

TABLE OF CONTENTS FOR SOULOPENERS MESSAGES

*In chronological order by year beginning with the most recent.
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Messages from 2024

| | |
|-------------------|---|
| January 4, 2024 | The life and growth of spirit • Antagonistic relationships must and will be resolved • Reincarnation may involve other life-forms |
| January 23, 2024 | Praying to God is praying to all • Souls grow because they are alive • Movement on the sphere of spirit affects all • The importance of reconciling differences • All forms of spirit are of equal value • Reincarnation |
| February 5, 2024 | The importance of being in community • A brain is not required for consciousness • Nonhuman, knowing life-forms • Thoughts are energy-forms |
| February 27, 2024 | Praying to God does not activate God • God's power does not control everything • God is creating and expanding with your help • Your role in creating new forms of energy that are knowing life-forms • You are part of God's answer to prayers |
| March 18, 2024 | Take in God's light and offer it to others as love • God's energy of light becomes part of who you are and is permanent • The loving acknowledgment of the dignity of another creates new, knowing life-form energy |
| April 2, 2024 | All forms of energy originate from a single source, but that is not the only source that creates • Spreading the light of God compared to a series of candles |
| May 28, 2024 | The passing of light to others |

Messages from 2023

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|-------------------|---|
| January 5, 2023 | Communication with deceased loved ones • The connection between animate and inanimate • Everything is you; you are everything |
| January 23, 2023 | Dealing with grief • Growth of spirits on earth and in the afterlife |
| February 6, 2023 | Growth is a natural process of spirit |
| February 27, 2023 | Everything is evolving including God • Dealing with suffering • The relationship of judgment, forgiveness, acceptance |
| March 14, 2023 | The relationship of God, humans, and all that exists • Praying for peace is praying for an open heart |

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|--------------------|--|
| March 28, 2023 | No wrong way to pray • Difference between prayer and requests • Prayer is opening to God • Past spiritual leaders • Multiple universes |
| April 20, 2023 | The relationship of love and service |
| May 8, 2023 | Life is about fulfillment through exercising love |
| June 5, 2023 | What strength of spirit means |
| June 19, 2023 | Sacred space |
| July 12, 2023 | Accepting the many ways of asking the big Why? questions • Nonphysical universes and beings |
| July 26, 2023 | A celebration of life on many levels |
| August 10, 2023 | Moving from fear towards peace |
| August 28, 2023 | Accept the criminal as the visible component of a complex past |
| September 14, 2023 | God's presence can be tapped into at all times • Guides serve to encourage humans to seek light for their paths |
| October 2, 2023 | What does it mean to love oneself? |
| November 7, 2023 | Responding to war, fear, anger, and conflict with a sense of unity |
| November 20, 2023 | Approaching peace with patience • Praying for peace is analogous to praying for healing |
| December 7, 2023 | Addressing the Middle East conflict • Guides are totally nonjudgmental |

Messages from 2022

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|--------------------|---|
| January 13, 2022 | Spiritual embraces |
| January 27, 2022 | How God communicates • Other knowing life-forms • The single underlying truth is that all are one • No justification for war |
| February 21, 2022 | Energy of God compared to trampoline • Embrace all that is |
| March 7, 2022 | Ukraine-Russia conflict • Find ways of expressing unity • Prayer benefits the one praying and the one prayed for • Practice and compassion |
| March 28, 2022 | Offering help to those in need |
| June 8, 2022 | Understanding our connection with loved ones who have passed • All souls are a single entity • Each soul provides for the betterment of all souls |
| June 28, 2022 | God's embrace of you and your embrace with others • How spirits experience humor |
| August 4, 2022 | Find what is good in another • Spiritual growth in life and afterlife |
| September 12, 2022 | Balancing the energies of light and darkness |

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|-------------------|---|
| October 6, 2022 | Understanding and enduring the shadow |
| November 10, 2022 | Having vision for the journey ahead |
| November 28, 2022 | Seeking light means seeking vision when in the presence of shadows • Judge behavior but not the individual • All that you do impacts everything |
| December 15, 2022 | Trying to understand human behavior • The nature of God |

Messages from 2021

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|--------------------|--|
| January 14, 2021 | Leadership, good and bad • Moving beyond judgment is a lifelong pursuit • Human life helps souls evolve • Even in darkness the Light is present |
| January 28, 2021 | Be mindful of unity in the importance of judging behavior rather than yourself or others |
| February 11, 2021 | The creative, loving force that is God • Everything is in the process of becoming • Shared experiences of present and past lives |
| March 2, 2021 | Multiple manifestations of a soul • Spirit is eternal and evolving • No time in the Now • What God creates serves to expand what God creates |
| March 23, 2021 | Recognizing and appreciating your true essence and the essence of others |
| April 15, 2021 | The relationship between God, humans, and prayer |
| May 6, 2021 | No one lives alone • Understanding the answer to prayer |
| May 25, 2021 | What is God? • Striving to be a reflection of God |
| June 14, 2021 | The ebbs and flows of belief in God |
| July 29, 2021 | How to handle pandemic-related disagreements |
| August 24, 2021 | How to respond during a pandemic • Comforting words on the passing of a dear friend |
| September 16, 2021 | How to be present for others |
| October 12, 2021 | Human life in the midst of eternal life |
| October 26, 2021 | The process of becoming • Practicing unconditional love • You are your brothers and sisters |
| November 9, 2021 | Transition from human form to spirit form • There are no beginnings nor endings to spirit life • Everything evolves • All that is is part of God |

Messages from 2020

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|--------------------|--|
| January 7, 2020 | God listens, and what that means • God consists of many Gods • God is the energy that connects everything • What prayer does |
| January 21, 2020 | God's embrace, receiving it and being it • Thoughts have energy • All-embracing energy connects everything |
| February 3, 2020 | The energy that connects all compared to a trampoline • All that you think, say, and do affects the entire creation • Guides see humans as a unique kind of energy • No evil people • Negative judgments of others affect you, too |
| March 3, 2020 | Everyone can be a healer • The journey of life |
| March 24, 2020 | Special message regarding the coronavirus pandemic |
| April 7, 2020 | Finding the positive in pandemic isolation |
| April 20, 2020 | Being a voice of God • Ignoring the importance of nature has consequences • Death is moving from one community to another • Affirming all forms of life is affirming God |
| May 3, 2020 | Guides use color and music to describe individual human energy • Multiple physical and spiritual universes • Other life-forms know of the Spirit Center |
| May 27, 2020 | Being a reflection of God's light compared to the sun reflecting off Venus |
| June 8, 2020 | Seeking peace compared to being on a boat in stormy seas |
| June 22, 2020 | Reaching for God to help others and yourself means all benefit |
| July 13, 2020 | Pandemic: Be aware of changes for the better |
| July 27, 2020 | Human life is the process of refinement of beliefs • Community of human and spirit life • The importance of stones on the path of life |
| August 10, 2020 | The moral code bends towards love and affirmation • The power of individuals and groups compared to a reservoir behind a dam |
| September 8, 2020 | God compared to a river • Praying for health |
| September 24, 2020 | Souls returning to earthly life compared to the cycle of falling rain and evaporation • What is an old soul? • When seemingly miraculous things happen |
| October 12, 2020 | Seeking balance during challenging times • The sacredness of all things • What divine intervention is and isn't • Guides can act as angels |
| October 26, 2020 | Root of fear is concern about loss • All is in the now • Some other life-forms are aware of the Spirit Center |
| November 19, 2020 | Pathways of all that exists from the smallest particle to multiple universes • The Now is the reality of change • Seeing commonality in challenging individuals |

December 10, 2020 Patience from a spiritual perspective

Messages from 2019

- January 14, 2019 Asking “where is God” in challenging times • Best prayers open the heart • Judge behavior but not the individual • Do not use prayer to condemn • Life after death and reincarnation
- February 12, 2019 Notions of time, space, and unity as regards the human world, spirit, and God • Spirit is both here and there • Death does not separate you from those you love • God compared to light and love • You are God because you are a part of God
- February 25, 2019 If God is all-powerful, why negativity • The importance of vulnerability and humility • Purpose of reincarnation • No proper way to pray • When met with hatred, respond with love
- March 11, 2019 Faith requires vulnerability • Prayer is to strengthen
- March 25, 2019 God continues to create • Spirit continues to evolve • The only thing constant is love • Avoid the burden of judgment • Every human is a part of God Is
- April 30, 2019 The light of God
- May 13, 2019 The energy of light • The experience of guides
- June 6, 2019 Why suffering? • Soul growth through affirmation, your own or others’ • Fear drives much suffering
- June 19, 2019 When a life is brief • Your guide is a connection to all that is • Spiritual totality compared to cells of the human body • Lifting oneself from despair
- July 8, 2019 Service is listening • Looking into another’s eyes • Prayers are translated from wants to needs • It is the act of prayer rather than the words that is important
- July 23, 2019 Guides function in active and passive ways • Guides learn from those they guide • The value of past life carry-over • As Earth changes, human life will evolve into a very different kind of energy
- August 20, 2019 God is present at all times • The nature of God’s love • Other universes, both physical and spiritual • Moving in the flow of God’s love compared to school of fish
- September 12, 2019 Previous lifetimes • Community compared to school of fish • The flow of spiritual love • In substance, all human beings are equal • Do not serve out of obligation but out of love
- October 3, 2019 Service to self and others • Understanding God’s response to prayer • The circle of love includes God, guides, and humans

