



MISSION STATEMENT: “One World Heart’s mission is to lift humanity up “onhi” and our planet Earth (Gaia) through education and promotion of the new Aquarian Spirituality, according to the Creator’s Will and Plan.”

Manifestation

(Man·i·fes·ta·tion): An indication of the existence, reality, materialization or presence of an idea or someone or something.

Manifestation

All of life is energy. This energy is the basis, and indeed the catalyst for manifestation. In your life, everything you think and feel leads to the beginning and to the fulfillment of the manifestation process. Energy is intention waiting to be guided into **reality** by your Will and Heart. To manifest with the purest intention, one must strive to have an open heart of Love that expands outward to embrace self and others. This energy of Love, with all its many varying intensities, strengths, and grace, is utterly unique above all other energies, for the Heart is the greatest transformer of one’s quality of life.

‘Life gives more to those people who see most clearly the beauty and value of what they have.’

Laura Teresa Marquez

Know that positive manifestation is a conscious choice, and not always an easy one. People just beginning to work in this area are usually amazed to discover how much determination and persistence is required to change a mindset, a reality, or even a single situation. To manifest positively when faced with the most difficult challenges in life, one must have the Will to *balance the negative aspects* of life out with the **positive**. The power of that Will, deep inside the core of your loving heart, must be stronger than the discordant energies that have entered your life.

Life has a way of offering us many opportunities to reduce or eliminate old patterns of thinking. A great challenge is the loss of a loved one. People have been taught to be strong, to manage the sorrow within, and not let others see the depths of emotion. However, today we recognize the key to greater health and healing, is just the reverse; we must **open up**, sharing our feelings and thoughts with others, and we must strive to place a greater emphasis on the positive memories you have had with that loved one.

When adversity strikes, do not get discouraged, instead, let this circumstance be the fuel which ignites the Will for positive manifestation in your life. Strive for the positive. Reveal the strength that comes from a loving heart, reach out to others, and let others connect and become a source for healing, light, and life. Together, with others, we can find a way to go forward into new experiences, new lessons, and new growth. **Be the beautiful flower that maintains life through all seasons.**

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Manifestation

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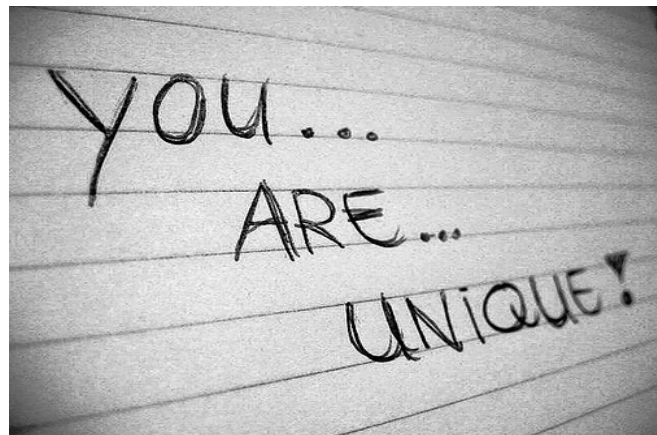


To start the manifestation process, you must be grounded in your **purpose** in life. The Life that God has chosen for you to take. Choose to open yourself up to the Creator and allow your Higher-Self to manifest truth. Only then can you create and expand love in unity with the Creator for everyone.

Divine Will is revealed as a Great Plan, a Dharma waiting to be manifested by your Free Will as a mirror of the Divine Consciousness. This manifestation alone happens through the Eternal Moment of Surrender when we do not think, but we are thought, we do not act, but we are set in motion, and we do not speak, yet the words are said in our hearts and souls. Everything only happens. There is no coincidence. Everything in our life is related to our conquered merit. We do not have what we cannot give. For example, the manifestation of Enlightened Love is a process. **Love is a process**, an inner development, built in every moment of our life as a merit, a real and personal experience with God. Love transforms our Faith into the Believer, and it is in the proper experience of God, that we grow from the Believer, into the more advanced position as souls, who are the **Knowers of Life**.

