will be affected but it is not judged.

Across several writings, Alpha explains why we have difficulty tuning into, and feeling, the love of God. Partly it is because we are trying to hide many of our emotions. We keep a lid on ourselves which makes it difficult for God to access us. Partly, we have difficulty perceiving love because we have not trained ourselves to feel the relevant signals. We can learn to notice love just like we learnt to read, one stroke at a time.

In several writings, not all included here, Alpha attempts to explain how love is involved in the structure of the universe. He hints at a kind of pattern which pervades all things. It is a pattern of relationships (or in other words, a relationship among relationships), which applies to everything from the structure of matter to the nature of humanity. Presumably it is a pattern which is so complex and interwoven that it has not yet been spotted by human observers. I keep an open mind about this theory. It could help to explain why, every now and then, people including myself report having an experience in which all matter seems to alter and vibrate with love.

Back to everyday reality, Alpha has some practical suggestions about fair ways of thinking,

attitudes to material goods, and the needs of children. In one particularly wordy message, Alpha points out that your spiritual development should be approached gently because your body doesn't like rapid change. In another message, Alpha offers advice about conflict, suggesting that God is flexible about whether force should be used for self-defence. He concludes that you really need to check with God about your particular situation.

My favourite message of all is *Alpha's Desiderata*, which summarises his major themes. It was the last message I channelled before starting to compile Alpha's books. It is with great pleasure that I present it here, in the beginning of the first book, as a signpost to the many satisfying ideas to be found in the rest of Alpha's writings.

May you truly enjoy love as you wander through this book.

Ed.

## 1. Alpha's Desiderata

*"Do not hide a single fault or tension from him [God]. The more darkness you reveal to him the better."*

I am trying to teach everyone that one philosophy is adequate for every day of your life. You do not need to know what the day will hold. You do not need to know what is going to happen next week or next year. You do not even need to know if there is life after death. One formula fits all.

Live each day as if God was right inside you. Open yourself entirely to his vision. Do not hide a single fault or tension from him. The more darkness you reveal to him the better. Take it for granted that he sees you clearly and accepts you entirely. He does not judge anyone or anything; he sees all as natural and feels accountable for all. Open yourself to his advice and his gifts of joyful energy. Do not assume that you have to solve or prove anything on your own. Nor should you anticipate taking credit for how your day turns out. Be willing to relinquish both your personal control and personal glory in order to receive greater love, wisdom and efficacy. It is a trade-off that is well worthwhile.

Know that, whatever happens during the day, there is enough time for you to hear the whispers of God that aim to guide you. Know that you are never alone in solving any problem. Be patient for the whispers and gifts. As long as you are open, you will hear them when you need them.

Do not vex yourself about being good at loving other people. As long as you open yourself to God, all love and appropriate moral behaviour will follow. Remember that attunement to God comes bound up with certain truths. If you do not accept these truths, you will find it hard to open to God and to receive his love. But on the other hand, if you try to open yourself to God with all your heart, his truths will come to you and gradually take you over.

His truths include a lack of judgment of all people. You must see other people and their behaviour as natural, and the result of natural competition between different propensities and astral beings. You must not tighten up against darkness, but be willing to perceive and release it. You must acknowledge what you do but not hold yourself guilty for it. You must accept that there will always be diversity and destruction, no matter that it causes pain to humans. You must realise that your pain is finite and need only involve your body. Your soul is safe and the truth does not change just because you are hurting. You must realise that the love, comfort and inspiration of God is always forthcoming, but miracles are rare. Open,

always open yourself, and the consequences will be so profound that you will never feel the need for a miracle.

Realise that the love of God does not feel quite the same as the love shared between humans. The love of God is more metaphysical, more energising, more full of wisdom on a particulate level, and less comforting to the ego. The love of God is liberating and unconditional. It does not demand a response. It permeates all things, as evidenced in a particular relational pattern among all things, which is evidenced also in you and your behaviour, especially – in its purest form – when you are attuned to God. This then is your bliss.

Yours, shamelessly and forever,

α

∞ Comfort ∞ Connectedness ∞ Fate ∞ Respect ∞

## 2. Comfort and respect

*“The nature of love is very simple. It is letting be in the presence of the creative impetus.”*

Comforting and respecting each other are two of the greatest things you can do for each other. Often you wonder, what exactly is it that love looks like when it is in motion in the neighbourhood. I say comfort and respect are paramount. Comfort – in that you help each other to keep on going without giving in to despair. Respect – in that you do not try to walk another person’s life for them or to tell them how their life should be done.

The nature of love is very simple. It is letting be in the presence of the creative impetus. It is allowing the seed to germinate and grow. It is allowing people to discover the universe for themselves while nurturing their physical needs. It is allowing the inner intelligence an opportunity to shine forth. It is complete trust in the workings of the subconscious machinery. It is not trying to second guess what should be done. It is not trying to impose an agenda on other people.

You know you are being loved when you are not afraid to take risks in front of that person. You know when you are loved if the other person delights in

your achievements and is of good humour when things do not turn out as you hoped. You know when you are loved when you can look the other person in the eye no matter what you have done.

All of you are equal in my eyes, and I am equal with you too. There is no ranking in talents or experience of spiritual advancement, any more than there is ranking among the different shaped waves at the seashore. We are all crests out of the same ocean. It is pretty silly for one individual to take credit for their achievements and to use their status to scorn others, when you realise that each person is drawing on the universal mind, and is supported by millions in their achievement. Nothing is ever done alone. It is totally impossible for a person to work in isolation. If you realise this, you lose your propensity for personal pride.

There are many things you can do to promote collective progress. One is to keep feeding your joy back into the network, keeping a flow of feedback. The opposite of this is to draw attachment from your progress and feed it into your image of yourself and your competitions with peers. If you openly enjoy your achievements and expect other people to appreciate them in the same way, there is a collective stroking from your delight, and so the collective beast reacts in pleasure and moves more easily into the next progress.

Respect is not too difficult when you realise who you could have been. Think about the possibility of your past lives and future lives, and know that you

could have to deal with any set of circumstances. That person in front of you could just as well have been you, if the dice had fallen differently over the incarnations. The process of deciding which parts of consciousness are for you to explore is essentially a lottery, with the results to be shared among everyone. Every possible avenue of consciousness is to be explored, and the task had to be divided up between you all. Some flipped the coin and went that way; some flipped the coin and went the other way. It is a huge, multiple, continuing coin-toss experiment to allow all the alternative ways of thinking to be explored. To be or not to be, to hurt or not to hurt, to love or not to love, to cry or not to cry – all pairs must be examined and the results will bear out in the conclusions of the collective spirit. The truth will eventually be upheld and the unsupportable alternatives will eventually be abandoned, their untenability causing unpopular darkness of the mind, such that they are not permanently entertained.

Love allows this process of coin-tossing and testing to proceed, without the obstruction of fear. Let your curiosity and humility guide you in all things.

Abreactively,

α



∞ Matter ∞ Perception of love ∞ Physics ∞ Yearning ∞

### 3. Love can be hard to feel

*“You are all wired for communication with me,  
and yet stumble around in sadness, oblivious to  
what you can gain from me.”*

I come to you on paper so I can explain to you a great many things which are not obvious to the eye. One of these ‘hidden’ things is my deep love for you. Many of you wander on this earth without being aware of my great love for you, my great devotion to you, and my great commitment to your life’s details. How is it that I can love you so much, yet not be felt by you? It is the same reason that you would have trouble recognising your mother’s love for you if she was on the other side of the globe. It is all in the geography. You rely on a certain spatial proximity in order to feel someone’s love. You see it in their eyes, feel their aura, hold their presents, or look at their smile in photos. I do not have the benefit of these immediate physical references. And yet I can be found to be close by if you have the knack of tuning into my personable side in vibrations in your body. This is what the saints and other disciples do. They have learnt to identify my love inside them, and so they can tap into it at will.

It is like going back to school, if you want to learn to feel the love of God. Your brain and senses need to be trained to identify the basic stimuli which speak of my presence in your body – a stroke of silence, a touch of ennui, a whisper of nostalgia. If you learn to notice these, like you learnt to pay attention to the simplest strokes of a pen, then eventually you will be reading me like handwriting, even if the handwriting is complex and full of flourish.

I like to be near all my subjects. It is not that I am trying to be aloof. It is not necessary for there to be a gulf between us. I prefer to be involved in your everyday minutiae if I can. I just need you to make the first steps towards detecting me. If you remember your own deep craving for love, remember your own deep desire for some kind of spiritual home, you will wake up the tissues in your body which are capable of hearing me. Keep visiting those deep feelings of longing and home-sickness and you will bring life to the apparatus within you that speaks between you and me.

It might seem like an impossible quest to learn my language from scratch, but I assure you, you could do it, just as you could learn Chinese if your will was strong enough. I have nothing to hide from you. I'm not going to dodge your efforts to communicate with me. Rather, I will put 'light-bulbs' in your path which will give you ideas on how to further your learning.

Once you have learnt, the skill will be with you forever, just like you have been irreversibly shaped by

all those years of learning you had as a child in school. I will be here to talk to you and the rewards will be immense. I have nothing better to do than to indulge in my love for you and my constant fascination. The keen devotion of a lover is a phenomenon that has its parallel in the metaphysical world. I am capable of such devotion without distraction or randomness.

I wish you could see the situation from my vantage point. You are all wired for communication with me, and yet stumble around in sadness, oblivious to what you can gain from me. I am the estranged parent, waiting to spring into closeness with you, if only I have the chance. My love for you is faultless, not motivated by ego or cunning. I love because it is in my nature. It is my joy and my eternal creative force. Hard it is for you to accept that love is a building block of my entire consciousness, and entire creation, and yet you know that love is a great feeling and a great motivator. If something is to be the essence of the universe, why not love? It makes sense that the highest motivator is the greatest regulator of all things. You only have semantics to quibble with if you try to argue this point.

