



**Experiencing Divine Love –
Conversations on Soul
Awakening
Volume 1**

Compiled and edited by Eva Peck

© 2019

All rights reserved

Except for any fair dealing permitted under the Copyright Act, no part of this book may be reproduced by any means without prior permission of the publisher.

Cover graphic: PRIMO Colection

Cover design: Eva Peck

**Dedicated to
our Loving Heavenly Father
and all His children
on the way to His Divine Kingdom.**

Acknowledgements

First and foremost, I acknowledge the inspiration of God and the angels to make this book possible.

It has been enabled through the technology available to connect from all around the world to each share our journey that has both common and unique elements.

Specifically, thanks need to go to Beth Mazur and Jesper Sørensen for initiating this group.

And of course, thanks are due to all the participants who have asked and/or answered the various questions, promoting helpful and enriching discussions and insights.

Contributors

**Al Fike
Alice Cascardi
Bill Frase
Darlene Gaunt
DivineLove DotOrg
Eva Peck
Faith Summer
Geoff Cutler
Gilda Holy
Jane Gartshore
Jeanne Fike
Jesper Sørensen
Jesse Jonas
John Melmer
Joseph Babinsky
Karen Thomas Lyons
Kathryn Lynn Kubossek
Kevin O'Neill
Lorraine Heidt Borchers
Lynne White
Madeline Cole
Maureen Cardoso
Rev Jimbeau
Robert Padgett
Ruth Duvall
Sarah E Petty
Simon Lovell
Susan Kubicek
Susan Ping
Sy Mytting
Terry Adler**

Contents

Preface	ix
Being Led onto the Divine Love Path	1
Prayer Practice	11
Background Music During Prayer	17
Approaching God as a Little Child	19
What Goes on With the Reception of Divine Love?	26
Feelings Connected with Divine Love Inflowing.....	36
Another Aspect of Receiving Divine Love	45
Connecting with God	51
Releasing Things That Come Up During Prayer	56
How “Free” Is Our Free Will?.....	60
Walking Both Divine Love Path and Natural Love Path.	68
Goal of Spirituality	83
Soul Development versus Spiritual Development.....	87
Receiving Downloads	91
Receiving and Discerning Guidance	94
Divine-Human Cooperation.....	100
How Divine Love Changes Us	103

Change in Experience/Perception of God	110
Divine Love Changing Relationships.....	118
Inner Harmony Outside of Prayer Time.....	121
Being in the World but Not of It	130
Consciousness of the Mind Versus That of the Soul.....	136
Reaching the Father through Mother Earth.....	141
Doing God's Work in Sleep State	149
Sharing Spiritual Insights with Others	152
Discipline in a Long-Distance Race	155
Causes and Consequences	157
Evidence for God's Existence.....	167
18. Eastern Religions	171
Drug Experimentation as a Part of God Search.....	173
Faith and Astral Projection.....	178

Preface

The conversations in this book come from the Divine Love Facebook group. The group welcomes all faiths, creeds, nationalities, and spiritual beliefs. Members believe that God exists and that every soul in the universe is loved by God. God's Love is substantive and can be brought into our souls with sincere prayer. This energy is transformative as it purifies and awakens the soul.

The group's focus is to inform and inspire others to pray for the inflowing of God's Love into their souls. The hope is that those who join the group might share some of their spiritual experiences and/or ask questions about their journey and soul awakening that others may in turn comment on.

May this book become a helpful resource to the group participants and others who may come across it. May the insights gained from sharing these experiences accelerate everyone's progress on the Divine Love path as we all walk, both collectively and individually, toward our heavenly Father's Kingdom.

Being Led onto the Divine Love Path

Al Fike – Can you share an experience that helped to set you on this Path?

Karen Thomas Lyons – It started for me after I met with a medium to talk to my dad. It was very convincing so I started to research the Catholic church's beliefs on mediums. Not being satisfied with what I found, I started to fervently pray to God to reveal the truth to me. This led me on a spiritual journey where I quickly was led to the Padgett books which I read and immediately felt like it was the Truth I had asked to receive.

John Melmer – I used to set up New Age events with psychic Dr. Margaret Marsh. One day, she handed me Volume 1. I looked at it and said: "Margaret, you know that I'm not into religion. I took it home, read it and in two nights I called her and asked if she had any more of "these incredible books"!"

Kathryn Lynn Kubossek – I read Volume 1 when I was 16... couldn't put it down – my soul was singing and I knew I had found the Truth.

Gilda Holy – Oh! Where to begin.... to have found such mercy and grace! To have been released from chains of

feeling shame and unworthiness all my life with the shaming tactics of churches!

Although my story with God and our savior began when I was very little, I will never forget what my soul felt to hear such erroneous doctrine from the churches! Yet, my soul clung to Jesus! And, that is where I found my path again....

It started with a Christian radio station that my son JJ introduced me to! The more I clung to Jesus, the more peace I would feel until in my prayers I found myself praying to Jesus and felt such great conflict in my soul!

Who am I praying too? My soul felt like I was cheating God! But now I know the discomfort I felt was not God but Jesus himself telling me not to pray to him but God!

A few years later I found the messages and SO many things throughout my life made perfect sense as the pieces of the puzzle fit together! I realized our savior, God's angels and guides have always been with me leading me to this point in my life!

Jesper Sørensen – In the year 2000 I began to have out-of-body experiences which made me aware of other realities. These were amazing experiences and I became quite interested in spiritual things. This led me on a journey into mediumship with the Spiritualist Movement in England, and whilst learning about mediumship, my

interest in Jesus suddenly popped up. I remembered my early fascination with Jesus and God when I was going to confirmation practice, and I bought a book about Jesus and his parables and they always drove me to tears. And then I became very interested in knowing what his real teachings were as I didn't believe much in the Bible. I began to search the internet for what he had really said. And then I came across the Padgett Messages and read a message and knew right away that they were the true teachings of the Master.

Sarah E Petty – Waking up in hell, acknowledging that the New Age version of the Law of Attraction was a hoax. I was deeply desperate to get out and told God I'd do whatever it took to climb that rock face of hell to freedom. That was the first time I was humble enough to ask God what HIS feelings were about the LoA!! God-reliance is an enormous paradigm shift!

Al Fike – Thanks Sarah. We are informed by where we've been. It usually takes a bit of pain to set us on our spiritual journey. In retrospect, I don't regret anything of the past that has helped me open my eyes to spiritual truth. Might have taken a few wrong turns, but nothing that took me too far from God. Sounds like you too didn't veer too far on that road.

Susan Kubicek – My friend told me about her near-death experience. I wanted to know everything after that

and began my quest! Many years and books later, I found the *Judas of Kerioth* book and then Padgett.

Terry Adler – I had been searching for God all my life, with my mind, and finding only dead ends, of course. So I had given up trying to “understand” God because I didn’t know another way to seek a relationship with God. In my 30s, I was diagnosed with a brain tumour which was surgically removed and found to be benign. Waking up in the recovery room, in the state between consciousness and sleep, I had a whole-being experience of my life as a gift, given to me by its Creator. This reawakened in me the intense desire to know God. I searched and within a short time was led to Ellie, who told me about God’s Love, gave me Volume One of the Messages, then introduced me to Barb and the prayer circle. But it was after reading just a few of the Messages, then sitting down to pray in my living room to test out what I had just read (that God’s Love is available to all who ask for it), and experiencing a great inflow of Love, that I knew I had found God. I now know that “finding God” is a never-ending process, as God is endless Love and as our souls are awakened in His/Her Love, they too have endless capacity for growth.

Al Fike -- This is a story that many of you have read before but it is pertinent to this question. Sorry that it is so long. It’s called ‘The Calling’. I would like to add to how I came to commit to the Divine Pathway as described in “A

Brief History" in another thread (DLSF Forum page written in 2013).

After leaving the Johrai group, I dove in feet first into the world of spirit communication, healing and the practice of praying for and receiving the Divine Love from God. I had to reconcile that God's Love was not already a part of me but rather an external energy that I could possess in my soul only if I were open to receiving it from God through prayer and soul longing.

I did not really know what "soul longing" was but I did feel something rising up from my center that felt like excitement and joy. This must be the soul. In some ways it felt like jumping off a cliff and, yet, I also felt like I was coming home. Yes, home into the loving arms of the Creator and it felt akin to falling in love.

I was besotted with the Love of the Creator and each day felt like what I then described as "God's credit card." A seemingly never-ending flow of Love coming my way and I did not do anything special to deserve it other than take time to pray for it. The cascade of Love kept coming and coming and I felt so high I felt that I was stoned on Love.

This honeymoon period did not last, however, as I was human and fell into those conditions that would pull me away from this glorious Love. I was only twenty at the time and, yes, the desires of the flesh are strong at that age. Let's

just say I didn't miss out on anything in my youth. My friend and mentor, Barbara, would always be there to help pick me up after my errant behavior, another blessing on God's credit card. I was high maintenance for a few years while I matured and dealt with many ups and downs.

At one point I felt very close to spirit and they would talk to me as if they were here on earth. I know this could be disorienting for most people but it seemed to flow harmoniously for me and I had no trouble telling the difference between the spiritual and material worlds.

One day I was told to go to a favorite place of mine on top of a hill in the city. It was an old quarry turned into a botanical garden. At the top was a geodesic dome that was filled with tropical plants and flowers. A lovely warm and humid retreat from the often damp and cold weather of Vancouver. While walking around this tropical world, a spirit told me to go sit on a bench nestled in amongst the foliage and start to pray. So I sat down. The place was almost deserted and I was pretty sure I would not be interrupted in my prayers so I settled in.

While praying, I felt engulfed by a beautiful presence. It started with a rainbow of lights, each hue washing over me one at a time. The colours intense and crackling with energy. Then there was a golden light with such intensity that I could hardly look at it. It was Jesus. I could only see

him from the shoulders up and it was difficult to look directly at him. He was smiling and looking lovingly at me. This is what he said:

God bless you my son. I am Jesus and you are my brother as I am my Father's eldest son and you are my disciple. The beauty you see around you is but a shadow of what lies in Heaven, my son, and you will do great things in this world and bring many souls to the Father's Love. There is much work for you to do, but you must pray fervently for the Father's Love to enter your soul. The work awaits you, but now you must prepare before you go forth in my name and remember, have humility, because all these blessings come from God not from you. May God bless you deeply with His Love.

As he left, he gave me a vision. I was a mature man, possibly in my 60's and in my vision, I saw myself on a Dias in a church that I knew was in a foreign country. I was speaking to a packed house. It was a large but not ornate church so there must have been at least a few hundred people there. I was not nervous up there and spoke with confidence and ease in English. I must admit that while I was experiencing this vision, I was also experiencing the horror of seeing myself as an "old" man: potbellied and balding grey hair. A shocker to my thin youthful self. Ego, ego.

While I was talking, above me formed a light; then it became a person. It was Jesus and he stood in all his glory just above my head. His body shimmered and was somewhat transparent. While standing there he had his right hand clasped together and then he opened it and a flash of light came from his palm and filled the room almost like a camera light but brighter. Everyone in the church gasped. Some started to cry. I looked up not knowing where the flash had come from; the image of Jesus dissolved, and the vision ended.

I was back on the garden bench. I was filled with a rapturous excitement and joy. I had indeed received my calling and what a beautiful way to do so.

That was many years ago but I can still recall this extraordinary experience to the last detail. Whenever I feel discouraged about my spiritual work and life, my guides always say to me to remember my vision. I remember how enthusiastic I was at the time to get going right now to spread the word of the Divine Love. I may have been charged with energy and enthusiasm but I was woefully naive and ill-equipped to deal with the cynical world. Even some of my friends on the Divine Path thought I was delusional and did not believe I had this vision. They thought I had a Jesus complex.

I don't know if this vision will some day come true but it was, indeed, a gift to this innocent young man with a fire in his soul. Jesus lifted me to a higher plain of thinking about the possibilities of being a channel for God's Love and I do believe these possibilities and potentials are only limited by our ability to have faith in this work and pray for the Love. I was told at another time by my guide that I would go through many trials and tribulations before I am to realize my purpose. Yes, life has thrown my way many trials and tribulations. Many of my own making, but this is what strengthens us and helps us to grow.

There have been many, many blessings as well.

