

# **SoulOpeners Index**

*Dates of Messages by subjects addressed.*

*Access Messages in the "Choose a year" dropdown box on the Messages Library page.*

## **Afflictions**

Afflictions and suffering: July 7, 1979

Bodily afflictions (headaches): July 13, 1979

Concern for a critically ill loved one: February 3, 2011

Coronavirus pandemic: March 24, 2020

Dealing with suffering and pain: June 16, 1984

In learning you are healed: August 19, 2003

Pandemic: Be aware of changes for the better: July 13, 2020

## **Afterlife/Life After Death**

A slow transition to the afterlife: September 13, 2012

After death, a sphere of life: April 9, 2009

Afterlife: April 5, 2005

All souls are "saved": July 1, 1999

Animals do not have souls but can be present in the afterlife: September 29, 2016

Assurance about loved ones who have transitioned: September 12, 2016

Birth is not a beginning but a continuation: May 23, 2013

Characteristics of life after death: May 9, 1993

Chief guide and relatives in circle of guides: May 24, 1018

Choices made in the spiritual realm: March 7, 2017

Death is not separation: June 7, 2010

Different locations in the afterlife: September 25, 1987

Difficulty moving forward in the afterlife: February 28, 2012

Eternal relationships with guides and family members: December 11, 2003

Haunted places: November 1, 1992

How to support those who've passed over: July 27, 2005

Human life influences the nature of the afterlife: February 12, 1984

Levels of afterlife and types of guidance, including psychic phenomena: July 24, 1979

Life after death and reincarnation: January 14, 2019

Life after life: March 11, 2004

Life before and after human life: October 30, 2014

Life does not begin at birth nor end at death: October 25, 2011

Loved ones in spirit-form accompany humans: July 9, 2015

Loving relationships originate prior to human life: December 11, 2003

Natural progression from life to afterlife: July 3, 1993

Natural transition from human life to afterlife: February 12, 1984

No soul is lost: September 12, 2016

Not just one way to heaven: October 25, 2018

Only positive energy transitions to life in spirit: May 24, 2018

Our connection to those we love who have passed on: May 15, 2006

Past life experiences: October 14, 2013

Past lives: July 1, 1987

Recollection of earthly life in the afterlife: March 14, 2006

Reconciling with departed souls: March 23, 2000

Souls of the dead are aware of the living: November 17, 2011

Spheres of spiritual development in the afterlife: August 24, 1979

Spiritual passage to afterlife: September 25, 1987

Support souls of the departed: November 5, 1989

The community of souls, incarnate and discarnate: February 15, 2002

The nature and evolution of souls: March 28, 2002

The place of past lives: February 6, 2014

Transition from human to spirit life and levels of spiritual development: October 8, 2007

Transition from life to afterlife: February 26, 1984

Transition from life to Life: March 3, 2003

Unseen life-forms transmit your thoughts and prayers to their beneficiaries: May 24, 2010

## **Angels**

Angels: April 5, 2005; November 1, 1992

Guides are guardian angels: June 30, 2016

Guides can act as angels: October 12, 2020

No division in meaning between guardian angel and guide: February 22, 2016

## **Animal Kingdom**

Human souls do not exist in animals: September 8, 2003

Life and death in the animal kingdom: January 22, 2007

Respect all creation: April 21, 1984

## **Balance**

All that exists leads ultimately to balance and becomes peace: September 7, 2017

Balance and its many applications: May 5, 2015

Balance between spiritual and material life: April 25, 1982

Balance compared to weight on a scale: September 7, 2017

Balance is essential: May 4, 2004

Balance of emotions: February 8, 2010

Balance requires the positive and negative of life: August 18, 2011

Balance self and community, the I and we: January 14, 2010

Balance your needs with needs of others: September 11, 1987

Both space and the smallest particle of matter seek equilibrium: February 8, 2010

Chaos and order: November 8, 2012

Circles of negative and positive energies: September 19, 2013

Cycles of ups and downs: November 6, 1982

Emotional balance affects physical balance: August 30, 1988

Finding balance results in growth of the spirit: April 19, 2004

Finding balance through grace and Presence: May 19, 2015

Finding peace/balance in times of suffering: January 28, 2010

Fulfillment is a commitment to being loving: May 4, 2017

Growth is achieved when imbalance seeks to become balance: June 3, 1999

Have respect for nature's balance: August 3, 1988

Inner and outer circles: May 4, 2004

Learning through inequality and imbalance: May 9, 1993

Life moves toward balance: July 18, 2012

Love as balance: August 15, 2006

Peace and balance are closely related: August 3, 1988

Peace and balance: October 28, 2010

Pray for balance: March 23, 2009

Praying for healing is praying for balance: December 30, 2003

Reflect the positive and allow the negative to pass through: September 13, 1994

Seeking and acknowledging balance: June 21, 2011

Seeking balance during challenging times: October 12, 2020

Stability is empowering to bring about change in the world: October 10, 1981

The balance between uncertainty and conviction: May 27, 1997

The importance of circles: September 19, 2013

Transform imbalance to balance: July 13, 2005

True healing is balance: June 21, 1995

Welcome illness as an opportunity to grow: June 3, 1999

What being centered means: August 28, 2012

### **Beliefs**

Accept differing beliefs: December 28, 1998

Beliefs are important in healing: June 22, 2004

Beliefs are not chosen: February 13, 1981

Contemplating other entities, and the universe and beyond: October 4, 2010

Difference between faith and belief: May 4, 1997

Difference between knowledge and belief: July 15, 2010

Free choice: December 22, 1992

God does not see religions but beliefs: June 1, 2015

Have tolerance for all souls and all beliefs: March 29, 1987

How to share your beliefs: November 8, 2018

Religious beliefs are a kind of magic

Share beliefs with a release of energy: May 29, 1982

Sharing beliefs about guides and these messages best done in small groups: December 20, 2011

The validity of differing beliefs: April 13, 1986

Use of metaphors and symbols in spiritual beliefs: March 2, 1999

### **Challenges/Opportunities**

Accentuate the positive: January 24, 2002

Accept challenges as opportunities: November 20, 1981

Accept problems as gifts: March 26, 1998

Accept who you are: May 5, 1984

Accept yourself so you can accept another: May 8, 1983

Accepting moments of doubt: November 5, 1989

Accepting the good and the bad: August 30, 1993

Accepting those who are a challenge: August 16, 1995

Acknowledge equality: November 10, 2005

Adaptation is a sign of strength: June 3, 2008

Adversity is a catalyst for developing grace and character: February 9, 2004

Affirm the divinity and dignity of everyone: February 10, 1998

All choices provide opportunities for growth, even those resulting in failure or victimization: March 24, 2008

Applying what you know is challenging: November 30, 1994

Asking “where is God” in challenging times: January 14, 2019

At crossroads and crises, ask for guidance: December 11, 1987

Being alone has advantages: June 25, 1982

Being mindful of life’s lessons: July 13, 1999

Bend with change to grow spiritually: May 13, 1994

Celebrate differences: November 10, 2005

Celebrate diversity rather than focusing on differences: March 18, 1996

Challenges are opportunities: June 12, 1981

Challenges provide opportunities for growth: May 24, 2018

Change, growth, and reassessing priorities: February 2, 1986

Choose to illuminate your surroundings: July 13, 1999

Choose optimism over pessimism: January 13, 1999

Concerns provide meaning and perspective to life: February 9, 1999

Coronavirus pandemic: March 24, 2020

Correcting behavior: May 8, 1995

Dealing with adversity and difficult relationships: August 5, 1991

Dealing with adversity: April 1, 2014

Dealing with attitudes, distances and differences in human life: June 12, 1981

Dealing with “difficult” people: October 9, 2006

Dealing with loss: July 10, 2017

Disagreements between individuals are conflicts within the self: March 23, 1999

Difficult persons provide opportunities for growth: January 29, 2009

Divine direction and the gift of choice: May 10, 2000

Empowering others: September 19, 1992

Endurance breeds character: February 4, 1985

Experiencing loss as gain: October 11, 1993

Expressing love when it is difficult: February 23, 2015

Faith for challenging times: April 22, 2010

Find strength to hold the vision of the resolution of conflict: June 9, 2004

Finding blessings in the midst of tragedy: September 24, 2001

Finding the positive in pandemic isolation: April 7, 2020

Focus on the big picture: August 9, 1993

Focus on the positive: November 6, 1982

Focus should be on what is best for all: January 5, 2012

Focusing on the positive rather than shunning the negative: October 14, 1998

For every experience give thanks: September 11, 1987

Give thanks for blessings and challenges alike: June 9, 2004

Give up desires for personal gain: October 24, 1981

Give witness by your actions, not with words: April 17, 1996

God does not create challenges but does allow them: July 9, 2015

God's presence and activity in times of challenge and uncertainty: August 21, 2001

God's presence during difficult times: August 20, 2015

Going with the flow: November 30, 2006

Good coming from destruction compared to forest fires: February 6, 2017

Growth through challenges: January 26, 1994

Handling disagreements: January 21, 1984

Handling emotionally charged meetings: October 9, 1997

Having faith in challenging times: November 2, 2017

How being positive or negative affects others: July 2, 2001

Human relationships offer unique opportunities: January 26, 1994

Human struggle offers opportunity for soul growth: August 13, 2009

Impact of positive and negative thoughts: November 21, 1986

Intention and intervention in trying times: April 10, 2018

Intersections on life's path provide opportunities: January 22, 2008

Keep problems in perspective: January 9, 1981

Living in the present: July 22, 2002

Loss of a pet: April 21, 1984

Losses are really opportunities for love: October 25, 2018

Love those who are difficult: June 1, 1986

Making a difference in the world: November 1, 2001

Nothing is lost: February 2, 2000

Perseverance in dealing with uncertainty: October 9, 1997

Pitfalls with wanting to help another: November 3, 1997

Prioritize what is important to you: February 6, 1988

Re-evaluating life at a crossroads: September 5, 1983

Recognizing, accepting, and responding to needs: August 5, 2013

Reincarnation offers additional opportunities for soul development: December 12, 1981

Represent godliness in your actions: December 10, 2000

Respond with love in challenging situations: November 12, 2007

See challenges as opportunities for growth: May 8, 1995

Seeking balance during challenging times: October 12, 2020

Separation can lead to growth: June 25, 1982

Societal and human challenges: August 10, 2017

Suffering: its randomness and opportunity: November 7, 1986

Teach others by your example: February 28, 1986

Thank God for challenges: November 1, 1993

The advantages of small group sharing: February 6, 1988

The challenge of illness: April 25, 1982

The challenge of love: January 14, 1983

The fear of loss: April 23, 2002

The future of the world depends on tolerance: June 1, 1986

The importance of being positive and not negative: June 20, 1983

The inward and outward journey: November 7, 2000

The necessity of difficulty and challenge: November 15, 1995

The power of positive thinking: April 17, 2001

The superficiality of differences between people: September 17, 1997

True sharing and what impedes it: August 28, 1997

Uplift others so that their horizons may be expanded: July 7, 2011

Use your blessings to bless others: January 20, 2000

Welcome challenges: May 13, 1994; August 2, 1995; January 13, 1999

Welcome the storms of life: May 6, 1996

When “bad” things happen to “good” people: April 22, 2010

When humans feel abandoned by God: October 6, 2015

## **Change**

Change is constant: May 10, 2018



All that you think, say, and do affects the entire creation: February 3, 2020

### **Channeling**

Inconsistencies in channeled material: November 21, 1986

Seeking guidance through kinesiology, the pendulum, and channeling: February 21, 2005

The Seth material: November 21, 1986

### **Christmas**

Being sensitive at Christmas: December 14, 1979

Christmas and the nature of Jesus: December 7, 1980

Christmas is about hope: December 22, 2014

The difference between getting and receiving gifts: December 20, 2011

### **Coincidences**

Coincidences: September 21, 2015

“Coincidences” are a synchronizing of energy forms: August 20, 2015

No chance meetings between strangers: October 17, 2019

No chance encounters of people or events: November 5, 2019

### **Comfort**

Give and receive with no expectations: March 30, 2010

God as Comforter: February 21, 2011

God's comfort: December 10, 2009

### **Communication**

All that you think, say, and do affects the entire creation: February 3, 2020

All thoughts communicate: May 24, 2010

Communicate by becoming the other: March 22, 1995

Communicating and relating to others: March 27, 1981

Communication between a fetus and an adult: June 5, 2007

Communication with spirits: February 6, 2014

Communication, whether human or spiritual, should be about product, not process: October 9, 1980

Communications from God and from guides: February 12, 2015

Communion through peaceful listening: July 27, 2005

God communicated with souls from the beginning: April 30, 1983

How guides relate to and communicate with humans: September 8, 2011

Many spirit entities communicate to humans: October 30, 2014

Prayer as communication: January 10, 1982

Spiritual Light as a medium of communication: December 26, 1980

The body communicates its stress tolerance: August 3, 1994

The light of communication: March 30, 2010

Vibrations: May 2, 2005

What makes communion with guides difficult: May 29, 1982

Words are inadequate expressions: June 30, 2016

## **Community**

Community compared to school of fish: September 12, 2019

Community of human and spirit life: July 27, 2020

The importance of community: August 20, 2002

United States culture is reinventing itself: August 20, 2015

## **Compassion**

All that is received must be given away: May 8, 1983

Be a manifestation of God's compassion: February 3, 2011

Be compassionate: June 22, 2005

Be present with caring intention: June 15, 2006

Be sensitive to unexpressed needs of others: July 7, 1985

Be the difference: March 30, 2010

Compassion is a natural occurrence: May 24, 2010

Compassion: September 3, 2013

Compassionate giving and appropriate receiving: April 21, 1997

December's opportunities to remember those in need: December 15, 1991

Experience cultivates compassion: April 17, 2001

Give and receive with no expectations: March 30, 2010

Give in order to receive: January 10, 1982

Giving and receiving help: November 1, 1993

Giving love and light to another: July 5, 1991

Help others in need: September 18, 1981

Live to give: February 19, 1988

Live to give: July 1, 1987

Making a difference in the world: November 1, 2001

Meet evil with compassion: May 27, 1988

Practice patience of others and self: May 5, 1984

Providing loving support: November 12, 1983

Recognize the value of others while they are living: September 11, 1987

Responding to need of others and self: April 1, 1985

Responding to one in need: March 11, 2004

Shared suffering, compassion, grace: August 26, 2004

Show that you value others: September 9, 1985

The importance of mutual support: September 5, 1983

The role of compassion in love and prayer: December 21, 1986

The role of patience and compassion in spiritual development: September 17, 1997

True compassion is spontaneous: January 9, 1987

Turning point in attention humanity gives to compassion and nonjudgmental love: February 8, 2010