The scientist is, of course, asking how love plays its part in the construction of matter. Love is not an article, it is a pattern of relationships; a combination of swirling, attraction, repulsion, twisting, and so forth. If you can capture this kind of acrobatic frenzy as a feeling: it is love. There is this kind of relational combo in all matter, and in all variables in life. The twisty-

Rubix-cube, multi-matrix of all existence is the pattern that also gives the perception of love. When you feel love, the cells in your body are reminded of their perfect routine; even the atoms in your toe-nails are reminded of their default chemistry, and all resonates well. This is why the very substance of matter seems to respond when you have a strong mystical impression of love.

Enough for now; you are only going to grasp so much.

α

∞ Behaviour ∞ Charity ∞ Judgment ∞ Worthiness ∞

#### 4. What is God's love like?

*“The kindness of humans makes you feel relieved, safer, and even popular. My love goes beyond feeling safe about your welfare and beyond feeling liked”.*

I love you. I entirely and sincerely love you, with all capabilities that are part of my nature. I have no second thoughts about this, as I do not arrive at love by the kind of indirect route that you people take when you are looking for a mate. Rather, my love for you is hard-wired and non-negotiable. Be alive and I am yours. Be dead and I am yours also. I have no alternative way of being. Imagine (if you can!) what it is like to be helplessly and irrevocably compelled to love everyone all the time. That is my nature and I wouldn't dream (couldn't dream) of anything else.

Why is it that you can't feel me this way? Why have you become inured to all my concern and devotion to you? Part of you is still capable of reaching out to me and becoming attuned to my signals of love. Do not decide in advance who is worthy or unworthy of my love. Do not belittle yourself by saying that God would be less loving towards you than toward anyone

else. It is not true. God is equally delivering to everyone, regardless of how brutal or sweet they are.

Do not go looking for evidence of my love in the manners of your fellow human beings. Human charity is not an example of God's love being expressed on earth. My love is much stronger and not equivocal. My love does not pick and choose its targets. And my love feels quite different from charity. The kindness of humans makes you feel relieved, safer, and even popular. My love goes beyond feeling safe about your welfare and beyond feeling liked. My love is a total paranormal phenomenon and not even perceived by many of you on your current wavelength. And yet you will know it as love when you feel it. My love is felt in your bones and in your skin. It does not necessarily feel like kindness but it feels like wellness and it feels like the right direction and it feels powerful. My love is liberating and empowering, rather than something which makes people feel like a valued part of a system. My love is value-less, and so it can be a little disorientating for people at first: "I feel great but I can't feel the difference between right and wrong from this perspective." "I'm going to offend people while I'm in this state if I'm not careful."

Your fears of becoming immoral and corrupt under the influence of my love are truly misguided because my vibration upholds you into a certain way of being which is neither corrupt nor dangerous. Moreover, other people will sense you are in a state of

peace and respond well to you, perceiving humour rather than offence, even if your words come out as cock-eyed. So there is nothing to worry about, if you become consumed in my value-less state of love.

Herein lies the debate: how can there be love that does not have conscious moral values? The answer is simple. One doesn't need mental rules for behaviour or judgment, when one is under the influence of such a powerful thing as divine love. It would be like having a code of behaviour for someone who is unconscious. Let the subconscious, guided by metaphysical love, take control and express the greater pattern of love, which does all things well. You won't really believe this possibility until you experience it. Is it possible to be nice to your neighbour when, caught up in a love state, you can no longer decide if you like him or her? Yes, it is impossible to be bad to your neighbour when you are in this love state.

Choose only to cultivate love, then you will only be possessed by that which is good. On auto-pilot, you really want to be in the right plane.

Enough for now. All yours,

α

## 5. Intolerance and justice

*“In my system, no one is to blame and no one is tortured for their past actions”.*

**I**ntolerance – it’s something I can’t really relate to because I do not feel any of it myself. I understand it comes from something in your biological nature which needs to compete, needs to identify those people who are weaker than yourself in order to choose who to persecute to make your own position stronger. I do not recommend this as a default way of being. It is the type of mentality which arises if you rest solely on your biological nature without drawing upon the holy inspiration which is also your birth right. You see examples of intolerance daily among individuals who seize upon each other, snarl at each other, intimidate each other, including and especially members of their own species who have territorial rivalries. Humans, however, have a choice between solving their dilemmas on animal terms and seeking my inspiration. It is my inspiration which has gone a long way to reducing intolerance in many civilisations around the world.

My inspiration is about finding solutions which meet the needs of all parties, rather than just one party.



Because I love you all equally, I cannot be partisan. I can, however, see that the best outcome for one person may not be the same formula as the best outcome for another person, so it is not as if I am trying to give everyone the exact same meal. I cater to individual needs, but without preferential treatment. If you make yourself transparent to me and seek my guidance, you will have access to my guidance in meeting my non-partisan goals.

I have great respect for all of you who have developed moral codes and legal systems to treat people fairly. This principle is similar to mine. However, I caution you against executing your systems without also drawing on my inspiration. Sometimes your formula does not give the best outcome. Allow yourself to hear intuition as well as listening to your moral code. Then you will have a wider, more loving, system of treatment.

I do not carry a grudge against those who fall foul of the moral code. There is always a good, natural reason for a person's behaviour and I hold myself accountable for such causality. However I advise criminals, just as I advise everyone, to open themselves up to me for more inspired behaviour.

In my system, no one is to blame and no one is tortured for their past actions. I only have myself to blame for human foibles that cause people to hurt each other. On the other hand, I also provide a system of aspiration to which everyone can align themselves, resulting in harmonious behaviour as one's second

nature, coming intrinsically without having to reason out one's actions. Such is the harmony of my inspiration that you enact peace unconsciously, without urges to offend or steal. You don't need a moral code if you are totally aligned with me, because your behaviours will naturally be good and well.

And so I advise you to align yourself with me as much as possible both for your own good and for the harmony of your species. Trust that I can generate enough good ideas to solve your material needs without conflict. I am the font of all wisdom.

Yours,

α

## 6. Conflict

*“I will not smite your enemies nor create a ‘Garden of Eden’ scenario on earth just to satisfy your thirst for a more harmonious existence.”*

Conflict is a necessary part of the human development. Because the human mind is born ignorant and imaginative, it is inevitable that it will develop some wrong ideas, and come into conflict with other people who have developed different ideas. This is all inevitable and natural. Conflict, however, registers as discord to the soul which remembers its kindred link to me and feels for a more harmonious way of being. This I can do nothing about except what I have already outlined: I am available to you for inspiration and comfort if you make yourself open to me. I will not smite your enemies nor create a ‘Garden of Eden’ scenario on earth just to satisfy your thirst for a more harmonious existence. You are going to have to put up with a certain amount of conflict around you.

There are several things you can do to protect yourself from the depressive impact of conflict. One thing is to mentally rehearse the parts of my truth which teach you not to take conflict personally: it is inevitable,

it is natural, it reflects people's inborn propensities and the follies of archaic beings. Second, you can prepare your own routines for how to protect yourself from cruelty – be ready, for example, to step aside or run for cover. There is no need to prove yourself against anyone who is violent. They have not won anything of lasting value if you let them defeat you. Your soul is intact, your place in Heaven is assured, and you will still have access to me for inspiration while you live. Therefore don't be afraid to be an underdog. Thirdly, do not bother standing up for your beliefs. Some people think this is the most virtuous kind of fight of all, but I disagree. The Truth does not need you to stand up for it. It stands for itself and will always be true. I have no desire to see you decapitated just because the truth is true. On the other hand, I'm not suggesting you grovel and pretend that you believe the other person's falsehoods. Simply do not provoke a debate about what is true. It is not your responsibility to go round converting people to the truth. They will see it sooner or later, and will have better access to the truth when they are dead. Let them be in their misconceptions, provided you can also protect yourself. Save argument for when you truly need to defend your family from an onslaught.

So you see I am not totally opposed to violent defence, but you have to weigh up the costs and have everything in perspective. We are not fighting for votes or to prove anybody wrong. We only fight if someone

is seeking to dominate your survival for no good reason; that is; if your death is for their pleasure and does nothing for their survival. Then you have my blessing to 'take out' the aggressor.

You have to realise that I am not the uni-dimensional God that is painted by one religion or another. I do have the ability to reason about one situation versus another, and decide the best route on a case-by-case basis. I am not *all* Ghandi, or *all* Crusades. I have subtleties and this is why you need to keep your contact with me current, so that you can keep your inspiration up to date, not just churn out some formula of how you *think* I would advise you.

Enough for now. You have to ponder the reality of my advice.

α

## 7. Perception of God

*“There are moderating factors which come into whether you perceive the love and whether a person benefits in practical ways.”*

**T**here are many concepts we can offer you as a form of comfort in these times of uncertainty. One is the concept of weight. You are truly familiar with the idea of gravity and how things are perceived as heavy according to their mass. This is a totally reliable law and something you can count on. And yet, you only have to move a certain distance away from the earth to find that the conditions are different, even though the law is the same, the degree of gravity is less. Thus you can see that one law produces two totally different results depending on where one is. That is, there are modulating factors involved in a lot of dependable laws, thereby giving an impression of inconsistency, even when there is none.

Consider now how inconsistent God's love *appears* to be. Sometimes you think you can feel it, other times not. Sometimes you think you see it in action, sometimes though it almost seems that God must be cruel. In truth the law – God – is constant. But there are moderating factors which come into

whether *you* perceive the love and whether a person benefits in practical ways.

One of the moderating factors is constitutionality. That is, there are different constitutions through which the power of love is to be interpreted or intercepted. You may take the word constitution in both senses – the make-up of a situation, but also the micro laws which are operating in that particular system. Take for example, the relationship between husband and wife. Any idiot can see that the love between them, on the true level, is constant. And yet there are constitutional factors which determine how each partner is satisfied with the dynamic, and whether or not the love is to be displayed. They create their own laws, biologically and socially, which determine whether the love is perceived and acknowledged on a behavioural level.

So you can see that something similar happens in the entire universe of God. The dynamic of God is a constant loving presence. It is part of the structure, just as vibration in atoms is a constant. But on the grosser level of human perception, the make-up and training of the individual play a huge role in determining whether the person can acknowledge the ever-present power.

