

**August 07, 2002**

JEY is here, and JEY indeed has been in your midst and is aware of that which has been discussed. There is a time when those of you known as OMEGA meet where JEY has the opportunity to be with you because there is a need for JEY to be with you. It is not always necessary that JEY be in your midst; but know that as you have an opportunity to meet, there is an opportunity for JEY to communicate with you.

At this time allow JEY to say this to you. Even as you have been in a time of meeting, JEY has the opportunity to discuss with you these aspects about which you have been conversing. There is now an opportunity for you to hear more with regard to some aspects of those conversations that have taken place.

JEY can give you this information because it is indeed for your benefit; and inasmuch as JEY comes in the will of the Creator, it must be because it *is* the will of the Creator that JEY be able to help you when there is a need.

As you are aware, you have discussed much with regard to that which is spirit during this time of meeting. JEY would add this to those things which you have been discussing. Even as *you*, do indeed, have within your physical self that which is the spirit, which *is* of our Creator, you are indeed aware that all creations are of the one known to you as God, or as we have given a term to as the Eternal Spirit in times past.

We who come to you in spirit are no more closer to the Creator than you are, because you are spirit as well. You have the opportunity each day of your life to communicate with that which is the Eternal Spirit. You simply need to stay in a time of meditation and a time of what you call prayer, which is simply sending out your thoughts to that which is the Eternal Spirit. And those of us who are known as your guardians of spirit, who do indeed have the ability to hear your thoughts as well, can pick up on your thought that is sent forth to the Eternal Spirit and know of your needs. We, then, in turn, have the ability to do the will of the Creator by attempting to help you with whatever your need might be. We do not come to interfere with the will of the Creator; we rather come to carry out the will of the Creator. We have been given that responsibility, and even as you are spirit-in-body upon the earth plane, your spirit is there for a purpose. Your spirit is there to do the will of the Creator, even as JEY must do the will of the Creator.

And so as you are an embodiment of that spirit, it is your responsibility to **ALLOW** your spirit to receive information from spirit realm that will help it to fulfill the purpose for which it came to earth. Your body is simply that which is a vehicle for your spirit, and your spirit must be given the freedom to **do** that which is the will of the Creator.

And so with that in mind, you must open your heart and your mind **daily** to allow your spirit the freedom to fulfill the purpose for which it came. Even as JEY has a responsibility to our Creator to fulfill a purpose, you in turn must allow your spirit within you the freedom to fulfill that purpose.

There is no question but what the aspect of you which is important is the spirit. You have the ability to so create a situation in your lifetime where you can allow that spirit to control your life, to control your thinking, and you must daily allow that to be so.

If you have a problem in your daily life, in your physical life, ask for the help of your spirit. Ask that it control your thoughts in order that it may be able to communicate to you those things that are a need to you at that time.

JEY is aware, having lived as a spirit in body many times upon the earth plane, JEY is aware that your physical mind is an aspect of your life that is very, very strong. And so even as you listen to your mental self, you must allow the spiritual self to counteract many things that the mental self sets forth that are important for your life. JEY is not saying that what your mental self is doing is not important, but there are many times when you allow your mental aspect to make those decisions that are not good for that which is the spirit.

And so you must always ask that your spirit guide your thinking, guide your decision making, guide your actions, for indeed, those are the things that count when it comes to the spirit of you. You are here to allow the spirit to enjoy and learn many things upon the earth. Some

things that the spirit experiences will be of a negative impact, but most of the things that your spirit will experience will be the positive things that it needs in this journey upon the earth.

Your spirit has lived in body many times. It is now in this body known by your name. You are to allow that spirit the freedom that it needs in order for it to return to the spirit realm rejoicing. Even now your spirit rejoices, for you have found your way among the many things that you have had to overcome upon this earth as spirit in body. Your spirit now is rejoicing at that, and so even now when you have that which is an idea that is important for you to fulfill, go to that which is your spirit, and ask your spirit to guide you in relationship to that idea that you have.

And so at this time JEY would say to you, the impact that your spirit has is that which you need upon the earth at this time. There are many who are spirit in body who do not have the opportunity that you have. You have been blessed many times over by being able to hear from many who are in spirit at this time simply because one has had the ability to allow us to use that which is her physical self in order to bring messages to you.

But you have had access to many written materials by others who have been able to access that which is the spiritual aspect in order to put into writing those things that you now have an opportunity to have in your possession, or to bring into your possession.

All things related to the spiritual aspect are indeed important for you. Even so, your own ability to listen to your spirit within you is of the utmost importance. That's what is important for you, because you are a spirit on a journey on this earth plane, and it is within your grasp at this time to allow that spirit to listen, to impact that which is your own physical self, your mental self.

