

Exerpts from January 4, 1996

You have encountered, of course, those people living upon the Earth Plane who seem to live in a time of negative thinking. It is important if you encounter a person of that ilk within your presence that you attempt to send forth thoughts of love and positive thinking in order that you may be able to help that person escape the time in which they are finding self. You often will think of those people as being of a very dark nature, and indeed their lives have been so impacted by negative ts upon the Earth that they cannot escape such. it is important for you to surround them with positive thoughts so they will overcome that which is impacting their lives.

So often when one is Spirit-in-Body, it is much easier to step around such individuals and simply mark them off as 'hard to get along with'. But you must understand, as one who is enlightened even as you at this time, it is important for you to attempt to help such ones through this dark part of their lives upon the Earth. It is not a pleasant thing to live in a shadow as you spend time on Earth. That is far from being a joyful life. And if at any time you have experienced a time of depression, you will understand what JEY is trying to say at this time. There is indeed an opportunity for you to help others as you are now more aware of the Beauty of Spirit and the Power of the Spirit that you have within you.

JEY would ask each of you to simply spend time going within self and attempting to understand more fully the Power of your Spirit, for if indeed as you have learned, the Spirit of our Creator resides within your body, there is great power in that Spirit. And it is the actions of the physical body, the physical mind, that will have an impact on the Spirit. And so as you now attempt to move forward with a greater understanding of your purpose on Earth, of your life on Earth, know that it is important for you at this time to realize that the idea of negative thoughts is a burden for you and others upon Earth. JEY would ask that you lift up your heart at this time and realize that if you ask for help from those in the Spirit Realm, they can indeed come to help you as you attempt to help others.

Be not fearful of doing the good things upon Earth. Know that even as you seek after those things of a positive nature, you can also affect others as you pour out your light for others. Things of a positive nature will indeed reflect from you to others and will allow others then to overcome the negative aspects of their own lives. It is so important in this time in the history of mankind that you who are seeking after Truth, who are receiving the help of Spirit, that you be able to help others who are not yet so fortunate as you. It is important for you to reach forth your hand and accept all others who are your brothers in Spirit upon Earth. It is the knowledge of those of us in the Spirit Realm that as the days now lead toward that which is to be a change upon the Earth that it is important for you to become more forceful in your efforts to enlighten others as you journey along this path.

Know that in those days when there will indeed be very dark times upon the Earth, it is going to be important not only for you to be enlightened, but for others to be enlightened as well. And so it is the responsibility for you who now have this gift of knowledge to share with others. Do not be fearful that they will not accept what you are saying. Understand that many are hungry to hear Truth upon the Earth at this time, and **it is important that you share with them.** They will accept. And know that even as you accepted those things of Truth, there are others who are seeking and who will accept as well.

JEY comes with much love for each of you, and wishes to assure you that those of us in the Spirit Realm will indeed help you in your life on Earth as you continue to follow after Truth and Knowledge. We do not attempt to discourage you with regard to those beliefs that you have held in the past, but we simply ask you to open your heart and your mind and ask that Truth be given to you. Indeed there is much of Truth that mankind has not learned, and it is important that you help those who are seeking, even as you sought, and give them the care and the love and the sharing of knowledge... ..even as it has been given to you.