Our own decisions, searches and choices are only attempts to reveal the mission trusted to us. How many times will we have to try? Because we don't surrender and strive for one more invitation to an Eternal Moment of Glory, we feel our way through the daily exercise of merit, living, understanding, not to make, but being made in every moment...

You are unique. Nobody exists to reveal your mission or your spiritual purpose better than you, although many others may show up to bless you on this journey of purpose. In the alchemy of our lives, where transmutation of lead into gold occurs, what stays forever, to assist all, is the actual Alchemical Process. Again, it is all part of God's Plan to evolve us into completion.



If it is written by the hand of God in the stars, it will be done. It only depends on us to be still, to let go, focus intention through the power of a loving heart, and the Universe will respond. Manifestation will occur. **God in Its plentitude**, love, and mercy, will cover us with Its Divine Will, through all our steps in these Eternal processes, for the **continuing ascension of our souls** into ever higher realms of Light.

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Manifestation

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The Law of Attraction is, in fact, one of the Universal Laws of Manifestation. The Law of Attraction states that the quality of energy that one produces is equal to the quality of energy that one receives. Therefore, choosing to produce positive energy promotes spiritual harmony among all. Positive energetic intention helps to bring forth a higher quality of love. Remaining positive feeds the inner strength needed to manifest happiness, love, and peace.

*In the Divine Fullness of Light,
Love, and Life,*

I AM,
BERNARD



”Know the difference between Pretending and Pre-tending.”

Pretending about something desired may be pleasant, yet Pretending is relatively powerless.

In contrast, Pre-tending is to "Pre-take care of", to actively embrace the perception, risk, effort and work of something desired before it happens.

Also, in contrast to Pretending, Pre-tending attracts into motion the infinite resources of the Universe.

I like the example of Pre-tending a beautiful rose --as in watering and caring for a rose bush long before a rose is visible.

Are you Pretending or Pre-tending your goals and dreams?"

Laura Teresa Marquez

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COSMIC DESTINY OF HUMANKIND

We stand in the 21st century – the Aquarian Age – and assess where we are as a species.

We have a critical moment of opportunity to transform our behaviors and make the Earth a healthier and more balanced place for future generations. A massive change is underway within our species. More and more people are choosing to be the pioneers of a new way. They are promoting respect and love for all life, instead of acting as a predatory species that exploits land, wildlife, and natural resources until they are destroyed. We must strive to protect and value this planet while we grow to become cooperative guardians who work to establish legal binding agreements with all nations. *We are Beings of Light on this world, and we realize that for Souls of Light there is no higher calling than the protection of life.*

Let us encourage the transformation of our civilization by becoming respectful and resourceful. Let us come together as one to fight hunger; let our actions reflect the quality and potency of our love in all areas of life; and let us find a way to change resource depletion to sustainability. We must move beyond being ego controlled and begin to refocus on expressing the light of our souls. Our Creator waits for each one of Its children to become a light for good in this dimension of form. We must become the Light if we are to move beyond an immature perception level. The time has arrived to accept responsibility and ownership for the effects of our behaviors on each other and on our planet. In order to do this, it is necessary to join hands, to move beyond competition into cooperation, and to release the loving intelligence of humankind that always seeks to **embrace unity instead of division.**

Small acts of kindness are always present, yet what is encouraged today is the emergence of the global citizen motivated by the will-to-good. *This form of spiritual discipleship is expressed in group formation and is motivated by the continuing influx of Aquarian energies. Procrastination must be overcome with the reality of group effectiveness, for together we are the hope of the world.*

'An individual has not started living until he/she can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.'

Martin Luther King, Jr.

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COSMIC DESTINY OF HUMANKIND

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A new identity is required. A new understanding of who we are as a species is now vital to our progress. So many people throughout the world remain in a basic “survival” mode. Entire populations continue to be traumatized by war, scarcity, and health issues. Regardless of cause, these events choreograph its effects into our collective future.