You are each other's keeper: October 28, 2010

### **Competition**

Competition and achievement: February 29, 1980

Don't compare lives: October 23, 1983

## **Conflict**

Addressing disagreements in relationships: January 28, 2013

Conflict and growth: November 7, 2000

Dealing with conflict, fear, and judgment: December 12, 1994

Find strength to hold the vision of the resolution of conflict: June 9, 2004

There is an existence with no strife or war: March 7, 2017

Welcome conflict and adversity: October 15, 2000

Welcome disagreements: October 14, 2013

## **Confrontation**

Stand up for what you believe with patience and forgiveness: June 6, 2017

Standing up for what you believe: May 24, 2018

The limits of confrontation: June 2, 1980

## **Connectedness of Creation**

All that has been created is changing: June 21, 2011

All that has been created is sacred: October 22, 1994

All that is created eventually becomes the Creator: March 15, 2011

All that you think, say, and do affects the entire creation: February 3, 2020

Connect with all creation: May 25, 2005

Creation: there was no beginning, and there will be no end: June 30, 2014

Everything affects everything else: October 17, 2019

Everything encountered is sacred: January 23, 2012

Evolution of earth, humans, and all creation: May 14, 2011

God continues to create: January 5, 2012

God created all for the purpose of establishing total unity: February 11, 2013

God created all of the natural world: August 3, 1988

God is both Creator and Created: November 8, 2012

Interconnectedness compared to movement in a pond: March 30, 2010

Like attracts like: October 17, 2019

Nature, spirit, and the unity of all creation: June 3, 2003

Our relationship to animals and all that has been created: August 19, 2003

Overlook cosmetic differences in the unity of all creation: February 16, 1994

Quantum theory and interconnectedness: November 8, 2012

Respect all creation: April 21, 1984

Reverence for all that exists: March 4, 2001

Reverence for creation: July 5, 1991

Spiritual connectedness compared to the sea: May 26, 2003

The created and Creator are one: May 24, 2010

The rhythm of God's creation: August 29, 2005

The unbroken circle of creation: December 13, 2012

The unity and continuity of creation: September 13, 1993

Understand the unity of all creation: November 20, 1991

## **Conscience**

Consciousness: March 12, 2015

Guilt and conscience: February 8, 1987

How conscience is your guide: May 22, 1981

Prayer and one's conscience: May 22, 1981

Thoughts create reality: June 7, 2005

## **Control**

Power of the mind to control bodily functions: February 27, 1981

Relinquish control of your life: June 4, 1984

## **Creation**

Affirming all forms of life is affirming God: April 20, 2020

All that exists is God: November 19, 2019

Creation of universe was not accidental: October 25, 2018

God continues to create: March 25, 2019

Multiple physical and spiritual universes: May 3, 2020

Not all universes are physical: July 5, 2018

The sacredness of all creation: April 30, 2018

What God creates serves to expand what God creates: March 2, 2021

## **Death**

Bodily death compared to molting: March 15, 2011

Capital punishment: July 13, 2005

Death does not separate those who love: July 15, 2010; February 12, 2019

Death is moving from one community to another: April 20, 2020

Death is not separation: June 7, 2010

Greater awareness of unity after death: March 23, 1999

Human identity transcends death: October 25, 2011

In death, all is cast away except the love given and received during human life: June 21, 1994

Incarnation/death compared to ocean evaporation/rain: April 23, 2009

Life does not begin at birth nor end at death: October 25, 2011

Meaning of Jesus' life and death: March 20, 1982

No justification in terminating the life of another: October 22, 1994

Sudden deaths: July 24, 1996

Suicide: August 22, 2013; July 10, 2017

Suicide's effect on the soul: October 20, 1991

The importance of touch to one who is dying: August 25, 2016

The role of faith in the approaching death of loved ones: September 8, 1991

The timing of death: March 15, 2011

Those who have died are not separated from us: June 1, 2015

Transition from life to afterlife: February 26, 1984

Transition from life to Life: March 3, 2003

Value life; resist its termination: March 31, 2011

When a life is cut short: September 3, 2015

When will life end?: May 8, 1983

Young lives cut short: August 26, 2004

### **Divine Intervention**

Links to the Divine: January 8, 2008

What divine intervention is and isn't: October 12, 2020

### **Dreams**

Dreams: September 21, 2015

Dreams are a bridge to a broader reality: December 13, 2012

Dreams are a connection to reality: January 14, 2013

Dreams have a spiritual component: December 21, 2015

Most dreams are related to emotional issues: April 11, 1987

Search for meaning of dreams: March 29, 1987

The importance of dreams for the spirit: January 4, 2016

### **Earth**

Big Bang was not the beginning: October 6, 2015

Concerns for the environment addressed: July 26, 2018

Earth will be consumed by sun: September 21, 2004

Evolution of earth, humans, and all creation: May 14, 2011

Intelligent life beyond Earth: May 18, 2004

Intelligent life on other planets: September 21, 2004

Living with earth changes, natural disasters, and adversity: May 14, 2011

No human-produced Armageddon: September 21, 2004

Other intelligent life, other earths, other universes: March 31, 2011

The earth, along with everything else, is evolving: March 15, 2011

### **Emotions**

Anger is directed toward preservation or destruction: July 21, 2015

Anxiety, fear, and worry obstruct vision: August 9, 1993

Appropriate expression of feelings: February 12, 1982

Asking “why me” results in self-pity: August 18, 1991

Balance of emotions: February 8, 2010

Cast away worry, concern, anxiety: September 3, 2013

Dealing with negative emotions: August 2, 1995

Difference between worry and prayer: July 11, 1988

Emotional balance affects physical balance: August 30, 1988

Emotional peace is crucial for world peace: August 30, 1988

Following your heart’s desire: June 12, 2014

God does not feel anger: March 14, 1982

God is a feeling entity: February 12, 1982

Healing on the spiritual, emotional, and physical levels: June 17, 1987

How guides recognize human emotions: April 18, 2011

Lifting oneself from despair: June 19, 2019

Most dreams are related to emotional issues: April 11, 1987

Negative emotions are crippling: April 15, 1985

Range of emotions are natural and necessary: February 12, 1982

The detriment of negative emotions: July 22, 2002

The importance of sharing joyful times: May 31, 2012

The relationship of anger, fear and hate: March 24, 2003

## **Energy**

All-embracing energy connects everything: January 21, 2020

Avoid giving energy to what is dark: June 12, 2014

Chakras: November 6, 2002

Characteristics of light, darkness, and energy: May 10, 2010

Circles of negative and positive energies: September 19, 2013

Comprehending reality beyond the senses: May 24, 2010



Crop circles: September 19, 2013

Differences between positive and negative energy: July 15, 2010

Energy is logical and organizational: March 4, 2001

Energy of prayer: December 23, 1991

Exchange of energy: May 19, 2008

Exchanges of energy in giving and receiving: September 25, 2010

God and spirit perceive only positive energy: December 11, 2008

God does not create but transforms energy: March 31, 2015

God is the energy that connects everything: January 7, 2020

God's energy described: November 26, 2012

Inanimate objects respond to God's energy: June 11, 2018

Love as the source of energy and light: June 13, 2001

Many forms and uses of energy: September 21, 2004

Negative energy can make space for love to follow: May 4, 2017

Only human love and goodness are detected by other energy-forms: December 5, 2011

Positive and negative energy released into the world: November 6, 2002

Prayer described as energy absorption and reflection: July 29, 2010

Protection from "negative" energies: December 1, 2005

Quantum energy: November 26, 2012

Relationships are exchanges of energy: April 23, 2009

Resonance compared to piano strings: July 9, 2015

Share beliefs with a release of energy: May 29, 1982

Spirit energy compared to candles and mirrors: April 11, 2016

Spirit, energy, and light: November 12, 2007

Spiritual Light: as a form of energy: December 26, 1980

The dynamics of absorbing and reflecting energy and God's light: July 29, 2010

The energy in darkness: November 13, 2015

The energy of God permeates everything: October 4, 2010

The energy of observation: February 6, 2017

The energy of prayer: June 30, 1988

The energy that connects all compared to a trampoline: February 3, 2020

The evolution of energy forms: November 19, 2019

The purpose of negative energy: June 11, 2018

The strongest energy is the quietest: October 17, 2019

There is no new creation, only changes in energy: August 31, 1995

Thoughts are energy and have impact: March 24, 2008

Thoughts have energy: January 21, 2020

### **Equality**

All souls are equal, united, and part of the entity of God: March 23, 1999

Divinity as the basis of equality: July 24, 1996

How people are equal: September 29, 2016

In substance, all human beings are equal: September 12, 2019

### **Ethics**

Abortion: October 29, 2007

Capital punishment has no place: June 7, 2010

Capital punishment: July 2, 2001

In vitro fertilization: October 29, 2007

More about conception and spirit attachment: November 12, 2007

No justification for taking a life: September 6, 2018

Revising the Golden Rule: December 15, 1991

The abortion dilemma: September 8, 2003

Whether to test a fetus if risk involved: August 12, 2008

### **Evil/Darkness/Negativity**

A type of evil: April 11, 1987

Burdens, emptiness, darkness, negative energy, evil: February 28, 2012

Characteristics of light, darkness, and energy: May 10, 2010

Embracing the foe: May 31, 2012

Evil defined: January 5, 1996

Evil does not operate in light: February 27, 1981

Evil in relationships: January 12, 1990

Evil is a human creation: October 16, 2008

Evil is a part of creation: September 11, 2000

Focusing on the positive rather than shunning the negative: October 14, 1998

Good and evil: November 5, 2003

If God is all-powerful, why negativity: February 25, 2019

Meet evil with compassion: May 27, 1988

Negative energy, dark power, and evil: October 8, 2007

Negative forces are receding: January 27, 2015

Negative forces in spirit world: September 5, 1982

Negative thoughts and experiences are ultimately obliterated: December 5, 2011

Negative thoughts attract light: June 7, 2010

No evil people: February 3, 2020

No soul is evil: February 28, 2012

Protection from negative influences: July 3, 1993

Protection from “negative” energies: December 1, 2005

Reflect the positive and allow the negative to pass through: September 13, 1994

Requested clarification on darkness/evil/negativity: February 17, 2010

Response to evil (e.g. the shooting of President Reagan): April 10, 1981

The detriment of negative emotions: July 22, 2002

The effects of negativism: January 9, 1987

The nature of darkness: January 6, 2015

The occult, evil: July 13, 1979

The purpose of negative energy: June 11, 2018

The source of evil: April 23, 2002

There is no devil: October 16, 2008

Those who do harm are still growing: September 3, 2015

Transforming evil: June 22, 2005

When met with hatred, respond with love: February 25, 2019

### **Evolution**

As Earth changes, human life will evolve into a very different kind of energy: July 23, 2019

Everything is in the process of becoming: February 11, 2021

Evolution and a vision of the future: July 26, 2018

Evolution on the Circle of God: July 16, 2018

Human life helps souls evolve: January 14, 2021

### **Extraterrestrials**

Extraterrestrials and other life-forms: November 26, 2012

Extraterrestrials: November 8, 2012

Human spirits and unseen life-forms interact and are interdependent: June 19, 2013

Knowing beings with souls exist elsewhere: October 17, 2019

Pray for all forms of creation, known and unknown: June 19, 2013

Unseen life-forms protect the human spirit and contribute to its permanence: June 19, 2013

### **Faith**

Act with faith in God's presence: March 23, 1986

Acting out of knowledge and faith: February 28, 1993

Actions are more important than beliefs: January 6, 2009

Being faithful to the great truths: September 13, 2007

Demonstrating your faith: August 8, 1985

Developing faith: June 5, 2007

Difference between faith and belief: May 4, 1997

Difference between faith and hope: October 30, 1996

Faith as a function of the soul: April 10, 1981

Faith comes out of belief: October 2, 2017

Faith compared to crossing a bridge in fog: May 31, 2012

Faith essential for peace: July 9, 2009

Faith for challenging times: April 22, 2010

Faith is acknowledgment that what is real and good will prevail: February 8, 2010

Faith is exercised most profoundly when tested: May 9, 2013

Faith is the embodiment of hope: December 22, 2014

Faith leads to love: July 22, 2008

Faith, love and healing: August 31, 1980

Faith requires vulnerability: March 11, 2019

Giving requires less faith than receiving: December 15, 1989

Guidance, peace, faith and love are all gifts from God: December 8, 1985

Have faith while awaiting medical diagnosis: October 22, 1994

Imagine with great intensity the results you desire: June 16, 1984

Individual and corporate faith: August 31, 2009

Individual faith journeys: June 21, 2007

Life as an act of faith: November 7, 1981

Never lose hope: February 2, 2000

No faith system has the only answer: March 2, 1999

Patience plus prayer leads to perception and perception plus faith leads to action: May 25, 1980

Prayer, faith, and flexibility: May 26, 2003

Putting faith into action: May 27, 1997

Receiving and trusting messages builds faith: October 27, 1979

Reflecting God and living in faith: January 9, 2006

Souls grow through faith: September 28, 1979

Substitute faith for fear: April 17, 2006

The difference between faith and hope: October 3, 1996

The faith and example of Jesus: April 24, 1981

The nature of faith: May 15, 2006

The role of faith in the approaching death of loved ones: September 8, 1991

There are no chance intersections: May 25, 2005

Turning inward and living by faith: September 19, 2002

Uncertainty promotes faith development: March 8, 1995

When “bad” things happen to “good” people: April 22, 2010

## **Fear**

Accept the futility of fear: June 30, 1994

Acknowledge fear and then let it go: November 30, 2015

Anger comes from fear: August 10, 2010

Anger comes from fear of loss: January 11, 2018

Be free of fear: September 9, 2004

Dealing with conflict, fear, and judgment: December 12, 1994

Dealing with the fear of loss: July 14, 2016

Fear: March 3, 2003

Fear always involves loss: November 16, 2017

Fear precedes anger: March 22, 2007

Fear separates, but love and acceptance unite: September 7, 2017

Live free of fear of failure: August 20, 2018

Root of fear is concern about loss: October 26, 2020

Substitute faith for fear: April 17, 2006

The absence of love is fear: January 6, 2009

The elimination of fear: May 15, 2006

The fear of loss: April 23, 2002

The relationship of anger, fear and hate: March 24, 2003

The relationship of fear and forgiveness: December 21, 2015

There is nothing to fear: February 29, 2000

Violence and fear: July 13, 2005

## **Forgiveness**

Be the first to forgive: March 24, 2008

Defining and practicing forgiveness: November 27, 2001

Importance of forgiveness: May 25, 2005

No reason for forgiveness by God: October 6, 2015

Redemption: November 5, 2019

The relationship of fear and forgiveness: December 21, 2015

### **Free Will**

Decisions have layers beyond just good and bad: September 6, 2018

The value of making choices: August 20, 2018

### **Goals**

All goals are spiritual: June 20, 1983

Evaluate appropriateness of goals: January 13, 1999

Your goals or God's?: September 27, 2007

### **God**

Accept differing perceptions of God: February 13, 1981

Accept God's response to prayer: June 4, 1984

Accept that you are God: April 10, 2018

Acknowledging God's presence daily: November 1, 1993

Acknowledging God's presence in the past, and trusting God's presence for the future: April 17, 2001