I am always ready to take up the torch of working for the Master and maybe my time has come or maybe there is more learning to go through. Here but for the grace of God go I. May God's Love find a constant inflowing into your souls. Your brother....AL Fike

Terry Adler – I am so glad you shared this story here, Al! I have heard it from you before but am taking it in now in a fresh way, a deeper way, with a more awakened soul. I so appreciate your humility, your knowing that all blessings come from God, that you are His instrument. You truly do give all the glory to God and in this lies your power, your impact on others, as they see the possibility that they too may be channels for God's Love. I have no doubt you will

experience the realization of this vision and hope to be there when you do! There is always more work to do (even for Celestials) and you continue doing it while living your purpose! May holy blessings continue to grace your journey!!

Joseph Babinsky – Wow! I don't remember ever having read this AI, but it is beautiful and I love it!! Thank you for sharing. Love you.

Prayer Practice

Al Fike – What is your prayer practice – how many times a day do you pray and for how long?

Jeanne Fike – My goal is to pray unceasingly!! To commune with God with every breath, every heartbeat. I have a morning prayer with Al everyday then we typically host in-person and online prayer circles three to five times a week. We have visitors from many far-off places who come to pray with us on retreat. We also have friends and neighbors who drop in and pray with us. We speak at the First United Spiritualist Church once a month and lead a prayer as part of the service. And of course, we love to travel and pray with whoever invites us to come and pray with them! We are actually prayer-a-holics. Our next book is a 12-step book on prayer! Definitely an addiction. I love the WhatsApp LIGHTBRINGERS chat line to pray with others simultaneously. It's amazing how powerful simultaneous prayers are in online prayer circles!

Faith Summer – All of life lived consciously is prayer, I believe. Living in unison with all. As one. Breathing life into life itself. Experiencing the world AS God, looking upon our own creation and admiring it all the same.

Joseph Babinsky – I pray first thing in the morning before the family wakes up in a separate area of our home. And the second prayer time is actually in bed before sleep.

Both these prayer-times are intentional and filled with the glory of the Divine Substance of our Heavenly Father's Love, with the help and assistance from loving Celestial angels.

Additional prayer-times are throughout the day when longings occur spontaneously. These last only a moment.

Simon Lovell – I have my first prayer session for about an hour early in the morning before anyone is awake. I continue later when I am lying in the bath soaking.

This sets me up for the day and I have heart awareness whenever I have a moment. Driving is a good time and any short moment when I am seated, my mind will turn to the seat of Love and I will ask for more. I work full-time through the week but there are always moments. When I get back home at the end of the day, if it's warm enough I will go to the outside conservatory and escape into prayer for as long as I can. During the weekend there are other opportunities to breathe God in and feel the presence of Love. It is my last thought as I go to sleep.

However, I am not perfect and often miss opportunities especially if I am not feeling so good about myself for whatever reason.

Sarah E Petty – I understand desires of my soul to BE prayer. Some prayers are unloving and are out of harmony

with God's love and some do align with God's love and truth. So I feel that I "pray without ceasing", yet the challenge is to be sensitive to when my desires are unloving. Now THAT fills up somewhat less time than desiring all the time. But I converse with God like having a running conversation in the background. Interspersed in that is sharing my feelings with God, and receiving answers to my questions via feelings not words. And I more and more often remember to stop and let God's input register in my heart, not mind. I look forward to the 8th sphere where continuous conscious connection happens!

Lynne White – First thing in the morning, it sets the tone of my day with prayer and gratitude and then again in the evening.

Al Fike – Prayer is a cornerstone of my life. Since being at it for so long, it has become a reflexive expression to God which is conveyed several times a day. I don't breathe prayer as some do. I certainly do not pray as much as Jeanne does. A real prayer is settling in for an hour in prayer and meditation, expressing my soul-felt longings and listening to what comes from this. I have good days and bad. If something is really bothering me, it can interfere with my prayer. Sometimes I overcome the distraction and sometimes I do not. Every day is different although the routine remains pretty constant. A good prayer is when I feel my soul opening to God's Love and the angels feel close.

At times I get guidance, visions and downloads and a true sense of peace. Upliftment always, but not always sustained. I keep coming back to the well of prayer for God's Love because this is where my soul is truly nourished. For those moments the flaws of the human condition inside and out disappear in communion with the Divine. It is the experience that shapes my psyche, informs my day and gives meaning to my life. Without it I'm lost and misguided by my own mind-driven sense of what is. My soul speaks and clarity comes.

Madeline Cole – My current prayer practice comes from having had a centering prayer practice for the last year and a half. So I plan for two 20-minute prayer periods, although I have been finding myself doing more recently – sometimes for longer, sometimes an additional formal prayer session. I am still in the place where my prayer is more dry than anything else, largely because I seem to be unable to connect to my own soul perception. In the centering prayer tradition, this connection is written about in centuries-old writing (<https://parabola.org/.../the-way-of-the-heart-cynthia.../>).

I've been thinking recently that it's a bit like learning to ride a bicycle. You can intellectually understand balance, but learning to do it is a practice of trial and error. Once you get it, then you can easily return to it. I'm wondering if

that's the difference between those who need silence to pray and those who can pray in an MRI machine.

Jeanne Fike – Madeline, I think you were more connected to your soul knowings than you realize! I think your mind and your soul have been working together for some time. Too bad they don't show us name tags or something!

Al Fike – Yes, the riding the bike theory sounds right to me, Madeline. Practice and digging deep into soul fervency is the ticket.

Karen Thomas Lyons – My normal practice is at least twice per day for 45 min to an hour in the morning and at night, but I also pray any time I have through the day when walking, driving or sitting or even while doing chores. I also feel I am in a state of listening prayer when transcribing or editing. I also pray to meet angels during my sleep state.

John Melmer – My goal is to pray without ceasing. The angels pray 7/24. Perhaps we need to rethink what is prayer. Prayer can be praising Him. Singing to Him, thanking Him – anything having to do with Him is prayer. It need not be formal – Jesus said in Volume 1, p. 3: 'A long prayer or even one formulated into words is not necessary. A prayer may be as rapid as unformed thought, it is just as effective for the Father to catch. The longing is quicker than the thought.'

Jesse Jonas – My prayer practice has evolved over the past few years. Currently I've taken the advice guided to me to spend singular time with God, to grow closer in our relationship. I do this each morning around 5 am, before I leave for work. I come back to our time together again around 5 pm, each session lasting around 30 minutes. These are my deepest soul moments, where I feel the connection and alignment growing with God in a sweet and joyous beauty.

Throughout the rest of the day I find moments while driving, while walking a job site, or while enjoying nature where I often feel inspired to be in prayer.

Prayer has evolved in my life, and will likely continue to as more guidance comes. God's Love has opened up many new doors for me, and as I learn more of Him, I learn more of myself. Such an amazing journey is life, and prayer it seems is the high-speed connection to all that could be.

Lynne White – Daily morning and evening before I go to sleep. Also random times throughout the week.

Background Music During Prayer

Madeline Cole – What is the thinking behind using background music during prayer? As a newbie, I sort of presumed that silence was somehow 'better', less distracting perhaps. But maybe not?

Jeanne Fike – After decades of discussing this topic, I think it's a matter of personal preference! Al and I are still playing Nadama's *Healing Touch* which is likely irritating to those who sit with us week after week! But we are like Pavlov's dogs and the first few bars the music typically lift us up into an altered state! Another reason we like it is because it ends in 55 minutes indicating it is time to say a closing prayer. If you are interested in purchasing *Healing Touch*, you can get it from Nadama who lives on Maui. Be sure to tell him I sent you!

Madeline Cole – Thanks! It's actually available to stream for Amazon Prime members, so listening via Roku. Sometimes technology is really fabulous!

Kathryn Lynn Kubossek – I remember when I was a young girl and you a young mother, Jeanne, and you and Al would invite me to your prayer circles and I always remember the soft, relaxing spiritual music playing in the background. Always loved it!

Bill Frase – The Pittsburgh Circle of Light members have said they like the music. It helps them to not focus on their thoughts as much. I just do my best whatever the acoustic circumstances may be.

Geoff Cutler – I too like it. It's not distracting because you are not listening to it. It creates a mood and also signals the end nicely. I don't really understand those people – and they exist – who can't meditate except with silence. I have actually meditated in an MRI machine and I don't think you can get a more gross background noise than an MRI.

Ruth Duvall – I like it too. LOL, Geoff, I thought I was the only one who meditated in an MRI machine!

Al Fike – I'm used to music. It's been our culture since day one. The actual music has changed during the four and a half decades of doing it. I think that it is a personal preference and has no real bearing on receiving the Love. As Jeanne says, it gets our minds tuned in and at rest.

Approaching God as a Little Child

Jesse Jonas – How do you “present yourself like a child” when communicating with God?

Faith Summer – You are already a child of God.

Jesse Jonas –Indeed Faith, we all are children of God, but as ‘adults’ in this world, most have lost sight of our innocence long, long ago. This worldly notion of grownups ‘know’ best leads many down a closed road to learning and/or being open to new things (i.e., can’t teach an old dog new tricks). Even when we say we believe, in our hearts of hearts shadows of doubt linger longer than we like them too. This doubt can be seen through the eyes, in my experience.

You are much closer to your innocence of youth than some others, and maybe then you still have that second-nature, childlike innocence that genuinely yearns for truth and growth, without the obstruction of a mind that has been programmed in a murky distortion of truth.

I applaud your soul’s openness and love for all! Keep on being an olive branch of love to this world and all will come to pass in God’s time.

Faith Summer – I wonder what makes you believe you have lost your innocence? Do you believe that's true? Or perhaps something we tell ourselves? You are innocent. If you claim you are not, who is judging your acts? Are we to deem right and wrong? Has God judged you? And if God is in all of us, have you perhaps judged yourself?

Jesse Jonas – Faith, lol, I don't believe losing our innocence is an act of judgement by anyone, even ourselves. It's merely a reality of spending longer time in this world that has much to skew us away from that purity.

It is not a 'bad' thing to lose something (even innocence), as lost doesn't mean gone. In God's Kingdom, truly nothing can be lost for ever. Like innocence, even souls get lost, most do, I would suspect. But in time, I believe all will find their way back to their Creator.

So, while this post was intended to be somewhat rhetorical (and not necessarily a perceived shortcoming of my own), I'll embark on a response to my original question.

When I pray to God, I try to see the 5-6-year-old Jesse reaching out to our Father's Loving arms. I see the light of wonderment in my little eyes, the child that is longing for a Father's teaching, the true innocence that existed before schedules dominated a day, before money became required to meet needs, before violence was the daily top story, and before I saw what an imposition humanity has put on love

and God. That's the innocence that has been lost. But the great news is that in this flow, I can feel it returning like a blessed breeze on a hot summer day.

Faith Summer – I see now what you are saying and understand what you mean by innocence.

I think in this society yes, it's easy to be distracted! However, the losing of innocence as you stated (schedules, bills, news, etc.) I don't necessarily define as lost innocence as I have worked to position my life so that my schedule, my business, and of course, lack of watching the news, have oriented my life in a way that doesn't give me an excuse to be of lost innocence.

Down here on earth we like labels. Once we strip those all the way back, we are still a child of God underneath it all. Perhaps that is what you mean by innocence, and I agree that we pick up a lot of those along the way. Prayer is a time to drop the labels and be what we are in the soul.

Personally, I just think we have to be careful when we claim we have lost innocence, or need to be "child-like" to pray, or any other "rules" of connecting with God. It becomes a story we tell ourselves and ultimately separates us from something we never were separate from.

Terry Adler – For me, this is a process. One that requires me to awaken to all within me that blocks me from

fully trusting God's unconditional Love (overlays from experiences with my human parents). Plus deepening in humility as I yield more fully, completely, to discovery of myself as a spiritual being, a soul. It means a shift from my reliance on ego/mind, to reliance on soul as my guide and source of knowing. I feel in my infancy – slowly growing into childhood!

Madeline Cole – This 'presenting as a child' was the approach that Therese of Lisieux took (the 'little way') and it eventually led to her being recognized as both a saint and a doctor of the Catholic Church! I'm not very good at it, but I believe it's largely about being open and trusting that God, like any loving parent, will not view us as harshly as we do ourselves for our inability to be perfect loving creatures here.

Jesper Sørensen – I agree with Jesse that we as adults have lost our innocence. I think most people lose it early on due to programming, and in a sense we grow up forgetting who we are. This is probably also why at some point we become interested in spiritual matters, namely so that we can find our way back to our true selves, who we really are, and live from that awareness.