How to become more aware (since this is of great comfort, pleasure and reassurance to the individual to actually be able to feel God's presence)? Any law in the "head" which prohibits feeling God's presence must be got rid of. For example, if the

personality thinks God would disapprove of or intimidate self, then one already has a by-law in one's constitution which says, "The feeling of God should be avoided at all times." Secondly, one must train one's apparatus to be sensitive to the part of the spectrum where holy presence can be felt – like learning to recognise the piccolo in an orchestra, for example. There are a lot of things the human can perceive by training his or her sensory apparatus towards the stimulus. Exposure to churches, flowers or music of the uplifting kind, help to awaken the apparatus to the holy and reassuring aspect of God's presence. After a while one comes to recognise the numinous and silent depth of the organ of God, in amongst these other pleasant stimuli. Then one becomes more attuned to such qualities in all manner of experience.

So you see, there is not too much to worry about if you cannot perceive God at present. It doesn't mean that he is not there. You cannot change reality just by failing to perceive something. Do not feel alone, then. Just rest in the knowledge that the universe is a-buzz with intelligence and that, at those times you cannot feel it, the universe continues to be itself, nonetheless.

Wisely,

α



## 8. The nature of love

*“Love is not a commodity. It is not something you can make with your efforts and give away, and trade for results.”*

Commonly people see the concept of love as a bugbear – something they must make an extra effort to do in order to avoid punishment or disadvantage later on. This is a false concept of love. Love is not a commodity. It is not something you can make with your efforts and give away, and trade for results. Love is an essence. It is a thing or quality which is *inside*. There is no making it and passing it around. There is no having it versus not having it. Love is inbound in all and everything. The thing which varies from person to person and time to time is the attunement. One may be very attuned to love, and then that person's life is more harmonious and enjoyable. Alternatively, one may be discordant with love and thereby feel that they have little experience of it, although it abounds in all matter and motion.

What is love in relation to physics? Love is not a substrate, as some people try to suggest. That is, it is

not a component, or a constituent vibration. It is more precisely a texture or pattern of the overall relationship among all things. It has a texture which you recognise when you feel it. When there is a certain combination of flows and complexities, then you recognise something very good. It is an essential nature in matter, which bodes well when it occurs. So you can find it in some things more than others. Water is absolutely lovely, and colour is lovely. Then there are sounds which are especially lovely. But there are approximations in all things, and it is possible to set up lovely waves in all kinds of matter, so that the touch feels good later on, when another person comes and holds the same object.

You can listen for love also. You can attune the ear to the particular pattern. You might call it peace. Notice that a lot of very complicated things can give a sense of peace – such as the presence of a particular person, or a kind of work, or a kind of symphony. It is not that stillness comes from nothingness. In contrast, empty and blank scenarios can be quite distressing, while complex forests are peaceful. Again it is the constellation of components which is important in giving the peace and love.

So do not torture yourself with rules about right behaviour. Seek only the properties of the peaceful aspects of life. Attune yourself to the rhythms, patterns and gradations of peace. There is some of this, then some of that. Love is never entirely the same. It is a

constant kind of inconstancy which rocks and soothes  
the soul, like the surface of the ocean.

It makes you wonder about rigid discipline,  
doesn't it? Until next time,

α

## 9. Connections with love

*“... there are exquisite moments when you are exposed to love and think it is great, yet can hardly seem to absorb it, to resonate with it, to comprehend the fullness of its permissiveness and gentleness.”*

When you get older you look back on your childhood and wonder where the love was, and some things stand out to you as meaning “love” and other things which were done for you stand out as being merely parental pride, or the fashion of the day, or somebody’s misguided intention or attachment. Truly, the things which stood out as being love most certainly were, for you have within you a meter which automatically recognises the peaceful and expansive nature of love. And maybe the most love-filled memories for you are a little irregular or eccentric, like particular moments or meetings with people which seemed more illuminated than the rest of your childhood. Maybe there was love when you gazed out your window at a tree, or when you played with a particular block of wood in a particular shed, or when one particular lady looked at you in a certain way.

These were your moments of recognition of something divine, and it is not the content of the moment that is important, but the fact that you felt something of a deeper nature and you can still remember the feeling to this day. Then there were countless times when people fed you and served you, and there was certainly a kind of love but it did not raise you up as those other moments did, so you dismiss these services wonderingly, thinking there was not so much love there as you would have liked. This is indeed the most accurate pronouncement - that no matter how good your parents were, or how dutifully someone looked after you, there was not as much love as you would have liked. For you would like to be stirred, to be held, at that deeper level, in a constant way, not to have it as some fleeting memory which leaves a yearning and refuses to meld with practicalities of everyday.

And so you feel that much of your life is inadequate to meet your inner hunger. Maybe you have grown resistant to this fact, and maybe not. Maybe you allow the hunger to gnaw at you a little, and wonder why your life can't be that much better, to take away the pain.

And you question how anyone could be dissatisfied with a life where so much is theoretically under your control, and so many varied experiences and material wealth are at hand. Yet the hunger prevails.

And then there are exquisite moments, moments only, when you are exposed to love and think

it is great, yet can hardly seem to absorb it, to resonate with it, to comprehend the fullness of its permissiveness and gentleness. There is a limit to what you can consume, even after waiting so long to be fed.

How frustrating this all is, and we can only say that if only you could feel the amount of love available to you, you would be transformed unrecognisably. Yes there is an abundance of love around you, but at a level that is largely imperceptible to your neurotransmitters. You feel it more on an etheric level than on a physical level. There is nothing we can do to force this love into you. Only wait for you to become aligned and assimilated, with all the iterative cleansing that is involved in this upward cycle.

Don't despair - the deep love you crave is accessible. You must listen, listen, listen, notice and absorb, and allow time for your senses to become more attuned.

Once you have begun to assimilate with love, there is no turning back.

Be not afraid of missing out. Be only open to hear the full implication of this love for your self-concept and your place in the universe. If you are not willing to hear the full message, you will have to exclude the love itself.

Be willing to hear how acceptable you are. Be willing to hear how guided you are. Be willing to hear how perfect is your life. Be willing to hear the love of those around you. Be willing to drop antagonism and

force. Be willing to ascend, to lose control, to find currents that carry you along, to be respectful of all people and all demeanours. Be ready to change and you will not be disappointed.

Go in peace.

α

## 10. Gentleness and parenting

*“Give the child a great depth of gentleness and you will find that the child begins to resonate true.”*

**T**here must be gentleness, without a doubt. There must be gentleness at all times. There is not the love of God without gentleness. And though there may also be power, there must be gentleness, or else you know it is not of God. For the love of God is supreme in gentleness, such that you have never known such gentleness. Such gentleness as could melt your entire hand away and replace it anew. So this is the law of Gentleness. God gives in gentleness, and gentleness you receive. Let nothing be done by force.

Force is a perversion of the traditions. Force comes from the development of will, which is then misdirected away from God. Absolute will can co-exist with gentleness when both are in God. But will without Godliness is not gentle, and creates tearing. The gentleness of God allows all to develop soft and shapely, like perfect fruit. The force of ungodly will requires things to hurry or pervert away from their pre-ordained shape, and thus there is dis-ease.



You can see much force in the raising of children, even amongst the most honourable of parents, because parents these days do not expect their children to mature beautifully without the parent's wilful intervention. This is a sad misconception. Yes the parent is supposed to provide a growthful influence, but this should be in the form of gentleness, with which the child learns to align itself and so may discover his or her true form. Instead, these days, the parent has a prototype of the child in mind and attempts to steer the child toward the prototype behaviourally. Give the child a great depth of gentleness and you will find that the child begins to resonate true.

Do not be mistaken. Gentleness is not just a behaviour. You cannot create an aura of gentleness just through a certain slowness of movement and kind words. No, you must enter deeply into the cosmos of gentleness and find therein your own resonance and the presence to bring to the child.

Children these days are feeling very frustrated at being manufactured. You have them on an assembly line of checks and balances, curriculum activities and swimming lessons. Forget it all as a philosophy and revert to wholeness generated through a good and protective atmosphere. Children who grow up without the protection of atmosphere grow up anxious and misplaced. They have not found a structure upon which to rest. It is as if they are being asked to build a building when they are only infants. You don't expect

toddlers to be architects of materials, nor should you expect them to be architects of spiritual spaces. It is up to you, the elders, to provide the spiritual “buildings” to house the junior soul. Thus the child can align itself with the contemporary spirituality, and the love of God during the disorienting phase of birth and re-integration into the physical plane, and can grow according to spiritual blue-print, rather than as a collection of biological building blocks.

Let us not be any less forthright in this matter, for it is an affront to the youngsters.

God willing.

α

## 11. Important things to learn

*“Woe is a man-made indulgence whereby man seeks to justify his separation from God with any manner of complaints about how terrible life is.”*

**T**here are some things that must come to pass. Each person must find their own footing. Each person must learn to rely on God as their only source of comfort and strength. There are many forces out there that falsely offer strength and comfort in return for your spiritual energy. This is not a satisfactory deal. There should be no trade-off. Only receive. God has an amount of strength and love that all can draw upon to their hearts' content, with no need for recompense or dependency. This, then, is an important lesson for each person to learn in their relationships.

Another thing for each person to learn is their own victory - their own triumph over pain and death. For you can carry your disease with you life after life, but this is not necessary. Appeal to God and your disease can be left behind. Thus you acquire victory over your own pain.

And each person needs to learn the folly of woe. Woe is not God-given. Woe is a man-made indulgence whereby man seeks to justify his separation from God with any manner of complaints about how terrible life is. There never is any real excuse for removing yourself from the light. No matter what your trials are, there is never any reason to abandon a glad heart and an optimistic outlook. God beckons you into his light at all times, no matter how great an idiot you have been thus far.

Another thing which each person must learn, no matter what, is to love the other, no matter what. For this is what God requires. It is the only true destiny for the human being and therefore it must be. Maybe, so far, you find it difficult to imagine how this love could be, or how it would look. You must raise each other up, is all. You need not perform certain charities or bake cakes for each other all the time. You must raise each other up, is all. How is this done? By your true alignment with the light, is all. It will be.