Act with faith in God's presence: March 23, 1986

All are equal in God's eyes: February 4, 1985

All are guided and grow toward God: January 7, 1997

All is positive with God: July 29, 1999

All life paths are of equal value and lead to God: January 22, 2008

All perceptions of God are correct but evolving: August 13, 2009

All pray to the same God, regardless of name: October 25, 2018

All prayers are about opening to God: January 24, 1994

All souls are drawn to God: July 14, 1998

All souls are equal, united, and part of the entity of God: March 23, 1999

All that exists is God: November 19, 2019

All that God has created is sacred: February 23, 2015

All that is embodies God: February 9, 2006

All That Is is God: September 29, 2008

Allow God's light to pass through you to others: April 15, 1988

Allowing rather than learning God's way: June 13, 2001

An understanding of God must be flexible: May 4, 1997

Analogy of God as a photographic image: May 25, 1980

Analogy of spokes in a wheel to differing perceptions of God: April 24, 1981

As God does not judge, humans should not judge: December 11, 1995

Barriers to knowledge of God: July 9, 2009

Be a manifestation of God's compassion: February 3, 2011

Be a reflector of God's light: May 6, 2008

Be God in action: October 15, 2000

Be open to glimpses of God: July 21, 2011

Be peaceful to receive God: October 8, 1983

Being a voice of God: April 20, 2020

Being confident of God's presence: November 9, 1985

Being the voice of God: July 5, 2018

Bring about peace by reflecting God: March 14, 1982

Centering priorities on God: October 24, 1981

Communications from God and from guides: February 12, 2015

Defining God: August 15, 2006

Detecting God's presence: May 1, 2003

Different means of accepting God: September 18, 1981

Distinguishing between human and Godly responses: April 6, 1983

Does God hold us accountable for our actions?: June 17, 2003

Dynamic relationship between God and humans: April 25, 1982

Emphasize commonality with others as the body of God: November 20, 1981

Every day find evidence of God and you will believe in God: January 14, 2013

Every human being becomes God: February 13, 2012



Every human being is part of God: April 29, 2014

Every individual moves toward God: August 18, 2011

Expand your abilities to recognize God's response to prayer: May 8, 1983

Feeling God's presence: December 21, 1986; April 30, 2018

Find inner peace by focusing on God: January 30, 1982

Finding God in another: March 27, 1981

Free will and the choice for God: May 27, 1991

Gender references to God: November 27, 2001

Giving and receiving the hand of God: January 8, 2008

Glimpses of God: February 9, 2004

God abandons no one: March 2, 1999

God acts through people: June 4, 1984

God and humans share the same "Is" component: November 16, 2009

God and spirit perceive only positive energy: December 11, 2008

God as Comforter: February 21, 2011

God blesses people with the ability to give and receive love: November 22, 1992

God can only love: March 23, 2009

God communicated with souls from the beginning: April 30, 1983

God compared to a river: September 8, 2020

God compared to light and love: February 12, 2019

God consists of many Gods: January 7, 2020

God created all of the natural world: August 3, 1988

God creates the context of life: September 21, 2009

God does not create but transforms energy: March 31, 2015

God does not feel anger: March 14, 1982

God does not keep score: November 7, 1986

God does not see religions but beliefs: June 1, 2015

God does not suffer: March 20, 1982

God does not take sides: June 9, 2004

God does not take sides: March 24, 2003

God engages with everything: March 12, 2007

God is!: July 1, 1998; March 23, 2000

God is a facilitator: January 10, 1982

God is a feeling entity: February 12, 1982

God is a kind of connective tissue that unites everything: January 14, 2013

God is active: January 9, 1981

God Is and therefore you are: July 21, 2011

God is because you are: August 22, 2013

God is because you are: August 5, 2013

God is equally present to believers and nonbelievers: April 25, 2016

God is experienced through love as a choice: January 14, 1983

God is found in unexpected ways: June 29, 2015

God is in everything: April 1, 2014

God is not a single entity: December 19, 2016

God is present: September 23, 2014

God is present at all times: August 20, 2019

God is the energy that connects everything: January 7, 2020

God is within and experienced as a sense of peace: June 12, 1982

God Is—You Are: May 10, 2000

God listens, and what that means: January 7, 2020

God loves everyone completely and unconditionally: January 28, 2013

God provides strength to prevail: October 4, 2012

God responds through prayer, not because of prayer: April 6, 1983

God sustains all souls: July 29, 1999

God uses many methods to directly reach each person: December 12, 1982

God welcomes variety in perceptions and experience: February 25, 1983

God works in communion: April 19, 2000

God, love and human life as circles: May 2, 2005

God/Love compared to a river: August 31, 2006

God/Love compared to a river: September 18, 2006

God's all-encompassing love: September 25, 1982

God's comfort: December 10, 2009

God's embrace, receiving it and being it: January 21, 2020

God's gift of love given through service: April 19, 2004

God's influence on human lives: December 22, 1985

God's light: July 5, 1991

God's omnipotence: July 27, 2005

God's presence and activity in times of challenge and uncertainty: August 21, 2001

God's presence during difficult times: August 20, 2015

God's presence in the crossroads of life: June 18, 1992

God's response to prayer: August 5, 1987

God's response to us and our response to others: June 21, 2011

God's single wish is for us to see everything as sacred: June 1, 2015

Guidance, peace, faith and love are all gifts from God: December 8, 1985

Guides and God are within and around humans: September 3, 1998

Guides and humans focus God's light: June 15, 2006

Guides help humans hear, but God speaks: September 5, 1982

Guides' experience of God: September 24, 2001

Hearing and listening to God: March 11, 2004

Hearing God speak: July 18, 2012

Hearing God: May 23, 2001

How God creates: August 12, 2014

How God seeks and expands: June 19, 2013

How greater understanding of God is nurtured: February 27, 1981

How the love of God grows: March 30, 2006

How to be a clear lens reflecting God: November 3, 1997

How to hear God and discern God's will re the national political scene and world stage (The Democratic Convention commenced this day): July 26, 2004

Human relationship with guides and God: June 12, 1981

Human spirits, nonphysical spirits, and God: December 11, 2008

Humans are a part of God as is everything: June 19, 2013

Humans are not an image of God but rather a manifestation of God: January 17, 2011

Humans choose to hear God: August 21, 2001

Humans have a special relationship to God but are not most important: October 10, 1981

Human life is necessary to achieve union with God: July 1, 1998

Individual will should reflect God: March 20, 1982

Interior voices: God's and others': September 21, 1980

Interpretations of God, Jesus, and others who are worshipped: December 28, 1998

Jesus' example of God incarnate: March 27, 1981

Judging another is judging God: February 16, 2009

Killing is against God's wishes: January 22, 2007

Language of God is the language of your spirit: July 5, 2018

Letting go and letting God: September 18, 2006

Life's priorities: moving toward God and serving others: October 23, 1983

Listen, accept, and don't judge to become more like God: October 8, 1983

Listening to God: August 5, 2013

Look for the God in others: September 13, 1994

Looking inward and outward for God: June 25, 2012

Loving light of God: May 28, 2002

Many avenues to God; You influence God's power: February 1, 1980

Many voices of God: April 10, 2018

Messages are God's word: December 26, 1980

Moving in the flow of God's love compared to school of fish: August 20, 2019

Movement toward God compared to magnet: November 10, 2008

Naming God: July 24, 2017

One God or many Gods?: June 6, 2017

Opening to God compared to searching for radio channels: December 1, 2005

Our souls cycle to oneness with God: October 24, 1982

Partner with God: March 4, 1984

Peace is a gift from God: November 15, 1995

Peace is of God: June 14, 1990

Peace, unity, and awareness of God: February 12, 1997

Perceiving God: January 14, 1983

Perception of God as one who intercedes leads to disappointment: February 28, 1986

Perspectives of God: January 22, 2007

Physical needs as ministered by God: June 22, 2004

Pray to be open to God's presence, not that God does what you desire: November 18, 2013

Prayer does not activate God: April 12, 2012

Prayer does not activate God: June 9, 2004

Prayer does not call God into action: August 21, 2001

Prayer does not influence God: March 23, 2000

Prayers for another are prayers for openness to the presence of God: May 19, 2008

Qualities of God: October 25, 2011

Reaching for God to help others and yourself means all benefit: June 22, 2020

Recognize God in yourself: February 12, 1982

Recognizing God's presence: April 6, 1983

Recognizing the presence of God: May 27, 1988

Reflecting God and living in faith: January 9, 2006

Relationship between God and humans: October 25, 2011

Relationship between prayer and God's actions: June 20, 1986

Relationship to God: September 15, 2008

See God with your heart: February 8, 2007

See yourself and all others as God: June 12, 2014

Serving another is serving God: February 13, 1981

Serving another is serving God: May 15, 1982

Serving the lowest is serving God: May 29, 1983

Strength from God is quiet: July 26, 2018

Suffering is neither predetermined nor created by God: July 1, 1999

Synchronicities are evidence of the actions of God: July 18, 2012

Take time each day to commune with God: September 18, 1981

The consequences of superficial living and denial of God: February 15, 2002

The creative, loving force that is God: February 11, 2021

The direct accessibility of God: October 30, 1995

The energy of God permeates everything: October 4, 2010

The expansion of God: July 2, 2002

The futility of defining God: November 7, 2000

The intervention of God and guides in human life: December 22, 1992

The nature and power of God and the necessity of the human response: December 23, 1991

The nature of God: May 8, 1995; January 7, 1998; September 11, 2000; September 12, 2005; November 16, 2009

The nature of God's love: August 20, 2019

The perception of God: February 25, 1983

The presence of God is a quiet presence, for God does not shout or bellow: February 11, 2013

The quiet voice of God: January 24, 2002

The relationship of God, spirit guides, humans, and All That Is: March 7, 2013

The relationship to God: December 18, 1983

The rhythm of God's creation: August 29, 2005

The soul's development and connection to God: January 9, 1987

The soul responds to God's loving light as a plant responds to light: August 18, 1999

The spokes on God's wheel: September 3, 2015

The tapestry of All That Is: January 19, 2017

The union among God, guides, and humans is complete and continuous: September 25, 1982

The unity of God with All That Is: October 25, 2011

Traveling the road to God at your own pace: May 29, 1982

Unity of all souls and God compared to drops of water in the ocean: October 26, 1980

Value of differences in perceptions of God: November 7, 1981

Various perceptions of God: May 14, 2011

Viewing God as father or mother: March 2, 1999

What God is and is not: March 4, 2001

What is God?: May 25, 2021

What is needed for a vision of God: May 4, 1997

When your vision of God dims, be open to experiencing God through actions of humans and guides: November 20, 1982

Why does God exist?: July 29, 2010

Witnessing God's presence: August 3, 1988

You are God: April 14, 2014

You, individually and collectively, are God: June 25, 2012

Your neighbor is God just as you are: May 9, 2013

### **Government**

Governments evolve just as human beings evolve: January 5, 2012

### **Gratitude**

For every experience give thanks: September 11, 1987

Give thanks for blessings and challenges alike: June 9, 2004

### **Grief**

Dealing with grief: February 21, 2011

Grief: June 4, 2009

Grief—a time for thanksgiving: February 12, 1984

Loss of a pet: April 21, 1984

Sharing grief: October 26, 1980

The effect of grief on the departed soul: January 6, 2015

The positive side of grief: March 24, 2008

The true nature of loss: April 4, 2000

When a life is cut short: September 3, 2015

### **Guidance**

About guides and guidance: November 3, 1997

All are guided and grow toward God: January 7, 1997

All can experience the guidance of spirit: November 28, 2016

All knowledge imparted by guides comes from God: October 8, 2007

All souls receive guidance, but those who have lived multiple lives may have an increased awareness due to more experience: November 17, 2011

All that exists is guided: July 15, 2010

At crossroads and crises, ask for guidance: December 11, 1987

Avenues of guidance: July 3, 1993

Being aware of guidance: February 16, 1994

Being open to guidance: May 6, 2002

Gifts of accepting guides and guidance: May 15, 1982

God's guidance as water behind a dam: July 13, 1979

Grace, guidance and conscience: November 2, 1979

Guidance compared to a lens focusing light: April 15, 1988

Guidance compared to a wedge in a door: June 5, 2007

Guidance for creation of a book of messages: May 26, 2003

Guidance is part of creation: June 10, 2013

Guidance, peace, faith and love are all gifts from God: December 8, 1985

How pendulums and other divining devices work: October 24, 2016

How to receive guidance: May 15, 1982

Levels of afterlife and types of guidance, including psychic phenomena: July 24, 1979

Many ways to receive guidance: September 27, 2007

Multiple sources of guidance: June 5, 2007

No requirements for guidance: October 30, 2006

Praying for and receiving guidance: October 26, 2009

### **Receiving Guidance**

Advice about proceedings of this group: July 7, 1985

Group dynamics: July 7, 1985

Guides communicate through the blending of light: November 30, 2017

It's easier to receive in a group: August 24, 1979

Many ways to receive guidance: September 27, 2007

Praying for and receiving guidance: October 26, 2009

Receiving guidance: July 13, 1979



Recognizing God's guidance: May 10, 2000

Recognizing guidance: August 17, 2005; October 29, 2007

Seek guidance through prayer, meditation: April 11, 1987

Seeking guidance through kinesiology, the pendulum, and channeling: February 21, 2005

Spiritual guidance compared to a compass: April 30, 2007

Suggested format for this group: June 20, 1985

Temporal guidance and spiritual guidance: July 19, 2006

The system of guidance: February 9, 2006

Ways of being guided: April 11, 1987

### **Guides**

A human's group of guides constantly expands: December 9, 2010

About guides and guidance: November 3, 1997

Assignment of guides: July 24, 1979; June 14, 1990

Awareness of beauty affirms presence of guides: July 8, 2014

Being a guide to another human: October 10, 1992

Children may be aware of guides: June 30, 2016

Communication with Guides: July 7, 1979

Communications from God and from guides: February 12, 2015

Consulting the guidance compass: May 21, 2007

Control exercised by guides: November 20, 1991

Eternal relationships with guides and family members: December 11, 2003

Function of guides: March 23, 2000

Gifts of accepting guides and guidance: May 15, 1982

Guides act as lenses: August 24, 1979; October 5, 1979; January 10, 1982

Guides and God are within and around humans: September 3, 1998

Guides and humans focus God's light: June 15, 2006

Guides and their relationship to the human soul: April 15, 1985

Guides are evolving: February 23, 2015

Guides are known by their lights, not by name: August 2, 1995

Guides are not intermediaries: September 25, 1982

Guides can alter vibrations: May 8, 1981

Guides can change although the connection is permanent: April 19, 2000

Guides desire to expand humans' perceptions: May 24, 2018

Guides do not create obstacles for humans: January 30, 1995

Guides don't relate to time, only movement or progress: January 9, 1981

Guides experience transitions in spirit life: June 30, 2014

Guides for the inanimate in creation: February 23, 2015

Guides function in active and passive ways: July 23, 2019

Guides have a symbiotic relationship with humans: November 19, 2019

Guides help humans hear, but God speaks: September 5, 1982

Guides know humans more profoundly than family members: February 22, 2016

Guides learn and benefit from humans: July 18, 1985

Guides learn as well as teach: February 28, 1986

Guides learn from those they guide: July 23, 2019

Guides respond when God invoked: September 21, 1980

Guides see humans as a unique kind of energy: February 3, 2020

Guides serve all that exists: January 14, 2013

Guides serve as a bridge: June 1, 2015

Guides serve as spiritual maps: June 12, 1982

Guides serve for our growth and theirs: July 8, 2014

Guides use color and music to describe individual human energy: May 3, 2020

Guides welcome souls who have transitioned: September 3, 2013

Guides' experience of God: September 24, 2001

Guides' perception of time: December 14, 1979

Guides' role in creativity and insight: November 1, 1992

How conscience is your guide: May 22, 1981

How guides are connected to humans: May 30, 2006

How guides communicate: July 5, 2018

How guides develop and communicate: December 14, 1979

How guides develop: September 24, 2001

How guides recognize human emotions: April 18, 2011

How guides recognize other souls: May 8, 1981

How guides recognize the presence of other souls: December 11, 1997

How guides relate to and communicate with humans: September 8, 2011

How guides serve humans: August 18, 1991

How to be receptive to guides: July 2, 2001

How to help your guides: July 21, 2011

Human relationship with guides and God: June 12, 1981

Individuals have principal guides, but all guides serve all: June 30, 2016

Intersection with guides: May 10, 2010

Intervention by guides: October 10, 1992

Location of guides: March 20, 1982

Moving from self to we: May 1, 2003

Names of guides: June 12, 2014

Nature and role of guides and their messages, using analogy of driving a car: June 13, 1980