Al Fike – I try to present myself to God with authenticity. Innocence, as Jesse says, is long gone after so many years of experiencing life. Sometimes my soul comes

forward in a big way and there is a sense of innocence. Maybe what Jesus means when he implores us to be innocent as a child is to come from that place of soul, not mind.

Sarah E Petty – I had a long-standing block against God’s Love because of my childhood beliefs and stuck feelings caused by my very damaged parents. They inherited the same and on back for many generations. So I had to first acknowledge what my soul self ACTUALLY believed was true and grieve out the sadness of that. Once I did that, then my soul became logical and could recognize it was unloving to believe that. That’s what I think the word “encrustation” means. It took two years of acknowledging a lot of various versions of that untruth that was abiding in my soul, blocking my reception of God’s Love because I had no faith in God’s Love. Surrendering to grief is one way I become as a child, trusting that God is different from my parents, always patient and never in a rush.

I’m in Navajo country now and came across the concept of “Hozho”, the overarching belief that the universe is ever leaning toward beauty, which means much more to the Navajo than it does to westerners. The arts are used to maintain or restore Hozho. Awareness of and embracing Hozho (forms of emoting) are other ways I feel childlike and openhearted to God’s gifts and care.

Transparency is another way to feel like a trusting child. I tell God everything, all my feelings. It's amazing that He is actually interested in all the many details that meander through me! We've never had a human parent like that!

Simon Lovell – Being a little silly might do it. We can all be so serious about ourselves! Why not try on a party hat next time you pray!

Jeanne Fike – Oh Silly Simon!!

Simon Lovell – Jeanne, yes. Being the Fool, the Joker in the pack is a great way to approach God.

Jeanne Fike – I'm with you, bro!

Eva Peck – Humility, surrender to God's will, trust, and faith that God wants the best for us would all help to make us childlike. Pride and its relative, arrogance, which are opposite to humility, was the main sin of the first parents. They thought they knew better and didn't need God and/or His offered gift. They lost their innocence right then and there and as Jesse said, that attitude is still very prevalent in the world. We soon absorb it as we grow up.

The Bible contrasts human pride and humility in one verse at least three times:

Proverbs 3:34 – He mocks proud mockers but gives grace to the humble.

James 4:6 – But he gives us more grace. That is why Scripture says: “God opposes the proud but gives grace to the humble.”

1 Peter 5:5 – Young men, in the same way be submissive to those who are older. All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but gives grace to the humble.”

Pride puts a block between us and God while humility, which acknowledges that we are not self-sufficient, but need our heavenly Father and want Him in our lives, will open us to His Love and grace.

Sarah E Petty – The Beatitudes are all about choosing humility, to feel the emotions of sadness, lack, etc. “Poor in spirit” is not, as I heard someone say, about God’s wanting His children to be poor. It’s about surrendering to feel what I really feel and believe at the soul level, no matter how many affirmations I repeat. The mind is not the aspect God has a relationship with. God values the heart, no matter how many errors and encrustations are weighing it down. This is a system that children operate in without thinking. They just feel. Just feel the actual beliefs and stuck feelings in the soul. This is the release valve, not a thought-controlled process.

What Goes on With the Reception of Divine Love?

Sy Mytting – Are we undervaluing the reception of Divine Love? Is there much more going on? We understand that Divine Love transforms the soul from a human soul to a Divine Soul. We receive the very substance of God. The soul begins to expand. We cry. We feel loving emotion. Our soul errors begin to dissolve. So I get this. Are we in agreement so far in this simple explanation? Hopefully so I shall continue.

The other day I saw Divine Love as a data stream full of technical information that begins to develop the soul into a receiver. Capable of receiving massive amounts of data, capable of participating in the continued development of God in the physical universe.

I saw a data stream – similar to that in the movie “Contact” (starring Jody Foster and Mathew McConachie). The reception of the space signal starts out as a sound, then inside is a video, then inside is this massive data stream which contains the design of a machine for interstellar travel. The movie also contains the conflict between science and God’s creation. For me there is no conflict. Science simply tries to understand what God designed. Science is a cover band.

Then I saw a picture of Divine Love flowing into me and creating all these receptor capabilities. As the data is received, the information is brand new. I believe this is an experience Jesus had. He began to know things that had not been known before. New capacities began to develop.

This is what I see for us, but the suggestion is that we have restricted what Divine Love is based on a limited understanding of Padgett, Judas, etc. Divine Love is much, much, much more. Padgett is kindergarten. Divine Love is the data stream to becoming a Christ.

Sarah E Petty – I do purposefully ask for Divine Love to contain info I'm desiring to know. To me it's the helicopter scene in "Matrix".

Neo: "Do you know how to fly this thing?"
Female character: "Not yet." Then she gets a direct download and she just knows it. So yes, I do feel we are limiting the effects because our desires are in a box. If we ask God "what's possible?", instead of a specific outcome, then we've opened up our desire and increased our God reliance.

Al Fike – I don't know if we can leap into untapped knowledge before we are well grounded in the Love. It would be nice to think that this is possible, but in this case I'm from Missouri. You could be right, Sy, and I have had downloads of guidance in the past, but nothing like what

you describe. Will look forward to the experience, my friend.

Sarah E Petty – Just experiment.

AL Fike – I have been experimenting for many years and have had some good results. But the experience that Sy speaks about is quite rare, IMHO. I have had a cosmic consciousness experience which was mind blowing but I never expected such a shift in reality to last. If it did, I don't think that I could function on the earth plane. Explorations in consciousness have always been a motivation in my spiritual life and I have experienced a lot over the years. God has blessed me with an openness of spiritual perception that has led me down some interesting roads of awareness. These shifts have been inspiring and edifying but I always shift back to a grounded earthy reality. I believe that having this balance in life is important. If we are functioning on such an unusual plane that it makes it difficult to relate to others, I don't see the point of it. Yes, we have many untapped potentials as Sy indicates, but until the earth conditions trend upwards, we can aspire for these shifts of consciousness but still have to live in a very earth-bound reality.

Geoff Cutler – It's possible you are getting an insight into soul awakening. This has to happen if you wish to transform the soul. I have collected many messages on that

subject here under the title, The Soul Transformation Process - achieving the New Birth on Earth (<https://new-birth.net/topical-subjects/the-soul-transformation-process-achieving-the-new-birth-on-earth>)

We have learned a great deal the last few years about soul consciousness.

Al Fike - Thanks, Geoff, for linking us to this web page. I found your article very informative and well written and would recommend that we all read it. My goal is not to reach soul transformation in my lifetime. If it happens, that's wonderful, but in my estimation the ground that needs to be covered is too great. No sense feeling inadequate to the task. Rather I would like to recognize my daily progress and hopefully feel satisfied with my efforts. The former has an air of perfectionism to it and we all know that the angels do not expect perfection. Instead, as long as we are focused, we can be assured incremental progress.

Madeline Cole - I like the idea of "capable of participating in the continued development of God in the physical universe" - presumably for the greater good of creation and humanity. At least once I've had the feeling (probably as a result of poor reading comprehension) that praying to receive Divine Love so that we can be immortal and get into the Celestial heavens before they close sounds a bit too much like some current Christian prayers of individual salvation.

DivineLove DotOrg – I hear what you're saying, Madeline, and sense also that we can misunderstand the invitation to pray for Divine Love in so many ways, putting it into the dualistic strategies of reward/punishment, win/lose, in/out, good/bad, etc.

Eva Peck – I don't doubt that there is far more to receiving the Divine Love and our soul transformation than we understand or think we understand. I would say that we probably understand an infinitesimal part of what God has in store for those who will reach the Celestial heavens – and even when we get there, the potential for growth is infinite.

Sometimes I think of knowledge as comparable to the light spectrum of which we see just a tiny part with our eyes or with the aid of instruments. On both sides of the visible spectrum is untold amount of invisible spectrum. I envision spiritual knowledge (and even physical knowledge) something along those lines because the incomprehensible God has masterminded it all. I think this Bible verse expresses it well:

1 Corinthians 2:9 -10 – However, as it is written: “No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him”, but God has revealed it to us by his Spirit [imparting the Divine Love]. The Spirit searches all things, even the deep things of God.

Our understanding increases with the reception of the Divine Love that the Holy Spirit imparts, but we will never know it all and always have room for learning and growing.

DivineLove DotOrg – I had/have a good feeling right away at your opening question, Sy. Something in me said "yes!" because people can get caught up with details and miss the whole point of Jesus' message: "... we are souls, we can yearn for Divine Love and become transformed by it into something new, something we are not.... yet."

His message, delivered while he was in the flesh and after his own becoming aware of it, was largely lost. It took Jesus almost 2000 years to find a mortal who could receive words that could communicate something barely, elementarily understandable to our limited mortal minds, and to our undeveloped soul senses. Padgett was not "kindergarten", but our understanding of those messages is definitely "kindergarten-level". For sure.

While I feel cautious about and conscious of the limitations of comparing soul growth to something from a film (which I haven't seen, by the way), I do trust very much that when we see a film, read a passage in a book, or notice the sunlight glittering on the water, we can receive spiritual help in letting some more in-depth understanding develop from it. Something in me feels sure that there is more and more and more and more, and that our current soul understanding (no matter how well developed one's soul understanding is) is always far less than it can be. Far less!

That is what the infinite, self-sustaining Divine Love makes possible. This will always multiply, this great knowing. It comes to mind what the Celestials often said to Padgett, that there are no words to convey to you what we are experiencing, what is here, what exists. They meant it. Those might be the truest, most door-opening words they spoke – when they said there is no way to express what is there to someone who is not yet transformed, fully, in our Father's Divine Love. Thank you for bringing to us your realizations/wonderings, Sy.

AL Fike – Your words are almost poetry, Elizabeth. Thank you for describing what many of us feel. Truth in every word, dear friend.

Faith Summer – Ah yes. I have experienced this many times. It's wild, hey? And amazing. I completely agree that science only attempts to explain the works of the Creator. With prayer and other methods of deep connection to God, it is not uncommon to find some new wisdom instilled within you. Magical, but sometimes overwhelming. It's a wild ride, this life we're experiencing. I'll take all the tad bits of information I can get.

Simon Lovell – It is at this point in the conversation that we should be asking in more detail as to what got Adam and Eve turfed out of the garden. We don't want to go that way again.

Sy Mytting – Simon, here is my take from a message I received.

The Divine Feminine - Eve

I'm feeling inspired this morning about you and how much I love you and desire to share with you some truths about God's relationship with his children. I am Adam, Eve is here as well. I have been sharing some truths with your brother Sy over these last couple of years and feel he is now able to channel my message accurately.

In the Bible Eve and I are depicted as the first of God's children and the beginning of all sin, pain and suffering that has come to the earth. God's punishment. First let me say that God did not punish us or our children. God rejoiced when we began to exercise our free will and share with God the joy of self-awareness. So in this the Bible is not accurate.

The biblical story also sets up the degradation of the female aspect of God. Eve was created in the image of the female aspect of God and revealed God's most beautiful characteristics that are seen as female. With the stroke of her hand she created many of the earth's most beautiful creatures and plants. We were the first soulmates, so you can imagine how much it hurts me to see the treatment of the female as a result of this story.

One of my desires is to restore the female to the glory that God created. One cannot truly understand God until this is restored in the heart. God is both male and female. God created male and female. Man represents the power of God and woman the sensitivity of God. This one understanding is more than a book, so we will develop it later.

God did not abandon or hide from us. For a time we felt fear and shame from time to time as we explored our free will but God, male and female, was patient and we lived with God developing our creative understanding and the loving exercise of our free will.

God is all-forgiving. Our hearts were always in this relationship of repentance and forgiveness with regards to our exercise of free will and its effect on our relationship with God.

God is always forgiving in the presence of a repentant heart and I encourage all to learn how to pray, communicate with God, as Sy described in his previous post.

I have much more to say. What you have here is enough many months of work. Feeling God's female. Knowing God as male and female. Feeling how you have been hurt by the biblical story of God's most beautiful child, Eve, your sister, your sweet cherubim now a celestial angel still walking with God.

There is much for you to forgive after the centuries of abominable acts against the female all set up by a very inaccurate depiction of female in the Bible.

[End of message]

Feelings Connected with Divine Love Inflowing

Maureen Cardoso – What feeling/s do you experience with the inflowing of Divine Love?

For me there are a variety of sensations and feelings depending on my condition. These include a beautiful warmth in my chest, joy, peace, deeply loved with something greater than human love, cared for, whole, release of fear, knowings, compassion, comforted, and more.