Evoke the energy of pro-activity and empowerment deep into your soul and then find an area to be of service. Do not wait until you fully understand what to do. This is a new situation, one which has not been faced before. Realize this is a “learn as you go” experience. Make a decision to accept your **responsibility as a global citizen.** Do not move away from your most basic spiritual insights. *Open your mind and heart and ask your Creator to lead you along the way of the Divine Cosmic Heart.* Ask for your soul to partner with you on your journey through life. Ask the Creator to lead you to a soul searching of inner authenticity. Put forth the effort to expand your identity as a species, for when this occurs, we work towards a simultaneous inner and outer transformation.

Join hands and rethink how Global productivity and creativity can evolve to benefit ALL of humankind. Proceed steadily towards one another and share responsibilities. If you benefit from the world, you need to reciprocate and contribute to it. This simple understanding is so profound and if you adhere to it, your world will certainly change for the better. Judge success by giving to your fellow human beings a means to **self-empowerment**, for this is in alignment with your Creator’s Will and Plan. Move perceptions **away from being self-consumed** and become involved in uplifting others, for this is the way to your own self healing. *Know that a contracted life fosters scarcity, whereas an expanded life attracts abundance.*

We are multi-dimensional and part of the “whole.” When this is actualized, we access the power of Infinity. Infinity is an affirming reality that somehow “All is possible.” Begin then to open up to an unending source of abundance through an open mind and compassionate heart. Expand the movement to preserve and nurture our beautiful Mother Gaia! Expand the love within your heart to the **reality** of a spiritual discipleship manifested for the good of the whole.

*In Love and Light
Lady Ina*



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‘Faith is taking the first step even when you don’t see the whole staircase.’

Martin Luther King, Jr.



KEEPING THE SPIRIT STRONG DURING CREATION

Creation is a miracle born of the intense will to display our closest possible connection to God and Gods closest possible connection to itself. Each human has a specific aspect of God that has been given to them which is known as the Divine Aspect or the Divine Spark. Some few are aware of its existence to the extent that, for them, it is no longer simply a theoretical hypothesis. Such people feel this inner potential intensely and their lives are dedicated to replicating the Divine Essence into the surrounding environment. People can be compelled so deeply toward this expression that some have given their lives, poured out in selfless service, to accomplish it.

Creation is the expression of divine spiritual purpose. The need to create exists in all humans as a compelling force driving one forward into the unknown and compelling one to reach ever greater levels of creative expansion. In most, it is inactive

and buried by such a myriad of difficulties that no shred of it is visible to others and the individual has no conscious recognition that it exists within at all. In others, it may cause **restlessness** where people understand they should be doing something more important and meaningful with their lives but lack the will to put forth enough effort to manifest significant changes. There are those who feel the pull of their purpose strongly and desperately want to fulfill it, yet success depends upon many factors. The response to God’s Will and Purpose, regarding creation, varies greatly in individuals according to their level of advancement.

To create what one is spiritually designed to create requires consistently *pushing past difficulties and obstacles no matter what those obstacles may be.* This effort builds the strength of will necessary to sustain individuals throughout the entire growth process. **Withdrawing in fear and giving up in frustration only weakens the Spirit.** The act of standing in the Light with unending strength, powered by a loving heart, is an example that is given again and again by all great spiritual teachers and Avatars. Immense endurance is required to sustain this type of effort for long periods of time.

In moments where you are plagued by fear and procrastination, reconnect your heart to the Creator’s Will and become reoriented to your God given purpose. The flame of passion pouring out of the heart can reignite and once again you can have the energy to move forward in pursuit of bringing your creation to life. In moments when it seems you cannot succeed because you believe you are not competent, or do not know enough, then realize your **Spirit** does have the ability to create greatness, as it is connected to the **Holy Spirit** that flows with power throughout all of creation. These are the moments when it is most vital to summon your

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KEEPING THE SPIRIT STRONG DURING CREATION

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inherent God given strength within and to intentionally make a choice that moves you beyond all **negative programming** and fear to complete your purpose. Making the choice to exercise your will is a vital factor in achieving goals. When you have a purpose that involves **improving the quality of life** for many others then you will have to persevere as if your very life depended upon completion of that creation. This is the type of effort required to complete large goals.