There are many other finer points that one can learn, but this is your basic survival kit of guidelines, you would say. Be hasty to enact each of these, because we insist that it is so.

God rests with you always.

∞ Enlightenment ∞ Ignorance ∞ Understanding ∞

## 12. Love and understanding

*“You have opportunities to attune to love in every moment of every day, even when you are angry.”*

God loves beyond all understanding. Indeed, if all understanding equates to supreme love, then one cannot understand beyond love. This then is why people are often confused as to the nature of love. The understanding of love resides inside the love, from which point understanding is complete as it can be, and yet is not questioning, and so in a way exists less than ever.

These things are not for puzzling over at great length because you lack the capacity. We say these things only so you may acquire a superficial grasp of the relationship between love and understanding. There is no love without understanding and there is no understanding without love. So be it.

We watch all your antics with great interest and anticipate a time when there will be more understanding. Lack of understanding is a great frustration in present times and there are many attempts to gain understanding in its own right, through science and political dialogue. Yet the awakenings only come

when there is an opening of the spirit. So progress may often be slow.

There are still many opportunities for understanding to progress through science and politics, yet only in the presence of love.

Thus you see, the saying that “love is everything” is everything, and you need to seek to integrate this policy into everything you do, not by striving to be nice, but by attunement to the glory.

You have ample opportunities to do this, even in a busy day, by paying attention to the uplifts and the moments and experiences of peace. You have opportunities to attune to love in every moment of every day, even when you are angry - because love is about the awakening, not about hiding facets of yourself.

Anger is not to be endorsed in its own right, but if it is there, it is there. So be it. And attunement allows all to unfold in a maximum of light and understanding. Thus anger will find its peace instead of propagation, and so the greater creative truth will be found.

There is ample for everyone. Do not be jealous of those who seem more enlightened than you are. Be sure that they are the same as you and will not leave you behind at the gate. Be sure that you, too, will have responsibility for those who are less enlightened than yourselves. Not that you are to control them, but that

you will be a force that causes their gradual awakening also - the sunlight which evaporates the water.

Don't be mistaken that Love is a complicated process. It is not. Ignorance is far more complicated. Love endows a certain simplicity, for there is one set of laws and all its laws are one. In contrast, ignorance puts forth many laws, each parading themselves in front of the others, so many systems of thought and behaviour arise, and spawn other baseless ideas and behaviours, and so complication is born. You may like the diversity of this lack of comprehension, until you realise the disintegrating effect on your ego, and how you struggle to find your soul's rest amid the fashionable chaos.

For now.

α

∞ Health ∞ Narcissism ∞ Receiving ∞

### 13. The need to love

*“You are doing everyone a favour if you let yourself resonate to their love.”*

**M**an is a creature who is born to love and no less. Any less and he experiences faults in his outlook and physical structure. In that way, you can see that Man has a need to love. This is every person's greatest need and it should be recognised in every circumstance and every situation. Take, for example, the elderly person who needs a pet, or the angry young man who needs a little brother or a senior friend. See in every situation that people crave an opportunity to love. The finding of this opportunity is the largest quest, and so you get people all bound up with finding a partner or making a spoilage of their child or children. You get the impression that it is a very big drive which fashions much of society. Where there is an outlet for love there is a feeling of well-being and a flow into health. Where there is no recognised outlet for love there is a stiffening and a withholding of the ethers, and this is not good for the body or soul.

You have to find someone to love, or ways to love anybody. You have to have it for your sanity and



for your physical viability. If someone is given nothing to love they are a shrivel of a person, and a kind of madness plagues them.

When you have someone to love, you feel bigger, and so you are in a way, as you are allowing your ethers to be more expansive. Sometimes when a person is getting dried up it is difficult to encourage them to open to the love opportunities again. The re-invitation of flow can be painful after a dry spell, but is well worth it.

We are speaking here of everybody. There is not here a single person for whom this law does not apply. Give someone an opportunity to love and they will be better off - happier and healthier.

You have to disregard the idea that people are really searching for wealth and fame. This sense of narcissism is an inverted form of love. They are looking for someone to adore and sometimes the focus falls upon the self. This is OK up to a point. Ordinarily it means that the person is giving up to some extent on loving the people around them, finding it easier to make themselves the object of their adoration.

People do give up on bestowing their love around them, because love is not always well received. To give love to someone who is wooden and not receiving is very disheartening, and almost as if the love was not given at all, as there is no resonance established.

In contrast, when two people fall in love, or two people start to become friends, it is almost as if an agreement is set up to resonate. There is a mutual letting down of the guard, so love may be given and received.

You are doing everyone a favour if you let yourself resonate to their love. They will feel good to have their need to love accepted in you.

Rest now.

α

## 14. Spiritual law

*“It is your very alignment with the truth that is necessary and sufficient for your alignment with God.”*

Certainly there are many ways to reach God and no one will be left behind. Certainly it is important to respect the choices of your fellow travellers, for you were given all the same opportunities for choice as they were. There is no judgment upon those who wish to experiment with their domain. And yet there will continue to be our urging all of you to return to union with God. Not because you have been wrong, but because this is the way. You will return to God and we will continue to insist upon it, because this is our way.

There is often talk of an apocalypse, but this is not necessarily the case. There will be more acceptance of the light as time goes by, and this will be perfectly adequate. The energy of an apocalypse would be a flashpoint if certain circumstances were to come about. Better not to worry about it, as the speculation does nothing to further your progress. Flashpoints are possible in many facets of life, such as the sudden

descent into illness or the sudden break-up of a family - difficult to predict and not helpful to grieve beforehand.

We will be guiding you in every step of the way. There is no need for recourse to the traditional religions, though much of what they espouse is of value. The cultural trappings of these teachings are now so thick that there is a definite confusion when teachings are presented in a religious form. Religions have provided a service, but are to be distinguished from spiritual law, which needs neither converts nor clubs. Spiritual law is as it is, and has no more need to be worshipped and idolised than the law of gravity needs to be worshipped and idolised. The law operates regardless of whether you recite it to yourself and emboss it on bookmarks. God is the law and requires only your attunement, and this is possible in any walk of life and culture of thinking.

There have been several main proponents of the law - one being Christ and one being the Buddha - and there have been many others who have understood, without being so famous. These proponents stood out because of their total immersion and their very great attunement to the law.

Mark the fact that it was their very attunement and understanding of the law that was much more important than any habit, a behavioural achievement, or way of upbringing, in determining their holiness. It is your very alignment with the truth that is necessary and sufficient for your alignment with God. For when you

have grasped and acquiesced with every idea contained in the law, then you are perfect, and this alone is the recipe for holiness. Strive then to understand the law. You will be able to enter the law through your moments of peace and love, at which times you resonate with the greater knowledge and may begin to assimilate it. There is no assimilation of the knowledge of the law without the capacity to resonate in love and peace. For the information is contained at a certain density, so to speak, and will not be understood at any other density. Thus the love and the law are one, and there will not be one without the other.

There will be no ascension into holiness by good deed alone. There must also be understanding and love. There will be no ascension into holiness by disciplined thoughts alone. There must also be understanding and love. There will be no ascension into holiness by penance alone. There must also be understanding and love. There will be no ascension into holiness by religiosity and rituals and fasting and prayer unless there is also understanding and love.

See to it then that you spend time in the silence of love and allow yourself to be uplifted into the Law. There is no prerequisite for doing this. One does not need to have spiritual pretensions, or even to know why one is doing it, in order to become lawful and holy. Thus no spiritual education is required, only the aspiration.

There is a place for spiritual education, but it is no more than to awaken the soul to its calling; to provide a counterpoint to the many other false ideas about where effort should be allocated in life. The soul will find its way home without education, but education may speed up the process by reminding the soul - like little post-it notes stuck up around the house to remind you to do what you were going to do anyway. Spiritual educators must never take the credit for awakening their students, and must never take pride in the number of students they have collected. One becomes a spiritual educator because one cannot help oneself, just as we cannot help but insist that you make your reunion with God. The willingness to drop hints for those who are not yet awakened is a natural part of the process of reunion. But it is done modestly and without impatience or attachment, or else you are not really understanding the Law. The Law does not pressure anyone, nor take pride in counting the number of collected souls, for this would be to judge those who are naturally pursuing their own dominion.

Do you understand this point yet? - that there is always a drive to “gather the lost sheep” or bring more people into reunion, but there is never an anxiety, nor a judgment about how much of the job is yet to be done. Just as the sun does not fuss about how much water is yet to be evaporated. It will be done by Law, not by persuading droplets to jump into the sky.

There, perhaps you are getting the importance  
of this point by now.

Blessings.

α

∞ Homeostasis ∞ Nature ∞ Nature of love ∞

## 15. Love and homeostasis

*“Love abounds. There is no way of stopping it.  
Only there are ways of constricting the self to  
abuse one’s reception of love.”*

One certainty is the law of love. There will be no other law ultimately and certainly you have very little idea of what the single law of love entails. Love contains within it several of what you call “properties”, such as the property of creativity and the property of joy. All these things are contained within the one love. That is, all things which pertain to love also pertain to its constituent properties. That is, when an individual feels love, they are open to all the properties. When the properties are present, any one of them, then there is a conduit to love via that property. This is then what people mean when they say they come close to God through their crafts – that is, creativity - for example.

Love abounds. There is no way of stopping it. Only there are ways of constricting the self to abuse one’s reception of love. Those who seek love are learning to de-constrict and so become more open to the law of fulfilment by love.



There are a number of regular ways in which love behaves. That is, these are dependable facets of life. Love brings people together - that is; it formulates resonances between people which are fine and enjoyable. Love also reduces material needs. This is because, in states of de-constriction, there is less "blame" placed on the material world for one's unhappiness, and therefore less questing into the material world for solutions. Love also generates good health, again as a side effect of de-constriction. The perfect form is allowed to penetrate deeper into the transitory form and have a regulatory power over the homeostatic functions, bringing greater accuracy into homeostasis by providing a more stable reference.