No division in meaning between guardian angel and guide: February 22, 2016

Qualities of guides: September 8, 2003

Relationship between humans and guides: December 10, 2000

Relationship of guides, humans, and spirit: November 20, 2006

Relationship with guides: March 11, 2004

Sharing beliefs about guides and these messages best done in small groups: December 20, 2011

Source of guides' inspiration: December 19, 2016

Spirit guides evolve: September 27, 2007

Spirits experiencing human life can serve as guides: December 9, 2010

The assignment of guides: June 11, 2018

The experience of guides: May 13, 2019

The intervention of God and guides in human life: December 22, 1992

The journey of life, accompanied by guides: August 21, 2007

The origin and qualities of guides: March 31, 2011

The presence of guides during prayer: October 20, 1991

The relationship and interaction of body, mind, soul, spirit, and guides: August 18, 1999

The relationship between guides and the guided is permanent: November 19, 2019

The relationship of God, spirit guides, humans, and All That Is: March 7, 2013

The union among God, guides, and humans is complete and continuous: September 25, 1982

Union with guides is total: February 1, 1980

Welcome the challenge of imbalance, and seek guides' help: April 21, 1997

What guides learn: March 8, 1995

What makes communion with guides difficult: May 29, 1982

When your vision of God dims, be open to experiencing God through actions of humans and guides: November 20, 1982

Who is Emmanuel?: September 27, 2007

Why guides pray: December 13, 2001

Your guide is a connection to all that is: June 19, 2019

## **Guilt**

Eliminate guilt, negativism, and ego: March 14, 1982

Guilt and conscience: February 8, 1987

Guilt and final judgment: June 13, 1980

Guilt and impatience and the right self-image: August 28, 1981

Guilt is self-punishment: March 24, 2008

Overcome guilt: September 19, 2013

Redemption: November 5, 2019

Serve others with love, not duty, obligation, or guilt: January 26, 2006

There is no failure or reason for guilt: October 16, 2008

## **Heart**

Difference between heart and mind: April 2, 2017

Following your heart's desire: June 12, 2014

Heart is the bridge between human consciousness and everything else: April 18, 2017

Listen with the heart: August 10, 2017

See God with your heart: February 8, 2007

Seeing and hearing with your heart: January 20, 2000

Seeing with the heart: March 31, 2011

The eyes of the heart: July 24, 2017

The role of the heart: January 27, 2015

## **Human Beings**

A human's group of guides constantly expands: December 9, 2010

Accept the goodness of everyone: May 6, 2008

All are equally blessed: March 24, 2003

All human thoughts and actions impact all that is: July 18, 2012

All humans are equal and united with God's presence: August 2, 1995

All humans are equally gifted: December 9, 1998

All humans are innocent: July 13, 2005

All humans are related spiritually and genetically: June 29, 2000

All humans are spirit in physical form, seeking and progressing: January 28, 2013

All life paths are of equal value and lead to God: January 22, 2008

All of humanity is a single unit: April 19, 2000

All persons are equal: April 18, 1980

An appropriate sense of entitlement: August 1, 2006

Analogy of parts of human body to unified whole: November 20, 1991

As God does not judge, humans should not judge: December 11, 1995

Awareness of differences in the human spirit provides understanding of spiritual development: December 23, 1991

Being a guide to another human: October 10, 1992

Celebrate all human life: September 29, 2016

Child prodigies: October 7, 2002

Dealing with attitudes, distances and differences in human life: June 12, 1981

Dealing with "difficult" people: October 9, 2006

Distinguishing between human and Godly responses: April 6, 1983

Does God hold us accountable for our actions?: June 17, 2003

Dynamic relationship between God and humans: April 25, 1982

Every human being becomes God: February 13, 2012

Every human being is guided by a multitude of spirits: July 7, 2011

Every human being is part of God: April 29, 2014

Every human experiences love in some form: November 18, 2013

Every human is basically good and must be cherished: March 24, 2008

Evolution of earth, humans, and all creation: May 14, 2011

God acts through people: June 4, 1984

God uses many methods to directly reach each person: December 12, 1982

God, love and human life as circles: May 2, 2005

God's influence on human lives: December 22, 1985

Governments evolve just as human beings evolve: January 5, 2012

Growth toward pure Love did not begin with this human life and does not end with it: February 22, 2016

Guides and God are within and around humans: September 3, 1998

Guides and humans focus God's light: June 15, 2006

Guides and their relationship to the human soul: April 15, 1985

Guides do not create obstacles for humans: January 30, 1995

Guides help humans hear, but God speaks: September 5, 1982

Guides learn and benefit from humans: July 18, 1985

Guides share info about unseen entities because humans are ready to understand: June 19, 2013

How guides are connected to humans: May 30, 2006

How guides recognize human emotions: April 18, 2011

How guides relate to and communicate with humans: September 8, 2011

How guides serve humans: August 18, 1991

How the human experience affects the soul and how the soul affects the human experience: March 28, 2002

Human choice influences the soul's development: December 12, 1981

Human dignity: December 15, 1991

Human divinity: December 9, 1998

Human form compared to a pitcher: March 26, 1998

Human identity transcends death: October 25, 2011

Human interactions are crucial for soul growth: April 17, 1996

Human life influences the nature of the afterlife: February 12, 1984

Human life is a process of becoming unconditionally loving: January 17, 2011

Human life is a school: June 12, 1995

Human life is but a moment: May 18, 2004

Human life is for spiritual growth: January 23, 2012

Human life is not predetermined: February 28, 2012

Human life is the process of refinement of beliefs: July 27, 2020

Human needs: June 4, 2009

Human potential compared to fire: January 16, 2003

Human relationship with guides and God: June 12, 1981

Human relationships offer unique opportunities: January 26, 1994

Human response to spiritual awareness: October 4, 1995

Human souls do not exist in animals: September 8, 2003

Human spirits, nonphysical spirits, and God: December 11, 2008

Human struggle offers opportunity for soul growth: August 13, 2009

Humans are a part of God as is everything: June 19, 2013

Humans are both creation and creator: February 23, 2015

Humans are containers for strength-giving, loving energy: July 9, 2015

Humans are never alone: February 23, 2015

Humans are not an image of God but rather a manifestation of God: January 17, 2011

Humans choose to hear God: August 21, 2001

Humans choose to nurture their souls or not: July 29, 1999

Humans create their experiences: June 22, 2009

Humans have a special relationship to God but are not most important: October 10, 1981

Humans have the strength and power of light: May 9, 2013

Humans progress because light is attracted to light: December 9, 2013

Humans' and spirits' parallel lives: August 13, 2009

In death, all is cast away except the love given and received during human life: June 21, 1994

Invisible life-forms that accompany humans: June 10, 2013

Making a difference in the world: January 19, 2017

Many spirit entities communicate to humans: October 30, 2014

More than one human lifetime may be necessary: May 25, 2005

Natural transition from human life to afterlife: February 12, 1984

No human-produced Armageddon: September 21, 2004

No one is alone: September 8, 2003

No one lives alone: May 6, 2021

People and nations must become vulnerable: January 5, 2012

Practice patience of others and self: May 5, 1984

Punish behavior while affirming goodness of the person: September 6, 2018

Purpose of human life is the transformation from being loved to giving love: March 6, 2008

Reasons for human existence: March 14, 1982

Relationship between God and humans: October 25, 2011

Relationship between humans and guides: December 10, 2000

Relationship of guides, humans, and spirit: November 20, 2006

Souls choose the path for growth in human form: October 10, 1992

Souls unwilling to let go of human life: July 3, 1993

Spirits experiencing human life can serve as guides: December 9, 2010

Strengthening humans protects them: December 11, 2008

Striving to be a reflection of God: May 25, 2021

The interdependence of body and soul: January 29, 2001

The intervention of God and guides in human life: December 22, 1992

The momentum of human life is toward peace and love: January 14, 2013

The nature and power of God and the necessity of the human response: December 23, 1991

The nature of the soul prior to human life: October 24, 1982

The power of individuals and groups compared to a reservoir behind a dam: August 10, 2020

The purpose of human life: December 15, 2005

The relationship of body and soul: July 2, 2001

The relationship of God, spirit guides, humans, and All That Is: March 7, 2013



The relationship of peace and love in human life and spiritual life: June 30, 1994

The response to prayer is always human: December 15, 1991

The soul/human relationship: January 9, 2006

The union among God, guides, and humans is complete and continuous: September 25, 1982

The way human lives resonate: September 24, 2001

Thoughts create reality: June 7, 2005

Unloved babies: November 8, 2018

What sets human beings apart: December 9, 1998

When soul connects with body: September 8, 2003

When your vision of God dims, be open to experiencing God through actions of humans and guides: November 20, 1982

When “bad” things happen to “good” people: April 22, 2010

Where memory is stored: March 7, 2005

Why do humans exist?: July 29, 2010

Why humans don’t remember past lives: October 5, 2009

Why live a human life?: July 2, 2002

You and your neighbor are the same entity: November 26, 2012

You are God because you are a part of God: February 12, 2019

Your core is who you are: November 30, 2015

Your physical being accompanies your spirit on its journey: February 13, 2012

## **Identity**

Discover who you are and why you are: April 9, 2009

Know yourself so you can serve others: January 24, 2002

Recognize God in yourself: February 12, 1982

Recognizing and appreciating your true essence and the essence of others: March 23, 2021

Search for identity: for individuals, for the church, for Jesus’ disciples: March 28, 1980

The soul’s identity: June 30, 2008

Your soul’s identity: October 26, 2009

## **Illness**

Beliefs are important in healing: June 22, 2004

Concern for a critically ill loved one: February 3, 2011

Coronavirus pandemic: March 24, 2020

Everyone can be a healer: March 3, 2020

Healing defined: June 3, 1999

Healing is a community achievement: April 24, 1995

Healing on the spiritual, emotional, and physical levels: June 17, 1987

Healing: May 29, 1995

Healing as it relates to beauty: November 30, 2017

Illness and suffering: January 19, 2004

In learning you are healed: August 19, 2003

Praying for health: September 8, 2020

Supporting those who are sick or dying: December 21, 2015

The challenge of illness: April 25, 1982

Types of healing: June 20, 1986

Welcome illness as an opportunity to grow: June 3, 1999

## **Infinity**

There was no beginning; there will be no end: November 19, 2019

## **Interdependence**

Interdependence: December 15, 1989

The interdependence of body and soul: January 29, 2001

## **Jesus**

Christmas and the nature of Jesus: December 7, 1980

Interpretations of God, Jesus, and others who are worshipped: December 28, 1998

Jesus was one of many who provided a perspective of the Creator: December 22, 2014

Jesus' conception and resurrection: April 9, 2007

Jesus' example of God incarnate: March 27, 1981

Jesus' suffering: January 9, 1981

Jesus' travels: March 31, 2015

Meaning of Jesus' life and death: March 20, 1982

Perceptions of role of Jesus: September 5, 1982

Questions and answers about Jesus: April 22, 2013

See Christ as example rather than exception: December 19, 1995

The evolution of Jesus: January 16, 2003

The faith and example of Jesus: April 24, 1981

The real power of Jesus: December 9, 1998

The role of all souls, including Jesus, within the concentric circles of life and love: April 8, 2004

What Jesus knew: February 6, 2017

## **Judgment**

As God does not judge, humans should not judge: December 11, 1995

Avoid the burden of judgment: March 25, 2019

Be mindful of unity in the importance of judging behavior rather than yourself or others: January 28, 2021

Be noncritical: March 19, 1983

Condemnation and forgiveness are the two sides of judgment: June 29, 2015

Dealing with conflict, fear, and judgment: December 12, 1994

Do not judge the spiritual path of another: July 19, 2006

Evaluate another but do not judge: September 18, 1981

God does not judge or punish: January 11, 2018

God does not judge, punish, or have wrath: November 29, 2018

Grow by exercising love without judgment: June 12, 1981

Guilt and final judgment: June 13, 1980

How to be nonjudgmental: February 19, 1988

Judge behavior but not the individual: January 14, 2019

Judge the act, not the person: May 13, 1986

Judging others: April 3, 1992

Life is about letting go of judgment: October 25, 2012

Listen, accept, and don't judge to become more like God: October 8, 1983

Love nonjudgmentally: November 10, 2005

Moving beyond judgment is a lifelong pursuit: January 14, 2021

No judgment day: July 1, 1999

No judgment day, but acknowledgment of all that is loving: December 5, 2011

No judgment on one type of loving relationship over another: May 14, 2012

No justification for judgment: July 2, 2001

The folly of judgment: January 5, 1996

The nature of judgment: November 15, 1980

There is no guilt nor judgment: May 23, 2013

Tolerance and nonjudgment in personal relationships: September 22, 1985

Tolerance, love, and nonjudgment: January 7, 1985

We are a product of our history, therefore do not judge: January 6, 2009

Whatever is done out of nonjudgmental love is always adequate: October 25, 2012

### **Karma**

Every thought and action affects everything else: November 8, 2012

Karma: July 1, 1987

Karma is not about punishment: July 1, 1999

Little in life is the result of chance: August 5, 1991

The role of karma and multiple lives in the spiritual continuum: August 1, 2006

The role of karma and reincarnation in spiritual growth: June 17, 2003

There are no coincidences: July 1, 1999

### **Knowledge**

Barriers to knowledge of God: July 9, 2009

Knowledge is necessary in difficult relationships: July 10, 1996

Seek understanding more than knowledge: November 29, 2007

Seeking is more important than knowing: November 12, 2007

Understanding as a function of the mind: April 10, 1981

Where memory is stored: March 7, 2005

## **Leadership**

Leadership: January 8, 2008

Leadership, good and bad: January 14, 2021

Presidential leadership, and ours: February 16, 2009

Recent changes in U.S. leadership: January 29, 2009

Teach by example: January 5, 1996

Teach others by your example: February 28, 1986

## **Life**

Absolute unity of life: May 8, 1981

Affirming the dignity of all life: August 20, 2002

All are in the process of becoming God: November 29, 2018

All forms of life—human, animal, plant—experience a kind of hope: December 22, 2014

All life is equal: December 11, 2014

All life is sacred: July 21, 2011; July 9, 2015

All that exists is alive: November 8, 2012

An expanded definition of being alive: April 18, 2017

Balance between spiritual and material life: April 25, 1982

Balance requires the positive and negative of life: August 18, 2011

Be a rock in the stream of life: August 30, 1992

Being a vessel: March 23, 2009

Being carried by the stream of life: July 26, 1991

Celebrations: September 25, 2003

Change and adaptation in life: October 24, 2016

Choose love at life's intersections: September 1, 2010

Concerns provide meaning and perspective to life: February 9, 1999

Conscious life elsewhere: January 26, 2006

Consider context: March 23, 2009

Continuity of life and lifetimes: October 30, 1996

Continuity of life: December 19, 1995

Cycles of life compared to inhaling and exhaling: March 29, 2004

Cycles of ups and downs: November 6, 1982

Don't compare lives: October 23, 1983

Embrace all experiences: March 30, 2006

Focus on the positive: November 6, 1982

Giving meaningful life to others: April 8, 1984

God's presence in the crossroads of life: June 18, 1992

Growth toward pure Love did not begin with this human life and does not end with it: February 22, 2016