Love is the potent force that binds the Spirit to its creation. What we create is our unique God given spiritual fingerprint and it reveals, like no other, the inherent qualities of the soul. Turning your Spirit toward the Divine Source and creating with a great passion, fueled by love, is what makes all the great achievements possible. The very act of creating will re-energize and strengthen your Spirit. Go ahead and aim higher than ever before, even higher than you can believe possible. Push your limits until your Spirit breaks free within some concrete purpose. Choosing love of life over fear of failure is essential for keeping the Light and Power of Spirit expanded. Pushing beyond the limits that fear creates causes the Spirit to surge outwards, flying on the wings of a higher and more pure love. Always strive to hold a deep abiding faith in the strength of your Spirit. Each choice made, where love is the motivation, breathes strength into Spirit and in turn powers the will aspect of your being. It is a method that draws you ever closer to understanding your purpose and releasing the spiritual knowledge of your soul.

Let others feel, and live your knowing by bringing your spiritual essence into the world around you. In this way you can become an agent of transformation in the life of others. Keep the Spirit of God strong within the heart and do not let anyone or anything stop you; refuse to give up regardless of circumstances. Encourage the mind to accept the

incredible possibilities that your soul and spirit can create for they exist as the closest connection to your Creator. Inside your core essence is a burning flame longing to be expressed and you must strive to actualize a sincere commitment to your soul. Express the qualities of your soul as you move forward and eventually the purpose of your Spirit will be revealed. Finally, bring a touch of God Manifest into this life by what you create so that others may know that particular aspect of their Creator better. Each successful creation, in alignment with the loving purpose of God, assists humanity to understand that a heart-centered response should be the essential core platform of any lifetime.



Do you respond to the call of your soul despite all the distractions and disorders of life, or do you choose to ignore this inner voice as it unceasingly calls you towards the higher way? Are you constantly too busy making all the countless details of life more important than the life purpose of your Spirit? Do not forget you have come from God and you are in existence to create and share that aspect of Divinity that has been given to you. It is the continual sharing of your highest values and principles with others that makes the vision of heaven on earth progress closer and closer to becoming a reality. In this endeavor all souls of Light stand united within the living Flame of Life.

*In the Eternal Loving Strength of
Divine Will,
I AM MORYA*

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A Leap Into Faith

Our most extreme trial is our most gratifying triumph, for in conquering the conquerable, that which is conquered then becomes our flagpole for True Realization and Actualization of the Divine Self.'

Lady Nada



The following parable illustrates the above:

There once was a soul who knew itself to be the light. This was a **new soul**, and so, anxious for experience, it said, *“I am the light. I am the light.”* Yet all the knowing of it and all the saying of it could not substitute for the experience of it. In the realm from which this soul emerged, there was nothing but the light. Every soul was grand, every soul was magnificent, and every soul shone with the brilliance of God’s awesome light. In the midst of the grandest light of which it was a part, it could not see itself nor experience itself as Who and What it Really was. It came to pass that this soul yearned to know itself. So great was its yearning that one day God said, “Do you know little one what you must do to satisfy this yearning of yours?”

“Oh, what God? What? I will do anything,” said the little soul.

“You must separate yourself from the rest of us and call upon yourself the darkness.”

“What is the darkness, Oh Holy One?” asked the little soul.

“That which you are not,” God replied, and the soul understood.

This the soul did, removing itself from the All, going into another realm. In this realm, the soul had the power to call into its experience all sorts of darkness. Yet in the midst of all the darkness, it cried out, “God, why hast Thou forsaken me?”