- October 17, 2019 A lot about light • “Old souls” or “young souls” are not about age but maturity • Knowing beings with souls exist elsewhere • Everything affects everything else • A thought is energy that is never lost • Like attracts like • The strongest energy is the quietest • No chance meetings between strangers
- November 5, 2019 Suffering, vulnerability, and faith • Various forms of fulfillment • No chance encounters of people or events • Redemption • No separation between you, your guides, and God
- November 19, 2019 There was no beginning; there will be no end • All that exists is God • Time does not exist • Reincarnation as other knowing life-forms • Guides have a symbiotic relationship with humans • The relationship between guides and the guided is permanent • The evolution of energy forms

Messages from 2018

- January 11, 2018 Listening with the heart • Anger comes from fear of loss • God does not judge or punish
- January 29, 2018 The needs of a good listener • Vulnerability requires personal strength • True trust requires acceptance of imperfection
- April 10, 2018 Many voices of God • Intention and intervention in trying times • Accept that you are God
- April 30, 2018 Feeling God’s presence • The sacredness of all creation
- May 10, 2018 Embrace the mysteries • Change is constant
- May 24, 2018 Chief guide and relatives in circle of guides • Only positive energy transitions to life in spirit • Challenges provide opportunities for growth • Guides desire to expand humans’ perceptions • Standing up for what you believe • The gap in relationships
- June 11, 2018 The purpose of negative energy • The assignment of guides • Other life-forms have awareness • Inanimate objects respond to God’s energy
- July 5, 2018 How guides communicate • Language of God is the language of your spirit • Not all universes are physical • The power of prayer is in opening the one who prays • Generosity of spirit is knowing you and another are one • Being the voice of God
- July 16, 2018 The ultimate truth: God is • The ultimate “Why?” questions • Evolution on the Circle of God • Reincarnation is for continued growth
- July 26, 2018 Strength from God is quiet • Being peaceful is a choice • Concerns for the environment addressed • Evolution and a vision of the future
- August 20, 2018 The value of making choices • Nothing is preordained • Live free of fear of failure
- September 6, 2018 Decisions have layers beyond just good and bad • Punish behavior while affirming goodness of the person • No justification for taking a life

- October 25, 2018 All pray to the same God, regardless of name • Not just one way to heaven • Losses are really opportunities for love • When does life begin? • Human life is inhabited by spirit • Creation of universe was not accidental
- November 8, 2018 Unloved babies • Love nourishes spirit • How to share your beliefs
- November 29, 2018 All are in the process of becoming God • How to resist the destructive behavior of others • An expanded view of love • God does not judge, punish, or have wrath • The common bond of all that is

Messages from 2017

- January 19, 2017 The tapestry of All That Is • Love can only grow • Making a difference in the world
- February 6, 2017 The nature of love • The energy of observation • What Jesus knew • Good coming from destruction compared to forest fires
- March 7, 2017 Time as it relates to past, present, future • The spiritual plane is a limitless present • There is an existence with no strife or war • Choices made in the spiritual realm
- April 2, 2017 All is now, all is one • Your thoughts impact others • Difference between heart and mind • Guidance for sharing this material
- April 18, 2017 An expanded definition of being alive • Guides and humans are fully one • Heart is the bridge between human consciousness and everything else
- May 4, 2017 Life is the natural extension of love • Fulfillment is a commitment to being loving • Negative energy can make space for love to follow
- May 25, 2017 The light in darkness • Loving when loving is difficult
- June 6, 2017 Human life is about relationships • One God or many Gods? • Stand up for what you believe with patience and forgiveness
- July 10, 2017 Transitions in life and death • Suicide • Thinking about praying is a prayer • Dealing with loss
- July 24, 2017 Naming God • Love is a gravitational force • The eyes of the heart
- August 10, 2017 Societal and human challenges • Listen with the heart • Anger comes from fear
- September 7, 2017 Peace is the acknowledgment of oneness • Balance compared to weight on a scale • A church seeks spiritual leadership • Fear separates, but love and acceptance unite • All that exists leads ultimately to balance and becomes peace
- October 2, 2017 Faith comes out of belief • Thoughts on the mass murder in Las Vegas • Praying for one who does harm • Difference between who and what one is

- November 2, 2017 Having faith in challenging times • The functions of light and darkness
- November 16, 2017 Fear always involves loss • Purpose of life is enhancement of spirit • Spirit is the rudder of life
- November 30, 2017 Healing as it relates to beauty • Remove ego from relationships • No justification for killing • Guides communicate through the blending of light

Messages from 2016

- January 4, 2016 Some life-forms are more advanced than humans • The importance of dreams for the spirit
- February 8, 2016 The relationship of prayer, words, and thoughts
- February 22, 2016 Prayer is learning to be loving • No division in meaning between guardian angel and guide • Guides know humans more profoundly than family members • Growth toward pure Love did not begin with this human life and does not end with it
- March 7, 2016 What it means to create love • Positive thoughts have a direct benefit
- April 11, 2016 Spirit energy compared to candles and mirrors • Relationship of thoughts and prayers • Value of corporate prayer • God's response to prayer
- April 25, 2016 The light of God and humans compared to candles • God is equally present to believers and nonbelievers • The relationship of thought and prayer • Helping the soul grow during human life
- June 30, 2016 Words are inadequate expressions • These messages become clearer over time • All beings are sacred • Guides are guardian angels • Concerns about the political process • Individuals have principal guides, but all guides serve all • Children may be aware of guides
- July 14, 2016 Dealing with the fear of loss • How to address political tensions
- August 25, 2016 Peace is the recognition that the Creator is present in all • Soul is the window to God's light • The importance of touch to one who is dying • When embracing another, you are an expression of God • Nothing is more sacred than anything else
- September 12, 2016 Assurance about loved ones who have transitioned • Identity within oneness of Spirit compared to parts of body and flowers in bouquet • Differences in messages received by others • No soul is lost
- September 29, 2016 How people are equal • Animals do not have souls but can be present in the afterlife • Celebrate all human life
- October 24, 2016 Change and adaptation in life • Political and societal tension • How pendulums and other divining devices work

November 28, 2016 True listening in an act of nonjudgmental love • All can experience the guidance of spirit
December 19, 2016 God is not a single entity • Source of guides' inspiration • Spirit grows through decisions humans make

Messages from 2015

January 6, 2015 The nature of darkness • The effect of grief on the departed soul
January 27, 2015 Negative forces are receding • The mutually beneficial relationship of body and soul • The role of the heart
February 12, 2015 Communications from God and from guides • Love is to be shared in life and not just in the remembrance of life • In giving love, it is received • Vulnerability is a state of great strength
February 23, 2015 Humans are never alone • Humans are both creation and creator • All that God has created is sacred • Guides are evolving • Expressing love when it is difficult • Connection of body and soul is immediate • Guides for the inanimate in creation
March 12, 2015 Consciousness
March 31, 2015 All that exists is a single entity • God does not create but transforms energy • Jesus' travels
April 21, 2015 Who and what you are
May 5, 2015 Balance and its many applications
May 19, 2015 Finding balance through grace and Presence
June 1, 2015 "Suffering of spirit" defined • Guides serve as a bridge • God does not see religions but beliefs • God's single wish is for us to see everything as sacred • Those who have died are not separated from us
June 29, 2015 God is found in unexpected ways • Praying for enemies • Condemn actions while loving the perpetrator • Condemnation and forgiveness are the two sides of judgment • No separation in the realm of Spirit
July 9, 2015 Life-forms that resonate God's vibration accompany humans • Humans are containers for strength-giving, loving energy • Resonance compared to piano strings • Loved ones in spirit-form accompany humans • God does not create challenges but does allow them • All life is sacred
July 21, 2015 The protagonist for each life is the soul • Spiritual energy is nonlocal • Prayer connects people through the spirit • Anger is directed toward preservation or destruction • Violence comes from fear • Nuclear attack to end war

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| August 20, 2015 | God's presence during difficult times • United States culture is reinventing itself • Other life-forms that help humans • "Coincidences" are a synchronizing of energy forms • Pray to be open to what you need, not what you want |
| September 3, 2015 | Personal and spiritual growth requires change • Those who do harm are still growing • When a life is cut short • The spokes on God's wheel |
| September 21, 2015 | Unknown energy-forms that recognize the Centrality of Presence • Coincidences • Dreams • Spiritual entities connect all people |
| October 6, 2015 | God and guides see only what leads to spiritual growth but nevertheless are aware of human suffering • When humans feel abandoned by God • Web of life involves other conscious energy-forms that are permanent • Big Bang was not the beginning • One religious belief is not better than another • No reason for forgiveness |
| October 27, 2015 | Expanding the concept of Spirit as connecting filaments • Religion is not crucial for everyone but connectedness is |
| November 13, 2015 | Understanding human-caused suffering • The energy in darkness |
| November 30, 2015 | Acknowledge fear and then let it go • Your core is who you are |
| December 21, 2015 | The relationship of fear and forgiveness • Supporting those who are sick or dying • Dreams have a spiritual component |