How a successful life is measured: January 13, 1999

How to affirm the lives of others: July 22, 2002

How to live a fulfilled life: April 16, 1998

How to truly embrace life: December 9, 2013

Human life influences the nature of the afterlife: February 12, 1984

Human life is a journey toward the perfection of spirit: December 11, 2014

Human life is a school: June 12, 1995

Human life is about relationships: June 6, 2017

Human life is but a moment: May 18, 2004

Human life is inhabited by spirit: October 25, 2018

Human life is necessary to achieve union with God: July 1, 1998

In death, all is cast away except the love given and received during human life: June 21, 1994

It is not life's events that are important, but your response to them: April 18, 2011

Journey of life compared to ship on the ocean: January 23, 2012

Journey through life compared to a ship at sea: February 13, 2012

Life as an act of faith: November 7, 1981

Life begins as one cell creates another: August 26, 2008

Life changes: January 7, 1985

Life does not begin at birth nor end at death: October 25, 2011

Life in the spiritual realm: June 21, 1994

Life is a process of spiritual broadening: February 13, 2012

Life is about letting go of judgment: October 25, 2012

Life is about serving, about giving: April 12, 2012

Life is essential for all souls: September 13, 1985

Life is for seeking: July 9, 2009

Life is for serving others: May 9, 1993

Life is for soul growth: May 13, 1986

Life is not the pursuit of perfection but the search for divine awareness: May 8, 1983

Life is permanent: August 31, 1995; November 26, 2012

Life is spiritual rather than physical: May 28, 2002

Life is the natural extension of love: May 4, 2017

Life moves toward balance: July 18, 2012

Life orientations: get love or give love: December 12, 1981

Life presents unequal opportunities: February 19, 1988

Life review is an acknowledgment of growth: December 11, 2014

Life's burdens are to be shared: April 12, 2012

Life's priorities: moving toward God and serving others: October 23, 1983

Little in life is the result of chance: August 5, 1991

Live to give: July 1, 1987

Living multiple existences simultaneously: December 13, 2012

Love is to be shared in life and not just in the remembrance of life: February 12, 2015

Meaning of Jesus' life and death: March 20, 1982

No life is more blessed than another: September 25, 2010

Purpose of life is enhancement of spirit: November 16, 2017

Putting life in perspective: April 15, 1985

Re-evaluating life at a crossroads: September 5, 1983

Relinquish control of your life: June 4, 1984

Spiritual mirrors of life: December 11, 1987

Staircase of life: February 16, 2009

Sticks and boulders in the river of life: September 1, 2010

The concentric circles of life and love: April 8, 2004

The constancy of fulfillment: April 30, 1998

The continuum of life: May 6, 2002

The dignity of life: April 17, 2001

The importance of light and love in the life of spirit: October 24, 2005

The importance of stones on the path of life: July 27, 2020

The journey of life: March 3, 2020

The journey of life, accompanied by guides: August 21, 2007

The needs of one's soul govern the nature of one's life: October 23, 1983

The path through life: January 29, 2009

The purpose of human life: December 15, 2005

The relationship of peace and love in human life and spiritual life: June 30, 1994

There is value in all that exists: August 18, 2011

Unclutter and simplify your life: March 4, 1984

Unity of all life: April 21, 1984

Unseen life-forms on earth are positive: December 5, 2011

Value life; resist its termination: March 31, 2011

Value the gift of life: July 1, 1998

Various forms of fulfillment: November 5, 2019

Welcome the storms of life: May 6, 1996

What gives life meaning: October 11, 1993; December 28, 1998

What's really important in life: January 30, 1995

When a life is brief: June 19, 2019

When does life begin?: October 25, 2018

Why live a human life?: July 2, 2002

Why souls share the experience of human life: December 9, 2013

## **Light**

A lot about light: October 17, 2019

Absorbed light provides insight: July 29, 2010



Allow God's light to pass through you to others: April 15, 1988

Analogy of mirrors and lenses reflecting and magnifying light: September 22, 1991

Auras: February 28, 2002; May 19, 2008

Be a reflector of God's light: May 6, 2008

Being a reflection of God's light compared to the sun reflecting off Venus: May 27, 2020

Being reflectors of God's light: April 8, 1984

Chakras: November 6, 2002

Characteristics of light, darkness, and energy: May 10, 2010

Consider yourselves lights: October 24, 1981

Darkness and Light: June 21, 2007; August 28, 2012

Each soul has its own color: April 19, 2000

Even in darkness the Light is present: January 14, 2021

Everything is sacred and generates light: April 19, 2000

Evil does not operate in light: February 27, 1981

Focusing on light eases burdens: June 12, 2014

Giving love and light to another: July 5, 1991

God's light: July 5, 1991

Guidance compared to a lens focusing light: April 15, 1988

Guides and humans focus God's light: June 15, 2006

Guides are known by their lights, not by name: August 2, 1995

Hearth metaphor in giving and receiving light: September 28, 1979

Humans can reflect God's light: November 15, 1980

Humans have the strength and power of light: May 9, 2013

Humans progress because light is attracted to light: December 9, 2013

Illumination: September 21, 2009

Individuals are identified by color of their lights: May 14, 2012

It is important to embrace the light: November 26, 2012

Light always overcomes darkness: August 26, 2008

Light as it pertains to prayer and communication with guides: August 24, 1979

Look both inward and outward for God's light: August 3, 1994

Love and light are interchangeable: May 14, 2012

Love as the source of energy and light: June 13, 2001

Loving light of God: May 28, 2002

Nature of divine light: August 26, 2008

Nature of time and light: May 30, 2006

Negative thoughts attract light: June 7, 2010

Prayer described as energy absorption and reflection: July 29, 2010

Soul compared to a beacon of light: March 29, 2004

Soul compared to a window that transmits God's light: August 18, 1999

Souls as candles: February 28, 1994

Souls grow in the presence of light: February 28, 2012

Spirits are visible as lights of different colors: January 14, 2013

Spiritual light: April 19, 2000

Spiritual light compared to candles: May 14, 2012

Spiritual Light: as a form of energy; as a unique fingerprint of a soul; as it relates to prayer; as a medium of communication; seeing all souls as reflectors or receivers: December 26, 1980

Spiritual reflection of God's light: February 28, 2002

The colors of love in spiritual light: November 22, 1993

The dynamics of absorbing and reflecting energy and God's light: July 29, 2010

The effect of relationships on light: September 22, 1991

The functions of light and darkness: November 2, 2017

The importance of light and love in the life of spirit: October 24, 2005

The light in darkness: May 25, 2017

The light of communication: March 30, 2010

The light of God: April 30, 2019

The light of God and humans compared to candles: April 25, 2016

The light of prayer: November 5, 1989

The light you reflect is brought back to you: May 6, 2008

The oneness of everything, compared to light and air: September 25, 1982

The soul responds to God's loving light as a plant responds to light: August 18, 1999

The value and purpose of light: December 9, 2013

There has always been light: May 6, 2008

Winter religious celebrations are based on light: December 15, 2005

World peace is dependent on seeing the light in others: June 3, 2008

## **Listening**

Appropriate action begins with listening: November 1, 2001

Authentic listening: October 15, 2001

Choosing to love by being a listener: May 29, 1983

Communion through peaceful listening: July 27, 2005

Compassionate listening provides strength: April 24, 1995

Detecting God's presence: May 1, 2003

Find time for contemplation, passive prayer, listening: February 10, 1998

Hearing and listening to God: March 11, 2004

Hearing God speak: July 18, 2012

Hearing God: May 23, 2001

How to hear God and discern God's will re the national political scene and world stage (The Democratic Convention commenced this day): July 26, 2004

Humans choose to hear God: August 21, 2001

Internal and external listening: April 30, 1998

Listen to the plants and rocks, for they speak: February 11, 2013

Listen, accept, and don't judge to become more like God: October 8, 1983

Listening in groups and in marriage: December 18, 1983

Listening is not only for words: March 3, 2003

Listening to God: August 5, 2013

Listening well: January 7, 1985

Listening with the heart: January 11, 2018

Meaningful listening: April 30, 2012

Meditation is listening: November 26, 2002

Prayer and listening: May 22, 1981

Prayer is listening: June 22, 2005

Seeing and hearing with your heart: January 20, 2000

Seek calm and warmth to gain insight: February 27, 1981  
Take time to listen: October 30, 2008  
The art of listening: February 12, 1997  
The difference between action and reaction: November 1, 2001  
The importance of silence: January 15, 2001; January 29, 2001  
The needs of a good listener: January 29, 2018  
The power of prayer is in listening: December 30, 2003  
The quiet voice of God: January 24, 2002  
True listening in an act of nonjudgmental love: November 28, 2016  
Witness through actions: September 18, 1981  
Your lives ideally are lives of listening: February 11, 2013

## **Love**

An expanded view of love: November 29, 2018  
Becoming more loving, more vulnerable: April 14, 2014  
Choose love at life's intersections: September 1, 2010  
Choosing to love by being a listener: May 29, 1983  
Commandments to love: July 13, 2005  
Concern for a critically ill loved one: February 3, 2011  
Condemn actions while loving the perpetrator: June 29, 2015  
Dealing with loss: October 30, 2006  
Death does not separate those who love: July 15, 2010  
Embracing the foe: May 31, 2012  
Every human experiences love in some form: November 18, 2013  
Everything is evolving towards peace and love: September 13, 2012  
Evolving from loving to love: August 15, 2006  
Expressing love when it is difficult: February 23, 2015  
Faith leads to love: July 22, 2008  
Faith, love and healing: August 31, 1980  
Giving and receiving love: July 20, 1995; February 6, 2014

Giving love and light to another: July 5, 1991

God blesses people with the ability to give and receive love: November 22, 1992

God can only love: March 23, 2009

God is experienced through love as a choice: January 14, 1983

God loves everyone completely and unconditionally: January 28, 2013

God's all-encompassing love: September 25, 1982

God, love and human life as circles: May 2, 2005

God/Love compared to a river: August 31, 2006; September 18, 2006

God's gift of love given through service: April 19, 2004

Grow by exercising love without judgment: June 12, 1981

Growth toward pure Love did not begin with this human life and does not end with it: February 22, 2016

Guidance, peace, faith and love are all gifts from God: December 8, 1985

How the love of God grows: March 30, 2006

Human life is a process of becoming unconditionally loving: January 17, 2011

In death, all is cast away except the love given and received during human life: June 21, 1994

In giving love, it is received: February 12, 2015

Life orientations: get love or give love: December 12, 1981

Listening is love: July 18, 1985

Living and loving in a timeless sense: September 4, 1996

Love and light are interchangeable: May 14, 2012

Love as balance: August 15, 2006

Love as the source of energy and light: June 13, 2001

Love can only grow: January 19, 2017

Love does not dominate: October 9, 1997

Love has no conditions: September 13, 1985

Love honors that which is permanent: June 4, 2009

Love is a gravitational force: July 24, 2017

Love is a portal to a vision of God: July 7, 2011

Love is a requirement: April 9, 2009

Love is expressed through service: July 8, 2014

Love is the nutrient for spiritual growth: December 21, 1986

Love is the ultimate way and power: October 10, 1981

Love is to be shared in life and not just in the remembrance of life: February 12, 2015

Love nourishes spirit: November 8, 2018

Love nonjudgmentally: November 10, 2005

Love spontaneously and unconditionally: March 23, 1986

Love those who are difficult: June 1, 1986

Loving and being loved: September 25, 2003

Loving light of God: May 28, 2002

Loving relationships originate prior to human life: December 11, 2003

Loving when loving is difficult: May 25, 2017

No judgment on one type of loving relationship over another: May 14, 2012

Nurturing self and others: December 11, 1995

Only human love and goodness are detected by other energy-forms: December 5, 2011

Our connection to those we love who have passed on: May 15, 2006

Providing loving support: November 12, 1983

Purpose of human life is the transformation from being loved to giving love: March 6, 2008

Receiving and giving love: September 25, 1987

Respond to life with love: August 30, 1993

Seeing with the heart: March 31, 2011

Seek ways of being loving: September 21, 2009

Serve others with love, not duty, obligation, or guilt: January 26, 2006

Souls influence each other through love: April 30, 1983

Spiritual love: August 16, 1995

The absence of love is fear: January 6, 2009

The basis of love for another: April 6, 1983

The challenge of love: January 14, 1983

The circle of love includes God, guides, and humans: October 3, 2019

The colors of love in spiritual light: November 22, 1993

The concentric circles of life and love: April 8, 2004

The expansion of love compared to water evaporation and its return to the sea: December 1, 2005

The expression of love as evidence of spiritual activity: June 12, 1995

The flow of spiritual love: September 12, 2019

The importance of light and love in the life of spirit: October 24, 2005

The importance of love: February 26, 1984

The importance of self-love: March 22, 2007

The interrelationship of service, vulnerability, peace, love, and equality: October 4, 2010

The momentum of human life is toward peace and love: January 14, 2013

The moral code bends towards love and affirmation: August 10, 2020

The nature of love: February 6, 2017

The only thing constant is love: March 25, 2019

The relationship of peace and love as process and product: August 17, 2005

The relationship of peace and love in human life and spiritual life: June 30, 1994

The role of compassion in love and prayer: December 21, 1986

The role of the heart: January 27, 2015

The true value of any gift is the love offered by the giver: April 12, 2012

Tolerance, love, and non-judgment: January 7, 1985

Transitioning through the field of love: March 7, 2005

Turning point in attention humanity gives to compassion and nonjudgmental love: February 8, 2010

Unconditional love defined: April 23, 2002

Understanding and loving the hand that strikes: September 11, 2001

What it means to create love: March 7, 2016

Whatever is done out of nonjudgmental love is always adequate: October 25, 2012

### **Making Choices**

Approach decisions with prayer: February 28, 1993

Asking for help in making decisions: December 18, 1983

Choose love at life's intersections: September 1, 2010

Free will and the choice for God: May 27, 1991

God is experienced through love as a choice: January 14, 1983

Making right decisions: April 30, 1983

Making the right choices: June 30, 2008

### **Marriage**

Caring relationships: March 15, 1985

Listening in groups and in marriage: December 18, 1983

Marriage relationships: April 18, 1980

The wedding ceremony: August 30, 1993

### **Meditation**

Meditation: January 29, 2001

Seek guidance through prayer, meditation: April 11, 1987

### **Messages**

Answers to the expressed desire for more inclusive language in the messages: June 17, 2003

Beginning to receive messages: December 14, 1979

Content of messages more important than words used: June 20, 1985

Differences in messages received by others: September 12, 2016

Guidance for sharing this material: April 2, 2017

How to organize the messages: October 4, 1986

Limiting subject matter of messages: August 24, 1979

Messages are a school of fire prevention: September 2, 1979

Messages are God's word: December 26, 1980

Messages are to be shared: October 26, 1980

Messages provide a portion of the whole truth: November 20, 1991

Messages require careful study: November 6, 1982

Organize messages by subject: December 7, 1980

Perceived difficulty in sharing messages: June 12, 1982

Prayer increases the ability to receive: October 30, 1995

Receiving and trusting messages builds faith: October 27, 1979



Rereading, pondering, and sharing these messages: May 27, 1997

Resistance to accepting spirit guide messages: September 5, 1982

Share all messages: January 30, 1982; June 22, 2009

Sharing: October 14, 1998

Sharing beliefs about guides and these messages best done in small groups: December 20, 2011