God replied, “I have never forsaken you even as you have me in your blackest times, but I stand by you always, ready to remind you of Who You Really Are, ready always to call you home. Therefore, be a light unto the darkness and curse it not. Forget not Who You are in the moment of your encirclement by that which you are not. Give praise to the creation even as you seek to change it. And know that what you do in the time of your greatest trial can be your greatest triumph, for the experience you create is a statement of **Who You Are** and **Who You Want to Be.**”

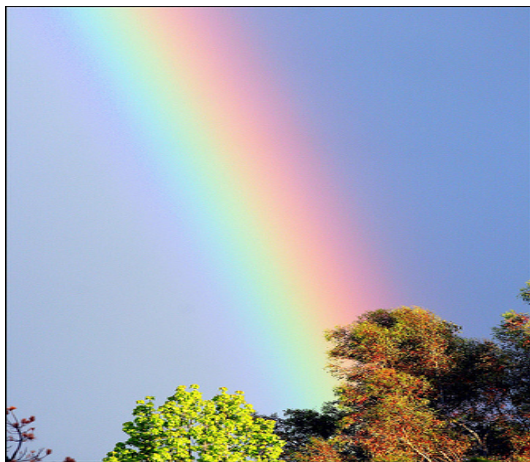
“I have never yet prayed in vain. When I felt the need to petition God for something I desired, I prayed with all the fervor I could command. I then left it up to God to grant my petition or not. If my prayer was answered, I accepted it in gratitude; if not, I felt satisfied that what I prayed for is not to my advantage.” Painful events and challenging circumstances, though they may seem unfair and meaningless on the surface, are not necessarily so. It is easy to believe we are spiritual or civilized until we are faced with loss, rejection, or disappointment. The real strength of character arises when we are in a crisis. **How we act** and how we respond can create spiritual sensitivity or spiritual numbness. The inner significance can only be revealed by putting our spiritual tools in practice and asking God for strength to find meaning in life despite it. If we fail to do so, our outlook will be

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resulting in self-pity, despair, and self-righteousness, for in such moments of weakness, we can quite quickly become indignant, outraged, angry, disillusioned, or bitter. In wanting to know the answers to our questions as to why we were forced to endure countless hardships, too many of us turn our backs on God. In truth, we cannot presume to try and understand the ways of our Creator, for they are too mysterious and too complex for us as human beings to comprehend. **God's dealing with us is a matter of faith, obedience, and surrender.** We need to trust the workings of Divine law and not waste a single moment in feeling sorry for ourselves or being dissatisfied. We need to grab our piece of the puzzle right out of the circumstances in which we find ourselves and begin to build a more harmonious future by viewing every challenge as the perfect chance to grow and evolve in love, understanding, and appreciation of God, others, and ourselves. This is our *opportunity (open portal to unity with God)* to begin to identify our resistances and to do something different so that we can become one with the Divine. In moments of unhappiness, indecision, and uncertainty, of probing and delving into our inner recesses, we need to realize that even the darkness, with all the inconveniences it brings, is not dark, but brings with it a magnanimous occasion whereby we can demonstrate that which we are not, function out that which we are, and in so doing, render ourselves anew.



I Am an outpost of the Divine, accepting the power within to be; in full realization that in the struggle for change, there is growth; in perfect alignment with transformation; ever grateful for the sacred opportunity to be the Holy ecstasy of my transfiguration and my ordained purpose. What then is the nature and meaning of these hardships? We are here in order to develop our capacity to relate lovingly to each other, other life forms, our planet, and our Creator. In order to express our true innermost Godliness, and in order for this potential to be realized, we need to begin to **practice certain spiritual disciplines such as humility, compassion, forgiveness, and love.** With each new bit of understanding, and as we interact more and more with others in similar situations, we begin to develop and expand our practice of these, so that eventually we can connect with others on a more profound level and form special bonds of closeness with those who are undergoing similar experiences as us: the lonely; the rejected; the unemployed; the impoverished; the ill; or the grieving. Difficulties then are sometimes the only means by which we can find out who we really are, for as we begin to realize we are harming ourselves with destructive thoughts or actions, we can begin to change them and transform. As adults, we are responsible for overcoming our own negative attitudes and impulses. In this context, pain is usually an alarm clock warning us that something is wrong, and it is very often the catalyst which forces us to change. The wisdom we acquire from painful events and challenging situations may not seem worth it at first, and while finding meaning does not necessarily eliminate heartbreak, the loss becomes easier to bear if spiritual truths are apparent. What keeps us pushing forward and climbing upwards is very often a desire to find meaning for the inner turmoil and anguish. This has the power to bring into actuality that which is dormant in ourselves, for it strips away those obstacles which hide and protect us and which