Al Fike – Similar to you Maureen. Also a sense of slight pressure in the solar plexus and an overall sense of euphoria. Not every time, but often. Also I can sometimes feel my soul opening and expanding accompanied by a deep satisfaction and joy. That's my favourite experience, but it does not happen very often – once in a blue moon, depending on my own spiritual condition and receptivity. Never a dull moment though in prayer.

Madeline Cole – Alas, I am not aware of feeling much of anything. I am unsure whether to attribute it to being new to Divine Love or to having an 'instrument' that for decades has been mind-oriented, left-brained, bordering-on-dissociated from the body. But fortunately I am persistent!

Jeanne Fike – Madeline, I think my experience is closer to yours! Although with each passing year, I have noticed a great diversity! In the beginning or during what I call my honeymoon stage, I would feel completely enveloped in euphoric love beginning from the top of my head and very strong and powerful enveloping my entire body. After this free spiritual credit card stage in which the angels had come so close during prayer, they began like loving parents to let me find my own way. In more recent years I still feel the love from the top down rather than from how I think others describe the opening up of their souls! Now I typically feel the presence of the angels in a higher vibration raising me up and it's quite thick in nature I would say! A thick peaceful comforting kind of energetic blissful condition. Sometimes joyful. But I take my prayers and dedication to God very seriously and tend to be more self-critical than joyous! On the other hand, when I am out in the world praying to be used as a channel of love, that is typically a very magical and strong sense of joy and laughter and love within me and with whomever I meet! That's my favorite spiritual condition – and being in joyous prayers with others.

John Melmer – Over the years it has heightened my joy, my everyday life, everything has become more enjoyable, the movies I watch and even the food I eat. As for the joy inexpressible, I wake up humming how wonderful this Love is and I recommend it to everyone.

Jesse Jonas – My experiences are very dependent on my condition, but no matter what I'm bringing to the table each day, what I feel is the blessings of Love from the highest.

Regarding my best attempts to describe the moments, the most frequent feeling is a very unique 'shiver'. Only it's not cold, it's very charging, and it starts in my soul (upper rib cage area) and permeates throughout my body. Very powerful feeling of being touched by His Love. It almost has a soul 'purring' quality to it!

Sometimes I also begin to feel as though I'm entering a bit of a euphoric state, and this feeling is CRAVED by my soul. I feel close to seeing the world through my soul's eyes when I get to this place. I hope to learn how to be in this state more often, as it is other worldly. Other times the feeling varies but is always indescribably lovely.

Jeanne Fike – Oh and I forgot to add – I guess I've been taking blessings for granted – that most mornings I now wake up feeling bathed in Love and with a knowing that I have been busy in spirit. Recently our guide Matthew told me that I was instrumental in being with my mother when she passed into spirit and I had already known in my soul although I did not have a mindful memory of it that I had been with Mom continuously in spirit helping her to prepare to cross over. I love waking up in prayer!

Kevin O'Neill – Well, I usually begin by crying out to God for release from my mind, soul and body, of all that's not in harmony. Then I feel a tearful relief as disharmonies are washed away with the inflowing of His Love, then tears of joy fall in great gratitude for His tender mercies as feelings of peace and joy fill my heart. Then I laugh with wild abandon because I always suck the tissue into my mouth while weeping. So it's basically a wet and wild experience. I try not to be in public at the time.

Lynne White – For me, I love the connectedness, especially in group prayer. Sensations on my crown chakra, and warmth in my chest and heart. The sense of peace that envelops around me. It woke my soul up. Feeling more happiness and joy.

Alice Cascardi – Like Kevin, tears. Warmth radiating from my chest. Flutters throughout my body that transform into a light feeling, like floating. And an extreme awareness of God's connection.

Kathryn Lynn Kubossek – When praying for God's Divine Love, I experience the sensation of goose bumps and yet I am not cold. Warm goose bumps! They are most powerful when I am in a group prayer. What I love about this is that it provides me with a wonderful feeling of just knowing that God is there – listening and responding. It

deepens my faith and provides a great comfort to recognize the inflowing of this special gift.

Darlene Gaunt – It's an exercise just to try to articulate these feelings of Love into words but it is fun to try. So precious is this connection for me now, more and more as I reach to God and ask for this gift of Love to fill my soul in great abundance helping me to be closer to God. As AI, I often feel a slight pressure on my solar plexus, and this is where I feel my soul yearning and longing to be lifted by God to draw close in at-onement, soul to soul, which brings tears that flow unexpectedly and I feel a great velvety warmth and a feeling of being embraced in light by God. So grateful to know this Truth of God's Divine Love and His love for each and every one of us, His children.

Simon Lovell – I normally wake at 5 am. Before I get up, I place my awareness in my heart and do a short prayer for the receipt of God's Divine Love. I feel an energetic excitement in my heart.

I then get out of bed and after doing some Nauli (stomach / gut rotations) and some gentle leg stretches whilst sitting on the floor, I sit cross legged and breathe God's Love down from above into my heart. The ecstatic sensation deepens and increases and becomes my meditation focus point.

The sensation can enlarge to encompass all of my lower chakra centers and also pressure into my third-eye region. This sensation then remains with me whenever I pay it attention throughout the day unless I do strenuous exercise which may cause it to diminish.

I account for the manner in which I experience this to the Kundalini Yoga practice I had previously been using which has probably opened my lower chakras somewhat and increased my energy tolerance which would otherwise be quite uncomfortable as it is quite intense similar to a relocated, gentle, continuous, heart orgasm. Whoooops!!!!

Al Fike – Tell us what a heart orgasm is Simon. I've only had them elsewhere.

Simon Lovell – Heart orgasm? Well, I will try and describe it. When we say “orgasm”, we generally think in terms of a completion of sensory nerve stimulation. In the case that I am describing, there is no culmination or cessation.

As I write, my awareness is in my heart and I am experiencing an ecstatic sensation which has some similarities to sex, but yet is different, more subtle and continuous whilst my attention rests there. If I move my attention away, it is still there, but less so. When we pray together, it becomes more intense like the yearning of young love and may bring tears of joy to the eyes.

It is certainly a boon for meditation as it makes focusing on one point that much easier because it is so pleasant. It may be that it is simply an energetic friction moving through that area and maybe it will lessen as blockages dissolve. I really don't know as I am simply playing devil's advocate on that idea!

It is not there before I start to pray in the morning, but commences within a few minutes of doing so and is very encouraging. It first started around the time I made contact with this group and after practicing "Heartfulness" as my meditation of choice.

Jeanne Fike – Simon, great description, putting such an "other than earthy" personal experience into words! So thrilled to be guided to connect with you!

John Melmer – Addendum to the previous: I want to speak of the emotional effects of this wonderful Love. At this point in my progression, the Love has kicked in big time. I float through my day in white clouds of joy. I feel such peace within. I have compassion for all His children, something I never had! I want only His Love and care, nothing material, save food. He is everything to me! Without Him I do not want to live. With Him, life is absolutely carefree and joyous. I wander around looking to see where I can do some good and where I can find a soul eager for the truth.

Terry Adler – The feelings I experience with the inflowing of Divine Love have changed significantly over the years. The very first time I prayed for the Love, I felt a tremendous inflowing of an energy I knew was not of my making, that uplifted and expanded me and left me wanting more. For a long while after, I experienced what Jeanne Fike appropriately calls “God’s credit card”, including a mystical experience of total at-onement in which my personal boundaries dissolved and I became a point of consciousness aware of the oneness of all. I naively assumed I would just grow from strength to strength, mystical experience to mystical experience. Then the cleansing kicked in! How humbling! Sarah Petty talks about this in her way (which I find very validating). How I experienced and continue to experience it is in becoming aware of feelings and associated beliefs that I carry that block my receipt of the Love, releasing these to God, discharging the emotions, staying alert to the associated habitual thought patterns so that when they surface, I can choose to let them go rather than be pulled back into their well-worn rut. Ever deeper layers become exposed, ego attachments are released, emotional wounds become healed as I pray for the Love.

In prayer for Love, these days I feel my Celestial guides and teachers praying with me. I feel my soul warm and stir. I feel love for others for whom I pray. I feel great peace, expansiveness, upliftment, light. I feel the constraints

around my heart and soul lessen and fall away, bringing me to frequent tears. I have given up trying to figure out why I am crying, I just welcome the release. Sometimes, though, I will receive a soul awareness of the source of my tears or other emotions, a wholeness of understanding that can't be reduced to words. Always this is a gift to me, bringing with it a greater awareness of Love and deepening my faith in God's care and guidance. On it goes, changing all the time as this great gift transforms us!

Jesper Sørensen – I feel different sensations. Sometimes I sit in a chair with a cup of coffee and pray for the Divine Love. Then I experience it as a light coming into my soul. I can best describe it as a sensation of cooling waters, a refreshing experience. Other times I feel warmth in my heart. And sometimes when I go into a meditation, I feel it as a very intense light and love flowing into my soul.

Another Aspect of Receiving Divine Love

Sarah Petty – I woke up this morning with an emotion of desiring to share another way I receive Divine Love. I've been studying God's Law of Attraction (LoA) for years. She created the laws before She created the universe and the LoA is how She intended for Her children to receive instruction on what feeling beliefs are in their souls. Negative events are attracted to our life experience to trigger stuck feelings and positive events are the organic result of being in harmony with God's Laws even if the person is an atheist.

God of course knows what LoA events are headed our way every day. We have a momentum going in a direction unless we change our error feeling beliefs. So I've been asking Papa at the start of my day or the night before to please give me that portion of Love that contains the knowledge I'll need to handle events with His wisdom and Love. It's like taking supplements before I get leg cramps. It may or may not prevent the leg cramps but it will reduce their severity and equip me to emote the stuck feelings that the cramps will loosen up and activate. It's a practice of surrendering to and embracing a wise parent's loving guidance.

Simon Lovell – Please can you just confirm who you refer to as She and who as Papa. I thought I had understood, then I thought that I hadn't!

Sarah E Petty – God has feminine and masculine aspects, right? I perceive God as She in the creative mode and as He in the maintenance mode. That would mean the laws were created out of the feminine aspect of God.

Papa is a feeling term I now have for God as Father. I haven't developed the feelings for the Mother aspect, though it has started.

John Melmer – God is neither feminine nor masculine. Jesus referred to God as his provider. Since the term provider in the old days was more associated with the man of the house, hence the name Heavenly Provider or Heavenly Father.

Simon Lovell – In Eastern religions, the Creative Force, which I personally relate to as Mother Earth, is deemed feminine and the still quiet from which everything originates as masculine. Ying and Yang. It is the joining or marriage of the two which is the goal. So if you wish to draw prana energy up, you visualise it rising from your feet and up your spine before circulating it back down. Alternatively, to bring down love into one's heart, one would visualise it descending down from above.

Is your relation or experience of God similar to this in any way or experientially something else? At the end of the day though, I would say that if it works, don't fix it as all of these things are simply metaphors for a developing relationship with the indescribable!

Terry Adler – Sarah, you are an example of someone deepening your own unique relationship with our Creator, using language unburdened by old or error feeling beliefs, language with positive meaning for you! The language used need never be the issue, as it is simply an inadequate vehicle for the soul to try to express its understanding, and that understanding always goes beyond the capacity of the mind to articulate or name. Good on you! And thanks for sharing!

Sarah E Petty – I agree Terry and Simon. In the scheme of spiritual matters, I am only 66 years old, an embryo of understanding, and I don't feel God demanding that I be able to run when I've only just learned to stand up. He isn't uptight about terminology because "God looks on the heart."

Human parents hold our hands for support as we toddle, letting go when we've developed enough to be a bit more internally guided. God does the same, only better. Many of my encrustations and energy clots have been rooted in injuries from both my parents and I've been releasing those

barriers so that Divine Love can flow into all the remote corners I've tried to manage into submission since childhood. God already knows all my error feeling beliefs and He desires I know them, too. Terry and I talked about how the term "acknowledgement" was referred to in the messages coming through Al. There's something important about that step. We will learn what that is AS we experiment in relationship with God.

Terry Adler –Here is something that Elizabeth Morana helped me understand in our recent talk. This is my grasp of what we were talking about – which was the all-important gaze between infant and mother that begins right from birth, a gaze that can be initiated or ended by either and that can convey a host of emotions, wordlessly.

What is conveyed by the Mother impacts the self-picture of the infant and forms the foundation of the "feeling belief system" Sarah refers to, a belief system that all too often constricts the soul's capacity to love and to receive love. Of course, a host of other gazes from all those in the relational field of the infant build on this developing feeling belief system, reinforcing or modifying the impact of the Mother's gaze.