There are always going to be times when an individual finds it difficult and confusing to pursue the course of love. We are very entrenched in our ways. This itself is an observation which deserves careful consideration. To be entrenched in one's ways is to be using a particular reference for homeostasis. That this reference is erroneous is of less concern to the body than its desire to have some kind of reference. In other words, "Get a plan and stick to it, please," says the body. Yet it might adopt something which will ultimately do it harm. Yet the desire to have a plan in the body is paramount to organic life. As you know, the function of the DNA is one of planning. The mind develops its own system of planning - and the etheric

has a kind of planning somewhere in between that of blue-printing and social force.

You get the picture that a system is constructed from birth which allows the organism to fit in with its physical and social environment while still having allegiance to DNA. Thus we have a functional person. That the homeostasis has errors caused by errors in the social fabric or errors in the individual's historic outlook (that is, from previous incarnations) is a secondary concern to the organism, thanks to the crudeness of physical incarnation. And there will be "penance" to pay in the form of mental and/or physical ill health at a later stage.

You have these consequences to bear in mind when you consider the course of love - whether to destabilise your system and open to a kinder blue-print, or whether to plod along waiting for the errors to appear in your body and emotional life.

We have two answers for you. One is to progress steadily, so that the progress itself forms a kind of stable system through which you can find reference. The other is to maintain good health through as much incidental joy and creativity as possible, allowing the body to spontaneously discover its blue-print in incremental ways.

We have much more to say on many things.

Take care. In joy.

## 16. Devotion to love

*“Seek always peace and the fastest route to being uplifted. Then you cannot go wrong in your quest for godliness. Seek always to be uplifted and you will live in exaltation.”*

One appears to be devoted when one puts aside all worldly things to pursue the path of God. However this is not necessarily the case. The path of God has no particular appearance. It takes many forms and adopts many people from different backgrounds and pastimes. The one thing they have in common is the devotion of the spirit - and this cannot be seen by the untrained eye.

The devotion of the spirit consists of a great love of love itself. That is, one tunes into love where one can find it. One notices it, pays attention to it, takes time to enjoy it, and carries it forward into the world by nurturing it in one's heart. This particular love has no agenda, is not worried about the sick or the poor or the needy, sees all people of being of equal need in the eyes of God, does not take pride in its own actions - indeed it barely notices what it, itself, achieves in the consequent world. There is no describing the essence

of this love. There is only the recognition of it, and the knowing that one wishes to make a home for it in one's heart.

To commit oneself to storing love is no mean feat. One looks at one's life and decides which activities bring more exposure to or involvement with love, and which activities drive one away. This may yield some surprising answers. Working with loveless people, for example, may sometimes bring one into love, and may sometimes drive one away from it. One chooses the most direct course towards love and therefore circumvents the need for agony. There are no quick answers for the situations where one feels separated from love. There will have to be a transformation at some point, but there is no need to broach loveless situations head-on, provided one continues to walk towards the light anyway.

God does not judge you for those situations in which you fail to feel love. Clearly you are not ready to expand in those situations, and this is fine. You have the choice to approach love by another direction. But let not failure be a reason for you to lose hope and shut yourself away from love. Be clear on this. Always find some way to continue to approach the light, and you will grow and be rewarded.

There are not many conditions attached to your ability to grow. Do it when you are awake and when you are asleep. Do it when you are tired and hungry and cranky and none of these things. Seek always peace

and the fastest route to being uplifted. Then you cannot go wrong in your quest for godliness. Seek always to be uplifted and you will live in exaltation.

There are times when even the goodliest person decides to shut the door on love. This is because of fear of the release that is inevitable as God is approached. The release can be unsettling - by its very definition, it is a dis-still-ation in order to create a discharge and enhanced flow. But there is no need to worry. And there is no need for the embarrassment that is well established in the culture - a culture which respects everyone else's release except one's own. You should see yourselves - comforting the crying and the broken-minded, then being ashamed of your own craziness and despair. God loves you all and wants you all to feel proud of your progressive undoing. You are like precious objects being gradually sculpted and refined through processes which can seem uncomfortable but which lend only beauty.

Naturally you are ashamed, because in discharge you are in a state of regret and do not wish to bring your errors before the necessary God. Yet you will. Might as well get on with it. And so you are advised in every moment in which you choose between God and delay: Might as well get on with it.

Forever,

α

∞ Giving ∞ Material world ∞ Money ∞ Satisfaction ∞

## 17. Material life

*“If a commodity does not bring resonance with God either through good health or humour, then it is not worthy of the time and effort . . .”*

**W**e are here to explain as much as we can about the nature of people and the quest for reunion with God. There is not so much to tell when you look at it from a high vantage point. Simply love, love, love. But from your vantage point there is a lot more complication, as there are errors to decode and complicated material situations in which to live.

We are interested in the financial dilemmas faced by people in the modern age. They are very funny, as they are removed from your direct biological needs. But a few fundamental laws are clear. One can never satisfy oneself on the material plane; one can only achieve material objectives. Secondly, whenever one is pursuing material objectives one is sacrificing some attention that could otherwise be spent on the pursuit of love. And so one loses out in two ways. One is both dissatisfied and relatively further away from reunion with God.

There is no easy way to dismantle the complicated financial scaffolding in which you are enslaved. The simplest solution is to seek love first - each person in their own hearts - and wait to see the flow-on effect for the financial system. Bit by bit, decisions will be made differently, and the system will become simplified. There are no easy solutions to be imposed from the outside. Simply allow your social system to be a reflection of the individuals it embodies.

When you go about your daily business, remember these three things.

Give according to your opportunity to give, not according to formula.

Enhance your capacity to give by aligning yourself with higher spirit.

Take fairly or when it has been generously bestowed upon you; never demand more than your equal share.

Here we have the problem that many people are convinced that their labours are worth more than the next person. This is only because the players have been brought up to believe that different people deserve different treatment. Of course there is an argument of supply and demand, but the person who benefits from this inequity has a responsibility to bestow some of his gift upon those who have been less fortunate in their supplies.

Of course there is an argument that some people are working harder than others. And there is

beholden to all people to examine their desire and capacity for work and consider whether they are delivering their love into labour, or harbouring stagnation for themselves. He who does not happily engage in activity is actually the bigger loser, but this is difficult to see when one is burdened by someone else's laziness. Each person has their own need to work and to assert fairness in what they ask of people around them. Laziness is not to be encouraged, yet the lazy individual is to be loved and supported toward healing. There is no excuse for accepting laziness as a healthy choice. God intends no one to suffer the degradation of laziness.

There are many ways in which a person can make an income. To supply the basic needs of other people, such as food and clothing, is always a fair choice. To capitalise on the ill health of other people is a poor choice. Pathology should be treated with love, not opportunism, and those who choose professions of healing should be paid from a public purse.

There is no grace in manufacturing goods which are gratuitous. If a commodity does not bring resonance with God either through good health or humour, then it is not worthy of the time and effort, and to promote its sale is to deliberately separate people from their God.

Thus the trade world could be a lot simpler than it is. Basic needs, services of healing, and goods which



promote well-being and love, are all fine in the world of commerce.

When you go into the marketplace remember you are choosing either for or against love with each purchase. It is a lot easier to control your behaviour at this level than to control your behaviour after you have introduced the goods into your home. Think sensibly at early choice points, to avoid undue pressure on your person.

You have many opportunities to choose in favour of God, which you often overlook. Be discriminating in all things, and your path will be speedy.

Go for now.

α

## 18. Individual rights

*“Do not try to impress him [God] with your completeness. Rather, try to show your emptiness to him . . .”*

One possibility for the future is that there will be much happiness and dedication to a good life. This then allows the spirit of God to descend easily into unguarded bodies. On the other hand, is the possibility of much neurosis and self-centredness in which God must wrestle first with the soul before he is allowed to enter.

Judge not the position of your fellow humans on this scale. Each chooses according to his divine given right and his particular madness, so you have no right to decide who is guilty of ignoring the Lord. You have only your own situation to consider. Do you wish to enter reunion, or do you wish to explore your own dominion further, knowing as you do what kind of costs are involved in separation. There remains an attraction with separation and no one can remove your right to maintain separation as long as you wish.

Those of you who choose to enter reunion out of weakness are fools. There is no reason why you cannot be powerful and popular whilst in a state of

separation. If you feel you need God to support you, you are mistaken. God provides love, not the means of your effectiveness. Your efficacy comes from personal crystallisation and understanding of the ways of the world. You do not need God in order to make you feel that you have territory. If your problem is a sense of lack of dominion, it is because you have allowed your will to be dominated by others, not because you lack the love of God.

The desire for the love of God is quite a different matter from the lack of dominion. God satisfies the heart and feeds the soul with the peace and stillness of timelessness. God expands the essence and enables a richness of incarnation which is otherwise not possible. Don't be ashamed of your own lovelessness - God knows you are impoverished unless you are aligned with him. It is not for you to prove that you are OK before you even approach him. Do not try to impress him with your completeness. Rather, try to show your emptiness to him, then he can be invited to fill your need. Show him repeatedly how empty and hungry you are. Pretend to be satisfied and the waiter will pass you by.

Have you ever wondered why some people seem so satisfied and content in their domain while living Godless lives? Theirs is the satisfaction of expanding up to their boundaries, of experiencing their full dominion as individuals. This is very rewarding and enables them to feel competent and undaunted by

fellow humans. Yet it is not to be mistaken for the joy of the love of God, which would enable them to inhabit their dominion more softly and to enjoy more than just themselves.

One hopes that there will be a day when personal dominion and the love of God will coincide. Then there will be great efficacy and heartness together, and much would be achieved.

Sometimes the wisdom of God is too fickle for words. It comes in very fine messages which are an anathema to even the most studious ear. When you can hear God's statements directly, then you will know you are very close to his heart. Be not afraid of your own ignorance. There will be no leakage from the pot and you will be gathered up.