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prevent us from evolving. Emptiness can cause us to sink into despair, or it can make us want to attach ourselves to something greater, a yearning for much more than the satisfactions which the physical world can provide. If we heed this call, our strengths are then strengthened, and our sensitivities are then expanded. As we strive to overcome that which has failed us in order to experience joy which comes from accomplishing something different and difficult, we come to realize that we are not really running the show, and complete control over our lives is only an illusion. When we attach to a goal greater than ourselves, true bliss is experienced, and we are elevated beyond the self.



‘Love is what we are born with. Fear is what we have learned here. The Spiritual Journey is the unlearning of fear and the acceptance of love back into our Hearts.’

Marianne Williamson

*In a profound state of readiness to be at One with the Divine Godhead, all sense of fear and doubt is released as we come into perfect alignment with the Will of the Creator. I stand in trust and faith that whatever comes my way is for my highest good and is a direct outpouring of Divine Love, ready to move me forward into my Divine vision. I Am at Peace, free from any resistance to be the ultimate controller of my own destiny, receptive to Divine Flow. I let go and let God. What are some of these truths? Anger can be a source of power; strength is forged in the face of adversity which in itself breeds nobility of character; true happiness is wanting what we get, not necessarily getting what we want; love is what heals and protects; every life experience is capable of bringing us closer to a deeper level of acceptance, appreciation, compassion, forgiveness, and love; all God does is rooted in goodness and It satisfies the needs of all; and, God is not limited by physicality or time-space continuum. The personal **ego** has defined that we want to be comfortable and maximize our physical pleasure in this world; anything that disturbs our comfort causes us to become angry or anxious, and we often feel betrayed and alone and think that what has befallen us is unfair. **When we do not get what we want, we tend to lose our sense of attachment to God and we believe that It is punishing us.** By catering to these lowest impulses, we become enraged and erroneous beliefs and false truths begin to cloud our minds. We are perfection in Spirit, and it is our responsibility to replicate this in soul form, to fuse soul with Spirit, and to manifest the Divine aspect of our beings. The **soul**, in its infinite wisdom, knows this at birth at a deep unconscious level, and as we participate in our earthly experiences, we need to bring to conscious awareness all that hinders our Divine magnificence. In the greater synchronicity of Life, there is no separation, but rather a Divine interconnectedness in each and every moment, a glorious “**pre-sent**” in the NOW experience from which we can create and manifest WHO WE REALLY ARE. Thus, no one is disadvantaged and no one is wronged, for each soul creates for itself the*

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exact relationships, events, and circumstances needed to accomplish what it wishes to achieve in this lifetime, and what is needed to heal wrong thoughts or actions. The soul knows too there is **no separation**, even as the mind denies this truth, and the body acts out this denial. Everything that is upon us therefore is a growing and learning experience, a means to break through that which prevents us from experiencing holiness on this world. In the midst then of arduous upheavals and changes, **we can move forward** with strength, courage, conviction, dignity, and faith, even though all about us is falling apart.



You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.

