

# MESSAGES FROM JOHN

## February 18, 1993 - Topic: Love and Peace

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John comes with the topic of Love and Peace. You are aware that those who are OMEGA are always advised to 'go in Love and go in Peace' as the communications are brought to conclusion each time. Those are important words for all who are the Creations of God. Know that indeed as you heard the word Love and the word Peace there are mental images that come flooding forth, because both words tend to create a feeling of contentment in your life. And so John would attempt to expound on those words.

As you are aware, it has been said in your Scriptures that indeed God is Love. Knowing as you do the inability of mankind to fully express the Creator in words that are available, the closest word that can be used that would help one understand the magnificence and power of the Creator is the word Love. As one can understand the Love of a dedicated mother for one to whom she has given birth, so it is that to a small extent the Love of our Creator for those creations of the Universe becomes known. Yet, it cannot be fully known until such time as one who is Spirit-in-Body is able to experience the Unconditional Love that emanates from the Creator.

If you perchance would experience the lack of Love in your life, it would be what you would call an empty and void life. This intangible aspect of life on Earth is such a necessity that it is known that physical bodies will indeed die from the lack of Love that brings in its wake the caring that is necessary for life. So when those who are Spirit come to you and seek to remind you to Go in Love, it is an important aspect of communication.

What is inherent in that instance is that you recognize the value of Love, that you share that Love with others, and that you indeed hold Love for self, for without Love of self you cannot fully Love others nor can you fully understand your Creator as Love.

It is known that Spirit-in-Body often equates the idea of Love with simply being able to give material objects to one with whom they are enamored. A material object does not contain Love. Perhaps the gesture does; but what is important is to remember that Love comes from within and thus will express itself in actions toward another. What may be substituted as a material gift is simply symbolic of that Love, and there is nothing wrong with that. However, it must not substitute for Love. And so as John would say 'Go in Love', it is meant that you are Loved, that your Love is known to John and that you in turn are to express Love to others and they are to express Love in return. A life is rich if there is Love, even though void of many material things.

Now allow John to give thought to Peace. Perhaps the greatest peace that is known is the recognition that indeed you are Loved by the Creator. That brings great Peace. The opposite of Peace could perhaps be fear or hatred or violence, for all such words breed negative aspects of life, while Peace is indeed positive. It is interesting that mankind has created languages that use words to express emotions and ideas, and thus words in turn can either express Love and Peace or they can express the opposite.

John would suggest that each time you receive the message 'Go in Peace' that you attempt to integrate that word into your thoughts, for it is through thinking 'Peace' that you will begin a chain of energy that will indeed help to prepare the way for Peace upon the Earth Plane. It is through dwelling on the negative aspect.. .war and violence. . .that you continue to have negative thoughts, which in turn breed negative actions.

If John has learned one thing of importance upon returning to the Spirit Realm, it is that thoughts of the Spirit-in-Body do indeed have great impact on the world in which you live. Indeed they become a part of the energy stream that you have so often been told about. Thus, if negative thoughts have such an impact, you must be aware of the burden upon your own body and mental self on Earth.

Mankind has not learned, even through all the ages, that the imposition of one's will upon mankind does not allow for the Freedom and Peace of all mankind. What is at stake here is the corralling of all those negative ideas and thoughts, and replacing them with thoughts of Peace and Love. At this time upon the Earth Plane there are those acts of violence taking place that concern those who are in Spirit. Allow your thoughts to go forth, invoking Love and Peace for all mankind. Seek to change the actions of those who seek only fulfillment of their selfish desires through acts of violence and hatred. John has become acutely aware of the need for such since returning to Spirit, and will attempt through prayer to help the situation that exists on Earth.

It is known that while you are Spirit-in-Body you have the opportunity to accomplish much in the way of Peace through allowing your own thoughts to be known through whatever media is available to you. May it be that your lives will be used for accomplishing Peace on Earth. . .that indeed you are an instrument for Peace and Love. John would seek that you have the ability to heal the Earth of destruction and violence. Communicate this to others, for you are special spirits who have the ability to so help.

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And now as you are greeted with 'Go in Love' and 'Be at Peace', you can understand the importance of those words to your spiritual well being. John would say in the days to come there will be additional communication; but for now. . .Go in Love! Be at Peace! Amen!