Sharing them within the Church: September 2, 1979

Sharing these messages: September 27, 2007; October 28, 2010

Studying these messages: May 29, 1982

The purpose of messages: November 15, 1980

These messages become clearer over time: June 30, 2016

These messages serve two main functions: June 17, 2003

### **Mind**

Difference between heart and mind: April 2, 2017

### **Miracles**

When seemingly miraculous things happen: September 24, 2020

### **Mysteries**

Embrace the mysteries: May 10, 2018

### **Nature**

Appreciate the beauty of nature: March 22, 1995

Have respect for nature's balance: August 3, 1988

Ignoring the importance of nature has consequences: April 20, 2020

Natural disasters and climate change: May 21, 2007

Nature and role of guides and their messages, using analogy of driving a car: June 13, 1980

The nature of souls: December 12, 1981

The nature of the universe: February 9, 2006

## **Now**

All is in **the now: October 26, 2020**

No time in the Now: March 2, 2021

The Now is the reality of change: November 19, 2020

## **Oneness/Unity**

Absolute unity of life: May 8, 1981

Acknowledge equality: November 10, 2005

All are equally blessed: March 24, 2003

All are part of the same body: October 23, 1983

All is now, all is one: April 2, 2017

All of creation is equal: May 22, 1981

All souls are a single entity: May 28, 2002

All souls are equal, united, and part of the entity of God: March 23, 1999

All That Is is a single entity: October 5, 2009

Being one with God: March 28, 1980

Difference between who and what one is: October 2, 2017

Equality of blessings: April 29, 1985

Equality of souls: April 21, 1984

Everything is connected: November 21, 1986

Generosity of spirit is knowing you and another are one: July 5, 2018

Greater awareness of unity after death: March 23, 1999

Guides and humans are fully one: April 18, 2017

Identity within oneness of Spirit compared to parts of body and flowers in bouquet: September 12, 2016

Nature, spirit, and the unity of all creation: June 3, 2003

Oneness: January 7, 1985

Our souls cycle to oneness with God: October 24, 1982

Peace, unity, and awareness of God: February 12, 1997

The created and Creator are one: May 24, 2010

The equality of everything: March 30, 2006

The oneness of everything, compared to light and air: September 25, 1982

The unity of all that is: July 26, 1991

The universe is a living entity that is part of a greater one: December 13, 2102

The universe is a single entity: October 10, 1981

Unity of all as water in a bowl: May 18, 2004

Unity of all souls and God compared to drops of water in the ocean: October 26, 1980

Unity of all souls as spokes on a wheel: May 4, 2004

Unity of all souls: February 9, 2004

Universe is a single entity: September 21, 2004

### **Organized Religion**

All religious practices are valid: May 28, 2002

No one religion is more correct than another: September 5, 1982

Organized Religion: November 2, 1979

What it means to be “saved”: April 24, 1981

### **Other Life-forms**

Intelligent life beyond Earth: May 18, 2004

Intelligent life on other planets: September 21, 2004

Life-forms that resonate God’s vibration accompany humans: July 9, 2015

More on other life-forms: January 11, 2007

Other life-forms: November 30, 2006

Other life-forms have awareness: June 11, 2018

Other life-forms know of the Spirit Center: May 3, 2020

Other life-forms that help humans: August 20, 2015

Other worlds, other life-forms: December 5, 2011

Some life-forms are more advanced than humans: January 4, 2016

Some other life-forms are aware of the Spirit Center: October 26, 2020

Spiritual entities who have not experienced human life, and those who have experienced more than one: April 30, 1998

Unknown energy-forms that recognize the Centrality of Presence: September 21, 2015

Unseen life-forms on earth are positive: December 5, 2011

Web of life involves other conscious energy-forms that are permanent: October 6, 2015

### **Parenting**

Child prodigies: October 7, 2002

Parenting: March 28, 1980

### **Peace**

All that exists leads ultimately to balance and becomes peace: September 7, 2017

Be peaceful to receive God: October 8, 1983

Bring about peace by reflecting God: March 14, 1982

Everything is evolving towards peace and love: September 13, 2012

Faith essential for peace: July 9, 2009

Find inner peace by focusing on God: January 30, 1982

Finding and reflecting peace: July 7, 1985

Finding peace/balance in times of suffering: January 28, 2010

God is within and experienced as a sense of peace: June 12, 1982

Guidance, peace, faith and love are all gifts from God: December 8, 1985

How to achieve peace: April 13, 1986

Peace is the acknowledgment of oneness: September 7, 2017

Peace is the recognition that the Creator is present in all: August 25, 2016

Seeking peace compared to being on a boat in stormy seas: June 8, 2020

### **Inner peace**

Achieving inner peace: February 8, 1987

Being peaceful is a choice: July 26, 2018

Courage in seeking inner peace: June 16, 1984

In seeking peace, seek unity: August 5, 1997

Moving from war towards peace: August 1, 2006

Peace and balance are closely related: August 3, 1988; October 28, 2010

Peace and the abolition of self-interest: August 20, 2002

Peace is a gift from God: November 15, 1995

Peace is of God: June 14, 1990

Peace requires tolerance and respect: January 8, 2008

Peace within as a prerequisite for world peace: December 12, 1982

Peacemaking among nations: January 5, 2012

Practice patience, tolerance, peace: February 16, 1994

Praying for peace: December 21, 1986; August 20, 2002

Prescription for peace: April 1, 1996

Receiving and extending inner peace: June 13, 1988

Seek avenues of peace: September 19, 1981

Seeking peace or healing is seeking balance: October 30, 2008

Spiritual joy is peace: May 6, 1996

Spiritual peace: November 29, 2007

The interrelationship of service, vulnerability, peace, love, and equality: October 4, 2010

The momentum of human life is toward peace and love: January 14, 2013

The relationship of peace and love as process and product: August 17, 2005

The relationship of peace and love in human life and spiritual life: June 30, 1994

War and peace, in reference to concerns about U.S. threats to invade Iraq: February 10, 2003

War is never defensive: September 8, 2003

War: March 3, 2003

Ways of achieving peace: January 9, 1987

### **World Peace**

Emotional peace is crucial for world peace: August 30, 1988

Peace within as a prerequisite for world peace: December 12, 1982

Resolving conflict in the world: September 19, 2002

World conflict results from individual restlessness: December 12, 1982

World peace is dependent on seeing the light in others: June 3, 2008

## **Perfection**

Seek not perfection but receptivity: September 13, 2007

## **Personal Growth**

Personal and spiritual growth requires change: September 3, 2015

Personal growth depends on growth of others: November 10, 1994

## **Perspective/Perception**

Accept differing perceptions of God: February 13, 1981

Affirming when disapproving: January 22, 2007

Analogy of spokes in a wheel to differing perceptions of God: April 24, 1981

Any separation is a mirage: April 29, 2014

Avoiding conflict from differing perspectives: January 11, 2007

Concerns over perceptions of another: March 19, 1983

God welcomes variety in perceptions and experience: February 25, 1983

Honoring differing perspectives in conflict: March 12, 2007

Keep problems in perspective: January 9, 1981

Metaphor of two blind persons climbing a tree: October 5, 1979

Patience plus prayer leads to perception and perception plus faith leads to action: May 25, 1980

Perceiving God: January 14, 1983

Perception of God as one who intercedes leads to disappointment: February 28, 1986

Perception of self and response to others: November 26, 2002

Perceptions filter reality: January 22, 2008

Psychic predictions: August 28, 2000

Putting life in perspective: April 15, 1985

See God in the face of another: December 30, 2003

The need for a broad perspective: March 4, 1984

The perception of God: February 25, 1983

The perception of God's abiding presence compared to the filter of sunglasses: March 7, 2013

The triangle of essential perspectives: April 29, 1992  
Tolerance for different perspectives: November 12, 1983  
Understanding other perceptions is important: February 25, 1983  
Value of differences in perceptions of God: November 7, 1981  
Various perceptions of God: May 14, 2011  
Varying perceptions of truth: November 20, 1991  
What is good is expanding: May 14, 2011

### **Politics**

Concerns about the political process: June 30, 2016  
How to address political tensions: July 14, 2016  
Political and societal tension: October 24, 2016

### **Power**

Love is the ultimate way and power: October 10, 1981  
Power of the mind to control bodily functions: February 27, 1981  
The nature and power of God and the necessity of the human response: December 23, 1991  
The power of corporate prayer: August 28, 2000  
The power of positive thinking: April 17, 2001  
The power of prayer to open others: August 21, 2001  
You are the enabler of God's power: September 11, 1987

### **Prayer**

Accept God's response to prayer: June 4, 1984  
Activating God's response to prayer: December 8, 1993  
All benefit from prayer: February 3, 2011  
All prayers are about opening to God: January 24, 1994  
Analogy of prayer to stove emitting heat: July 11, 1988  
Answered prayer: April 9, 2009

Approach decisions with prayer: February 28, 1993

Be receptive in prayer: June 20, 1983

Best prayers open the heart: January 14, 2019

Collective prayer and personal prayer: January 14, 2010

Corporate prayer and meditation: September 11, 2000

Dealing with relationships through thoughts, prayers, and actions: January 21, 1984

Difference between worry and prayer: July 11, 1988

Do not use prayer to condemn: January 14, 2019

Effects of prayer: November 11, 1992

Energy of prayer: December 23, 1991

Expand your abilities to recognize God's response to prayer: May 8, 1983

Find time for contemplation, passive prayer, listening: February 10, 1998

For guidance: November 12, 2007

Function of prayer: November 20, 1981

God responds through prayer, not because of prayer: April 6, 1983

God's response to prayer: August 5, 1987, April 11, 2016

How prayer is answered: November 2, 1979

How prayer works: June 1, 1986; April 30, 2012

How to pray in a positive manner: October 14, 1998

Imaging prayer: October 2, 2000

Immortal strength granted through prayer: March 23, 2000

Importance of passive prayer: July 10, 1997

It is the act of prayer rather than the words that is important: July 8, 2019

Keep prayer foremost in your mind: July 13, 1999

No proper way to pray: February 25, 2019

Patience plus prayer leads to perception and perception plus faith leads to action: May 25, 1980

Practice what you pray: June 30, 1988

Pray for balance: March 23, 2009

Pray for nourishment: April 25, 1982

Pray for your soul: October 26, 2009



Pray to be open to God's presence, not that God does what you desire: November 18, 2013

Pray to be open to what you need, not what you want: August 20, 2015

Prayer and listening: May 22, 1981

Prayer and one's conscience: May 22, 1981

Prayer as communication: January 10, 1982

Prayer benefits both giver and recipient: June 14, 1990

Prayer benefits both parties: December 9, 2010

Prayer described as energy absorption and reflection: July 29, 2010

Prayer does not activate God: June 9, 2004; April 12, 2012

Prayer does not call God into action: August 21, 2001

Prayer does not influence God: March 23, 2000

Prayer impacts All That Is: October 3, 2013

Prayer increases the ability to receive: October 30, 1995

Prayer is affirmation: December 13, 2001

Prayer is always beneficial: January 22, 2008

Prayer is learning to be loving: February 22, 2016

Prayer is listening: June 22, 2005

Prayer is not words but an opening: April 4, 2013

Prayer is really about openness: August 12, 2014

Prayer is simply your personal acknowledgment of God: June 3, 2008

Prayer is to strengthen: March 11, 2019

Prayer is what you are, not what you do: March 15, 2011

Prayer, faith, and flexibility: May 26, 2003

Prayers are for wholeness: September 21, 2004

Prayers are translated from wants to needs: July 8, 2019

Prayers of gratitude: December 7, 1980

Prayer's impact on and response from those in spirit: October 30, 2014

Praying for and receiving guidance: October 26, 2009

Praying for healing is praying for balance: December 30, 2003

Praying for health: September 8, 2020

Praying is being vulnerable: March 23, 2000

Relationship between prayer and God's actions: June 20, 1986

Relationship of thoughts and prayers: April 11, 2016; April 25, 2016

Right and wrong way to pray: June 13, 1980

Seek guidance through prayer, meditation: April 11, 1987

Spiritual Light as it relates to prayer: December 26, 1980

The effects of prayer: July 11, 1988

The energy of prayer: June 30, 1988

The importance of action as well as prayer: June 2, 1996

The importance of corporate worship and prayer: September 14, 1979

The light of prayer: November 5, 1989

The power of corporate prayer: May 8, 1981; August 28, 2000

The power of prayer and loving thoughts: November 10, 1994

The power of prayer comes not from words but intention: October 3, 2013

The power of prayer is in listening: December 30, 2003

The power of prayer is in opening the one who prays: July 5, 2018

The power of prayer to open others: August 21, 2001

The presence of guides during prayer: October 20, 1991

The purpose and effects of prayer: August 5, 1987

The purpose of prayer: June 20, 1986

The relationship between thoughts and prayer: June 7, 2005

The relationship between God, humans, and prayer: April 15, 2021

The relationship of prayer, words, and thoughts: February 8, 2016

The response to prayer is always human: December 15, 1991

The role of compassion in love and prayer: December 21, 1986

The use of imaging prayer: October 4, 1986

Thinking about praying is a prayer: July 10, 2017

Understanding God's response to prayer: October 3, 2019

Understanding the answer to prayer: May 6, 2021

Value of corporate prayer: April 11, 2016

What prayer does: January 7, 2020

What to expect from prayer: October 4, 1986

Why guides pray: December 13, 2001

With prayer, what matters is intention: August 5, 2013

Wordless prayer: October 30, 1995

Work to bring about that for which you pray: April 24, 1995

### **Prayer For Others**

How to pray for others: March 23, 2000

Intercessory prayer: September 14, 1979; February 1998

Offering selfless prayer: October 4, 1986

Pray for all forms of creation, known and unknown: June 19, 2013

Prayer connects people through the spirit: July 21, 2015

Prayers for another are prayers for openness to the presence of God: May 19, 2008

Prayers for the dead benefit all: August 2, 1995

Praying for another: June 21, 1995

Praying for departed souls: July 24, 1996

Praying for enemies: June 29, 2015

Praying for one who does harm: October 2, 2017

Praying for others: December 12, 1982

Praying for pets: December 9, 2010

Praying for the dead: January 14, 2010

Praying for those who have passed on: August 28, 1981

Surrounding others in prayer: May 22, 1981

The power of prayer for self versus for others: August 19, 2003

When dispirited, pray for others: September 28, 1979

When you pray for those who have joined us, those prayers are really prayers of gratitude: February 11, 2013

### **Prayer for Peace/World Issues**

Pray for peace: December 21, 1986

Praying for peace: August 20, 2002

Praying for world leaders: September 3, 2013

### **Predestination**

Nothing is predestined: November 12, 1983

Nothing is preordained: August 20, 2018

Predestination: July 1, 1987; February 9, 2004; October 9, 2006

### **Quantum**

Quantum energy: November 26, 2012

### **Questioning**

Seeking, exploring, questioning encouraged: November 16, 2009

### **Randomness**

Randomness versus predetermination: December 22, 1992

There is no chaos nor randomness: June 10, 2013

### **Reaching Out to Others**

Elevate others: February 29, 1980

Living to serve others: September 21, 1980

Responding to one in need: March 11, 2004

### **Reincarnation**

All souls receive guidance, but those who have lived multiple lives may have an increased awareness due to more experience: November 17, 2011