I realized that when the Creator gazes upon us, it is with total eyes of Love, unconditional Love that we can scarcely comprehend or take in fully. I should say "that I can

scarcely comprehend or take in fully!" And further, I realized that when something comes up in me that is not loving, when I become aware of my unloving behaviour, thoughts or words, instead of reacting to these with judgment, criticism, blame, or shame, I could gaze upon the part of me from which this action, thought or word came, with the unconditionally loving gaze of my adult self.

For as Elizabeth helped me to realize, this unloving part of me is not aware of itself. Only in the non-judgemental gaze of the loving part of me can it come to awareness, to feel held, loved, acknowledged such that it no longer has to "act out" to be seen or heard. And when I grow in relationship with our Creator, experience His/Her loving gaze, receive the Divine Love within my soul, I can bring this Love to even the earliest, most abandoned, unacknowledged parts of me that have never known a gaze of love.

Thus I become transformed, little bit by little bit, neglected part by neglected part, as these shadow parts come into the Light of Love. But always, there is a free will choice required, first to acknowledge the unloved part (or feeling error belief, shadow or however one names it) and then to respond with one's own love, then to invite the Creator's Love. And this is not a mental process – it requires embracing fierce feelings, dealing with resistance, dislodging entrenched habits, changing old stories.

Sarah E Petty – Terry, that is SO beautiful and moving! And so well articulated!! I wanted to cry at the beauty and as I read it, I could feel a bit more deeply that loving gaze that contrasts so dramatically with what we've ever felt from humans. The feeling contrasts so dramatically with what we've ever felt from humans. The feeling contrast makes me acknowledge the grief of that lack, the lost years I did not feel it from anyone. Receiving Divine Love awakens my sensitivity from the inside out.

Connecting with God

Al Fike – What in your life holds you back from connecting easily with God?

Over the years, many things in my inner and outward life have posed a challenge to my prayer life. Certainly an active mind obsessed with material or emotional issues is top of the list. When life is good, prayer reflects this. If I am upset about something, I feel distant. Sometimes such upsets bring me to prayer. Certainly when I am grief stricken because of a traumatic event, I find great solace in prayer. It is more the day-to-day distractions which pull me away. I try not to make my prayer times the bottom of my priority list, but rather they are first thing. When I set a consistent time and routine for prayer, I am more successful in connecting with God. Of course, asking for the blessing of His Love is foremost in my mind. More than one prayer per day also keeps the connection going. It is when I ignore that inner desire to be close to God, the result is distance. Consistency is very important as is intention.

Karen Thomas Lyons – I get distracted by the activity of normal life. Certainly when I'm away from home and helping out my daughters, I get consumed with the busy life with children. I get distracted when some injustice happens to a family member and upsets them – I get upset along with them. The biggest distraction are the injustices and

tragedies occurring daily in the world. In all of these cases, I try to turn to God for help and also return to my prayer routine when I get back home, but it is a constant struggle.

Kathryn Lynn Kubossek – My job. I have two very busy seasons with work – Spring and Fall. Insanely busy at those times. But I love what I do and have already made plans to scale back.

Kevin O'Neill – My sister! But I'm good otherwise, no problem connecting throughout the day. Oh, but don't get me in rush hour!

Simon Lovell – What I really need is a big green light which flashes every time I make contact and a red one when I lose it. I could wear it on my head. Being the sort of person who prefers a smack between the eyes to a tickle, this would definitely help me to retain a connection.

For example: “This is your Maker calling!! Knock, knock. Anyone in there? Knock, knock!” That would be perfect!

Al Fike – I believe that there is money to be made with this concept. Want to go into business together, Simon?

Simon Lovell – Al, I don't know how much we would have left with after God took his cut!

Al Fike – Enough for a coffee I suspect.

Simon Lovell – I would enjoy a shared cup of coffee with you Al,and Jeanne!!

Al Fike – Your place or mine?

Simon Lovell – Unfortunately it's going to have to be a spiritual cup at present. So it could be anywhere and everywhere. Distance is no bar to friendship. Or coffee in this instance. Cheers!

DivineLove DotOrg – Simon, haha, I used to say years ago, I'd really appreciate a telegram from God.

Susan Ping – When I lose faith or fall victim to my limitations or limiting beliefs, it is a reminder that I am falling out of grace and reminds me to stay present in God's Light and his Power and Glory.

Jesse Jonas – I feel the upbringing in this world, the one that says 'seeing is believing' has a decent amount to do with my obstructions (but happy to report, dwindling obstructions).

Yet, contrary to that, I truly do feel there is much more reality and truth in what we can't see, and still yet, the world perceptions seem to create a force of sorts, or maybe a cumulative deviation, driving a wedge between my inward connection to my true self, and subsequently, to God at times.

I dread to say this is where the ‘doubt’ (that the angels implore is to graduate from) lives, but I suspect it’s a big part of it. I think ‘believing is seeing’ is where I’m trying to graduate too.

Sy Mytting – Desire.

Eva Peck – I try to stay connected with God whenever I can. Waiting times or times between activities are good times for me to fill with connecting and asking for God’s Love in my soul. My challenge is in getting busy and involved in tasks (being a rather task-oriented person) and then breaking away to pray. I always pray before starting on things in the morning – sometimes even before getting up – so that part of my day is covered. It is the evening that is sometimes difficult, and also when I am getting tired.

Sarah E Petty – My denied and unacknowledged emotional addictions. And self-reliance.

John Melmer – My ego and exaggerated sense of self-importance.

Simon Lovell – Family life can be both a hindrance and a help in so much as the challenges that it can throw up if the other members are not like minded. However lessons we learn in life are generally best learnt under fire where everything is put to the test.

When one let's oneself down, however one might regard that to be, then prayer can suffer as one may not feel good enough. Of course, this is the precise time to bring God in to the equation as he is there to help in need not only when everything is perfect.

Divine Love Sanctuary Foundation - My mind!

Simon Lovell - Divine Love Sanctuary Foundation, thank God you have one, otherwise we could not have this conversation.

Releasing Things That Come Up During Prayer

Jesper Sørensen – When you pray for Divine Love, and things come up, how do you release them?

Sarah E Petty – I open my heart toward God's heart and ask His help to be sensitive to what stuck feeling is ready to become unstuck. Then I surrender to whatever feelings arise in both my spirit body and my physical body. Because I'm emotionally trusting God to choreograph the sequence and because I have faith that God designed the soul to feel any feeling that comes into it, I allow the overwhelm and don't try to stay in control or manage where the release goes.

It's better to do this in the company of angels because earth-dwelling humans who have not yet released their own fears are triggered and challenged by emotional release. God and our guides however can fully appreciate the shift to more freedom and truth. And as I receive more Divine Love, I become more sensitive to the personalities of the spirit friends who are supporting this work and so I don't feel alone. Plus hanging out with the CEO of the universe, no less!

Madeline Cole – The Centering Prayer tradition has a practice called the welcome practice that I like for this

(although I'm not particularly good at it yet!). There are three steps: 1) become aware of the things that have come up, 2) welcome them, and 3) let them go through awareness and response. There are slightly different versions out there, but here's one:

<https://wisdomwayofknowing.org/resource-directory/the-welcoming-practice/>

Sarah E Petty – There are more and more versions of understanding that once a feeling enters the soul, the only way for it to exit is to fully experience it. They use different semantics, yet it boils down to that. Many do not include God in the process so they are doing it self-reliantly. I personally do not know how I could have gotten through some of my releases without God's help.

Al Fike – When 'things' come up, it's time for more focused prayer. I pray for insight, honesty and guidance. Forgiveness often plays its role too. Letting go of emotional stuff is not as dramatic for me as it is for Sarah. I don't believe that this is a control thing, but rather my emotional nature is not so high pitched, if you will. I often get replays of hurtful episodes in my life and a sense of letting go of the emotional charge around them. Of course, daily concerns still play their part in enhancing or detracting from my spiritual condition. Rather than focus on these things, I let them come up in an organic way. The Love in my soul ensures that expiation will take place and I have no desire

to push it through but rather let it come. Pain seems to be part of our lot in life, but having the power of God's Love assisting us and uplifting us is a Godsend. Coping with the dark side of life requires patience, faith and a willingness to look at our mental patterns. All of this is a choice and all can be overcome with an awakened soul.

Sarah E Petty – Forgiveness definitely is a freeing thing! It's the moment when I love myself more than being right about something. The more I love myself, the more I understand what loving others in truth is.

Lorraine Heidt Borchers – Oh...and things do come up! Those things have gotten less intense and frequent for me during prayer as time goes by. Now I acknowledge whatever has arrived, feel the feelings that surfaced, trust that this is what's needed now, cry soft or hard as it comes, and continue until it feels finished. I know/feel the angels are present, understanding and supporting, and that this will pass and my soul will be more aware and loving for the experience, and I give thanks and love to God for my life.

Jesse Jonas – I find myself asking God to lift me above the condition. To bless me with the strength to see past the hold that inharmony has on me, and to break the chain that holds me to it.

I've also found that when these conditions become clear, I move my focus to the power of His Love to bring

expansive light into my soul. I push the particular inharmony to my extremities, where I pray His Winds of Change will take these fleeting attachments away and purify them in His Divine Light.

John Melmer – When things come up, you can release them by praying for Divine Love.

How “Free” Is Our Free Will?

Madeline Cole – I was surfing Geoff's site today on the subject of natural love and found this. Per Luke to Padgett, man "must recognize the fact that he does not live to himself, alone; that what he conceives to be the workings of his own mind and will are not always the result of thoughts and desires that originate in him, but are largely the products of the influences of the workings of the minds of spirits who are around him, trying to impress him with their desires and wills; and consequently, you will understand that it is very important to man as to what kind of spirit influences he has surrounding and working upon him." (*True Gospel Revealed Anew by Jesus*, Volume 2, p. 371: Luke - The Development of the Soul in its Natural Love, continued)

Mind blown. I know that the Prayer Perfect, among others, includes a prayer for protection, but I don't think I realized that we really need this protection ALL THE TIME – and more so when life causes us to become sad, angry, etc.

That said, it does make me wonder how “free” our will can be if the workings of our own minds are not always as a result of our thoughts.

Sarah E Petty – For a couple of years now I've been asking God to show me where the holes are in my “aura” (soul field) that magnetize spirits who are themselves in

addiction. If you read *Thirty Years Among the Dead*, you get some understanding of what's happening. I don't fear spirits anymore. Now, if I sense some unloving influences, I know to explore with God what are my own injuries and addictions that invited them into rapport? The causal root of the hole is some grief or childhood terror that needs to be experienced in order for it to be released and the aura healed.

Simon Lovell – We like to think that our thoughts are in our heads, but really our brain is a great receiver and this interaction with everything is our normal condition. It is also the reason why the thoughts and prayers generated by our own will have such a far-reaching and powerful effect. I think the state of play where everything is connected is a double-edged sword. It can cut you but at the same time we can use it to cut a great swathe of influence through all of humanity on both sides of the veil.

Terry Adler – Madeline, I am so grateful for how you are a catalyst for my learning through the questions you pose, and the great responses they elicit! Free will to me is my capacity to be mindful of my thoughts/feelings and when they are out of harmony with the peace of God's presence, to choose how I handle the disharmony within. It is very much as Sarah describes it, though I use different language.

When something triggers disruption of my feeling connection with God, I try to hold both the awareness of the upset within me (both feelings and thought patterns), along with the faith in God's Love being present and available to me. I ask for help in understanding what is troubling me and where it comes from plus help from God's Love to clear it. Often it takes many triggering events and many prayers before the insight comes and the release happens. Sometimes my soul offers an answer different from what my mind conceives of as the issue. Then I know for sure that the clearing has happened on a soul level and it isn't just my mind's analysis but a true feeling/cleansing gift from God. The key is faith that God holds me in Love at all times and it is up to me to become aware of and choose to release anything that blocks me from receiving the Love.

Karen Thomas Lyons - I second Terry's comment! I'm wondering how a person might be able to help addicts or alcoholics with the knowledge that their problem may be partially brought on by the influence of bad spirits. I have been thinking about this lately as we have a large problem with addiction in our area of the country resulting in many children going into foster care. I wish I could find a way to connect to those who are addicted and teach them about praying for Divine Love.

