

Peace My Friends

You Are Safe, Loved, and All Is Well

We each have spirit guides and friends who watch over us and help us along our journey of life and faith. Some people call them angels. The words that follow were spoken to me by my guides through a dear and divinely gifted woman named Rita. I share them that you may find peace my friends.

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**“There is always the moment,
and each moment
is like no other before or after it.
So you can't ‘know it,’
for if you insist
that you think you do,
you actually deny it its existence.
To be aware of this
ever changing consciousness
is joy.”**

Margot Day

Spirit Speaks

John: In my mystical experience, I saw that all there is is God, all there is is Love, there is a creative movement out and back within the being of God and it is seamless and perfect. And many of the great spiritual teachers that I've studied have realized the same thing and stated that everything is perfect, just as it is. Is that true?

Rita: It is.

John: So no one needs to be anything other than what they are in the moment?

Rita: That's right.

John: And everyone is one hundred percent divine?

Rita: Everyone is one hundred percent divine as they are and you ones on the earth are on a path of awakening to realize this. And

once this realization occurs, the fears do fall away, as does the harmful behavior to another.

John: Is God Love, pure Consciousness, or both?

Rita: We do not make a distinction between pure consciousness and love. We see it as the same.

John: In the end, do all souls become one with God in undifferentiated consciousness? Is there only God's Consciousness or is there individuated consciousness existing in mutual love within the Ultimate Oneness?

Rita: The answer is yes to both. Here is where your logical mind cannot comprehend that it can be both.

John: So there is absolute oneness and yet there is the mystery of differentiation within the Oneness.

Rita: It is.

John: But in the interim, we are individual souls on a journey.

Rita: Yes, and hopefully ones who do learn to take themselves lightly.

John: Is experience the means by which a soul grows and thereby offers itself as a mature god like being to add to the Being of God. Or, is experience really an unnecessary play of the divine, an illusion that has no ultimate significance, and in the end there is only God in undifferentiated consciousness, which is no different than what there was in the beginning?

Rita: It is certainly true that your experiences have they not, in your own life, caused there to be growth, maturation. If you look at the history of humanity, do you not see there has been an awakening at different times not only in consciousness, but in art, in literature, in science, in healing. So, certainly you do know that it is purposeful, it is mighty and it is exquisite.

John: Does it have any ultimate significance?

Rita: It does.

John: So, are we in fact, sort of portions of God going through this evolutionary process that actually adds, contributes to the being of God?

Rita: It is. You could definitely phrase it that way. The soul returns to the unity, but its vibration, its wisdom is available to all to learn from.

John: So there is ultimate meaning, it is not an unnecessary joke or game that God is playing.

Rita: There is profound meaning.

John: Is what is traditionally called Self-realization the realization of the soul or witnessing awareness, and God Realization the surrender of the soul into Ultimate Love so that one's state of being is simply unqualified Love?

Rita: It is.

John: So what we call the witnessing awareness is the soul and God is the all-pervasive Consciousness-Love in which the witnessing awareness exists.

Rita: It is.

John: Just for added clarity, is it accurate to say the soul is on a journey and it reincarnates in order to gain the necessary

experiences to mature and grow and ultimately returns to conjunction or reunion in Oneness with God?

Rita: We do not say it returns for it never actually leaves. It takes a form as human but it is not separated from God. The soul is like a point on a hologram of creation. It is not completely separate, but each aspect, each point on the hologram does hold the whole. It is not so much that it is linear, that it goes forth and separates and then comes back and joins as much as it is an eternal point of the hologram of existence. It is therefore, within your own being that you merge with the cosmic unity.

John: I've written something called *The Awakened Soul*, which states that God is Pure Awareness Whose nature is Love and Whose creative impulse is what we call Life.. It suggests as a spiritual discipline to Be Present in the Moment, as Pure Awareness, with Feeling

Realization of Love through your heart and Life through your body. To Surrender utterly and completely into the Awareness-Love-Life, the ALL, the “One in Whom we live and move and have our being”, and Let God Live you. What do you think of that?

Rita: It is quite beautiful. And it is in truth, that which is the flow of love. Those who seek awakening do see this, do become this.

John: Do you feel this is an accurate, helpful teaching?

Rita: It is.

John: Is Being God?

Rita: Being is exactly that; it is what you would call God. But, it is much more than that, for it is the Order of the Universe, or all the Universes. The image of an entity separate from yourselves is something that is conjured in your minds. There will be many things that you

will never know as human beings, for it is too vast to know.

So, the most profound act one can take, of the highest order, is Absolute Awareness; simply being aware of what does come through and pass through and what is ever eternally present. It is utter peace with what is, a sense of perfection, feeling both the love and the exquisite perspective of the Witness that has neither doubt nor need for proof.

As to Love, it is a word that is often symbolized by pleasurable emotions; it is much deeper and greater than this, for love, as we would call it, is that which is the awareness that indeed, in this moment, to simply be aware, is utterly fulfilling, whether it is a time of grief or a time of joy. Love encompasses that awareness.

John: Through my own contemplative introspection I have become aware of what appear to be three levels of being. There is the *self consciousness* of my body-mind, the *witnessing consciousness* which I assume is the soul, and then there is the *All in ALL Consciousness* that I believe is ALL THAT IS, and which I assume is God and the nature of which is Love. Is this true?

Rita: It is.