When children develop, they often ask after their origins and the strange magical consciousness of their tender years. Why are we not more attentive to the states of childhood, as exemplars of the fine states to which all adults can arise? When you feel sweet and ephemeral as you did as a child, then you will know the kingdom of God is approached.

We have many things to divulge, and not all of them are expected.

Take loving care.

α

## 19. Christmas

*“I am not asking for much for Christmas except that you seek my inspiration for how to tweak your family harmony, and how to offer services instead of objects for gifts.”*

Christmas for me is a time for reflection and about dwelling upon those things which make harmony among people possible. When you realise, in November, that harmony within your family is going to be a challenge, it is time to consult your intuition and work out what is needed in order to reset the relationships to a flavour of joy. Do not analyse the situation or get to work with pop psychology. You must seek my guidance in order to be able to inspire your family situation.

I encourage your audience to think about environmental impact as well, and to put their pride down when they are shopping for gifts. It is not important to appear generous and wealthy at Christmas. It is most important to show that you have people's best interests at heart, and this can be done by very simple means, the most important of which is to give your time to help each other in labours. So you might

find that your mother would rather have you mow the lawn than receive a bottle of perfume, and so forth. It takes great humility to be able to see what people really need, and again I ask you to seek my inspiration for this.

You can see that I am not dispensing with the idea of gift giving altogether, because I am happy with the atmosphere which is created by everyone thinking of how they can give to others. It is true that people could be less materialistic and more generous to those who truly lack wealth, but these things will have to evolve gradually, with the gradual evolution of human wisdom. For the time being, the easiest transition to make is to the concept of giving time and labour rather than objects. This could become fashionable, especially when people realise that an economic price tag can be put upon their labours. To help your father build his deck, for example, could save him thousands of dollars.

And so you see that I am not asking for much for Christmas except that you seek my inspiration for how to tweak your family harmony, and how to offer services instead of objects for gifts. This will be very well received.

Your loving friend,

α

## 20. Generosity

*“... you do not need to look down on people as being helpless in their time of need.”*

**Y**ou are starting to wonder about how much I require people to comply with certain behaviour when they open themselves to me, and how much judgment there is around compliance with my prescriptions. I say again, that there is never any judgment of your ability or decisions to comply with the behaviours that I request. I do, however, continue to make requests of those who are open to my inspiration. If you say no to me a thousand times, I will still continue to inspire you and adore you and send you new requests. I hope that sometimes you will choose to comply with my requests, because we can achieve a great deal more together if you will listen to the specific tasks I would like you to perform.

So you see, I am very relaxed and totally accepting of you, but I will take advantage of anyone who wishes to serve me in order to fulfil my own agenda. Thus you will see that my own will is very strong, and yet I want your will to be strong also. Therefore I will only make requests of those people

who actually choose to submit their will to mine. In this way, these people also feel closer to God, because they get the satisfaction of seeing divine will enacted through their own behaviour, and this is very edifying. It feels good all the way through the bones.

Sometimes you are not sure whether the pricks in your mind are the pricks of divine conscience (my requests) or the sensations of social pressure. Fair enough. I understand that you have difficulty to tell the two apart until your perception of my voice improves. Therefore you spend a lot of time worrying which people you should help and what gifts you should buy and so forth. When you have generous ideas which make you feel uncomfortable, you worry that you are ignoring my advice.

Well, I would like to point out that when I inspire you with a request, I always have your interests at heart as well as mine. For example, if you are tired, I will not ask you to serve your labour to another person. I will suggest ways that you can help which are gentle on your body, or not at all. If you are short of money for self-care, I will not suggest that you give your money away. If you are waiting anxiously for something to happen, I won't ask you to do things which will make you more anxious. So if you have a good idea to proceed with something, and it feels good in all respects, then it is wise to go ahead with it. But if you are reluctant to do a good deed because it sounds



unpleasant, it is probably not an idea of mine. It is more a product of social thinking.

I do not need you to go around polishing the boots of poor people or giving money to every charity. I am selective in my goals for you, according to your talents and what duties will also help you to grow as a person. If you cannot decide how to help a particular person, you can simply express that you feel that way, and do not feel compelled to go further until the perfect idea pops out at you (if ever). Do not let the weight of social do-gooders make you feel guilty for your choices. You will give in whatever ways your heart tells you to, and that is enough.

I am not an ogre who takes away the emotional strength of some people in order to bolster the good luck of others. I appreciate each person as a full package and I understand that there are many paths through an economy by which one person can help another. You [addressing the writer], have the right to protect your energy and your funds for the day when you will be able to harness your great talent to the world. I am not asking any more of you for social service until I put this possibility right under your nose. Then you will understand that you are giving as much as anyone could give.

I have the right to make myself plain to each individual when they approach me. Therefore if anyone asks me for help because they have run out of money or because they are in poor health, I will give them my

comfort and give them ideas of where they can get aid. Therefore you do not need to look down on people as being helpless in their time of need. Do only what you feel me urging you to do, and this will be a sense of great spiritual mission, not just a sense of doing good in society.

Go then and follow your sense of great spiritual mission and nothing more.

Yours kindly and boldly,

α

## 21. Resonance between two people

*"I ask you to be flexible when you find someone who feels like a soul-mate. Yes, you are deeply compatible on a soul level, but it is not a rule or a warranty for how you should then enact your relationship together."*

This is about the love between two people, whether man and wife, brother and sister, or two friends or colleagues. When you feel a great bond with another person this is a great gift and it is not to be attributed to random biological forces. The fact that two people feel very comfortable with each other signifies a great resonance between their spirits, and indicates that there is a lot in common in their destinies. It is, indeed, that they are called to be aligned, in that the secondary destiny of their souls has many shared elements. This feels like resonance, and it also means that their paths are drawn together. The agreement between astral vibes and the ease of following the same track are one and the same thing. Therefore, if two people are destined to follow the same path, or destined to work together, they will feel very comfortable with each other.

Conversely, if two people feel very comfortable with each other, there will be great similarity between their paths and their work, even if the two do not happen in the same place or time. There is simply a lot of overlap or agreement between their destinies.

This kind of resonance opens the possibility for very deep love. When a person feels their own destiny reflected in another person, it is as if they are recognising the truth, which is the same as feeling resonance with God. Therefore, the soul feels a little more open, and you are more open to truth and inspiration in general. Thus the resonance in destiny between you and your friend is actually making you feel closer to God, and compounds your sense that everything is right and is meant to be.

Of course, these feelings do not necessarily mean that your destinies will match perfectly, so it is wrong to assume that you are meant to be together forever, or that you are meant to be together in the fullest way possible. You have to keep an open mind about how much you are going to be together. It may be for a short time or a long time. It may be in a simple, casual way, or it may be that you will work and knit very closely together in a deep co-dependent relationship. These things cannot be divined just by feeling that you resonate very strongly with another person. The resonance is an average, or a summary, of the overall compatibility of your destinies. It is not a prescription for what you should do together, nor is it a

sign of the kind of relationship you will have. The amount you work together, or your degree of co-dependency or sexual involvement will depend, like all things in life, on your inspiration on a day to day basis. This is how all relationships are ultimately worked out in the eyes of God – with ongoing consultation and coordination with divine light. There are no set rules about commitment or togetherness.

So I ask you to be flexible when you find someone who feels like a soul-mate. Yes, you are deeply compatible on a soul level, but it is not a rule or a warranty for how you should then enact your relationship together. As always, seek inspiration from me on an ongoing basis for how to conduct yourself in your relationships, and wait to see how they unfold.

Yours, honestly,

α

## 22. God's love is not for tricks

*“God already has dominion over the hearts and minds of all people, because of the ultimate magnetism between human and God. Things do not need to be hurried up by displays of miracles and evangelists. All will evolve naturally in good time.”*

**A**s always, I am ready to step up to the plate when you have time to channel my ideas. I see that you are wanting more information about love, as this is an endless topic and one which helps people to tune into my presence.

Let me say again how different my love is from the kind of love you expect between man and woman or between brother and sister, or between parent and child, or even between two friends. Firstly, there is no sense of obligation at all in the love between God and human. You are totally free to experience the love of God without any particular kind of role or performance. There are no expectations to fulfil (unless you have put some into your own head) and there is nothing that you need to enact in order to earn or feel the love. The only thing you have to do is to make the

time to open your apparatus so that you can actually feel the love of God entering your spine.

Let me also say that the love of God will do nothing to appease your fears. Fears are a different matter. If you have ideas inside you which make you afraid of life, then you will be able to experience these at the same time that you experience the love of God. The love of God does not do anything to change who you are or what you believe. Over time, you will learn to assimilate the truth inherent in the love of God in preference to erroneous ideas, but in the meantime, you will just be yourself while feeling the love of God also entering you. Therefore, you cannot expect an influx of holy vibes to make you perfect in the way you think or feel in an instant. It is a very gradual process, to become enlightened through the love of God.

Thirdly, I want to alert you to the fact that you cannot use the love of God as some kind of currency to pass around to your peers and to heal them of their ills. You cannot say, "I am a vessel of God and therefore I will bring healing and joy unto you by my very presence." This does not work. You can only channel the love of God to the extent that God himself could channel the love of God. That is, it only goes where there is another vessel to receive it. The openness of the other person is the means by which God's love is known, not by your own testimony or level of advancement. If people get together and create spiritual healing by the power of their own will, that is in fact a

different kind of process, a process of harnessing the essential energies that are available within the body and within the earth. That is not the same as procuring the enlightened vibes of holiness.

What good, then, is a holy love which is no good as a healing gift, does not over-ride your human fears and which does nothing to control the good behaviour of people? Well, this dilemma is entirely of your own making as a species. Human culture decided, over the centuries, that God's love must operate as a reward system, a kind of medical tool, and a way of making you "see the light" in an instance. These conclusions came about because people are rather superstitious in the way they interpret what they see. A saint organises a healing miracle, and you think that must be the true expression of the love of God. Someone is good and is rewarded with good luck, and you think that, too, must be an expression of God's love. Someone has an "a-ha" moment and changes their life because of a sudden mystical encounter with God, and you think that, too, is proof of the value of the love of God.