Terry Adler - Karen, having worked as a counsellor in a drug and alcohol treatment program for men in the

construction industry, I can tell you that connection must happen uniquely for each person. There is no formula other than being guided by love, being willing to meet each person where they are at, without judgment, and with creativity and unconditional care. Building a relationship guided by love, being alert to readiness to hear about prayer for Divine Love, showing love in ways that matter to the person. An Indigenous drug-and-alcohol worker I taught years ago told the story of a long-term alcoholic he reached by coming weekly to the man's home for a year and doing the one thing the man allowed him to do, which was to wash the man's floors. With this humble act, he built enough trust that the man could open up around his addiction and take steps to heal. It took a long time. Only if someone is ready will they hear what you say about the power of prayer for Divine Love. In my experience anyway.

I also found that, even though a central step of the AA program is to turn one's life and will over to the care of God as one understands God, this was where most of the men I worked with were stuck – they could not believe in God, let alone pray to God.

Karen Thomas Lyons – Terry, sadly, I know you are right.

Madeline Cole – I've been wondering if those who make it far enough along on the Divine Love path and who have

healing as one of their gifts might be able to help those who at least want help. I know that when I received my healing, I googled the charismatic Catholic priest who was involved and found [this article](#): The "Desperation + Expectation = Invitation for God to work" line really resonated. I think that while many/most addicts have the desperation part down, it's the expectation part that is the challenge. One can believe in God, but because of shame (or other spirit forces?) may believe that God won't help or that they aren't worthy of help. I wonder if a good healer can help be a bridge here.

Terry Adler – Madeline, I was about to post a similar thought to yours, that prayers are healing. Whether or not prayers are consciously invited, the soul cries out for release and healing. You make a very astute comment that many people even if they believe in God may not believe they are worthy of help, and that is where a good healer can be a bridge. Isn't this exactly the role of therapists, parents, teachers, good friends – to believe in the good of a person, good that is not yet manifest, and to draw it forth? Isn't this how God and the angels relate to us, seeing our potential, that which is not yet visible to us and others, and providing a loving environment (energetically) to nurture its emergence? Yes, good healers are the bridge! And we can all be (are) such healers!

Jane Gartshore – In reference to your original post, Madeline, yes, we do need this protection all the time, especially when we are feeling emotionally vulnerable. It's easy to forget to ask for protection from something that, for the most part, we can't easily perceive! I have experienced many times my children acting out in ways that are out of character for them and could often detect an influence of earthbound spirits. It used to make me angry, but I am learning compassion for these spirits who may be bored or want attention or need help. So rather than yelling at my kids for their behaviour, I stop and pray and ask for bright spirits or angels to come and assist these spirits – help them get where they need to be, give them healing, etc.

When I am preparing to meditate or do spiritual work, I pray first for my home to be cleared of all non-Celestial entities and influences.

Madeline Cole – Here is an interesting follow-up from Judas: "we can conclude that listening to their inner voice does not constitute a priori a reliable guidance for men, due to the possible negative spirit influence. So it is necessary to tune in to a reliable source for guidance and information. The instrument is, of course, prayer. Besides the many benefits prayer brings to us, it also elevates our spirituality. To raise spirituality means to block the access of spirits of little spirituality to our soul, and to open up the access for bright spirits. This is the only way that we may transform

our inner voice into a reliable compass showing the right course." (<https://new-birth.net/contemporary-messages/messages-sorted-year/messages-2001/listening-to-your-inner-voice-hr-21-sept-2001/>)

Al Fike – For me as an open medium, this subject is of special importance. The antidote to unwanted influences is twofold – prayer for protection and having uplifting thoughts. The law of attraction is always affecting our spiritual condition and there is a direct correlation with our thoughts and our light. Being a Divine Love medium entails vigilance and discipline. Vigilance in prayer, thought and intention for the highest is what is required to maintain a good rapport with Celestial spirits. So someone with severe problems such as alcoholism would have a very difficult time being a medium in this way. None of us are perfect and pure, but whatever we can do to tip the scales towards light will insure some ability for good rapport. Prayer and closeness to God is a given as Judas states. Keeping the darkness at bay is a constant challenge no matter who is involved, but the power of God's Love within and maintaining good spiritual and mental hygiene is an antidote to influence from lower spirits.

Eva Peck – I think our free will comes in how we respond to the countless influences around us. These influences that shape our thoughts and actions include not only good and bad spirit influences, but also beliefs and attitudes we

absorb from our upbringing, schooling, culture, TV and other media, work colleagues, and on and on. We can choose to some degree what we allow to influence us by being selective of the company we keep, TV programs or movies we watch, places we visit, activities we participate in. We can choose what thoughts we entertain and how we respond to unloving actions. We can reject thoughts of anger or dislike/hate and ask for help to replace them with thoughts of love and compassion.

As Al said, frequent prayer and an ongoing relationship with God will help protect us from negative spirit and other influences in that we will not attract them. Maintaining a spiritual mind/soul will help us choose to engage in uplifting thoughts and actions and avoid or resist negative or destructive influences. In reality, we are only partially free to choose the influences that are all around us, but we can to some degree limit their negative impact on us by wise spiritual choices. Those who don't want or can't acknowledge God or the availability of His help or Love are much more slaves to the various negative influences. Awareness and selectivity is the key. The more we are aware of both, the negative influences around us and the powerful and positive help that is available to us from beyond this Earth, the wiser choices we will be able to make and the less we will be affected by the negative influences – though while in the flesh, we will always experience them to some degree.

Walking Both Divine Love Path and Natural Love Path

Al Fike – Is it a common occurrence that we tend to follow both the Natural and Divine paths for a period of time when first introduced to the Divine Love?

I think that many of us tend to lean back on our previous beliefs even if they contradict the writings of Padgett and others. It took me about a year to divest my beliefs in reincarnation, for example. I wonder where others stand in their belief systems that contradict the truths known on the Divine Path.

“Riding two rails” can be a difficult and contradictory journey. Our angel friends say to test the truth, but in some cases it must be a wait and see exploration. We often try to blend different beliefs in a way to rationalize them into our tailor-made structure. This is another human trait and it is usually to satisfy the need of the mind for correct thought. This might be a long discussion but I think it is one worth having if we are to support one another on our journey home to God.

Kevin O'Neill – I think it'd be near impossible to become fully immersed in the Divine Love, eschewing all preconditioned behavior and exhibit only Divine traits and perfect adherence to God's will, unless one has an

incredibly transformative experience like the Pentecost. It's got to take some time to get into the Divine groove.

Al Fike – Thanks Kevin. My intention isn't to point out who is unable to live the Divine Love 100%. This is near impossible as you say. Rather I'm interested in what might be the road blocks in ideology that others may have on the journey.

Simon Lovell – If it wasn't for Padgett et al, I would still be stuck with reincarnation, which I detested as a belief whilst having nothing which made sense I could replace it with.

Being immersed in Divine Love is not so easy as I cannot always determine whether I am feeling Love or excitement coursing through my body. I suspect that I am currently more bodily aware than emotionally aware, but at least my mind is mostly onboard with the state of affairs and does not get too much in the way as far as I know – but what do I know?

Karen Thomas Lyons – Isn't natural love just the love and care of all other humans? Why would one need to stop loving and caring for all others to follow the Divine Love Path?

Al Fike – I think that you misinterpreted the conversation, Karen. The Divine Love encapsulates these

attributes and transforms them into something more. We do not abandon natural love, rather we seek to enhance and transform it into God's Love.

Sarah E Petty – All the lessons of morality and human love on the Natural Love Path have to be learned anyway, so I perceive the choice to be not so much between the NLP and the DLP as it is learning to be aware when I'm being self-reliant and not desiring God's truth and when I'm being reliant on God's way of being transparent and authentic emotionally in relationship with Him as I surrender to asking God's input on every little thing until I've internalized His feelings on that topic. Someday I hope to progress to the point where I've spent 50% of my awake state in God reliance.

Madeline Cole – I think there's a difference between following natural and Divine Love paths and holding onto something that isn't true. I think that you can work on aspects of your body, mind, or spirit that are complements.

Karen Thomas Lyons – Madeline, I agree. I do think one needs to let go of all false beliefs like reincarnation, the Trinity, and blood atonement to follow the Divine Love path but I did not think that false beliefs were part of the Natural Love Path either, just a lack of Divine Love.

Madeline Cole – Yes, I wonder if Al might have meant a difference between following Divine Love path and other

spiritual paths. It would be a bit of a challenge to do both Divine Love as revealed by Padgett and the Catholicism you and I learned in our youth! I don't believe that God is absent from the Roman Catholic church (after all, I received my healing while participating in a charismatic Catholic livestream), but I've been thinking lately that God meets people where they are. Or as I heard this past week, "all wells lead to the same Source." Perhaps some are just more direct routes!

Al Fike – Yes, I agree with both your statements Madeline and Karen. Truth can come with both paths, but higher truths come with Divine Love. The natural love path focuses on a mind purified and in harmony with its creation. A certain level of soul awakening can be accomplished too, but with a soul awakened with Divine Love the sky is the limit. Deeper truths, greater capacity to love, more complex perceptions and tapping into the wisdom of the soul. We mortals are mostly tuned into our natural capacities and the goal is to shift our focus to the deeper aspects of the soul, opening up the limitless gifts of the soul.

Yoga seems to be something that more than a few of you work with. Do you think that it is compatible with Divine Love thinking or is this irrelevant?

Simon Lovell – Yoga in its true form is multifaceted and includes much more than just a few postures or breath control. Some of the practices were developed specifically for certain people or temperaments. I don't think the west understands this fully yet. Bahkti (Love) Yoga is certainly covered though not necessarily generally practiced in the mad dash for enlightenment.

Madeline Cole – I'd bet that Maureen will have the best answer to this! For me, I suspect that not only is it compatible, but that it may well be an extremely useful tool.

I've spent the last year or so learning a lot about attachment trauma (i.e., trauma that results from abuse or neglect in very early childhood). After finding Padgett, I find the overlaps between this early trauma and soul encrustations to be compelling. For attachment trauma, the currently best-known therapies are the somatic ones that help dispel stored traumatic energy and rewire poorly wired nervous systems. Yoga is one of those therapies. So I wouldn't be at all surprised that yoga might be helpful to Divine Love seekers who are challenged with connecting to their souls. Caveat: there are lots of different yogas. Doing hot yoga with goats is maybe not as compatible.

One other thing comes to mind. Elizabeth Gilbert (author of the book, *Eat Pray Love*) has a talk where she describes the differences between jackhammers and

hummingbirds: "Some people are jackhammers. They focus intensely on one thing, diving in deeply and tuning out any other pursuit. But others are like hummingbirds, flitting from flower to flower—letting curiosity lead them from one interest to another—and making the world a better place by 'pollinating' various interests with their unique contribution." Al, I think you are definitely a jackhammer. And I think my tendency is more along the hummingbird direction. I tend to agree with Gilbert that having both are good.

Maureen Cardoso – Thanks for thinking of me, Madeline, in consideration to answering Al's question about yoga. I agree with Simon in that "yoga" is multifaceted and there are countless styles. Typically, what we in the West call yoga is only one part of an eight-limbed system.

The actions or asanas (triangle pose or downward dog, for instance) is the physical aspect of yoga facilitating an ease of energy flow within the body systems. This is an excellent way to aid the release of emotions that can be wrapped up in our body structure. In my experience of using asanas and pranayam (breathing technique) to nurture my emotional and physical health, it is thorough and effective, something I commit to daily along with some of the meditations. These meditations keep my mind (affecting my spiritual condition with lighter thoughts)

clean of the daily garbage collection by the continuous thoughts of the mind).

Then there are the teachings in yoga about lifestyles and choices. I resonate with a lot of these as they give suggestion for living well and being responsible for personal choices. For me Divine Love is the practise I use to awaken my soul. The asanas, pranayam and meditations in the style of yoga I practise aid me in keeping my body, mind and spirit lighter to assist the purpose(s) my soul has come to enact.

I love the combination of the two. Before I found yoga, my foundation in Divine Love was strong. That was a blessing for I easily recognized the flow of Divine Love when chanting a mantra that I had no idea what I was saying – but the resonance of my soul was lit up by it. When that happened, I would look for the translation into English. Always there was a truth within the foreign language. Many times I experience the inflowing of Divine Love with various mantras and my life's experience is richer for it.

When I teach yoga classes, my prayer is to be a teacher of truth. Truth of the asana and what is happening in the body, truth of the effect of the meditation I have paired with the class. When I talk about Divine Love, my prayer is to

Speak truth of the soul. Truth has layers. Did I answer that in a really loooooong-winded off-track manner?