Birth is not a beginning but a continuation: May 23, 2013

Déjà vu: past life recall?: September 21, 1980

Life after death and reincarnation: January 14, 2019

Multiple lives—human and nonhuman: May 23, 2013

Past life experiences: October 14, 2013

Previous lifetimes: September 12, 2019

Purpose of reincarnation: February 25, 2019

Reincarnation as other knowing life-forms: November 19, 2019

Reincarnation compared to appearances of a rock: August 12, 2014

Reincarnation does not occur immediately: July 22, 2008

Reincarnation is for continued growth: July 16, 2018

Reincarnation may involve both a new body and a new spirit: October 26, 2009

Reincarnation may not be immediate: August 26, 2004

Reincarnation offers additional opportunities for soul development: December 12, 1981

Reincarnation: August 24, 1979; January 11, 1980; August 3, 1994; June 12, 1995; July 20, 1995; July 1, 1998; July 1, 1999; August 18, 1999; January 29, 2009

Reincarnation: considering time does not exist, and the possibility of different life-forms: November 17, 2011

Shared experiences of present and past lives: February 11, 2021

Spiritual entities who have not experienced human life, and those who have experienced more than one: April 30, 1998

Spiritual growth supersedes past-life knowledge: October 24, 1982

The place of past lives: February 6, 2014

The role of karma and reincarnation in spiritual growth: June 17, 2003

The value of past life carry-over: July 23, 2019

To reincarnate or not: December 11, 2014

When a life is cut short: September 3, 2015

Why humans don't remember past lives: October 5, 2009

## **Relationships**

Achieving international understanding: June 2, 1996

Addressing disagreements in relationships: January 28, 2013

Analogy of partially charged battery in relationships: January 7, 1998

Assisting a friend in need: December 11, 2007

Avoiding relationships stunts personal growth: January 28, 2013

Be a catalyst for beneficial change in relationships: February 9, 1999

Caring relationships: March 15, 1985

Choosing between enabling and protecting another in need: April 17, 1996

Dealing with adversity and difficult relationships: August 5, 1991

Dealing with family patterns: October 30, 1996

Dealing with relationships through thoughts, prayers, and actions: January 21, 1984

Dynamic relationship between God and humans: April 25, 1982

Eternal relationships with guides and family members: December 11, 2003

Evil in relationships: January 12, 1990

Exercise spiritual presence in relationships: February 9, 1999

Guides and their relationship to the human soul: April 15, 1985

Handling disagreements: January 21, 1984

How to resist the destructive behavior of others: November 29, 2018

Human life is about relationships: June 6, 2017

Human relationship with guides and God: June 12, 1981

Human relationships offer unique opportunities: January 26, 1994

Humans have a special relationship to God but are not most important: October 10, 1981

Influencing others consciously and unconsciously: April 6, 1983

Knowledge is necessary in difficult relationships: July 10, 1996

Looking into another's eyes: July 8, 2019

Loving relationships originate prior to human life: December 11, 2003

Marriage relationships: April 18, 1980

Our relationship to animals and all that has been created: August 19, 2003

Relationship between body and soul: July 2, 2002

Relationship between God and humans: October 25, 2011

Relationship between prayer and God's actions: June 20, 1986

Relationship between the physical and spiritual self: June 2, 1996

Relationship of guides, humans, and spirit: November 20, 2006

Relationship to God: September 15, 2008

Relationship with guides: March 11, 2004

Relationships are exchanges of energy: April 23, 2009

Relationships are permanent and defining: November 22, 1993

Relationships are source of spiritual development: February 12, 1982

Remove ego from relationships: November 30, 2017

Right relationships: October 4, 1995

Seeing commonality in challenging individuals: November 19, 2020

Souls returning to earthly life compared to the cycle of rain and evaporation: September 24, 2020

Spiritual growth through relationships: February 19, 2007

Spiritual relationships: January 6, 2009

The effect of relationships on light: September 22, 1991

The importance of relationships: December 11, 1997

The interrelationship of service, vulnerability, peace, love, and equality: October 4, 2010

The relationship and interaction of body, mind, soul, spirit, and guides: August 18, 1999

The relationship between God, humans, and prayer: April 15, 2021

The relationship between thoughts and prayer: June 7, 2005

The relationship of all souls, incarnate and discarnate: September 9, 1985

The relationship of anger, fear and hate: March 24, 2003

The relationship of body and soul: July 2, 2001

The relationship of God, spirit guides, humans, and All That Is: March 7, 2013

The relationship of peace and love as process and product: August 17, 2005

The relationship of the material to the spiritual, the temporary to the permanent: September 21, 2004

The relationship of the physical and the spiritual: November 6, 2002

The relationship to God: December 18, 1983

The relationship triangle: March 20, 1992

The soul/human relationship: January 9, 2006

Tolerance and non-judgment in personal relationships: September 22, 1985

True trust requires acceptance of imperfection: January 29, 2018

When embracing another, you are an expression of God: August 25, 2016

Your gift to others is who you are: December 20, 2011

## **Religion**

A church seeks spiritual leadership: September 7, 2017

All religious beliefs require hope: December 22, 2014

All religious practices are valid: May 28, 2002

Biblical scripture and other inspired writings: July 23, 1992

Commonalities and differences in religions: January 5, 1996

Conflicting passages in the Bible: October 5, 1979

Differences of religions are manifestations of different needs of souls: June 1, 1986

Hell does not exist: July 14, 1998

Interpretations of God, Jesus, and others who are worshipped: December 28, 1998

No faith system has the only answer: March 2, 1999

No one religion is more correct than another: September 5, 1982

One religious belief is not better than another: October 6, 2015

Proselytizing: June 21, 2001

Religion is not crucial for everyone but connectedness is: October 27, 2015

Religion should be about asking questions rather than providing answers: August 28, 2014

Religions and commandments: April 29, 1985

Religions are equally valid: September 17, 1997

Religions compared to rivers flowing towards sea of God: September 14, 1979

Religious beliefs are a kind of magic: December 13, 2012

Study religious stories for true meaning, not for specifics: April 22, 2013

The gap in relationships: May 24, 2018

The purpose religions serve: December 19, 1995

The relevance of scriptures: March 14, 2006

The role of the Bible and other sacred texts: August 12, 2008

The true meaning of Easter: April 4, 2013

Truth in Gnostic thought: November 15, 1980

What it means to be “saved”: April 24, 198; June 22, 2004

Winter religious celebrations are based on light: December 15, 2005

## **Rituals**

Circumcision and other symbols of faith: June 21, 2007



Reconciling church doctrine (adult baptism) and spirit: June 2, 1980

The wedding ceremony: August 30, 1993

### **Sacred**

All beings are sacred: June 30, 2016

Nothing is more sacred than anything else: August 25, 2016

The sacredness of all things: October 10, 2020

### **Science**

Scientific breakthroughs: November 30, 2006

Notions of time, space, and unity as regards the human world, spirit, and God: February 12, 2019

### **Self-Knowledge**

Accept inadequacies of self and others: January 7, 1998

Accept who you are: May 5, 1984

Applying what you know is challenging: November 30, 1994

Asking questions of denial or discovery: October 4, 2012

Asking “why me” results in self-pity: August 18, 1991

Be appropriately unimportant: September 13, 1993

Be honest in your evaluation of who you really are, where you are on your personal journey, and where you would like to be: May 29, 1994

Be the change you seek: May 14, 2011

Being alone has advantages: June 25, 1982

Being mindful of life’s lessons: July 13, 1999

Both words and actions reflect one’s current journey: January 23, 2012

Difference between knowledge and belief: July 15, 2010

Disagreements between individuals are conflicts within the self: March 23, 1999

Discover who you are and why you are: April 9, 2009

How to find what you seek: January 17, 2011

Internalize acquired knowledge: August 18, 1991  
Lose your sense of self-importance: July 16, 1987  
Meeting the needs of self and others: June 16, 1998  
Peace and the abolition of self-interest: August 20, 2002  
Provide rest for body and soul: July 10, 1997  
Self-awareness and service to others: February 12, 1997  
Spiritual nurture for self and others : June 16, 1998  
The difference between who you are and what you are: April 18, 2011  
Transcending the importance of self: May 29, 1995  
Value yourself: May 9, 1993  
Who and what you are: April 21, 2015  
You are what you do and not what you say: July 7, 2011  
You are what you seek: June 25, 2012

### **Service**

Do not serve out of obligation but out of love: September 12, 2019  
Giving and receiving help: November 1, 1993  
God's gift of love given through service: April 19, 2004  
Know yourself so you can serve others: January 24, 2002  
Life is about serving, about giving: April 12, 2012  
Life is for serving others: May 9, 1993  
Life's priorities: moving toward God and serving others: October 23, 1983  
Living to serve: November 12, 1983  
Love is expressed through service: July 8, 2014  
Responding to need of others and self: April 1, 1985  
Self-awareness and service to others: February 12, 1997  
Serve others with love, not duty, obligation, or guilt: January 26, 2006  
Service is listening: July 8, 2019  
Service to self and others: October 3, 2019  
Serving another is serving God: February 13, 1981

Serving another is serving God: May 15, 1982

Serving another is serving God: May 27, 1988

Serving the lowest is serving God: May 29, 1983

Spiritual growth through suffering and service: June 17, 1987

The interrelationship of service, vulnerability, peace, love, and equality: October 4, 2010

The soul needs to serve: August 28, 1981

### **Sharing**

Spiritual Beliefs with Others Authentic sharing: April 30, 2012

On sharing spiritual beliefs with others: July 7, 1979

Responding to those who don't believe in spiritual guidance: December 11, 2007

Share your beliefs with respect for another's: October 26, 2009

Sharing one's needs in a trustworthy group: October 23, 1983

Sharing your spiritual journey as with an upturned palm: February 11, 2008

The importance of sharing personal concerns: October 25, 2012

The potential of group sharing: June 20, 1983

### **Soul/Spirit**

A souls' memory encompasses more than this lifetime: April 5, 1995

All souls are a single entity: May 28, 2002

All souls are drawn to God: July 14, 1998

All souls are "saved": July 1, 1999

All souls learn from similar life experiences: July 23, 2014

All souls receive guidance, but those who have lived multiple lives may have an increased awareness due to more experience: November 17, 2011

All souls were together previously: May 2, 2005

All spirits know each other: April 14, 2014

Animals do not have souls but can be present in the afterlife: September 29, 2016

Appreciating uniqueness of each soul; Soul is the dominant force in personality: April 18, 1980

Attached spirits: February 16, 2009

Awareness of spiritual entities: December 1, 2005

Being aware of one's soul: February 8, 1987

Comparing the unity of all souls to islands in the sea: August 26, 2004

Connection of body and soul is immediate: February 23, 2015

Difference between soul and spirit: May 19, 2008

Differences of religions are manifestations of different needs of souls: June 1, 1986

Each soul has its own color: April 19, 2000

Equality of souls: April 21, 1984

Eternal nature of spirit: August 26, 2004

Every soul achieves unity with all other souls: May 25, 2005

Expanding the concept of Spirit as connecting filaments: October 27, 2015

Experiences that confirm spiritual life: October 3, 1996

Faith as a function of the soul: April 10, 1981

Freeing stuck spirits: January 8, 2008

God and spirit perceive only positive energy: December 11, 2008

God communicated with souls from the beginning: April 30, 1983

Guides and their relationship to the human soul: April 15, 1985

God sustains all souls: July 29, 1999

Have tolerance for all souls and all beliefs: March 29, 1987

How guides recognize other souls: May 8, 1981

How the human experience affects the soul and how the soul affects the human experience: March 28, 2002

How to enhance the lives of those in spirit: October 30, 2014

How to help the soul progress: May 22, 1981

Human choice influences the soul's development: December 12, 1981

Human response to spiritual awareness: October 4, 1995

Human souls do not exist in animals: September 8, 2003

Human spirits, nonphysical spirits, and God: December 11, 2008

Human struggle offers opportunity for soul growth: August 13, 2009

Humans' and spirits' parallel lives: August 13, 2009

Individual souls are part of THE Spirit: September 25, 2010

Interdependence among souls: June 30, 2008

Life is essential for all souls: September 13, 1985

Location of the soul: March 23, 1999

More than one human lifetime may be necessary: May 25, 2005

Multiple manifestations of a soul: March 2, 2021

Natural tendency of spirit is to reach out, expand: June 4, 2009

Nature, spirit, and the unity of all creation: June 3, 2003

Negative forces in spirit world: September 5, 1982

No separation in the realm of Spirit: June 29, 2015

“Old souls” or “young souls” are not about age but maturity: October 17, 2019

Our souls cycle to oneness with God: October 24, 1982

Positive and negative feelings have an effect on all souls: December 21, 1986

Provide rest for body and soul: July 10, 1997

Pray for your soul: October 26, 2009

Reconciling with departed souls: April 4, 2000

Refinement of the soul: November 21, 1986

Reincarnation may involve both a new body and a new spirit: October 26, 2009

Reincarnation offers additional opportunities for soul development: December 12, 1981

Relationship between body and soul: July 2, 2002

Relationship of guides, humans, and spirit: November 20, 2006

Resistance to accepting spirit guide messages: September 5, 1982

Soul compared to a beacon of light: March 29, 2004

Soul compared to a candle: August 28, 1981

Soul compared to a river: September 13, 1985

Soul compared to a window that transmits God’s light: August 18, 1999

Soul flight: August 9, 1993

Soul growth: January 11, 1980

Soul growth in the here and hereafter: May 30, 2006

Soul growth linked to choice: September 21, 1980

Soul growth through affirmation, your own or others’: June 6, 2019

Soul is the window to God’s light: August 25, 2016

Souls are not limited in location: August 31, 1995

Souls as candles: February 28, 1994

Souls choose the path for growth in human form: October 10, 1992

Souls do not move backward: March 19, 1983

Souls grow in the presence of light: February 28, 2012

Souls grow through faith: September 28, 1979

Souls have different personalities: December 12, 1981

Souls influence each other through love: April 30, 1983

Souls of the dead are aware of the living: November 17, 2011

Spirit continues to evolve: March 25, 2019

Spirit energy compared to candles and mirrors: April 11, 2016

Spirit grows through decisions humans make: December 19, 2016

Spirit has a shield around it and is fully protected: May 23, 2013

Spirit is both here and there: February 12, 2019

Spirit is eternal and evolving: March 2, 2021

Spirit is the rudder of life: November 16, 2017

Spirits experience joy: July 8, 2014

Spiritual energy is nonlocal: July 21, 2015

Spiritual joy: April 15, 1988

Spiritual totality compared to cells of the human body: June 19, 2019

Suicide's effect on the soul: October 20, 1991

Support souls of the departed: November 5, 1989

The closeness of the spiritual and physical worlds: August 5, 2013

The community of souls, incarnate and discarnate: February 15, 2002

The difference between soul and spirit: January 16, 2003

The divine spark within: December 15, 1989

The effect of grief on the departed soul: January 6, 2015

The energy of spirit: May 13, 2019

The evolution of the soul: October 24, 1982

The importance and way of strengthening the soul: January 9, 1987

The importance of light and love in the life of spirit: October 24, 2005

The interdependence of body and soul: January 29, 2001

The light and color of the soul: June 21, 1995

The mutually beneficial relationship of body and soul: January 27, 2015

The nature and evolution of souls: March 28, 2002

The nature of souls: December 12, 1981

The nature of the soul prior to human life: October 24, 1982

The nature of the soul: August 18, 1999; October 7, 2002

The needs of one's soul govern the nature of one's life: October 23, 1983

The number of lives lived is unimportant: September 8, 2003

The presence of known souls after death: December 11, 2014

The protagonist for each life is the soul: July 21, 2015

The relationship and interaction of body, mind, soul, spirit, and guides: August 18, 1999