Messages from 2014

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| January 6, 2014 | The value of collective commitment to discover Truth |
| February 6, 2014 | Communication with spirits • Giving and receiving love • The place of past lives |
| April 1, 2014 | Societies evolve at a different pace than individuals • God is in everything • Dealing with adversity |
| April 14, 2014 | Becoming more loving, more vulnerable • The soul has no shape, no boundary • All spirits know each other • You are God |
| April 29, 2014 | Every human being is part of God • Any separation is a mirage |
| June 12, 2014 | Focusing on light eases burdens • See yourself and all others as God • Avoid giving energy to what is dark • Names of guides • Following your heart's desire |
| June 30, 2014 | Creation: there was no beginning, and there will be no end • Guides experience transitions in spirit life • "Heart" refers to the connections that bind all that exists • The world's problems are crises of connections |

- July 8, 2014 The soul's evolution of insight is ongoing • Guides serve for our growth and theirs • Spirits experience joy • Love is expressed through service • Awareness of beauty affirms presence of guides
- July 23, 2014 All souls learn from similar life experiences
- August 12, 2014 Prayer is really about openness • How God creates • Reincarnation compared to appearances of a rock
- August 28, 2014 Religion should be about asking questions rather than providing answers
- September 23, 2014 Questioning is encouraged • Why suffer? • God is present
- October 30, 2014 Life before and after human life • Prayer's impact on and response from those in spirit • Many entities communicate to humans • How to enhance the lives of those in spirit
- December 11, 2014 All life is equal • To reincarnate or not • Human life is a journey toward the perfection of spirit • Vulnerability is central to growth • Life review is an acknowledgment of growth • The presence of known souls after death
- December 22, 2014 Christmas is about hope • Jesus was one of many who provided a perspective of the Creator • All religious beliefs require hope • Faith is the embodiment of hope • All forms of life—human, animal, plant—experience a kind of hope

Messages from 2013

- January 14, 2013 Guides serve all that exists • God is a kind of connective tissue that unites everything • Dreams are a connection to reality • Spirits are visible as lights of different colors • The momentum of human life is toward peace and love • Every day find evidence of God and you will believe in God
- January 28, 2013 All humans are spirit in physical form, seeking and progressing • Avoiding relationships stunts personal growth • Addressing disagreements in relationships • God loves everyone completely and unconditionally
- February 11, 2013 The presence of God is a quiet presence, for God does not shout or bellow • Your lives ideally are lives of listening • Listen to the plants and rocks, for they speak • God created all for the purpose of establishing total unity • When you pray for those who have joined us, those prayers are really prayers of gratitude
- March 7, 2013 The relationship of God, spirit guides, humans, and All That Is • The perception of God's abiding presence compared to the filter of sunglasses
- April 4, 2013 The power and influence of thoughts • Prayer is not words but an opening • The true meaning of Easter
- April 22, 2013 Positive and negative thoughts and actions • Questions and answers about Jesus • Study religious stories for true meaning, not for specifics

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| May 9, 2013 | Faith is exercised most profoundly when tested • Humans have the strength and power of light • Your neighbor is God just as you are • [Note: First message since three kidnapped women were freed from a decade of captivity in Cleveland.] |
| May 23, 2013 | Birth is not a beginning but a continuation • Multiple lives—human and nonhuman • There is no guilt nor judgment • Spirit has a shield around it and is fully protected |
| June 10, 2013 | Invisible life-forms that accompany humans • There is no chaos nor randomness • Guidance is part of creation |
| June 19, 2013 | Humans are a part of God as is everything • How God seeks and expands • Unseen life-forms protect the human spirit and contribute to its permanence • Human spirits and unseen life-forms interact and are interdependent • Guides share info about unseen entities because humans are ready to understand • Pray for all forms of creation, known and unknown • There is no need for ego when you understand your place in the circle of All That Is • Unity compared to molecules in the ocean • All that you do impacts everything |
| August 5, 2013 | Listening to God • The closeness of the spiritual and physical worlds • With prayer, what matters is intention • Recognizing, accepting, and responding to needs • God is because you are |
| August 22, 2013 | God is because you are • Suicide |
| September 3, 2013 | There is only now • Cast away worry, concern, anxiety • Praying for world leaders • Compassion • Guides welcome souls who have transitioned |
| September 19, 2013 | The importance of circle • Crop circles • Circles of negative and positive energies • Overcome guilt |
| October 3, 2013 | The unity of All That Is • Prayer impacts All That Is • The power of prayer comes not from words but intention |
| October 14, 2013 | Past life experiences • Welcome disagreements • Struggles of the United States |
| November 18, 2013 | All paths in spiritual development are needed • Pray to be open to God's presence, not that God does what you desire • Every human experiences love in some form |
| December 9, 2013 | The value and purpose of light • Why souls share the experience of human life • Humans progress because light is attracted to light • How to truly embrace life |

Messages from 2012

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| January 5, 2012 | Governments evolve just as human beings evolve • Peacemaking among nations • People and nations must become vulnerable • Focus should be on what is best for all • God continues to create |
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January 23, 2012 Human life is for spiritual growth • Everything encountered is sacred • Both words and actions reflect one's current journey • Transition (death) is a graduation • Journey of life compared to ship on the ocean

February 13, 2012 Life is a process of spiritual broadening • Journey through life compared to a ship at sea • Your physical being accompanies your spirit on its journey • Every human being becomes God

February 28, 2012 Burdens, emptiness, darkness, negative energy, evil • Human life is not predetermined • No soul is evil • Souls grow in the presence of light • Difficulty moving forward in the afterlife

April 12, 2012 Life's burdens are to be shared • Life is about serving, about giving • The true value of any gift is the love offered by the giver • Prayer does not activate God

April 30, 2012 Authentic sharing • Meaningful listening • How prayer works

May 14, 2012 Love and light are interchangeable • Individuals are identified by color of their lights • Spiritual light compared to candles • No judgment on one type of loving relationship over another • [Note: Message received shortly after President Barack Obama stated his support of gay marriage.]

May 31, 2012 The importance of sharing joyful times • Embracing the foe • Faith compared to crossing a bridge in fog

June 25, 2012 Looking inward and outward for God • You are what you seek • You, individually and collectively, are God

July 18, 2012 Hearing God speak • All human thoughts and actions impact all that is • Synchronicities are evidence of the actions of God • Life moves toward balance

August 28, 2012 What being centered means • Darkness and Light

September 13, 2012 A slow transition to the afterlife • Everything is evolving towards peace and love

October 4, 2012 Asking questions of denial or discovery • Candidates for election • God provides strength to prevail

October 25, 2012 The importance of sharing personal concerns • Life is about letting go of judgment • Whatever is done out of nonjudgmental love is always adequate

November 8, 2012 Extraterrestrials • Chaos and order • God is both Creator and Created • Quantum theory and interconnectedness • All that exists is alive • Every thought and action affects everything else

November 26, 2012 Quantum energy • God's energy described • It is important to embrace the light • Extraterrestrials and other life-forms • You and your neighbor are the same entity • Life is permanent

December 13, 2012 The unbroken circle of creation • The universe is a living entity that is part of a greater one • Living multiple existences simultaneously • Dreams are a bridge to a broader reality • Religious beliefs are a kind of magic

Messages from 2011

January 17, 2011 How to find what you seek • The unity of all that exists and all that is sought • Human life is a process of becoming unconditionally loving • Humans are not an image of God but rather a manifestation of God

February 3, 2011 Concern for a critically ill loved one • All benefit from prayer • Be a manifestation of God's compassion

February 21, 2011 God as Comforter • Dealing with grief

March 15, 2011 What "being in the Light" means • The timing of death • Bodily death compared to molting • All that is created eventually becomes the Creator • Prayer is what you are, not what you do • The earth, along with everything else, is evolving • [A devastating 9.0 earthquake and tsunami hit Japan on March 11, 2011]

March 31, 2011 The origin and qualities of guides • Other intelligent life, other earths, other universes • Value life; resist its termination • Seeing with the heart • The unity of all that is

April 18, 2011 Spiritual exchange compared to multiple candles • The difference between who you are and what you are • How guides recognize human emotions • It is not life's events that are important, but your response to them

May 14, 2011 What is good is expanding • Various perceptions of God • Living with earth changes, natural disasters, and adversity • Be the change you seek

June 21, 2011 God's response to us and our response to others • Proselytizing • Seeking and acknowledging balance • All that has been created is changing

July 7, 2011 Every human being is guided by a multitude of spirits • Love is a portal to a vision of God • Uplift others so that their horizons may be expanded • You are what you do and not what you say

July 21, 2011 Be open to glimpses of God • All life is sacred • How to help your guides • God Is and therefore you are

August 18, 2011 Balance requires the positive and negative of life • There is value in all that exists • Every individual moves toward God

September 8, 2011 How guides relate to and communicate with humans • Reflections on the tenth anniversary of 9/11

- October 25, 2011 Relationship between God and humans • Qualities of God • Life does not begin at birth nor end at death • Human identity transcends death • The unity of God with All That Is

- November 17, 2011 Reincarnation: considering time does not exist, and the possibility of different life-forms
 - There is no space, therefore all souls are united • Souls of the dead are aware of the living • Invisible life-forms on earth • All souls receive guidance, but those who have lived multiple lives may have an increased awareness due to more experience

- December 5, 2011 Other worlds, other life-forms • Unseen life-forms on earth are positive • Only human love and goodness are detected by other energy-forms • Negative thoughts and experiences are ultimately obliterated • No judgment day, but acknowledgment of all that is loving