Al Fike – Thanks Maureen and Simon for answering my question. I can certainly see the physical advantages of yoga. As for the spiritual teachings, this can be a sticky wicket. We are trying to attract the highest teachers, Celestial angels, and that comes with our dedication to receiving the Love and knowing the truth that comes both within our soul and from communication with our angel friends. So the law of attraction and the laws of communication and rapport come into play here.

How do you discern between spirits, well-meaning as they are, who are influencing you through your practice of yoga and that of the angels? I'm not trying to be critical here, just curious if you sense a difference and if you do, how do you deal with that? My personal upbringing in Divine Love discouraged mixing practices. That jackhammer approach as Madeline calls it has worked well on my journey. As a medium, I am careful not to entertain within my mind other approaches in any serious way. Again, I am curious how one can keep track within a multi-universe perspective. I would just be confused and distracted. No hummingbird am I.

Simon Lovell – Personally I have never been comfortable with using mantras, sounds or imagining

deities or gurus whom I don't know. The only mantra I used was IAM and I rapidly got bored with that. Thus I don't know who or what I might have attracted. I have always had a sense of being under protection since my early interest in religion and have relied on that quite heavily. I feel no disparity at all and feel very comfortable with other faiths from an experimental point of view rather than a practicing view point as God has made Himself available to all true seekers across the planet. I have been searching for the more direct path and believe I have recognised it. Now it is simply the task of treading it with trust.

Maureen Cardoso – Al, re discerning spirits who are around, I recall my birthday blessing message through you from Guru Nanak (founder of the Sikh faith) who let us know he is Celestial and is around me (along with many others from the Sikh faith) and can bring further truths and blessings through me when I teach. I don't fear that at all. I serve through it and feel blessed to have listened to my intuition to begin this style of yoga.

Am I Sikh? Not by their standards – but the word Sikh means seeker. So I suppose in this way, we all could be considered a Sikh.

I would have a great concern if I felt lower or negative influences, but I don't. I trust God in giving me the gift of mediumship to serve the highest. God sees my purity to

maintain and uphold my responsibility. I trust and thank my gatekeeper. I do my best to ensure I am blessed daily with Divine Love and give my soul the opportunity to express this Love.

The spirits attracted by poor behaviours/habits one engages in scare me way more than ones through a yoga practise.

Simon Lovell – Yes that last statement regarding habits and behaviours is particularly true, and of course it is true for everyone. Single-pointed concentration on breath, posture, sound, etc., is a perfect preparation for diving into deep meditation and prayer and does not in my experience bring in unwelcome influences. In fact, I am sure that it had helped prepare and lead me towards Divine Love.

For instance, I did my breathing exercises this morning after an hour of prayer/ meditation. I now have AUM humming in my body and head via the energy coursing through my system, continuously reminding me of my spiritual and soulful aspirations. It makes it quite hard to forget!

Al Fike – Thanks for such lovely responses from you two. Your approach differs from mine but, hey, we all have our own paths to take. I read and searched for a number of years when I was young. When I found Divine Love and experienced many wonderful things in those early years, I

let go of a need to search for more truths. My soul was satisfied and my experiences in prayer and meditation fulfilled my mind's enquiries for truth. Now, as a medium, I trust that what needs to be shared with others will come through in good time. The adventure deepens and broadens, not through the enquiries of the mind but in the openings of my soul continuing to awaken. Truth is coming in a different way and this is exciting.

Terry Adler – Everything (potentially) is compatible with Divine Love if we bring Divine Love into it! To me, the key is one's own relationship with God. Seeking God is to seek the Highest – being faithful to one's relationship with God, making that central, bringing Love into every thought and deed, knowing what it feels like to be in God's presence. And when one loses that connection, taking responsibility for re-connecting by bringing to prayer whatever blocks one from being with God, in His/Her presence (which is always here, the Reality which sustains all of Creation). Whatever helps me strengthen this relationship with God whether it be a teaching or practise from the NLP or one from the DLP is a gift that supports my spiritual development.

DivineLove DotOrg – It seems to me that anything we do while sincerely seeking Divine Love IS on the Divine Love path, whether one goes to a medical doctor, bakes a birthday cake for a family member, creates a painting,

composes music, or practices yoga. It's all about our intention – our intention to be transformed by our Father's amazing, never-ending, all-compassionate Divine Love. When that's our Highest Good – yearning soulfully to be transformed by Divine Love – then whatever we do lovingly is in the service to that. That's what comes to me to say now. And I'm sensing that others here are also writing about that.

Rev Jimbeau – The angels have told us that if we add praying for Divine Love to any practice or ceremony, it will bring Celestial results.

Al Fike – What are Celestial results, Jimbeau?

Terry Adler – Good question Al! Curious what Jimbeau has to say, but what comes to me is a deeper awakening of the soul, a greater capacity to feel the Love and all the insights that brings.

Al Fike – Thanks Elizabeth. I was more interested in what it's like to mix philosophies, say New Age ideas and Divine Love. I completely agree with your comments otherwise.

Terry Adler – Thanks, Elizabeth. Your way of seeing this illuminates how each of our thoughts and actions can be in service to the Love while at the same time, deepen the love we carry, channel, convey.

Sarah E Petty – I’ve been experimenting with the Law of Desire and getting more clarity about how our Law of Attraction brings us what we MOST desire. For instance, I thought I desired a relationship with God but looking back I now realize what I actually wanted was to keep believing in the IMAGE of God that religions portray. I had a contract with that image and I was afraid of relinquishing it. Only when I desired God’s absolute truth more than my limited ideas and no matter what beliefs I had to give up — only then did I experience a deep shift. I was practicing self-reliance all my life. At first, God reliance seems risky. It takes experimenting with it to learn that God is actually reliable.

Sy Mytting – I don’t think that at this stage of expression, this question can be answered. We can speculate, create a belief, which will later hinder our growth, or pray on. My speculation is that the two paths are mental constructs and we’ll find it’s like trying to have life without a facility of expression.

Eva Peck – I believe that following the two paths to the outside appearances can be almost indistinguishable. As Karen says, both paths should reflect the person’s love and care for others. And as Sarah pointed out, the difference is in how the loving and kind actions are powered – through our own efforts and will on the natural love path or through God’s nature residing in our souls on the Divine Love path.

On both paths, we have to make conscious choices over and over again in responding to situations we find ourselves in. For example, how do we respond to the unkind comment someone made to or about us – do we reciprocate, retaliate, let it go, or even say something nice, giving the person the benefit of the doubt? As our souls are more and more transformed by the Divine Love, kind actions will become more and more second-nature, though with conscious practice over time, the same can happen on the natural love path. So the two paths are complementary, but progress can be made faster on the Divine Love path by actively seeking and receiving Divine help. Those who claim to be on the Divine Love path, but are lax about praying for and practicing the Love may not act any better than those who don't even walk the natural love path because their souls are in stagnation and they are not growing in Love/love.

False beliefs can be a hindrance to receiving Divine Love. However, both the Messages and personal experience show that they do not preclude receiving this precious gift. Many have received the Divine Love even though they were steeped in traditional orthodox Christian beliefs or even non-Christian beliefs. After all, Divine Love transcends all religions. And even for those who have been on the Divine Love path for decades, who can honestly say that they have all the truth and have shed all of their false beliefs?

Sarah E Petty – My understanding at this point is that the difference between the two paths to learn love (and many people are not yet on either path) is that if we have hurt feelings in a situation, on the NLP we use behavior modification techniques to present AS a loving person. On the DLP, we trust in God's Way and get down to WHY we have hurt feelings at all. The excavation will uncover our addiction to people treating us "nicely", what is the anger that the addiction is masking, what is the fear that the anger layer is covering up, and finally what is the grief that we really don't want to admit is still alive and in charge at the soul level?

This download came this morning: Grief is a fire that keeps burning you until you return to the place it started and drown it with suppressed tears. Grief isn't the problem. Suppressing it is the problem. Once it is out then we won't have our feelings hurt on that topic again. We won't need to do behavior modification efforts.

Simon Lovell – Eva, you know how to say it! It is far too easy to pat oneself on the back having found the quick route up Mount Everest. You still have to make the climb. No-one is going to pull you the whole way up. Tardy climbers may be overtaken by the tortoises on the slow route. Humility is one of our most important hand holds.

Eva Peck – Thanks Simon. I love your metaphor!

Goal of Spirituality

Madeline Cole – This resonated today: "The goal of spirituality is not to reject or demonize the personality, but to shift our center of gravity to the soul."

It's from the daily messages I get from the Assisi Institute, a "place of stillness, silence, and peace for those who seek a more intimate experience of God-communion in the spirit of Saint Francis of Assisi and Paramahansa Yogananda." I had gone down the Kriya Yoga path for a bit before connecting with the Christian mysticism tradition. (<https://www.facebook.com/Assisi.Institute/posts/2739741522708754>)

Divine Love Sanctuary Foundation – Interesting that both St. Francis and Yogananda come to us often! Extraordinary souls who lived amazing lives / spiritual journeys while on earth. Yogananda channeled a remarkable message to us about his journey through the spiritual spheres after he passed over. He is one of Jimbeau's guides and we are collecting all the messages received from Yogananda for publication.

Madeline Cole – One of the things that drew me to Kriya yoga initially was the connections Yogananda made with Jesus' teaching in the gospels. Here are some excerpts from Yogananda's book on the subject. <https://yogananda.org/the-hidden-truths-in-the-gospels>

Of course, Yogananda had his misses – and not just re incarnation. I believe he was one of the people that believed that Jesus studied in India during the 'missing' years.

Al Fike – I looked at the video and am amazed how the simple teachings of Jesus regarding enlightenment are so reworked in Eastern thought that it is unrecognizable. I believe that Yogananda now would speak very differently about Christ Consciousness. My perception about what they are saying is to utilize the Christian teachings in order to find a way into Western thought and redirect it towards Eastern ideas. There was far more error than truth in this video in my estimation. Great truth though if one wishes to enter the portals of the natural love heavens.

Madeline Cole – Which video? I'm certainly not in a position to defend Yogananda's teachings, though apparently I find more to like in his writings than you did in the video. It occurs to me that as far as getting it right goes, he'll be in great company with Augustine, Paul and others who got things wrong when here!

Al Fike – Yup, things change dramatically when in spirit for those who sincerely seek truth. Augustine continues to work with us 1,700 years later in order to correct the errors that he helped promote in his day. Even lovely St. Francis had a lot wrong regarding salvation of the soul. I'm very

happy that Yogananda is making an effort with us, especially Jimbeau, to correct the mis-steps. But as I said, his published teachings are mostly of the natural love path and he does a good job of it. Knowing the difference is the source of our journey and understanding. What we do with it is completely up to the individual because God does not judge us. Only jackhammer heads like me are willing to slip in a judgement or two.

Madeline Cole – Aside from our jackhammer /hummingbird differences, I think there's also that of experience. You have been on this path for decades, I've been on it for months. You are able to channel Celestial spirits, and for me, Divine Love resonates, but the only 'real' (that is actually perceived by me) experience I've had was the healing I received while still a practicing Catholic – before I had heard of Padgett and Divine Love. It's a good thing God doesn't judge us. I'm not sure I've got enough time left on this plane to get it.

Terry Adler – You strike me as a fast learner, Madeline, and a highly motivated soul! Keep feeling your intense soul longings to know God and the responses will flow. The power of the longing soul should not be underestimated! Your soul will draw to you unmistakable feelings of peace, love and light. Be patiently impatient!

Maureen Cardoso – Madeline, your soul is elated that you have discovered Divine Love on this plane and it is doing a happy dance. It's the mind perspective saying you may not have enough time on this planet. You have eternity and you are right on time.

Simon Lovell – The fact that it's harder here on the material plane makes every effort we make and every part of prior effort as we draw those strings together into a rope of ascension means that no moment is wasted however late we may have left it. Madeline, you do not resonate as a raw beginner to me in any way. I think we should suspend judgement on ourselves and replace it with the encouragement we receive with every channeling. They can see things which we cannot as yet. When you are on the path, you know you will reach the end. You only need to keep walking. It is that simple.

Terry Adler – Well said! You speak for me, too, Simon!

Soul Development versus Spiritual Development

Al Fike – What is the difference between soul development and spiritual development and how do you think they interact?