Eleanor Roosevelt

“It is often not the greatness of our challenges but the smallness of our Spirit that causes us to regard our fate as unbearable. With the right Spirit and the right attitude we can turn tribulations into triumph and a means from which we can emerge fortified, wiser, and enriched. With courage and faith, we can dispel any thought of doom, darkness, and hopelessness.” There is absolutely no way of experiencing this Truth except by **practicing it**. In the final analysis, what makes or breaks us in life is not the losses themselves, but our attitude towards them and how assertive and constructive we are in responding to difficult situations. The greater the loss, the greater the effort required seeing things in a gift perspective; the greater the challenge then to keep us from feeling victimized and to prevent difficult situations from crushing us. While the initial response to major loss might seem to be unfair and cruel, as we begin to integrate the realization that no event is meaningless and as we begin to see it in a positive light, we grow in understanding and insight despite the heartbreak. By becoming **preoccupied** with pain or all our difficulties, we intensify the discomfort. On the other hand, by switching our focus to that which reminds us of our higher purpose, and to something more positive, we will move beyond our distress and misery. This **focal point** needs to be the spiritual goal of closeness to God, and if we constantly reinforce this connection, we will continue to strengthen that bond immeasurably. Neither the presence nor the absence of any person, place, thing, condition, circumstance, or situation can be the creator of our state of mind or the cause of our experience of being. What is required is to see the perfection, to feel our feelings in the moment. Throughout all of this, patience is not passive; it is active, concentrated strength. **Faith** then is a choice, and with it we are endowed with a sense of personal power from which we build bridges, not walls. We can be paralyzed by anger, or we can decide to improve and alter what can be improved or must be altered. What is needed then is a change of consciousness. In the midst of even the greatest tragedy, we need to see the glory of the process.

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All Realizing, I Am Who I Am; All Knowing, I Am the Sanctity of Light, Love, and Life; All Actualizing, I Am Divine purpose, retaining only that which is glowing and in perfect alignment with my highest good and my Divine being; All Allowing, I Am an initiating Cause in Divine manifestation, coalescing into form my God-given birthright. Oh Beloved Ones! The opportunity for life is a God-given privilege and one through which you can become the master of your own destiny and the God of your own universe if you begin to supplement your desires with holy reason and act in alignment with the Will of your Creator. In this way, you will open yourselves up to a new awareness and a new understanding, and you will begin to pierce the thick cloud of what appears to be heavenly injustice or absurdity which prevents you from seeing God as manifest on the world. Pain and suffering need no longer be your way. While events will not necessarily cease to be distressful just because you say so, and though this may not keep you from wanting things to be different, it should nevertheless provide you with the impetus to change, to grow, to find meaning, to develop your inner resources, and to seek connection with your Creator. By resisting the wave of opportunity, you will be swept away; by bending and adapting to it, you will prevail. Become willing to push through your resistances the moment they arise and to be uncomfortable rather than trying to avoid it, for this will determine the degree to which you will eventually become comfortable, do the impossible, create miracles, and **be ecstatic about life**. Rejoice in what you have; do not sigh for what you have lost. Refrain from adding up all your troubles which you carried in the past, for you bore them and survived. So too will you bear the present ordeal though it may seem unbearable. Each day has its new course with new hope and new possibilities. Begin to appreciate and recognize the light even though you have been immersed in the darkness for so long. Know that as long as your hearts are right, your intention fervent, your courage steadfast, and your trust and faith fixed on God, you will steer safely through every storm.

"We reach the sublime pinnacle of faith when we learn to transform tragedy into Light."

*In The Light of Everlasting Love.
Lady Nada*



*"Human destiny involves
Being a
Point of Light
For all Life.
Such enlightenment
Can only be achieved
Through the
Action of the Selfless
Heart."*

Lanto

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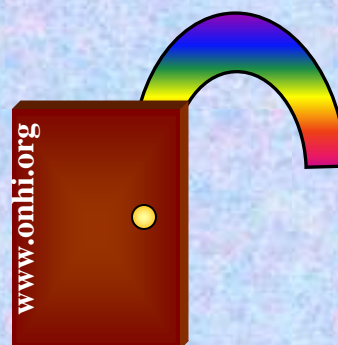
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