John: In my quest for understanding the Ultimate I have come to understand God or Spirit, through the acronym ALL: Pure Awareness (or Consciousness) whose nature is Love and whose creative expression is what we call Life or energy.

Since ALL is, ALL That IS, I therefore concluded that the acronym ALL could also be applied to the soul and body-mind, as simply different levels of vibration of ALL, as with steam, water, and ice. Spirit therefore would be

ALL, soul All, and the body mind, all. Spirit and soul are immortal, while the body-mind is mortal, although the experience of the body-mind is enfolded into the immortal soul. The Ultimate state to which we are evolving is therefore, All in ALL. Is that a helpful acronym?

Rita: Yes; it will be very helpful to many.

John: Is the final state just ALL, only God Consciousness, or All in ALL, that is, mutuality and relationship in the midst of indivisible Oneness?

Rita: We do say it is the All in ALL, and this can be experienced by human beings.

John: Are Consciousness and energy one and therefore is Reality like a Divine Dream where all is Consciousness and the “objects” in

the dream, are simply manifestations of Consciousness or God's creative energy?

Rita: Yes.

John: This implies that everything, even the smallest particle, is 100% Divine Consciousness. There is nothing that is not That. As the Zen people say, "All beings are the truth just as they are."

Rita: Yes, exactly.

John: I have this wonderful sense of connecting with what I think is God, which I call the "Great Love." The expression "I love you," arises spontaneously within me, and loving That Love and wanting to serve That Love makes me want to love and serve all beings. Is That the Ultimate state?

Rita: It is.

John: All I want is to just live forever in That. And I would like to serve all beings

from That state. Why is it so hard for me to stabilize in that state?

Rita: Because you are a work in progress as are all people. It is simply a question of taking it as it comes and living it whenever possible.

John: I have written in a book titled The Answer to All of Life's BIG Questions, that the whole way is to "Abide in Love," which is to be present for the intuition of love in God Communion in every moment. Is That enough?

Rita: It is enough and it is what you are seeking. It is like what is called in the yoga tradition the "perfect pose." It is enough. But, we do many poses because it takes many paths to awaken and cultivate the character of the soul. So your work is to pull together many paths, to compile what will be helpful, to be present with others, but in your own being, you

know that the answer is already found. It is now a matter of practice, a matter of doing the pose.

John: Much written about enlightenment implies the Ultimate State is something beyond the Love I just described. Yet in my own heart I sense, “no, that’s It, and all this seeking beyond That Love is running right past Real God

Rita: It is.

John: When asked what it was all about Jesus said, “Love God and love your neighbor.” Is That IT?

Rita: It is.

John: Does one need a guru or spiritual master to experience Conscious Oneness with God?

Rita: From our perspective all beings are incarnations of God. Some have a higher level of awareness and if their teaching

promotes a sense of well being, a sense of love, then it is a good thing. There does not need to be the claim to make it higher than all other teachings however. It only has need to cause good. This is the one area where we do see with many spiritual leaders where the ego steps into the path as the spiritual master. It is not necessary to claim you are unique among all ones. It is only necessary to give the teaching and the transmission of love.

You do not need to give your power to another human being to be awakened. You do not need to surrender to a particular person; you need to surrender to that which is Spirit. There is no need for Ultimate Surrender to anyone but God.

John: Though I saw it in my mystical experience and believe it, it is hard for me to accept that all is God and perfect when confronted with hideous atrocities. Is it really

all God and all good, and how does one stay grounded in such a belief in the face horrible suffering?

Rita: Human beings have free will such that they may make choices, for without the choices they would be like robots that are programmed. And so it is, the earth is like a play, where you experience much sorrow and suffering and also the tendencies within yourselves for that which is the darkness. It is difficult, but also full of possibilities for learning and growth. This is where that which is called faith is called upon the greatest.

John: So within the Great Perfection there is freedom for all possibilities to occur but it is also true that Divine Providence directs it ALL into what is Good, and Beautiful and True,` like a profound play that has a happy ending?

Rita: So it is.

John: In the midst of all of the chaos and carnage of life is it true that all souls, even the most despicable, are all equally on the journey to ultimate transformation and full maturation in God Consciousness.

Rita: It is, indeed.

John: How do I find peace?

Rita: Peace is in the moment, it is not a goal; it is a state of being. There is nothing to achieve, there is no place to go, there is only to be fully present. That is your peace.

We challenge you and support you to choose to feel that which is the great love of the creator within and around your reality and to know that it is not for self to have all things explained as it is for self to know that prayer which never fails which is, “thy will be done,” and to go forth with great love in your being.

As you make a choice to love, to be love, to receive love, to give love, the questions become less pertinent than the actual being of love itself. Your self- empowerment does lie and rest within your faith in that which is love itself. For it is love that is the great creator, it is love of which you are an expression, and this is the essence of the divinity within your soul. Your work is to love unconditionally all beings, all states of being, and all reality in all moments.

Embrace the paradox and know that it is not through the intellect, through the reasoning and through the questioning and through the answering that you will find the peace you seek. It is through another way of knowing, the sense of soul, not the sense of mind, not the sense of I, it is the sense of the soul.

Rather than questing with great intensity, you are now being asked to love, to love all

moments with this level of intensity. For indeed you are, this expression of love. You are not your beliefs, they are just the way the ego defines itself; you are the essence of love and this is your work.

Now go forth John, and tell your patients (*I am a Hospice Chaplain*) and all beings that you are safe, loved and all is well.

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