- December 20, 2011 The difference between getting and receiving gifts • Sharing beliefs about guides and these messages best done in small groups • Your gift to others is who you are

Messages from 2010

- January 14, 2010 Balance self and community, the I and we • Collective prayer and personal prayer • Praying for the dead

- January 28, 2010 Finding peace/balance in times of suffering • Haiti earthquake response

- February 8, 2010 Turning point in attention humanity gives to compassion and nonjudgmental love • Balance of emotions • Both space and the smallest particle of matter seek equilibrium • Faith is acknowledgment that what is real and good will prevail

- February 17, 2010 Requested clarification on darkness/evil/negativity

- March 30, 2010 The light of communication • Interconnectedness compared to movement in a pond • Give and receive with no expectations • Be the difference

- April 22, 2010 When “bad” things happen to “good” people • Faith for challenging times

- May 10, 2010 Intersection with guides • Characteristics of light, darkness, and energy

- May 24, 2010 Comprehending reality beyond the senses • All thoughts communicate • Unseen life-forms transmit your thoughts and prayers to their beneficiaries • The created and Creator are one • Compassion is a natural occurrence

- June 7, 2010 Death is not separation • Capital punishment has no place • Negative thoughts attract light • The importance of being vulnerable

- July 15, 2010 All that exists is guided • Death does not separate those who love • Difference between knowledge and belief • Differences between positive and negative energy

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| July 29, 2010 | The dynamics of absorbing and reflecting energy and God's light • Absorbed light provides insight • Prayer described as energy absorption and reflection • Why does God exist? • Why do humans exist? |
| September 1, 2010 | Choose love at life's intersections • Sticks and boulders in the river of life |
| September 25, 2010 | There is no time, space, or distance • Everything that is is united • Individual souls are part of THE Spirit • Exchanges of energy in giving and receiving • No life is more blessed than another |
| October 4, 2010 | The interrelationship of service, vulnerability, peace, love, and equality • Contemplating other entities, and the universe and beyond • The energy of God permeates everything |
| October 28, 2010 | Peace and balance • Unity of all • You are each other's keeper • Sharing these messages |
| December 9, 2010 | Spirits experiencing human life can serve as guides • A human's group of guides constantly expands • Prayer benefits both parties • Praying for pets • Past, present, and future are all now |

Messages from 2009

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| January 6, 2009 | Spiritual relationships • We are a product of our history, therefore do not judge • The absence of love is fear • Actions are more important than beliefs |
| January 29, 2009 | The path through life • All exists in the now • Difficult persons provide opportunities for growth • Reincarnation • The year 2012 • Recent changes in U.S. leadership |
| February 16, 2009 | Judging another is judging God • Staircase of life • Presidential leadership, and ours • Other beings • Attached spirits |
| March 23, 2009 | God can only love • Being a vessel • Pray for balance • Consider context |
| April 9, 2009 | Love is a requirement • Discover who you are and why you are • After death, a sphere of life • Answered prayer |
| April 23, 2009 | Incarnation/death compared to ocean evaporation/rain • Relationships are exchanges of energy |
| May 11, 2009 | Transformation |
| June 4, 2009 | Human needs • Natural tendency of spirit is to reach out, expand • Love honors that which is permanent • Grief |
| June 22, 2009 | Building and tearing down walls • Humans create their experiences • Share all messages |
| July 9, 2009 | Barriers to knowledge of God • Life is for seeking • Faith essential for peace |

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| August 13, 2009 | Humans' and spirits' parallel lives • Human struggle offers opportunity for soul growth • All perceptions of God are correct but evolving |
| August 31, 2009 | Individual and corporate faith • Conflicts over differing beliefs |
| September 21, 2009 | Illumination • God creates the context of life • Seek ways of being loving |
| October 5, 2009 | Why humans don't remember past lives • The issue of time • All That Is is a single entity |
| October 26, 2009 | Your soul's identity • Reincarnation may involve both a new body and a new spirit • Praying for and receiving guidance • Sacred value of everything • Share your beliefs with respect for another's • Pray for your soul |
| November 16, 2009 | The nature of God • God and humans share the same "Is" component • Seeking, exploring, questioning encouraged |
| December 10, 2009 | God's comfort |

Messages from 2008

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|-------------------|--|
| January 8, 2008 | Giving and receiving the hand of God • Leadership • Peace requires tolerance and respect • Freeing stuck spirits • Links to the Divine |
| January 22, 2008 | Perceptions filter reality • All life paths are of equal value and lead to God • Prayer is always beneficial • Past, present and future are all now • Intersections on life's path provide opportunities |
| February 11, 2008 | Sharing your spiritual journey as with an upturned palm |
| March 6, 2008 | Purpose of human life is the transformation from being loved to giving love |
| March 24, 2008 | All choices provide opportunities for growth, even those resulting in failure or victimization • Thoughts are energy and have impact • The positive side of grief • Guilt is self-punishment • Every human is basically good and must be cherished • Be the first to forgive |
| May 6, 2008 | Be a reflector of God's light • Accept the goodness of everyone • There has always been light • The light you reflect is brought back to you |
| May 19, 2008 | Difference between soul and spirit • Auras • Exchange of energy • Prayers for another are prayers for openness to the presence of God |
| June 3, 2008 | Prayer is simply your personal acknowledgment of God • World peace is dependent on seeing the light in others • Adaptation is a sign of strength |
| June 30, 2008 | The soul's identity • Interdependence among souls • Making the right choices |

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| July 22, 2008 | Spirit progression • Reincarnation does not occur immediately • Faith leads to love • When lost, become vulnerable and accept help |
| August 12, 2008 | The role of the Bible and other sacred texts • Whether to test a fetus if risk involved |
| August 26, 2008 | Nature of divine light • Life begins as one cell creates another • Light always overcomes darkness |
| September 15, 2008 | Relationship to God • The upcoming election |
| September 29, 2008 | All That Is is God • Enhance transformation by honoring the divinity in yourself and others |
| October 16, 2008 | There is no failure or reason for guilt • Evil is a human creation • There is no devil |
| October 30, 2008 | Seeking peace or healing is seeking balance • Take time to listen • The upcoming election |
| November 10, 2008 | Results of presidential election • Movement toward God compared to magnet • Role of suffering |
| December 11, 2008 | Human spirits, nonphysical spirits, and God • Strengthening humans protects them • God and spirit perceive only positive energy |

Messages from 2007

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|-------------------|---|
| January 11, 2007 | More on other life-forms • Avoiding conflict from differing perspectives |
| January 22, 2007 | Perspectives of God • Affirming when disapproving • Life and death in the animal kingdom • Killing is against God's wishes |
| February 8, 2007 | See God with your heart |
| February 19, 2007 | Spiritual growth through relationships |
| March 12, 2007 | God engages with every thing • Honoring differing perspectives in conflict |
| March 22, 2007 | The importance of self-love • Fear precedes anger |
| April 9, 2007 | Doubting is a sign of strength • Jesus' conception and resurrection |
| April 30, 2007 | Spiritual guidance compared to a compass • The soul/body assignment is lifelong • Tribulation (reference to Mayan calendar year 2012) provides necessary correction |
| May 21, 2007 | Consulting the guidance compass • Natural disasters and climate change |

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| June 5, 2007 | Developing faith • Guidance compared to a wedge in a door • Multiple sources of guidance • Communication between a fetus and an adult |
| June 21, 2007 | Darkness and light • Individual faith journeys • Circumcision and other symbols of faith |
| August 21, 2007 | The journey of life, accompanied by guides |
| September 13, 2007 | Seek not perfection but receptivity • Being faithful to the great truths |
| September 27, 2007 | Spirit guides evolve • Many ways to receive guidance • Who is Emmanuel? • Sharing these messages • Your goals or God's? |
| October 8, 2007 | Transition from human to spirit life and levels of spiritual development • All knowledge imparted by guides comes from God • Negative energy, dark power, and evil |
| October 29, 2007 | In vitro fertilization • Abortion • Recognizing guidance |
| November 12, 2007 | Seeking is more important than knowing • Respond with love in challenging situations • Pray for guidance • More about conception and spirit attachment • Spirit, energy, and light • Tear down walls of mistrust, suspicion, fear |
| November 29, 2007 | Spiritual peace • Be vulnerable rather than defensive • Why the soul attaches to human life • Seek understanding more than knowledge |
| December 11, 2007 | Assisting a friend in need • Responding to those who don't believe in spiritual guidance |

Messages from 2006

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|------------------|---|
| January 9, 2006 | Reflecting God and living in faith • The soul/human relationship |
| January 26, 2006 | Serve others with love, not duty, obligation, or guilt • Conscious life elsewhere |
| February 9, 2006 | The nature of the universe • All That Is embodies God • The system of guidance |
| March 14, 2006 | Recollection of earthly life in the afterlife • The relevance of scriptures |
| March 30, 2006 | The importance of transformation • How the love of God grows • The equality of everything • Embrace all experiences |
| April 17, 2006 | Substitute faith for fear |
| May 15, 2006 | The nature of faith • The elimination of fear • Our connection to those we love who have passed on |
| May 30, 2006 | How guides are connected to humans • Soul growth in the here and hereafter • Nature of time and light |