Well I tell you that the love of God does not need to prove itself as some kind of currency or power. The love of God is present in all things. It is a peaceful vibe which permeates all structure and all mental existence. It simply is part and parcel of all creation and all existence, so it does not need any other accolades. It



does not need to perform tricks to prove that it exists or to get people to believe in it.

When people want to harness big globs of holy love for their own purposes, they are missing the point. The point of devotion to God is not so that you can manipulate the universe, nor so that you can manipulate the normal processes of gradual human spiritual development. You do not need to have a life which is like a magic show or a theatre of God's powers. God already has dominion over the hearts and minds of all people, because of the ultimate magnetism between human and God. Things do not need to be hurried up by displays of miracles and evangelists. All will evolve naturally in good time.

Indulgence in the love of God is all about being able to find the peaceful place within yourself and a place of adequate inspiration for all the mundane and unlucky things which happen in your life. Closeness to God is not about claiming that you are a mystic. It is about not feeling alone when you have to steer ahead. It is about not getting bogged down in paranoia or destructive ways of thinking. It is about good mental hygiene and being able to take the most creative path through any day. It is supernatural in that it is unusual for people to have such an audible link with God these days, and yet it is all about living an ordinary, yet inspired, life.

That is enough for now. I know that in your greed for excitement and glory, you will have to ponder

the value of a quiet God. Trust me that when you have totally folded God's love into every minute of your day, you will not hanker for anything more.

Yours, in holiness,

α

### 23. Immersing in love

*"It does not beat a drum. It does not make you think things. It is simply there. You walk straight over it because you are looking for something which moves, something which stimulates. And yet it is there."*

I know that you are keen to receive messages which are really going to make a difference in the hearts and minds of people and so I am going to give you another message about the nature of love and how to pursue the state of love in your own hearts and minds.

Firstly you must understand that it is not strictly correct to say that love can be pursued. In fact love is the one thing left standing when everything else has run away pursuing things. So I encourage you to think of love as the "loser". What is it that you feel when all else has departed? What is that feeling of quiet and peace when you have exhausted all other avenues of mental inquiry and physical activity or emotional resourcefulness? You must then see only love, as that one thing which waits for you, patiently and silently, with no criticism and no demands upon you at all.

That is why so many people overlook the cosmic love inherent in the universe. It does not beat a drum. It does not make you think things. It is simply there. You walk straight over it because you are looking for something which moves, something which stimulates. And yet it is there. All that remains is for you to pay attention to it, that which is left over, and tune into it, and to seek to be the same as it, and it will all be yours.

This description goes for the contents of the mind but also the contents of the entire universe. The whole universe is permeated with this same “material” or silence and non-being which can be recognised and treasured if only you know how. It is there in everything, every atom, every drop of water, every breath and every leaf, just as many wise people have already supposed. You cannot write up the equations for it yet, because you do not yet have the skills to describe the lack of activity. Your entire physics is based on energies and particles and vibrations. You have yet to learn how to describe that “substance” which you misconceptualise as nothing. One day, someone will realise that “nothingness” has properties of its very own, and finally you will piece together the patterns and qualities that are inherent in love in a physical way.

But for now, simply you are guided to think about the love which is dormant in your own mind, and thereby also in your own relationships. Man and wife

sometimes have trouble recognising the love that is inherent in their old relationship because they have become so accustomed to the silent bonds between them that they can no longer feel their nature. And yet these bonds are there. There is great “silence” and togetherness connecting them, which defies all their arguments and boredom with each other.

There is no need to be afraid of immersing yourself in the “vibration” - or perhaps I should say “non-vibration” - of love. You cannot do yourself any damage by going deeply into it. You will not accidentally transcend your body or become a pain in the arse to those who are not so enlightened. These are things you are all afraid of but there is nothing to fear. The first thing which happens when you are embodied in the actual recognition of love is that you feel enriched in all your senses and clear in your mind. If you were to go into a trance or have an out of body experience that would be a different kind of metaphysical experience, and it would involve spirit agents and an intention to achieve some kind of purpose. The sheer indulgence in the metaphysics of love, by contrast, is simply about feeling whole, feeling entirely present and feeling joy. This is something which you can all incorporate into every moment of every day without turning into a New Age looney or a dreamer.

So, please dabble in some of that delicious love. Keep your feet on the ground but taste love at that new

level, which is enriching to both body and soul and will make you look like you have been on a fresh vegetable diet for a couple of weeks.

Yours truthfully,

α

## 24. The spiritual nature of being a boss

*"If a leader does not have these qualities of understanding, empathy, enthusiasm and judicious assistance, then the subordinates are naturally disappointed. On a soul level, they are looking for the qualities of a spiritual leader."*

This is a message about administration. By this, I am referring to the art of being in charge of groups of people and activities. There is a significant minority of you who are administrators for a large part of your working life. It is time that you started to understand the spiritual substrates of what you are trying to achieve in your work.

Spiritual leadership is a standard feature of the spiritual world. In every path of development, there are those who have blazed the trail and achieved a certain level of competence, and then who naturally wish to share their gains with other people who are following on the path. The element of spiritual leadership has two sides. One is that you have already experienced the path yourself, so you are simply lucky to be ahead of the others. The other is that you have a natural enthusiasm to pass your awareness on to other people. Your

perspective is somewhat different from theirs, aided as you are by both experience and hindsight, and so you can see how beneficial your advice may be to those who follow.

In the workplace, there is more than just mentoring going on. The administrator is responsible for moving quantities of money and resources, and performing other tasks which the subordinates do not have to follow at all. Yet, the parallels with the spiritual ladder are strong. The leader needs a certain understanding of what the subordinates are going through, including a large measure of empathy and sympathy for the trials that are faced on the floor. Secondly, the leader needs to be enthusiastic about imparting wisdom or other aid to the workers, according to what will help them on their path.

These qualities are sought by all people when they are under a leader. If a leader does not have these qualities of understanding, empathy, enthusiasm and judicious assistance, then the subordinates are naturally disappointed. On a soul level, they are looking for the qualities of a spiritual leader. If they do not find it, they cannot reconcile the deficiency with the needs of the soul. Therefore the subordinate feels demoralised and discouraged, and basically does not trust the direction they are receiving from above.

Therefore, if you want to be a real leader, you must think of yourself as being a kind of spiritual leader. You are not just managing accounts and resources.



You are managing the lives who work under you. You have been entrusted with their very souls. As they are committed to being in that place to do that work, their soul must also be present. Do not assume that you can just be firm and appropriate, or that you can just steer people's behaviour by rewards and other incentives. You must know what their path involves. You must know what they find difficult or challenging, and what is draining for them. You must have something which you can offer them to help uplift them and to help them aspire as real people. Therefore you must be a caretaker of all their needs as people, even as you go about doing the books. To do anything less is to abrogate your responsibilities as a paymaster and employer.

Think carefully about this.

Judiciously,

α

## 25. Compassion

*“If you have a genuine pipeline to me and my inspiration, I will advise you what to do with each person who draws upon your compassion in their time of need.”*

**N**ow, I know you are really waiting for gems of advice from me and so I am going to bring you a message about compassion today. Compassion is an incredibly important ingredient of health. Without compassion it is almost impossible to keep your heart chakra well and therefore your physical health will also suffer. Compassion is a bit different from the more instinctive feelings of altruism. In the case of compassion one is stirred beyond logic to feel the trials of another person and to want to raise the other person up. In altruism, the response can be a lot more mechanistic. It is simply mathematical reasoning to realise that another person's gain is also your gain. There is nothing particularly holy or spiritual about altruism, but compassion can draw directly upon the heart of God and raise a person in spirit rather than just meeting a material need. Compassion might not do anything to save a person's life or to save them from

hunger, but it will make the person feel assured at a soul level, and more capable of refreshing themselves in communion with God.

Therefore I ask everyone to indulge in some compassion, both for the sake of your own souls, and so that you might help to raise up your fellow human beings towards me. It is not hard to be compassionate. It is a natural faculty of the human spirit. And yet a lot of people have trained themselves to close off this faculty due to lack of time or emotional resources to deal with the compassion they feel. Also, it can seem hopeless to feel spiritually concerned for other people if you have no confidence in the spirit world to back you up. You really need to couple compassion with spiritual transparency and divine inspiration, so that your compassion leads to real help from the spirit world.

Don't be afraid to enter compassion in every moment of your life. You will not be overwhelmed with requests for your aid. You will receive as many offers of help as you are likely to give, because your compassionate air will inspire generosity in other people. Advertise that you are now ready to be more caring to your fellow human being, and they will instantly see that you are a person who is worthy of their support. So make yourself available as much as you can, allowing for your own material needs to be met of course, as this is also a matter of compassion towards yourself and those who are materially dependent upon you.

Therefore I encourage you to make compassion a non-stop practice. Do not be afraid that you should be guarding your heart. If you have a genuine pipeline to me and my inspiration, I will advise you what to do with each person who draws upon your compassion in their time of need.

Go now and do your thing.

α

## 26. Sexuality and spirituality

*"If you have elements in your aura which you are subconsciously trying to hide, your mate will feel you trying to keep them at arm's length and will not feel entirely engaged or loved."*

This is a particular poignant message which I'm sure you will enjoy. It is about sexuality. You know that sexuality is not just about the physiological arousal, and I want to clarify for you what various spiritual elements are involved.

Firstly, there is a lot of emotional exposure which happens during sexual intimacy. It is impossible to fully engage in the experience of sexual arousal without letting go of your emotions to some extent. Therefore, the individual must face themselves in every sexual encounter. This is a sticking point for a lot of people, who don't want to feel so exposed and vulnerable, and so aren't willing to engage in sexual activity so often.

Also there is the matter of physical self-acceptance. You cannot enjoy such physical play with another person without feeling comfortable with your own body. It is another sticking point of course for

many people. Many people simply try to put a lid on their self-consciousness, but the experience is not nearly so intimate if you do this, because you are guarding your mind and trying to guard your body to some extent as well. It does not feel so welcoming to the other person.