The relationship of all souls, incarnate and discarnate: September 9, 1985

The relationship of body and soul: July 2, 2001

The relationship of the physical and the spiritual: November 6, 2002

The role of all souls, including Jesus, within the concentric circles of life and love: April 8, 2004

The soul has no shape, no boundary: April 14, 2014

The soul needs to serve: August 28, 1981

The soul/body assignment is lifelong: April 30, 2007

The soul/human relationship: January 9, 2006

The soul's identity: June 30, 2008

There is no space, therefore all souls are united: November 17, 2011

Unity of all souls and God compared to drops of water in the ocean: October 26, 1980

Unity of all souls as spokes on a wheel: May 4, 2004

Unity of all souls: February 9, 2004

What is an old soul?: September 24, 2020

When soul connects with body: September 8, 2003

Why souls share the experience of human life: December 9, 2013

Why the soul attaches to human life: November 29, 2007

Why there are individual souls: March 7, 2005

Young and old souls: April 30, 1983

Your physical being accompanies your spirit on its journey: February 13, 2012

Your soul's identity: October 26, 2009

## **Spiritual Development**

A spiritual triangle: September 28, 1979

Accepting others' paths: May 29, 1982

All humans are related spiritually and genetically: June 29, 2000

All humans are spirit in physical form, seeking and progressing: January 28, 2013

All paths in spiritual development are needed: November 18, 2013

Awareness of differences in the human spirit provides understanding of spiritual development: December 23, 1991

Balance between spiritual and material life: April 25, 1982

Be vulnerable rather than defensive: November 29, 2007

Bend with change to grow spiritually: May 13, 1994

Blind obedience does not result in spiritual growth: April 25, 1982

Doubting is a sign of strength: April 9, 2007

Finding balance results in growth of the spirit: April 19, 2004

Fully embracing your own spirituality: March 29, 2004

Grow in your breadth and depth of understanding: September 27, 2005

Growth of the soul: January 15, 2001

Growth through choice: June 29, 2000

Growth through faith and failure: August 16, 1995

Healing on the spiritual, emotional, and physical levels: June 17, 1987

Helping the soul grow during human life: April 25, 2016

Human choice influences the soul's development: December 12, 1981

Human interactions are crucial for soul growth: April 17, 1996

Human life is for spiritual growth: January 23, 2012

Importance of slow progress: May 22, 1981

Life is a process of spiritual broadening: February 13, 2012



Life is for soul growth: May 13, 1986

Life is spiritual rather than physical: May 28, 2002

Love is the nutrient for spiritual growth: December 21, 1986

Movement viewed spiritually: May 8, 1981

Patience from a spiritual perspective: December 10, 2020

Personal and spiritual growth requires change: September 3, 2015

Personal growth depends on growth of others: November 10, 1994

Progress compared to passengers in a vehicle: September 2, 1979

Questioning is encouraged: September 23, 2014

Rain as metaphor for spiritual nourishment: June 3, 2003

Randomness in the spiritual life: November 21, 1986

Reincarnation offers additional opportunities for soul development: December 12, 1981

Relationships are source of spiritual development: February 12, 1982

Seek your center: May 18, 2004

Separation can lead to growth: June 25, 1982

Societies evolve at a different pace than individuals: April 1, 2014

Soul growth is guaranteed: February 28, 1994

Souls do not move backward: March 19, 1983

Spiritual beings with a different purpose: November 1, 1992

Spiritual communion compared to a radio: October 5, 1979

Spiritual connectedness compared to the sea: May 26, 2003

Spiritual development requires change: July 23, 1992

Spiritual entities connect all people: September 21, 2015

Spiritual evolution is about losing differences: September 21, 2004

Spiritual evolution: April 30, 1983

Spiritual exchange compared to multiple candles: April 18, 2011

Spiritual growth defined: March 29, 1987

Spiritual growth is observable: July 16, 1987

Spiritual growth requires change: June 25, 1982

Spiritual growth supersedes past-life knowledge: October 24, 1982

Spiritual growth through relationships: February 19, 2007  
Spiritual growth through suffering and service: June 17, 1987  
Spiritual growth within spiritual unity: August 5, 1997  
Spiritual identity within unity: December 11, 2003  
Spiritual journeys vary in style, not substance: July 14, 1998  
Spiritual particles: February 2, 2000  
Spiritual vision is essential: October 2, 2000  
Suffering is essential for spiritual growth: July 1, 1987  
Spirit progression: July 22, 2008  
Spiritual journeys compared to trips by car versus plane: November 15, 1980  
The equality of rungs on the horizontal spiritual ladder: April 30, 1998  
The evolution of the soul: October 24, 1982  
The role of karma and reincarnation in spiritual growth: June 17, 2003  
The role of patience and compassion in spiritual development: September 17, 1997  
The soul's development and connection to God: January 9, 1987  
The soul's evolution of insight is ongoing: July 8, 2014

## **Suffering**

Afflictions and suffering: July 7, 1979  
Coronavirus pandemic: March 24, 2020  
Dealing with suffering and pain: June 16, 1984  
Fear drives much suffering: June 6, 2019  
Finding peace/balance in times of suffering: January 28, 2010  
God allows suffering: May 25, 1980  
God and guides see only what leads to spiritual growth but nevertheless are aware of human suffering: October 6, 2015  
God does not suffer: March 20, 1982  
Illness and suffering: January 19, 2004  
Jesus' suffering: January 9, 1981  
Role of suffering: November 10, 2008  
Shared suffering, compassion, grace: August 26, 2004

Spiritual growth through suffering and service: June 17, 1987

Suffering: July 13, 2005

Suffering: its randomness and opportunity: November 7, 1986

Suffering and a proper response to it: September 9, 2004

Suffering does not atone for sins: March 20, 1982

Suffering is essential for spiritual growth: July 1, 1987

Suffering is neither predetermined nor created by God: July 1, 1999

Suffering is not punishment for sin: November 7, 1986

Suffering, vulnerability, and faith: November 5, 2019

Supporting those who are sick or dying: December 21, 2015

The place of suffering and long hospitalizations: July 24, 1996

The role of suffering: September 22, 1985

Tragedy and suffering (The devastating tsunami of December 26, 2004): January 17, 2005

Understanding human-caused suffering: November 13, 2015

Viewing suffering as a blessing: May 16, 1980

Why suffer?: September 23, 2014

Why there is suffering: August 5, 1987

“Suffering of spirit” defined: June 1, 2015

Why suffering?: June 6, 2019

### **Thoughts**

A thought is energy that is never lost: October 17, 2019

All that you think, say, and do affects the entire creation: February 3, 2020

Negative judgments of others affect you, too: February 3, 2020

Positive and negative thoughts and actions: April 22, 2013

Positive thoughts have a direct benefit: March 7, 2016

The power and influence of thoughts: April 4, 2013

Thoughts have energy: January 21, 2020

Your thoughts impact others: April 2, 2017

## **Time**

Acknowledging God's presence in the past, and trusting God's presence for the future: April 17, 2001

All events are essential: October 24, 1982

All is now, all is one: April 2, 2017

Guides don't relate to time, only movement or progress: January 9, 1981

Guides' perception of time: December 14, 1979

How to anticipate the future: August 30, 1993

Living and loving in a timeless sense: September 4, 1996

Make time to just be: August 30, 1992

Nature of time and light: May 30, 2006

Notions of time, space, and unity as regards the human world, spirit, and God: February 12, 2019

Past, present and future are all now: January 22, 2008; December 9, 2010

Past, present, and future time: April 5, 1995

Reincarnation: considering time does not exist, and the possibility of different life-forms: November 17, 2011

Relinquish sense of urgency: October 30, 1996

Soul growth in the here and hereafter: May 30, 2006

Space, distance, and infinity: September 3, 1998

Take time each day to commune with God: September 18, 1981

The concept of time: April 19, 2004

The importance of the present and its assurance about the future: June 12, 1995

The issue of time: October 5, 2009

The spiritual plane is a limitless present: March 7, 2017

There is no time, only presence: May 28, 2002

There is no time, space, or distance: September 25, 2010

There is no time: July 3, 1993

There is only now: September 3, 2013

Time as it relates to past, present, future: March 7, 2017

Time does not exist on the spiritual plane: February 28, 1993

Time does not exist: November 19, 2019

Time is meaningless: January 30, 1995

Unity without time or space: August 28, 2000

### **Tolerance**

The spokes on God's wheel: September 3, 2015

### **Tragedy**

Finding blessings in the midst of tragedy: September 24, 2001

God's presence during difficult times: August 20, 2015

Reflections on the tenth anniversary of 9/11: September 8, 2011

Response to disasters: February 2, 1986

Tragedy and suffering (The devastating tsunami of December 26, 2004): January 17, 2005

Why God allows tragedies: September 19, 1992

### **Transformation**

Enhance transformation by honoring the divinity in yourself and others: September 29, 2008

The importance of transformation: March 30, 2006

Transform imbalance to balance: July 13, 2005

Transformation: May 11, 2009

Transforming evil: June 22, 2005

### **Transition**

A slow transition to the afterlife: September 13, 2012

Approaching transition: June 20, 1985

Growing to and through transition: August 19, 1985

Guides experience transitions in spirit life: June 30, 2014

Period of transition varies in length: July 3, 1993

Souls unwilling to let go of human life: July 3, 1993

The transition of a loved one: July 20, 1995

Transition (death) is a graduation: January 23, 2012

Transition from human to spirit life and levels of spiritual development: October 8, 2007

Transition from life to afterlife: February 26, 1984

Transition of a group member: September 9, 1985

Transitioning through the field of love: March 7, 2005

Transitions: May 29, 1995; February 21, 2005

Transitions in life and death: July 10, 2017

## **Truth**

Spiritual approaches to truth: May 30, 1979

The ultimate truth: God is: July 16, 2018

The ultimate "Why?" questions: July 16, 2018

The value of collective commitment to discover Truth: January 6, 2014

## **Unity/Oneness**

Absolute unity of life: May 8, 1981

Acknowledge equality: November 10, 2005

All are equally blessed: March 24, 2003

All are part of the same body: October 23, 1983

All of creation is equal: May 22, 1981

All that exists is a single entity: March 31, 2015

All that exists is God: November 19, 2019

All That Is is a single entity: October 5, 2009

All That Is is God: September 29, 2008

All that you do impacts everything: June 19, 2013

All that you think, say, and do affects the entire creation: February 3, 2020

All-embracing energy connects everything: January 21, 2020

Being one with God: March 28, 1980

Celebrate diversity rather than focusing on differences: March 18, 1996

Comparing the unity of all souls to islands in the sea: August 26, 2004

Eliminate pride that ignores unity: September 13, 1994

Equality of blessings: April 29, 1985

Equality of souls: April 21, 1984

Every human is a part of God Is: March 25, 2019

Every soul achieves unity with all other souls: May 25, 2005

Everything is connected: November 21, 1986

Everything that Is is united: September 25, 2010

God is a kind of connective tissue that unites everything: January 14, 2013

In seeking peace, seek unity: August 5, 1997

Nature, spirit, and the unity of all creation: June 3, 2003

Negative judgments of others affect you, too: February 3, 2020

No separation between you, your guides, and God: November 5, 2019

Notions of time, space, and unity as regards the human world, spirit, and God: February 12, 2019

Oneness: January 7, 1985

Overlook cosmetic differences in the unity of all creation: February 16, 1994

Peace, unity, and awareness of God: February 12, 1997

Spiritual growth within spiritual unity: August 5, 1997

Spiritual identity within unity: December 11, 2003

Spiritual unity: September 24, 2001

The common bond of all that is: November 29, 2018

The energy that connects all compared to a trampoline: February 3, 2020

The equality of everything: March 30, 2006

The unity and continuity of creation: September 13, 1993

The unity and interdependence of all that exists: September 3, 1998

The unity of all souls: March 18, 1996

The unity of all that exists and all that is sought: January 17, 2011

The unity of all that is: July 26, 1991

The unity of All That Is: March 31, 2011; October 3, 2013

The unity of everything: August 31, 1995

The unity of God with All That Is: October 25, 2011

The universe is a single entity: October 10, 1981

There is no need for ego when you understand your place in the circle of All That Is: June 19, 2013

Understand the unity of all creation: November 20, 1991

Unity compared to molecules in the ocean: June 19, 2013

Unity of all as water in a bowl: May 18, 2004

Unity of all life: April 21, 1984

Unity of all souls and God compared to drops of water in the ocean: October 26, 1980

Unity of all souls as spokes on a wheel: May 4, 2004

Unity of all souls: February 9, 2004

Unity of all: August 9, 1993; October 28, 2010

Unity without time or space: August 28, 2000

Universe is a single entity: September 21, 2004

## **Universe**

Other universes, both physical and spiritual: August 20, 2019

Pathways of all that exists from the smallest particle to multiple universes: November 19, 2020

The universe is a living entity that is part of a greater one: December 13, 2102

## **Violence**

Interpreting predictions of impending doom: November 10, 1994

No justification for killing: November 30, 2017

No place for violence, even in self-defense: May 13, 1986

The future of the world depends on tolerance: June 1, 1986

Thoughts on the mass murder in Las Vegas: October 2, 2017

Understanding and loving the hand that strikes: September 11, 2001

Violence and fear: July 13, 2005

Violence comes from fear: July 21, 2015

War is never defensive: September 8, 2003

## **Vulnerability**

Be vulnerable and reliant on God: October 9, 1997



Being vulnerable and receptive is a strength: November 30, 1994

Building and tearing down walls: June 22, 2009

Express your vulnerability: June 16, 1998

People and nations must become vulnerable: January 5, 2012

Praying is being vulnerable: March 23, 2000

Tear down walls of mistrust, suspicion, fear: November 12, 2007

The importance of being vulnerable: June 7, 2010

The importance of vulnerability and humility: February 25, 2019

The interrelationship of service, vulnerability, peace, love, and equality: October 4, 2010

The year 2012: January 29, 2009

Tribulation (reference to Mayan calendar year 2012) provides necessary correction: April 30, 2007

Vulnerability and separateness: November 18, 2003

Vulnerability is a sign of openness: February 29, 2000

Vulnerability is a state of great strength: February 12, 2015

Vulnerability is central to growth: December 11, 2014

Vulnerability requires personal strength: January 29, 2018

When lost, become vulnerable and accept help: July 22, 2008

### **World Events**

Candidates for election: October 4, 2012

Dealing with 9/11: September 11, 2001

Haiti earthquake response: January 28, 2010

How to hear God and discern God's will re the national political scene and world stage (The Democratic Convention commenced this day): July 26, 2004

Nuclear attack to end war: July 21, 2015

On the bombing of the Federal Building in Oklahoma City: April 24, 1995

Reflections on the tenth anniversary of 9/11: September 8, 2011

Response to evil (e.g. the shooting of President Reagan): April 10, 1981

Results of presidential election (Obama/McCain): November 10, 2008

Struggles of the United States: October 14, 2013

The failed rescue of hostages in Iran: May 16, 1980

The nature of God (Two weeks after Hurricane Katrina): September 12, 2005

The rhythm of God's creation (Hurricane Katrina): August 29, 2005

The upcoming election (Obama/McCain): October 30, 2008

The upcoming election (Obama/McCain): September 15, 2008

The world's problems are crises of connections: June 30, 2014

Tragedy and suffering (The devastating tsunami of December 26, 2004): January 17, 2005

Understanding and loving the hand that strikes: September 11, 2001

War and peace, in reference to concerns about U.S. threats to invade Iraq: February 10, 2003

War: March 3, 2003

World turmoil: August 31, 1995