

## MESSAGE FROM JEY 9-30-01

JEY is here and does come now to be with you at this time. There is much which you have considered during this time of meeting, and JEY is aware of the interest that each of you have shown in that which has been discussed. Allow JEY to say this with regard to that which has been presented.

It is important for each of you to become strengthened in your physical self and your mental self. Now, allow your Spiritual Self to help in that endeavor and know that this now can be done! You have become strengthened in Spirit, and you as others in OMEGA can allow that Spirit to enter into the strengthening of your physical and your mental self...that which is your emotional self as well. You will find that you can be strengthened beyond all that you now visualize. It is important that you recognize the strength of the Spirit Within you. Do not deny that you are OF the Creator, for the Spirit Within you is OF the Creator and you can lay claim not only to that which is Spirit but also to the strength of the Spirit. If you accept that your Spirit is OF the Creator, then what can you expect but that which is good and that which is strong? You can expect nothing less than that. And so as JEY comes to talk with you, it is first important that you accept the beauty and the strength that lies within your physical being, for it is there that the ability that you need upon the Earth at this time does reside.

And so JEY comes now further to discuss another topic.

As you are aware, there is no one who lives as Spirit-in-Body upon the Earth Plane that is perfected. In other words, as you seek beyond that which you now know, to be the best that you can be upon the Earth, know that you are seeking and looking for that which is a degree of perfection. You are seeking to do that which may perhaps seem to be beyond your grasp at this time. But know that it is not the will of the Creator of All Things that you simply remain stagnant in the life upon the Earth. You have the opportunity to learn, you have the opportunity to move forward. And as you make the decisions that would help you to move forward in this lifetime upon the Earth, you are allowing your Spirit to be the guiding force for your life upon the Earth. Simply know that nothing is impossible for you to achieve with regard to your own self growth and self strengthening if you rely upon the Spirit Within you.

JEY would say this as well. There is often a concern for those of you who are here as Spirit-in-Body for others who are mankind upon the Earth. You are aware that there is little that you can do with regard to simply prolonging the lives of many who are in times of starvation or that which is mistreatment. You have little that you can do. But know this...there is within your reach, within your area, many who are in need of the help that you can give, whether it is physical help or an emotional help. You have the opportunity and the ability to provide for that, and during this time when there is much sadness within the country in which you live, reach out to another who may not be able to overcome that feeling of sadness within their own hearts and minds. Know that they, too, are in need. They are feeling the pain, as they can understand it to be, of many who are upon the Earth at this time and many within your country at this time who have gone through the agony of losing all that they had...and that would include life of loved ones within their own family. You have the opportunity to help those within your area who feel that pain for others and who are now sinking into a great tragedy if they cannot overcome this feeling of great sadness and despair. Many of you would call it a time of sadness and depression; but know that as JEY can see it from the Spirit Realm, that which is a depressed state is indeed a state of illness that does need detection and help in healing during this time upon the Earth.

As you are aware, you are in contact with many who are Spirit-in-Body during your day upon the Earth, during each day you live. You have the opportunity to reach out to another, whether it be someone with whom you are well acquainted or someone who is not known to you. But there is a kind word, a touch that will have a healing nature for those who are in need. Do not hesitate where there is an opportunity.

With regard to that which is fear at this time upon the Earth, allow JEY to say this. Fear is simply a debilitating illness as well. You cannot fear throughout this lifetime upon the Earth without having it affect the Spirit Within you. And so as you are aware of the Creator of All Things and the knowledge that you have the ability to call upon those of us who are in Spirit to come to help, you have the ability to simply ‘shake off’ that which is an atmosphere of fear around you so that you are not internalizing those things that will not be beneficial to the body. It is important that you not fall heir to a feeling of fear. Do not allow those things to become a part of you. You who are OMEGA are well aware that you have been told many times that you must be strengthened in your physical being and mental self...but also your emotional being. And so it is important that you not allow fear to become an embodiment of your being. You cannot afford to allow this to occur to you upon the Earth.

So look beyond those things that have happened upon the Earth....those things that have caused great tragedy upon the Earth. Look beyond that, for indeed there is nothing that you can do in that regard. But you are able to simply send forth a positive thought, positive energy, and send forth your prayers asking that mankind upon the Earth would be led to seek only that which is Truth. And so it is that JEY can come to you at this time and talk openly and sincerely about these topics that JEY has now discussed. And know, too, that as you have the opportunity now to be in this small group that you call OMEGA and to be in touch with others who are OMEGA throughout the Earth, know that ALL who are OMEGA have indeed agreed to accept their purpose upon the Earth. And know that you are not alone in the fulfillment of a purpose. There are many upon the Earth Plane who are totally involved in being prepared for that which has occurred upon the Earth and being prepared for that which is to come. You will be among those who will fulfill your purpose, regardless of what it may be; but you must become strengthened in the will to do that which is necessary. As you are Spirit-in-Body, that which is your body can be a strength and a help to your Spirit; and your Spirit in turn can be a guiding force to your body.

And so at this time, JEY simply comes to give thanks for each of you and others who will receive this message, who are known as OMEGA upon the Earth. And JEY would ask you to be willing to share the peace that you know with others who are in your path each day. It is important that you be an instrument of love and an instrument of peace wherever you go; and may it show through your countenance, for indeed that is how you will affect many who come into your presence. They can see the joy and the love that is within you simply through a smile or a caring remark that you would make. This is not difficult! This is very simple for you to do; but oftentimes those who are Spirit-in-Body prefer to live in their own dungeon of grief and dissatisfaction with life upon the Earth. That does not bode well for those of you who are Spirit-in-Body and known as OMEGA. There is no dungeon! There is only that which is an uplifting of Spirit and an uplifting of Life upon the Earth! You are instruments for that uplifting. May it be so, and may you look forward not only to the hours in this day to come, but in all the tomorrows that are to come in your life upon the Earth. You are so blessed in that you have been given the knowledge and the wisdom that have helped you now to be where you are in your life at this time upon the Earth. **DO NOT WASTE THAT GIFT THAT HAS BEEN GIVEN TO YOU, BUT SHARE IT WITH OTHERS!** You are blessed. Go not in Love, and may you be at Peace always.  
AMEN