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| June 15, 2006 | Guides and humans focus God's light • Be present with caring intention |
| July 19, 2006 | Temporal guidance and spiritual guidance • Do not judge the spiritual path of another |
| August 1, 2006 | Moving from war towards peace • An appropriate sense of entitlement • The role of karma and multiple lives in the spiritual continuum |
| August 15, 2006 | Defining God • Evolving from loving to Love • Love as balance |
| August 31, 2006 | God/Love compared to a river |
| September 18, 2006 | More on the river of God/Love • Letting go and letting God |
| October 9, 2006 | Dealing with "difficult" people • Predestination |
| October 30, 2006 | No requirements for guidance • Dealing with loss |
| November 20, 2006 | Relationship of guides, humans, and spirit |
| November 30, 2006 | Other life-forms • Going with the flow • Scientific breakthroughs |

Messages from 2005

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|-------------------|---|
| January 17, 2005 | Tragedy and suffering (The devastating tsunami of December 26, 2004) |
| February 21, 2005 | Transition • Seeking guidance through kinesiology, the pendulum, and channeling |
| March 7, 2005 | Transitioning through the field of love • Why there are individual souls • Where memory is stored |
| April 5, 2005 | Afterlife • Angels |
| May 2, 2005 | God, love and human life as circles • Vibrations • All souls were together previously |
| May 25, 2005 | Every soul achieves unity with all other souls • More than one human lifetime may be necessary • Connect with all creation • There are no chance intersections • Importance of forgiveness |
| June 7, 2005 | The relationship between thoughts and prayer • Thoughts create reality |
| June 22, 2005 | Prayer is listening • Transforming evil • Be compassionate |
| July 13, 2005 | Suffering • Violence and fear • All humans are innocent • Capital punishment • Transform imbalance to balance • Commandments to love • [Note: Recent current events include terrorist bombings of subways and a bus in London, and a suicide bombing that killed many children in Iraq, as well as increased violence in Afghanistan] |

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| July 27, 2005 | How to support those who've passed over • Communion through peaceful listening • God's omnipotence |
| August 17, 2005 | Recognizing guidance • The relationship of peace and love as process and product |
| August 29, 2005 | The rhythm of God's creation • [Message received as Hurricane Katrina struck New Orleans and the Gulf Coast] |
| September 12, 2005 | The nature of God • [Message received two weeks after Hurricane Katrina] |
| September 27, 2005 | Grow in your breadth and depth of understanding |
| October 24, 2005 | The importance of light and love in the life of spirit |
| November 10, 2005 | Celebrate differences • Acknowledge equality • Love nonjudgmentally |
| December 1, 2005 | Awareness of spiritual entities • Protection from "negative" energies • Opening to God compared to searching for radio channels • The expansion of love compared to water evaporation and its return to the sea |
| December 15, 2005 | The purpose of human life • Winter religious celebrations are based on light |

Messages from 2004

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|------------------|---|
| January 19, 2004 | Illness and suffering |
| February 9, 2004 | Unity of all souls • Predestination • Glimpses of God • Adversity is a catalyst for developing grace and character |
| March 11, 2004 | Hearing and listening to God • Responding to one in need • Life after life • Relationship with guides |
| March 29, 2004 | Fully embracing your own spirituality • Soul compared to a beacon of light • Cycles of life compared to inhaling and exhaling |
| April 8, 2004 | The concentric circles of life and love • The role of all souls, including Jesus, within those circles |
| April 19, 2004 | God's gift of love given through service • Finding balance results in growth of the spirit • The concept of time |
| May 4, 2004 | Balance is essential • Inner and outer circles • Unity of all souls as spokes on a wheel |
| May 18, 2004 | Unity of all as water in a bowl • Intelligent life beyond Earth • Human life is but a moment • Seek your center |

- June 9, 2004 Find strength to hold the vision of the resolution of conflict • God does not take sides • Prayer does not activate God • Give thanks for blessings and challenges alike
- June 22, 2004 Physical needs as ministered by God • What it means to be “saved” • Beliefs are important in healing
- July 26, 2004 How to hear God and discern God’s will re the national political scene and world stage [Note: the Democratic Convention commenced this day]
- August 26, 2004 Comparing the unity of all souls to islands in the sea • Young lives cut short • Reincarnation may not be immediate • Shared suffering, compassion, grace • Eternal nature of spirit
- September 9, 2004 Suffering and a proper response to it • Be free of fear
- September 21, 2004 The relationship of the material to the spiritual, the temporary to the permanent • Many forms and uses of energy • Spiritual evolution is about losing differences • No human-produced Armageddon • Earth will be consumed by sun • Intelligent life on other planets • Universe is a single entity • Prayers are for wholeness

Messages from 2003

- January 16, 2003 The difference between soul and spirit • The evolution of Jesus • Human potential compared to fire
- February 10, 2003 War and peace, in reference to concerns about U.S. threats to invade Iraq
- March 3, 2003 Fear • War • Transition from life to Life • Listening is not only for words • [Note: there were individuals present who had relatives who had passed over during the previous week]
- March 24, 2003 God does not take sides • All are equally blessed • The relationship of anger, fear and hate
- May 1, 2003 Detecting God’s presence • Moving from self to
- May 26, 2003 Spiritual connectedness compared to the sea • Guidance for creation of a book of messages • Prayer, faith, and flexibility
- June 3, 2003 Rain as metaphor for spiritual nourishment • Nature, spirit, and the unity of all creation • [Note: Message received on a rainy night]
- June 17, 2003 Answers to the expressed desire for more inclusive language in the messages • Does God hold us accountable for our actions? • The role of karma and reincarnation in spiritual growth • These messages serve two main functions
- August 19, 2003 The power of prayer for self versus for others • In learning you are healed • Our relationship to animals and all that has been created

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| September 8, 2003 | No one is alone • When soul connects with body • The abortion dilemma • War is never defensive • Human souls do not exist in animals • The number of lives lived is unimportant • Qualities of guides |
| September 25, 2003 | Celebrations [Note: Message received as a friend's birthday is celebrated] • Loving and being loved |
| November 5, 2003 | Good and evil |
| November 18, 2003 | Vulnerability and separateness |
| December 11, 2003 | Eternal relationships with guides and family members • Loving relationships originate prior to human life • Spiritual identity within unity |
| December 30, 2003 | Praying for healing is praying for balance • The power of prayer is in listening • See God in the face of another |

Messages from 2002

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|--------------------|--|
| January 24, 2002 | The quiet voice of God • Know yourself so you can serve others • Accentuate the positive |
| February 15, 2002 | The consequences of superficial living and denial of God • The community of souls, incarnate and discarnate |
| February 28, 2002 | Spiritual reflection of God's light • Auras |
| March 28, 2002 | The nature and evolution of souls • How the human experience affects the soul and how the soul affects the human experience |
| April 23, 2002 | Unconditional love defined • The fear of loss • The source of evil |
| May 6, 2002 | The continuum of life • Being open to guidance |
| May 28, 2002 | All souls are a single entity • There is no time, only presence • Life is spiritual rather than physical • All religious practices are valid • Loving light of God |
| July 2, 2002 | Why live a human life? • The expansion of God • Relationship between body and soul |
| July 22, 2002 | Living in the present • How to affirm the lives of others • The detriment of negative emotions |
| August 20, 2002 | Affirming the dignity of all life • Praying for peace • Peace and the abolition of self-interest • The importance of community |
| September 19, 2002 | Resolving conflict in the world • Turning inward and living by faith • [Note: USA considering invading Iraq] |

- October 7, 2002 The nature of the soul • Child prodigies
- November 6, 2002 The relationship of the physical and the spiritual • Chakras • Positive and negative energy released into the world
- November 26, 2002 Perception of self and response to others • Meditation is listening

Messages from 2001

- January 15, 2001 Growth of the soul • The importance of silence
- January 29, 2001 The interdependence of body and soul • The importance of silence • Meditation
- March 4, 2001 What God is and is not • Energy is logical and organizational • Reverence for all that exists
- April 17, 2001 The dignity of life • Experience cultivates compassion • Acknowledging God's presence in the past, and trusting God's presence for the future • The power of positive thinking
- May 23, 2001 Hearing God
- June 13, 2001 Love as the source of energy and light • Allowing rather than learning God's way
- July 2, 2001 How to be receptive to guides • How being positive or negative affects others • The relationship of body and soul • Capital punishment • No justification for judgment
- August 21, 2001 Humans choose to hear God • God's presence and activity in times of challenge and uncertainty • The power of prayer to open others • Prayer does not call God into action
- September 11, 2001 Dealing with 9/11 • Understanding and loving the hand that strikes • [Note: This message was received on the evening of the tragic hijacking of four commercial airplanes and subsequent crashes into the World Trade Center Towers in New York, the Pentagon in Washington, DC, and a field in Pennsylvania.]
- September 24, 2001 Spiritual unity • How guides develop • Guides' experience of God • The way human lives resonate • Finding blessings in the midst of tragedy • [Note: This is the second message received since September 11, 2001 and contains more thoughts about the tragic events of that day.]
- October 15, 2001 Authentic listening
- November 1, 2001 Making a difference in the world • The difference between action and reaction • Appropriate action begins with listening
- November 27, 2001 Gender references to God • Defining and practicing forgiveness
- December 13, 2001 Prayer is affirmation • Why guides pray