There is within your grasp at this time the ability to understand many things yet, that you have yet to understand, simply because your mental aspect will be strengthened by the spirit that is within you. This in itself should make you want to listen to your spirit. You have the opportunity to grasp much that you could not do in eons past, because you have now had the opportunity in this lifetime to be on a spiritual journey that has opened your eyes and your ears to things that you were not able to have said to you, or for you to be able to take into your very being before.

JEY comes at this time willing to do all that is necessary to help each of you who are here and known as OMEGA. You simply need to call upon JEY. You need to call upon those who are your guardians of spirit each day of your life. There are many who are willing to come and to help you to understand all that needs to be understood.

Of course, your mental aspect, perhaps, could not handle all of the truths that are to be known at this time. There are so **many** truths that even JEY has not had the opportunity to learn all there is to know. But JEY can tell you this: because JEY has been able to contact that which has been the spirit that is in the body of this one who comes as an instrument, because JEY has had that opportunity, JEY now is able to say that JEY has progressed in spirit as well. And so JEY rejoices in that, but JEY rejoices in the opportunity to help those of you who are spirit in body.

Allow your own guardian of spirit to become a daily part of your life. You will indeed feel free, then, to move toward that which is a greater understanding of things of spirit, of things of the universe. We who are in spirit are much aware of the beauty and the greatness of the universes which make up the creation of the one you call God.

The Eternal spirit is indeed that: **Eternal and Spirit**. Even as those things which you call your scriptures indicate that the one who is our Creator is Spirit, you must know then that Spirit is a thing of beauty and great power and is Eternal. You have nothing more to know than that, but to **understand** that is what is important. To understand the greatness of the Eternal Spirit is what is important.

And when the time comes for your spirit to return to the spirit realm, you will return rejoicing because you have been able to break through a barrier in this lifetime upon the earth as a spirit-in-body. This you have not been able to do during a lifetime in body in lives past. And so at this time there are things occurring upon the earth that have enabled you then to look toward that which is spirit that you have not done before. As you then have gathered to self much truth that has been given to you, you need to rejoice in that and to allow your spirit to rejoice with you.

JEY would ask you again that you would allow your spirit within you to take leave of this physical body in times when you are asleep so that it may go to others who are in need at this time upon the Earth. There are many who are searching and yet do not know the way or the road to follow in trying to understand things of a spiritual nature. Your spirit can do that; your spirit can go to them if you will so indicate one that is in need of help.

And those of you that have the opportunity to bring that which is spiritual understanding to **many** who attend meetings that you have an opportunity to be in charge of, you have the need to be able to reach out to those people and get them to understand the power of the spirit that is within them. It is of the Creator; it does have the beauty and the strength and the power of the Creator. Allow others to know that. This is something they can understand; but it is not often that they hear that message, that indeed they have that greatness within them, that it can change the world, that it can change the thinking of mankind and turn the thought of mankind to **Peace** and to **Love**. You have the opportunity, **use that opportunity**.

This is part of your progress upon the earth. This is part of why you are here, and why you are known as OMEGA upon the earth. You are here to help during a time of chaos. Indeed, the earth is in a time of chaos at this time. There is war, there is lack of trust, there is upheaval between mankind, there is distaste for others who are not exactly the same as another. And so it is, that the earth is in great upheaval at this time, not only physically, but spiritually.

Those things must, indeed, be controlled before there can be Peace upon the Earth, and it's only going to be through the efforts of the individuals upon the Earth that this will be brought about. Leaders will not make the effort to do that which is needed; even though they try, they cannot do it. It will be through the effort of every one who is spirit-in-body, and so even as your spirit can go forth and work with each one upon the Earth, it can indeed make a difference. We would ask you, we would implore you to reach out to others, to allow your spirit to reach out to others. The Earth and the thinking of people upon the Earth must be changed before it is too late. Mankind can be destroyed if they continue as they are at this time. That is not as God would have it be. You are aware of that.

And so at this time JEY would simply ask you to put forth the effort to help another, hold them in your thoughts and in your love and in your heart. And if you had arms that were large enough to reach out and to hold every one close to you, it will be through that love and that acceptance upon the Earth that mankind will come to know and to love others, and to be at Peace and to know the true fact of the Creator's unconditional Love for everyone who lives.... all spirits and those who are spirit-in-body.

Be at peace now. JEY has come and has given a lesson. JEY would ask you simply to take heed and to allow those of us who are your guardians of spirit to come and be with you daily, for that is the joy that we have. Go now in Love. Amen