

## February 4, 1999

JEY is here and has come to be with you at this time for there is an opportunity once again for JEY to communicate with you, to impress upon you those truths that you have already known but which you are again bringing into this time of study. Allow JEY to say that as you are aware JEY does come in truth at all times and does come with love for each of you. It is important that as you study those written things that have come from the past, know that those truths stay with you and it is important that you simply allow them to become a part of you so that you may at some time share them with another. It is important that you be strong in the belief of those truths that have been given to you for it is in that strength that you will be able to help those who come to you.

It is important that you give time to the continued study and review of all that has been spoken to you through the voice that is used. It is known that many times you become not immune to but rather forgetful of those things that have been taught in the past. And so it is important that you review, that you recall, and that you share those things. JEY would allow you to know too that as you look deeper into the spiritual aspect of your being, you have the opportunity to begin to learn more from the spirit within you. In order to do that you must allow some quiet times in your life. It is known that upon the earth at this time each of you have a very busy and active life and that you are spending your time in doing for others, helping them to grow in the knowledge that they need. But it is important for you also to realize that in order for you to be able to fulfill the role that you have chosen on the earth at this time you need a quiet time that you can find in your life each day. It is important for you to do that for the spirit within you, for without that quiet time your spirit is not able to reach through to your physical mind. It is so important for your spirit to have that opportunity. And so as you would set aside a time each day to spend in meditation, you will find that you will rapidly grow in understanding the truth that your spirit within can reveal to you. Be aware that without this ability to spend quiet time, you will be much slower in accessing the truth that can be shared with your physical mind by the spirit within. And so JEY would simply recommend that each of you make a commitment at this time that you will allow some time each day in your life to be set aside for a time of quiet, of meditation, and of seeking and going within. It is so important for you at this time.

JEY is also aware that you are much concerned about the events that are occurring upon the earth, relationships that are affecting individuals upon the earth, events that are affecting the lives of individuals upon the earth. JEY is aware of that concern. It is so important for you to pray that the will of the Creator will be done within the lives of all who live upon the Earth at this time. It is important that you especially pray that the lives of the leaders will allow the will of God to be done within their lives. And so you have the opportunity through your prayers to be able to help others to go into that time in their lives where they will seek to know the will of God for their life during this time in the history of the earth. Know that as many things are occurring that do not show a deep understanding of their relationship to our Creator by many upon the earth, unless this comes to pass... in other words a deeper understanding and deeper knowledge of the Creator of All That Is... there will not be the peace upon the earth that many of you would like to see during this lifetime. And know that during this time that is ahead and in this time that is occurring now and is referred to as changes upon the earth... unless mankind can know some peace during this time, without conflict, mankind will not be able to know or understand during those times of great upheavals upon the earth. You know that much is occurring on the earth at this time which would signal to you that earth changes are here and have begun. How you deal with those, how you accept those will be important to you for the times that are ahead. Again, it is important that you spend time in prayer and meditation, asking that you be strengthened for what is to come, when your abilities will be put to a test.

And so JEY comes simply to remind you of these things. This is not new to you; but it is a reminder. And know that you have the ability, you have the knowledge that is necessary to

contact your spirit within. You have the ability and you have the knowledge that is necessary to call upon those of us who are in spirit and who can come to you and help you in your decision making upon the earth at this time. May it be so that you not be forgetful but rather that you be ever mindful of that which can be spiritual help for you. And so at this time JEY simply comes once again to your midst to let you know that you do remain in the love of this one, that you do remain in the care of this one; but also to remind you that it is important that you review all that you have learned from times past through spirit. And so JEY comes to give you love, to allow you to know that JEY will remain in your midst and will at this time give you the energy that you need to help you fulfill the purpose for which you came. Accept this energy that JEY can share with you at this time and know that others who are in your midst will also share such energy with you. Be at Peace. Allow your bodies now and your hearts and mind to absorb the energy that is coming to you. And know that your spirit does rejoice that you have this opportunity. Be at Peace.