Messages from 2000

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|--------------------|---|
| January 20, 2000 | Seeing and hearing with your heart • Use your blessings to bless others |
| February 2, 2000 | Nothing is lost • Never lose hope • Spiritual particles |
| February 29, 2000 | There is nothing to fear • Vulnerability is a sign of openness |
| March 23, 2000 | Function of guides • Praying is being vulnerable • Immortal strength granted through prayer • How to pray for others • Prayer does not influence God • God Is! |
| April 4, 2000 | The true nature of loss • Reconciling with departed souls |
| April 19, 2000 | God works in communion • Spiritual light • Everything is sacred and generates light • Each soul has its own color • Guides can change although the connection is permanent • All of humanity is a single unit |
| May 10, 2000 | Divine direction and the gift of choice • Recognizing God's guidance • God Is—You Are |
| June 29, 2000 | Growth through choice • All humans are related spiritually and genetically |
| August 28, 2000 | The power of corporate prayer • Unity without time or space • Psychic predictions |
| September 11, 2000 | The nature of God • Evil is a part of creation • Corporate prayer and meditation |
| October 2, 2000 | Spiritual vision is essential • Imaging prayer |
| October 15, 2000 | Welcome conflict and adversity • Be God in action |
| November 7, 2000 | The futility of defining God • The inward and outward journey • Conflict and growth |
| December 10, 2000 | Relationship between humans and guides • Represent godliness in your actions |

Messages from 1999

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| January 13, 1999 | Choose optimism over pessimism • Welcome challenges • Evaluate appropriateness of goals • How a successful life is measured |
| February 9, 1999 | Exercise spiritual presence in relationships • Be a catalyst for beneficial change in relationships • Concerns provide meaning and perspective to life |
| March 2, 1999 | Use of metaphors and symbols in spiritual beliefs • Viewing God as father or mother • God abandons no one • No faith system has the only answer |

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| March 23, 1999 | All souls are equal, united, and part of the entity of God • Greater awareness of unity after death • Disagreements between individuals are conflicts within the self • Location of the soul |
| June 3, 1999 | Growth is achieved when imbalance seeks to become balance • Healing defined • Welcome illness as an opportunity to grow |
| July 1, 1999 | There are no coincidences • Suffering is neither predetermined nor created by God • Karma is not about punishment • No judgment day • All souls are “saved” • Reincarnation |
| July 13, 1999 | Being mindful of life’s lessons • Choose to illuminate your surroundings • Keep prayer foremost in your mind |
| July 29, 1999 | God sustains all souls • All is positive with God • Humans choose to nurture their souls or not |
| August 18, 1999 | The soul responds to God’s loving light as a plant responds to light • Reincarnation • Soul compared to a window that transmits God’s light • The relationship and interaction of body, mind, soul, spirit, and guides • The nature of the soul |

Messages from 1998

| | |
|-------------------|--|
| January 7, 1998 | The nature of God • Accept inadequacies of self and others • Analogy of partially charged battery in relationships • All are guided and grow toward God |
| February 10, 1998 | Find time for contemplation, passive prayer, listening • Intercessory prayer • Affirm the divinity and dignity of everyone |
| March 26, 1998 | Human form compared to a pitcher • Accept problems as gifts |
| April 16, 1998 | How to live a fulfilled life |
| April 30, 1998 | Internal and external listening • The constancy of fulfillment • Spiritual entities who have not experienced human life, and those who have experienced more than one • The equality of rungs on the horizontal spiritual ladder |
| June 16, 1998 | Spiritual nurture for self and others • Express your vulnerability • Meeting the needs of self and others |
| July 1, 1998 | God is! • Value the gift of life • Human life is necessary to achieve union with God • Reincarnation |
| July 14, 2015 | All souls are drawn to God • Spiritual journeys vary in style, not substance • Hell does not exist |
| September 3, 1998 | Space, distance, and infinity • Guides and God are within and around humans • The unity and interdependence of all that exists |

- October 14, 1998 Sharing • Focusing on the positive rather than shunning the negative • How to pray in a positive manner
- December 9, 1998 What sets human beings apart • The real power of Jesus • Human divinity • All humans are equally gifted
- December 28, 1998 Accept differing beliefs • Interpretations of God, Jesus, and others who are worshipped • What gives life meaning

Messages from 1997

- February 12, 1997 Peace, unity, and awareness of God • Self-awareness and service to others • The art of listening
- April 21, 1997 Compassionate giving and appropriate receiving • Welcome the challenge of imbalance, and seek guides' help
- May 4, 1997 Difference between faith and belief • What is needed for a vision of God • An understanding of God must be flexible
- May 27, 1997 Rereading, pondering, and sharing these messages • Putting faith into action • The balance between uncertainty and conviction
- July 10, 1997 Importance of passive prayer • Provide rest for body and soul
- August 5, 1997 Spiritual growth within spiritual unity • In seeking peace, seek unity
- August 28, 1997 True sharing and what impedes it
- September 17, 1997 The superficiality of differences between people • Religions are equally valid • The role of patience and compassion in spiritual development
- October 9, 1997 Handling emotionally charged meetings • Perseverance in dealing with uncertainty • Be vulnerable and reliant on God • Love does not dominate
- November 3, 1997 About guides and guidance • Pitfalls with wanting to help another • How to be a clear lens reflecting God
- December 11, 1997 How guides recognize the presence of other souls • The importance of relationships

Messages from 1996

- January 5, 1996 Commonalities and differences in religions • Evil defined • Teach by example • The folly of judgment
- March 18, 1996 The unity of all souls • Celebrate diversity rather than focusing on differences
- April 1, 1996 Prescription for peace
- April 17, 1996 Human interactions are crucial for soul growth • Choosing between enabling and protecting another in need • Give witness by your actions, not with words

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| May 6, 1996 | Spiritual joy is peace • Welcome the storms of life |
| June 2, 1996 | Relationship between the physical and spiritual self • The importance of action as well as prayer • Achieving international understanding |
| July 10, 1996 | Knowledge is necessary in difficult relationships • Reach out in conflict situations |
| July 24, 1996 | Divinity as the basis of equality • The place of suffering and long hospitalizations • Sudden deaths • Praying for departed souls |
| September 4, 1996 | Living and loving in a timeless sense |
| October 3, 1996 | Experiences that confirm spiritual life • The difference between faith and hope |
| October 30, 1996 | Dealing with family patterns • Continuity of life and lifetimes • Difference between faith and hope • Relinquish sense of urgency |

Messages from 1995

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|-------------------|---|
| January 30, 1995 | Time is meaningless • What's really important in life • Guides do not create obstacles for humans |
| March 8, 1995 | What guides learn • Uncertainty promotes faith development |
| March 22, 1995 | Communicate by becoming the other • Appreciate the beauty of nature |
| April 5, 1995 | A souls' memory encompasses more than this lifetime • Past, present, and future time |
| April 24, 1995 | Compassionate listening provides strength • Work to bring about that for which you pray • Healing is a community achievement • [Note: This message was received just after the bombing of the Federal Building in Oklahoma City.] |
| May 8, 1995 | The nature of God • Correcting behavior • See challenges as opportunities for growth |
| May 29, 1995 | Transitions • Healing • Transcending the importance of self |
| June 12, 1995 | Human life is a school • The importance of the present and its assurance about the future • Reincarnation • The expression of love as evidence of spiritual activity |
| June 21, 1995 | The light and color of the soul • Praying for another • True healing is balance |
| July 20, 1995 | The transition of a loved one • Reincarnation • Giving and receiving love |
| August 2, 1995 | Dealing with negative emotions • Welcome challenges • All humans are equal and united with God's presence • Prayers for the dead benefit all • Guides are known by their lights, not by name |
| August 16, 1995 | Spiritual love • Accepting those who are a challenge • Growth through faith and failure |
| August 31, 1995 | Souls are not limited in location • The unity of everything • There is no new creation, only changes in energy • Life is permanent • World turmoil |
| October 4, 1995 | Human response to spiritual awareness • Right relationships |
| October 30, 1995 | The direct accessibility of God • Prayer increases the ability to receive • Wordless prayer |
| November 15, 1995 | Peace is a gift from God • The necessity of difficulty and challenge |

- December 11, 1995 As God does not judge, humans should not judge • Nurturing self and others
- December 19, 1995 See Christ as example rather than exception • The purpose religions serve • Continuity of life

Messages from 1994

- January 26, 1994 Human relationships offer unique opportunities • Growth through challenges • All prayers are about opening to God
- February 16, 1994 Overlook cosmetic differences in the unity of all creation • Practice patience, tolerance, peace • Being aware of guidance
- February 28, 1994 Souls as candles • Soul growth is guaranteed
- May 13, 1994 Bend with change to grow spiritually • Welcome challenges
- May 29, 1994 Be honest in your evaluation of who you really are, where you are on your personal journey, and where you would like to be
- June 21, 1994 Life in the spiritual realm • In death, all is cast away except the love given and received during human life
- June 30, 1994 The relationship of peace and love in human life and spiritual life • Accept the futility of fear
- August 3, 1994 Look both inward and outward for God's light • Reincarnation • The body communicates its stress tolerance
- September 13, 1994 Look for the God in others • Eliminate pride that ignores unity • Reflect the positive and allow the negative to pass through
- October 22, 1994 Have faith while awaiting medical diagnosis • All that has been created is sacred • No justification in terminating the life of another
- November 10, 1994 Personal growth depends on growth of others • The power of prayer and loving thoughts • Interpreting predictions of impending doom
- November 30, 1994 Applying what you know is challenging • Being vulnerable and receptive is a strength
- December 12, 1994 Dealing with conflict, fear, and judgment