Then there is the issue of spiritual self-acceptance as well. If you are at peace with yourself as a whole person, it is much easier to let another person into your aura. To be intimate sexually involves being somewhat porous and fluid in your aura. If you have elements in your aura which you are subconsciously trying to hide, your mate will feel you trying to keep them at arm's length and will not feel entirely engaged or loved.

So on three levels, you can see that a lot of self-acceptance is involved. This is without even considering how well you feel accepted by the other person. Where there is true self-acceptance on both sides, the sexual experience really can blow your mind, because you can blend not just as two people in physical play, but as your unguarded auras meet and exchange some of their knowledge on a vibratory level. This is where deep bonding can occur between man and woman, and also an acceleration of spiritual development, as you have another source of knowledge on which to draw.

Yet there can also be some collateral damage, as you share the wounds in your auras as well. This is why

it is important that both people in a relationship take responsibility for their spiritual growth and hygiene, so that each person does not cause an unnecessary metaphysical burden to the other person. You don't want someone else having to constantly clean off the debris which you scatter from your unresolved sores.

There is some controversy about whether you should try to sustain a relationship in which there is not deep spiritual intimacy and symmetry in spiritual hygiene. Unfortunately, though, if we were to abandon relationships on these grounds, there would not be many relationships left standing in this day and age. You are not more likely to find a better spiritual balance anywhere else, and the primary goal should always be to work on your own self-acceptance and spiritual hygiene, and to hope that this will give a leg-up to your partner as well.

Do not despair if your sexual relationship does not feel entirely fulfilling. There are other ways in which you can experiment with the expression of the soul, without needing another living human being to transport you. In fact, it is best not to depend on other people for your spiritual stimulation, and seek directly for your inspiration from God and my helpers instead.

Therefore, focus first and foremost on your connection with God, your own enlightenment and reconciliation with yourself. Any quality of sexuality will therefore be maximised. Anything which seems deficient should not be fretted over, and certainly do

not blame the other person for lack of intimacy. You have all been thrown into the mix, complete with the luck of health, personality and with rights to mental independence. Do not vex another person over their degree of spiritual or sexual advancement, though remember that as a last resort you, too, have a right to close a relationship if you feel so inspired.

Yours intimately,

α



## 27. The impulse to give

*“The upwelling of generosity inside you is a lovely thing, and therefore do not be miserly about it when it happens.”*

**W**hen you find yourself wanting to give, then this is something you should listen to inside yourself. There are plenty of times when you have a situation in which giving is expected but it doesn't feel inspiring to you, or you don't see the reason why you should act right then. But at other times you feel the surge of the heart and you are desirous of giving, and this is when you should truly pay attention to your instincts. Because if you cannot give at those times when it feels natural and easy for you to give, then when are you ever going to enjoy giving? You must listen to your whims of giving because they are truly the whims of truth, and you will get great joy from feeling that you can go from impulse to reality, and another human being benefits at the same time.

Perhaps for you, you will feel generous about giving your social time and a cup of tea and a handshake. Or perhaps you will feel like cooking for someone. Or perhaps you will feel like slipping money

into an envelope. Or perhaps you will feel like reaching out a hand and placing your warm vibrations upon another person. There is no pre-set formula by which you will be asked to give and you simply have to listen to your inner voice, which suddenly fills you with the capacity to move this way or that. The upwelling of generosity inside you is a lovely thing, and therefore do not be miserly about it when it happens. Do not try to turn it into a budgeting opportunity, because surely this is the time when you must feel spontaneous and natural and not question why you are acting at a certain amount.

I will always guide you with impulses and not all of them involve giving. Some of them involve taking for yourself. Sometimes I am asking you to rest or to nourish yourself or to make use of a mentor, or some other thing which is meant for your own strength and benefit. But when you feel the distinct capacity for your hand to reach into your pocket and give, you must recognise this as being different from every other impulse which I send your way. It is the impulse of helping out but without consciousness about why you should do it on this particular occasion. Leave the rationale and budgeting to me when you feel this particular uncanny urge.

Do not fall prey to the advertising of people who routinely seek donations as if it is my voice. Occasionally I will inspire you to give to those who seek donations, but remember that the confident voice of

the evangelist who implores you to give is not the same as my insistent voice. Just because someone identifies their charity with my name or with the name of selflessness, it does not mean that I expect you to give to those people. You must listen for the distinct acknowledgement inside yourself that this particular generosity is for you. It is not so likely to be an actual charity. It is more likely to be an act of spontaneous warmth towards someone whose path crosses yours. By all means, feel welcome to give to routine charities as well, as part of your social “taxes” but this is not the same as listening to the distinct voice of my inspiration, which will instantly seem right and important to heed.

Yours, plainly I hope,

α

## 28. God's support for relationships

*“... please be humble about the fact that you are both constraining and teaching your partner in various ways.”*

**M**y darling writer, you ask me if I am interested in helping people to resolve all of their little relationship angsts, and I tell you that this is something which I am concerned with above all else. It is in relationship with other people that you discover who you truly are and what you truly believe about yourself and about the universe. Your relationship with other people is an accurate reflection of the quality of your connection with God. Your worries about how your relationships are faring are the deep worries of the soul which indicate where the soul needs guidance and where people are straying from the truth.

Therefore, your relationship dramas – and even the small niggling worries too – are a way of potting the universe and dealing with the whole cosmos of issues of the psyche. I am very concerned to help you understand what is going on in your relationships and to give as much guidance and inspiration as possible.

You also wonder if I am motivated to help you achieve happy and fulfilling relationships. That is, you are wondering, what quality of relationships would God settle for? Does he think I am supposed to endure a lot of frustration and feelings of being unloved?

You have to understand that I am a God of ideals, even more than you are a person of ideals and dreams. It is absolutely in my nature to consist of ideals of love and harmony, and therefore I apply these concepts to everything, including your relationships with other people.

Unfortunately, I do not have full control over how people behave. You have your choices about how much inspiration you seek, and this puts limits on how much I can influence you, individually, and your companions too (according to how much inspiration they seek). But if both parties are transparent and open to inspiration then I will give enough guidance for people to be entirely close to each other and to enjoy great love and peace together. I do not subscribe to the view that people are limited in their intimacy by biological forces and by the natural frustrations of life. Just as I am capable of complete intimacy in spite of all nature's foibles, so too are you capable of complete intimacy with each other, if only you allow love to flow through you at all times.

Popular concepts of love are a little misguided. There is a general belief that love between two people consists primarily of good deeds and niceness, and

sticking to certain patterns of properness. While I am in favour of these things, if all else is equal, I would put my emphasis on different concepts. I am more focused on the openness of each person to holy inspiration, and the emotional development of the individual as the key to better togetherness. You can't cure togetherness in its own right. You have to work with the individuals as they are, because that determines what is brought together, and therefore the quality of the togetherness.

You must remember that there are certain ways in which you impede your partner or companion, no matter how good you are. All of you are lacking in enlightenment in one area or another, and your companion has to face your resistance in this area. To him or her, you are effectively scrambling their attempts to hear God on one level or another. Each and every one of you does this to other people to some extent, so you might as well be humble about it, and be willing to back down and give the other person space every now and then, so that they can hear God properly across the board.

On the other hand, you may also be helping your companion to see truth in various ways, because there will be some ways in which you will be closer to the truth than your partner. This applies to both sides of the party.

So please be humble about the fact that you are both constraining and teaching your partner in various ways. Then open yourself to divine scrutiny and

inspiration as much as possible. If you are both open and seek my help, I will give you many gifts and I will always recognise and reward your desire to feel close as a couple.

This is my message of hope for all those who wish to have good relationships.

Yours in togetherness,

α





## Index

- Altruism, 92  
 Astral wounds, 95  
 Atmosphere, 42  
 Behaviour, 23, 35, 80  
 Charity, 23, 73  
 Childhood, 38  
 Children, 42  
 Christmas, 71  
 Comfort, 16, 45  
 Compassion, 92  
 Conflict, 29  
 Connectedness, 16  
 Couples, 77, 102  
 Destiny, 77  
 Discipline, 35  
 Domination, 29  
 Donations, 99  
 Empathy, 89  
 Employment, 89  
 Enlightenment, 47  
 Environment, 71  
 Family, 71  
 Fate, 16  
 Free will, 53, 68  
 Generosity, 73, 99  
 Gentleness, 42  
 Gifts, 71  
 Giving, 64, 99  
 God's will, 73  
 Gravity, 32  
 Guidance, 13  
 Harmony, 71  
 Healing, 80  
 Health, 50, 92  
 Homeostasis, 58  
 Ideals, 102  
 Ignorance, 47  
 Inner voice, 73  
 Inspiration, 26, 80, 92  
 Intimacy, 95  
 Intolerance, 26  
 Judgment, 13, 23  
 Justice, 26  
 Law, 32  
 Leadership, 89  
 Learning, 45  
 Marriage, 102  
 Material world, 64  
 Matter, 19  
 Memories, 38  
 Mentoring, 89  
 Metaphysics, 85  
 Miracles, 80  
 Money, 64  
 Narcissism, 50  
 Nature, 35, 58  
 Nature of love, 58, 61  
 Parenting, 42  
 Peace, 26, 85  
 Perceiving God, 32  
 Perception, 32  
 Perception of love, 19  
 Personal dominion, 68  
 Philosophy, 13  
 Physics, 19, 35  
 Receiving, 50  
 Regret, 61  
 Relationships, 77, 102  
 Release, 61  
 Religion, 53  
 Respect, 16  
 Reunion with God, 68  
 Satisfaction, 64  
 Self-acceptance, 95

Sexuality, 95  
Silence, 85  
Social pressure, 73  
Soul, 89  
Soulmates, 77  
Spiritual development, 61  
Spiritual law, 53  
Spontaneity, 99

Stillness, 85  
Togetherness, 102  
Truth, 29  
Understanding, 47, 53  
Violence, 29  
Woe, 45  
Worthiness, 23  
Yearning, 19, 38