Messages from 1993

- February 28, 1993 Acting out of knowledge and faith • Approach decisions with prayer • Time does not exist on the spiritual plane
- May 9, 1993 Learning through inequality and imbalance • Life is for serving others • Value yourself • Characteristics of life after death
- July 3, 1993 Natural progression from life to afterlife • Period of transition varies in length • Souls unwilling to let go of human life • Protection from negative influences • Avenues of guidance • There is no time

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| August 9, 1993 | Soul flight • Anxiety, fear, and worry obstruct vision • Unity of all • Focus on the big picture |
| August 30, 1993 | How to anticipate the future • The wedding ceremony • Accepting the good and the bad • Respond to life with love |
| September 13, 1993 | The unity and continuity of creation • Be appropriately unimportant |
| October 11, 1993 | Experiencing loss as gain • What gives life meaning |
| November 1, 1993 | Acknowledging God's presence daily • Giving and receiving help • Thank God for challenges |
| November 22, 1993 | Relationships are permanent and defining • The colors of love in spiritual light |
| December 8, 1993 | Activating God's response to prayer |

Messages from 1992

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|--------------------|--|
| March 20, 1992 | The relationship triangle |
| April 3, 1992 | Judging others |
| April 29, 1992 | The triangle of essential perspectives |
| June 18, 1992 | God's presence in the crossroads of life |
| July 23, 1992 | Biblical scripture and other inspired writings • Spiritual development requires change |
| August 30, 1992 | Be a rock in the stream of life • Make time to just be |
| September 19, 1992 | Why God allows tragedies • Empowering others |
| October 10, 1992 | Intervention by guides • Souls choose the path for growth in human form • Being a guide to another human |
| November 1, 1992 | Effects of prayer • Haunted places • Angels • Spiritual beings with a different purpose • Guides' role in creativity and insight |
| November 22, 1992 | God blesses people with the ability to give and receive love |
| December 22, 1992 | Free choice • Randomness versus predetermination • The intervention of God and guides in human life |

Messages from 1991

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|-----------------|---|
| May 27, 1991 | Free will and the choice for God |
| July 5, 1991 | Reverence for creation • God's light • Giving love and light to another |
| July 26, 1991 | The unity of all that is • Being carried by the stream of life |
| August 5, 1991 | Little in life is the result of chance • Dealing with adversity and difficult relationships |
| August 18, 1991 | Internalize acquired knowledge • Asking "why me" results in self-pity • How guides serve humans |

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| September 8, 1991 | The role of faith in the approaching death of loved ones |
| September 22, 1991 | Analogy of mirrors and lenses reflecting and magnifying light • The effect of relationships on light |
| October 20, 1991 | The presence of guides during prayer • Suicide's effect on the soul |
| November 20, 1991 | Messages provide a portion of the whole truth • Varying perceptions of truth • Analogy of parts of human body to unified whole • Control exercised by guides • Understand the unity of all creation |
| December 15, 1991 | Human dignity • Revising the Golden Rule • The response to prayer is always human • December's opportunities to remember those in need |
| December 23, 1991 | Awareness of differences in the human spirit provides understanding of spiritual development • The nature and power of God and the necessity of the human response • Energy of prayer |

Messages from 1990

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|------------------|---|
| January 12, 1990 | Evil in relationships |
| June 14, 1990 | Assignment of guides • Prayer benefits both giver and recipient • Peace is of God |

Messages from 1989

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| November 5, 1989 | Support souls of the departed • The light of prayer • Accepting moments of doubt |
| December 15, 1989 | Interdependence • Giving requires less faith than receiving • The divine spark within |

Messages from 1988

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| February 6, 1988 | The advantages of small group sharing • Prioritize what is important to you |
| February 19, 1988 | Live to give • Life presents unequal opportunities • How to be nonjudgmental |
| April 15, 1988 | Spiritual joy • Guidance compared to a lens focusing light • Allow God's light to pass through you to others |
| May 27, 1988 | Serving another is serving God • Meet evil with compassion • Recognizing the presence of God |
| June 13, 1988 | Receiving and extending inner peace |
| June 30, 1988 | The energy of prayer • Practice what you pray |
| July 11, 1988 | The effects of prayer • Analogy of prayer to stove emitting heat • Difference between worry and prayer |
| August 3, 1988 | Witnessing God's presence • God created all of the natural world • Have respect for nature's balance • Peace and balance are closely related |
| August 30, 1988 | Emotional balance affects physical balance • Emotional peace is crucial for world peace |

Messages from 1987

- January 9, 1987 The soul's development and connection to God • The effects of negativism • The importance and way of strengthening the soul • True compassion is spontaneous • Ways of achieving peace
- February 8, 1987 Achieving inner peace • Being aware of one's soul • Guilt and conscience
- March 29, 1987 Spiritual growth defined • Have tolerance for all souls and all beliefs • Search for meaning of dreams
- April 11, 1987 Ways of being guided • Seek guidance through prayer, meditation • A type of evil • Most dreams are related to emotional issues
- June 17, 1987 Healing on the spiritual, emotional, and physical levels • Spiritual growth through suffering and service
- July 1, 1987 Predestination • Suffering is essential for spiritual growth • Karma • Past lives • Live to give
- July 16, 1987 Spiritual growth is observable • Lose your sense of self-importance
- August 5, 1987 The purpose and effects of prayer • God's response to prayer • Why there is suffering
- September 11, 1987 Balance your needs with needs of others • For every experience give thanks • Recognize the value of others while they are living • You are the enabler of God's power
- September 25, 1987 Spiritual passage to afterlife • Different locations in the afterlife • Receiving and giving love
- December 11, 1987 Spiritual mirrors of life • At crossroads and crises, ask for guidance

Messages from 1986

- February 2, 1986 Change, growth, and reassessing priorities • Response to disasters • [Note: The Space Shuttle Challenger disaster occurred on January 28, 1986.]
- February 28, 1986 Guides learn as well as teach • Teach others by your example • Perception of God as one who intercedes leads to disappointment
- March 23, 1986 Act with faith in God's presence • Love spontaneously and unconditionally
- April 13, 1986 The validity of differing beliefs • How to achieve peace
- May 13, 1986 Judge the act, not the person • Life is for soul growth • No place for violence, even in self-defense • [Note: The United States bombed Libya on April 15, 1986.]
- June 1, 1986 Differences of religions are manifestations of different needs of souls • The future of the world depends on tolerance • How prayer works • Love those who are difficult
- June 20, 1986 The purpose of prayer • Relationship between prayer and God's actions • Types of healing
- October 4, 1986 What to expect from prayer • The use of imaging prayer • Offering selfless prayer • How to organize the messages

- November 7, 1986 Suffering: its randomness and opportunity • God does not keep score • Suffering is not punishment for sin
- November 21, 1986 The Seth material • Inconsistencies in channeled material • Randomness in the spiritual life • Refinement of the soul • Impact of positive and negative thoughts • Everything is connected
- December 21, 1986 Feeling God's presence • Love is the nutrient for spiritual growth • Positive and negative feelings have an effect on all souls • The role of compassion in love and prayer • Pray for peace

Messages from 1985

- January 7, 1985 Life changes • Listening well • Tolerance, love, and nonjudgment • Oneness
- February 4, 1985 Endurance breeds character • All are equal in God's eyes
- March 15, 1985 Caring relationships
- April 1, 1985 Responding to need of others and self
- April 15, 1985 Guides and their relationship to the human soul • Putting life in perspective • negative emotions are crippling
- April 29, 1985 Equality of blessings • Religions and commandments
- June 20, 1985 Content of messages more important than words used • Approaching transition • Suggested format for this group
- July 7, 1985 Finding and reflecting peace • Group dynamics • Advice about proceedings of this group • Be sensitive to unexpressed needs of others
- July 18, 1985 Guides learn and benefit from humans • Listening is love
- August 8, 1985 Demonstrating your faith
- August 19, 1985 Growing to and through transition
- September 9, 1985 Transition of a group member • The relationship of all souls, incarnate and discarnate • Show that you value others • [Note: Received on the day of a group member's memorial service.]
- September 13, 1985 Life is essential for all souls • Soul compared to a river • Love has no conditions
- September 22, 1985 Tolerance and nonjudgment in personal relationships • The role of suffering
- November 9, 1985 Being confident of God's presence
- December 8, 1985 Guidance, peace, faith and love are all gifts from God
- December 22, 1985 God's influence on human lives

Messages from 1984

- January 21, 1984 Dealing with relationships through thoughts, prayers, and actions • Handling disagreements

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| February 12, 1984 | Human life influences the nature of the afterlife • Natural transition from human life to afterlife • Grief—a time for thanksgiving |
| February 26, 1984 | Transition from life to afterlife • The importance of love |
| March 4, 1984 | The need for a broad perspective • Unclutter and simplify your life • Partner with God |
| April 8, 1984 | Being reflectors of God's light • Giving meaningful life to others |
| April 21, 1984 | Loss of a pet • Unity of all life • Equality of souls • Respect all creation |
| May 5, 1984 | Practice patience of others and self • Accept who you are |
| June 4, 1984 | Relinquish control of your life • Accept God's response to prayer • God acts through people |
| June 16, 1984 | Courage in seeking inner peace • Imagine with great intensity the results you desire • Dealing with suffering and pain |

Messages from 1983

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| January 14, 1983 | The challenge of love • Perceiving God • God is experienced through love as a choice |
| February 25, 1983 | The perception of God • God welcomes variety in perceptions and experience • Understanding other perceptions is important |
| March 19, 1983 | Concerns over perceptions of another • Be noncritical • Souls do not move backward |
| April 6, 1983 | Influencing others consciously and unconsciously • The basis of love for another • Distinguishing between human and Godly responses • Recognizing God's presence • God responds through prayer, not because of prayer |
| April 30, 1983 | Spiritual evolution • God communicated with souls from the beginning • Young and old souls • Souls influence each other through love • Making right decisions |
| May 8, 1983 | All that is received must be given away • When will life end? • Accept yourself so you can accept another • Life is not the pursuit of perfection but the search for divine awareness • Expand your abilities to recognize God's response to prayer |
| May 29, 1983 | Choosing to love by being a listener • Serving the lowest is serving God |
| June 20, 1983 | The importance of being positive and not negative • Be receptive in prayer • All goals are spiritual • The potential of group sharing |
| September 5, 1983 | Re-evaluating life at a crossroads • The importance of mutual support |
| October 8, 1983 | Be peaceful to receive God • Listen, accept, and don't judge to become more like God |
| October 23, 1983 | The needs of one's soul govern the nature of one's life • Don't compare lives • Life's priorities: moving toward God and serving others • Sharing one's needs in a trustworthy group • All are part of the same body |
| November 12, 1983 | Providing loving support • Living to serve • Tolerance for different perspectives • Nothing is predestined |
| December 18, 1983 | Listening in groups and in marriage • The relationship to God • Asking for help in making decisions |

Messages from 1982

- January 10, 1982 Prayer as communication • Guides act as lenses • God is a facilitator • Give in order to receive
- January 30, 1982 Find inner peace by focusing on God • Share these messages
- February 12, 1982 Relationships are source of spiritual development • Range of emotions are natural and necessary • Appropriate expression of feelings • Recognize God in yourself • God is a feeling entity
- March 14, 1982 Reasons for human existence • Eliminate guilt, negativism, and ego • God does not feel anger • Bring about peace by reflecting God
- March 20, 1982 God does not suffer • Suffering does not atone for sins • Meaning of Jesus' life and death • Individual will should reflect God • Location of guides
- April 25, 1982 Dynamic relationship between God and humans • Blind obedience does not result in spiritual growth • Pray for nourishment • The challenge of illness • Balance between spiritual and material life
- May 15, 1982 Gifts of accepting guides and guidance • How to receive guidance • Serving another is serving God
- May 29, 1982 What makes communion with guides difficult • Traveling the road to God at your own pace • Accepting others' paths • Studying these messages • Share beliefs with a release of energy
- June 12, 1982 Guides serve as spiritual maps • God is within and experienced as a sense of peace • Perceived difficulty in sharing messages
- June 25, 1982 Spiritual growth requires change • Separation can lead to growth • Being alone has advantages
- September 5, 1982 Resistance to accepting spirit guide messages • Guides help humans hear, but God speaks • Negative forces in spirit world • No one religion is more correct than another • Perceptions of role of Jesus
- September 25, 1982 The oneness of everything, compared to light and air • God's all-encompassing love • Guides are not intermediaries • The union among God, guides, and humans is complete and continuous
- October 24, 1982 All events are essential • The evolution of the soul • The nature of the soul prior to human life • Spiritual growth supersedes past-life knowledge • Our souls cycle to oneness with God
- November 6, 1982 Messages require careful study • Cycles of ups and downs • Focus on the positive
- November 20, 1982 When your vision of God dims, be open to experiencing God through actions of humans and guides
- December 12, 1982 God uses many methods to directly reach each person • Praying for others • Peace within as a prerequisite for world peace • World conflict results from individual restlessness

Messages from 1981

- January 9, 1981 God is active • Keep problems in perspective • Jesus' suffering • Guides don't relate to time, only movement or progress
- February 13, 1981 Accept differing perceptions of God • Beliefs are not chosen • Serving another is serving God
- February 27, 1981 How greater understanding of God is nurtured • Power of the mind to control bodily functions • Seek calm and warmth to gain insight • Evil does not operate in light
- March 27, 1981 Communicating and relating to others • Finding God in another • Jesus' example of God incarnate
- April 10, 1981 Faith as a function of the soul • Understanding as a function of the mind • Response to evil (e.g. the shooting of President Reagan)
- April 24, 1981 Analogy of spokes in a wheel to differing perceptions of God • The faith and example of Jesus • What it means to be "saved"
- May 8, 1981 How guides recognize other souls • Guides can alter vibrations • The power of corporate prayer • Movement viewed spiritually • Absolute unity of life
- May 22, 1981 Importance of slow progress • How to help the soul progress • All of creation is equal • How conscience is your guide • Prayer and one's conscience • Prayer and listening • Surrounding others in prayer
- June 12, 1981 Human relationship with guides and God • Dealing with attitudes, distances and differences in human life • Challenges are opportunities • Grow by exercising love without judgment
- August 28, 1981 Praying for those who have passed on • The soul needs to serve • Soul compared to a candle • Guilt and impatience and the right self-image
- September 18, 1981 Evaluate another but do not judge • Witness through actions • Help others in need • Different means of accepting God • Take time each day to commune with God • Seek avenues of peace
- October 10, 1981 The universe is a single entity • Humans have a special relationship to God but are not most important • Stability is empowering to bring about change in the world • Love is the ultimate way and power
- October 24, 1981 Centering priorities on God • Consider yourselves lights • Give up desires for personal gain
- November 7, 1981 Life as an act of faith • Value of differences in perceptions of God
- November 20, 1981 Function of prayer • Emphasize commonality with others as the body of God • Accept challenges as opportunities
- December 12, 1981 The nature of souls • Life orientations: get love or give love • Human choice influences the soul's development • Souls have different personalities • Reincarnation offers additional opportunities for soul development

Messages from 1980

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| January 11, 1980 | Soul growth and will • Reincarnation |
| February 1, 1980 | Union with guides is total • God plants questions in your consciousness • You influence God's power • Many avenues to God, therefore be tolerant |
| February 29, 1980 | Competition and achievement • Elevate others |
| March 28, 1980 | Search for identity: for individuals, for the church, for Jesus' disciples • Parenting • Being one with God |
| April 18, 1980 | Appreciating uniqueness of each soul • Soul is the dominant force in personality • Marriage relationships • All persons are equal |
| May 16, 1980 | Viewing suffering as a blessing • The failed rescue of hostages in Iran |
| May 25, 1980 | Analogy of God as a photographic image • God allows suffering • Patience plus prayer leads to perception and perception plus faith leads to action |
| June 2, 1980 | Reconciling church doctrine (adult baptism) and spirit • The limits of confrontation |
| June 13, 1980 | Nature and role of guides and their messages, using analogy of driving a car • Right and wrong way to pray • Guilt and final judgment |
| August 31, 1980 | Faith, love, and healing |
| September 21, 1980 | Interior voices: God's and others' • Déjà vu: past life recall? • Soul growth linked to choice • Guides respond when God invoked • Living to serve others |
| October 9, 1980 | Communication, whether human or spiritual, should be about product, not process |
| October 26, 1980 | Sharing grief • Messages are to be shared • Progress can only be achieved collectively • Unity of all souls and God compared to drops of water in the ocean |
| November 15, 1980 | Humans can reflect God's light • The purpose of messages • The nature of judgment • Truth in Gnostic thought • Spiritual journeys compared to trips by car versus plane |
| December 7, 1980 | Prayers of gratitude • Christmas and the nature of Jesus • Organize messages by subject |
| December 26, 1980 | Messages are God's word • Spiritual Light: as a form of energy; as a unique fingerprint of a soul; as it relates to prayer; as a medium of communication; seeing all souls as reflectors or receivers |

Messages from 1979

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| May 30, 1979 | Spiritual approaches to truth |
| July 7, 1979 | Guides • Suffering • Sharing spiritual beliefs with others |
| July 13, 1979 | God's guidance as water behind a dam • Bodily afflictions (headaches) • Receiving guidance • The occult, evil |
| July 24, 1979 | Analogy of life as detours on a trip • Levels of afterlife and types of guidance, including psychic phenomena • Assignment of guides |

- August 24, 1979 Light as it pertains to prayer and communication with guides • Guides act as lenses • Spheres of spiritual development in the afterlife • Reincarnation • It's easier to receive in a group • Limiting subject matter of messages
- September 2, 1979 {Personal, for James} Messages are a school of fire prevention • Sharing them within the Church • Progress compared to passengers in a vehicle
- September 14, 1979 Religions compared to rivers flowing towards sea of God • The importance of corporate worship and prayer • Intercessory prayer
- September 28, 1979 Hearth metaphor in giving and receiving light • When dispirited, pray for others • Souls grow through faith • A spiritual triangle
- October 5, 1979 Spiritual communion compared to a radio • Guides serve as lenses • Conflicting passages in the Bible • Metaphor of two blind persons climbing a tree
- October 27, 1979 Receiving and trusting messages builds faith
- November 2, 1979 Organized religion • Grace, guidance and conscience • How prayer is answered
- December 14, 1979 Being sensitive at Christmas • Beginning to receive messages • Guides' perception of time • How guides develop and communicate