Geoff Cutler – Well, the most obvious difference is simply that because no one other than us deliberately follows a soul path, spiritual development on earth means a mind development path.

Now we have learned that natural path techniques are useful in advancing on a soul path because it's tough wiping your soul clean and most of all, identifying those bad habits you refuse to give up.

Simon Lovell – Yes, Yogananda was definitely encouraging a dual approach in order to speed things up.

Geoff Cutler – Well, we already knew that from many of Al's messages.

Sy Mytting – Spiritual development is the result of soul development. Understanding the soul speeds progress.

Sarah E Petty – Hmmm... Well, as it is the spirit body where the human mind is based, and as the development in morals and ethics is a mental path, and these are lessons

we must all learn, a human soul can create a great life up to the sixth level of perfected human. Yet, if that soul has chosen not to be humble to receive God's Love in the way God intended, then the soul cannot develop that capacity and resilience to survive and thrive in the Celestial Spheres.

In 40+ years of self-reliant seeking, I had thousands of mental insights about my human pain and unpleasant Law of Attraction events, yet they did not free my soul. Only when I learned that my soul has a different method of progress (emotional authenticity) than the human mind (right thinking), was I able to make real changes in my Law of Attraction. The mind is incapable of feeling. That is spiritual mental growth. It is the feeling heart that is the soul's reality.

Al Fike – Beautifully stated Sarah. I do think that the mind is capable of the baser emotions such as anger, jealousy, etc. At least that is what the angels tell us. The love principles are based in the soul. If I hadn't had done some severe emotional cleansing work some 30 years ago, I wonder where I would be today. I am not perfect, but certainly freer than before.

The human tendency is to stuff the pain and make do with the consequences. My experience of cathartic release in the right conditions is that God will fill the opening created by the release with His Love. Now AJ says that this

is the only avenue to receive the gift of God's Love, but I beg to differ. I had received great inflowings before this time. It helped to push the bad stuff further along in my consciousnesses. The responsible way is to pay attention to the signals indicating a need for emotional release and mindful reorganization of our thinking. The slower, but I dare say just as effective, way is through straight prayer for the Love. Either way, the darkness must come forward and be released. One must acknowledge it on the way out, as this seems to be the key to permanent healing.

Sarah E Petty – Al, just a note to add: AJ actually doesn't teach that receiving God's Love is dependent only on releasing causal injuries. It IS dependent on being in truth — whatever amount of truth I've feelingly internalized I then need to comply with and apply that in my actions. And each bit of Divine Love contains a bit of truth that expands our knowing. So it's a lovely education system — challenging each soul to its capacity.

Throughout the day, I stop and ask for God's love for different reasons: I desire to understand something (like the helicopter scene in *The Matrix*); or I just feel gratitude toward Papa and love just comes in as I surrender to that; or I ask for the amount of Love I'm going to need to navigate my upcoming Law of Attraction events in a loving way. He knows what's coming that day. And I learned how to do that from studying AJ.

Divine Love Sanctuary Foundation – Thanks Sarah!

Terry Adler – Al, I believe (as you pointed out to me during a workshop Judy and I facilitated at FUSC), that it need not be an either/or between mind and soul. Rather, a both/and, with soul informing mind with the felt experience of love so the mind can become “mindful” of unloving feelings, thoughts and actions and bring these to prayer, asking for Love to enlighten and cleanse. In my experience, similar to Sarah’s, I have had countless insights through conventional therapy, mental analysis, but these were faint shadows compared with the powerful feeling-based experiences of the Love lifting and clearing conditions blocking both my soul’s reception of Love and its ability to give love.

Eva Peck – I wonder if soul development and spiritual development can be concurrent not unlike the natural love path and the Divine Love path. Spiritual development can include mind development. Soul development can occur by following both the natural love path and the Divine Love path – just in different ways and with ultimately different outcomes. So as Sy said, spiritual development will lead to soul development.

Receiving Downloads

Al Fike – Tell us about the experience of getting downloads, Sarah.

Sarah E Petty – I get two kind of downloads. One is what I call vignettes and they come in the morning as I wake up. They are what I've come to understand as "emotions"— a feeling that is beyond what I've felt before and accompanied by a lesson that is in answer to the question I received Love for the day before. It seems to take a few hours or even days for the Love-installed knowledge to surface to my conscious awareness. The lessons are amazing. They summarize, expand and inspire using succinct poetic word crafting.

The other kind of download is more sweet and intimate than the word "download" conveys. Every incident of receiving one more bit of Divine Love has its own uniqueness: physical setting, the triggering emotions, the measure of awareness, gratitude, and desire; whether or not I'm out of synch with the truth given in the vignettes, whether I'm asking for God's Love to meet an emotional addiction to make me feel better, or whether my desire is a pure desire; whether my faith in that moment is wavering or strong, and so many other elements I'm not aware of. Yet the process of receiving God's Love is custom designed for each person and each event. God can mathematically

describe every emotion in me and the current equation that is ever morphing as the elements of truth, humility, will, faith and love change.

I perceive my life as a continuous succession of praxes, and the more –Divine Love I receive, the more complex and subtle is the next learning environment and the stronger is the pull to explore and experiment in the next level of spaciousness.

Receiving Divine Love always moves me to tears, and if I allow myself to be drawn into the feelings coming from my Papa, then I choose to surrender to expressing them.

The joy is often mixed with sadness that the world is not feeling this, or that I've wasted time and potential when I could have been getting closer to God. Yet when I cry those regrets out, I can feel how my guides feel about us on the earth plane and about our brothers and sisters in the hells – they have unwavering faith that God's laws function like good shepherds – a soul can only get so far away from God before the pain is so extreme they ask for help outside themselves.

I've been intentionally receiving Divine Love for 3 1/2 years because it required about six months of crying out error feeling beliefs before I had the sensitivity to love at all. I allowed in a trickle at first and now I often show up at the feast God has always on the table and help myself to as

much as I want. There's never a shortage, never an ungenerous reception, never a reprimand for wanting more or for not showing up for a while.

Divine Love changes my soul substance into a tissue that becomes more and more sensitive and old error feeling beliefs I could once tolerate now become too uncomfortable to put up with. I say in love what Lady MacMadeline said in guilt: "Out! out! damning spot!" God does not damn. Error feeling beliefs consign us to hell. "Damn", if you will.

Divine Love exposes and dissolves complacency. I wouldn't say I feel "fervor" as I did when I started. I'm more loving to myself than that these days. God's Love is instructing me on what God's definition of love is.

Receiving and Discerning Guidance

Eva Peck – How do you receive guidance and how do you discern whether or not it is authentic?

Sarah E Petty – There seems to be a receiver in the back right area of my brain where I receive words accompanied by a confirming feeling in my heart chakra. If I sense that it feels a little off, perhaps appealing to some emotional addiction in me like the desire to be special or the desire that spirits want to talk to me, etc., then I check my desire for truth – is it slipping? If so, I strengthen my desire that if the message is not from DL spirits, then I'd rather not have it. I've experienced physical sensations like bodily tingles go away immediately when I do that. Sometimes I can sense my own words getting into the message, and I erase the line and ask the guide to start the sentence over. The best thing for me to do is to purely desire God's absolute truth more than my personal truth.

Al Fike – I feel my angel friends close. Their love always shines through. If these signals and more are not present when I receive a message either through me verbally or as an internal thing, then it is clear that it isn't Celestial. The sense of Celestial guidance is very unique and unmistakable. It comes with that unique feeling of God's

Love present and divine intent overshadowing my own thought processes.

Alice Cascardi – Thanks Al. I have wondered about this in my own life. Great explanation.

Al Fike – Yes, I was taught this by my mentor Barb Davies many years ago. It's important to recognize that there are many influences out there from spirit. Always reach for the highest, especially if you are a medium. Everyone will get their own set of signals, but some sort of confirmation that the 'right' spirits are present is crucial. More information is available in my book *Divine Love Mediumship* (available on Amazon).

Terry Adler – Al, an excellent read! Highly recommended!

Eva Peck – Here my reflection on the subject of guidance that appeared in the May 2019 Divine Love Newsletter, but I thought I would copy it in here as well.

Each of us receives and perceives divine guidance in unique ways, based on what is best for us and in line with our gifts, talents and circumstances. Here are a few personal reflections based on past and recent experiences.

For me, the first and foremost starting point in any major decision, as well as the start of each day, is prayer for guidance. It is especially important to prayerfully seek

guidance in big decisions where there may be longer-term consequences. Any decision that doesn't involve breaking God's law may be OK, but some may be wiser and have better outcomes than others. That's where correctly discerning guidance is important. I believe that if we ask, we will receive – our prayers will be answered. Maybe not straight away, but in due time our dilemmas will become clear.

How may guidance come? There are several ways which may vary from individual to individual. They include desires, insights, events, circumstances and open/closed doors, comments from others, things we read that resonate with us, as well as inner voice and intuition. For some it may even be through dreams or ESP experiences. Insights may come from logistically compiling a pros and cons list, from gathering facts and getting counsel, or from intuition. Another important dimension in knowing the right decision is peace of mind.

Guidance can occur in small ways for day-to-day tasks by simply an idea popping into our minds. If we include a request for guidance in our morning prayer, our thoughts and intentions are likely to be guided by the angels throughout the day.

Two other important aspects of guidance are wisdom – evaluating whether or not an action is wise and prudent,

and right timing – when the time is right to move ahead, the inspiration comes, circumstances become favorable, “the light changes to green”.

Sometimes, guidance is harder to discern and may feel like a bit of trial and error. To see clearly, or at least less hazily, may take time – even months or years. It may feel like travelling on a road with multiple turn-offs. We feel led to take one turn-off only to find a road filled with obstacles and then a dead end. We try another path and it looks promising. It seems to be an open door – which subsequently closes. We pray some more and try again – and again. Eventually we hit on the right path and feel confident and at peace that this is where we are meant to be. In looking back, we may see clearly why the other paths were not meant to be, and be grateful that we were stopped from taking them and saved from certain suffering.

Sometimes we just need to step out and act to the best of our understanding and ability, even if we aren't 100% sure what is the right decision. There may be more than one way to go and both are OK. Sometimes it may be better to make a decision, even if we are not 100% certain if it is the right one, than to make no decision. If a decision is morally and ethically sound, in many cases, there are more than one way to implement it and the results will be fine in each case – such as choosing between two jobs or two places to live.

However, if serious doubts exist or we don't have peace about an action, then either the action or the timing of it isn't right. If it is the latter, we may find that a few months or a year later, everything falls into place and the decision becomes crystal clear. Sometimes we may be gently prepared for an action that we'll eventually need to take years before it comes to fruition. We are led to think about possibilities and to gather facts – and then the time comes when we perceive ourselves ready to act.

To sum up, making decisions is an integral part of our lives as we encounter crossroads and turning points on our earthly journeys. For making the best decision and staying in God's will, the starting point is asking for divine guidance. This will help us become attuned to various ways that guidance may come – information from reading, conversations, insights and intuition, gut feelings, as well as circumstances and open doors. If we have considered the wisdom and the possible consequences, have a peace of mind and a sense of the right timing, we can proceed in confidence that what we are embarking on is right and will work out. This doesn't guarantee that the road will be easy throughout, or that challenges mean that the decision was wrong or that the guidance was misinterpreted. These things are simply part of our earthly lives that help us grow and learn lessons. The important part is to prayerfully continue to seek guidance and ask for help every step of the way. Maintaining our spiritual priorities and seeking God's

Kingdom first by praying for God's Love will ensure that we will correctly discern future guidance, grow spiritually, and be preparing for a life of untold happiness in the Celestial Kingdom.

Divine-Human Cooperation

Madeline Cole – At the risk of sounding perpetually whiny about wanting more rapport with God, I was thinking about progress (or lack thereof) and remembered this sweet commercial*. It's a good lesson for me. At some point, I just need to stop trying so hard and let go and let God!

[*Eat'n Park Christmas video showing a star desperately trying to get to the top of the tree before the tree bends to pick it up and then the whole tree lights up with candles.]

Jesse Jonas – I just LOVE this depiction! It reminds me of our teachings. It takes our effort and our time, deep longing and true desire. With this enduring commitment comes all the help of the Heavens.

Ironically, I find myself thinking back to my baseball days. Soooooo much work went into becoming the player I was. That development into a ball player took great time and effort to come to fruition over a long period of time. Nothing came quick, but the journey was joyfully defining, and oh so rewarding.

So as I compare my life today, every prayer is like a session in the gym, tuning my spiritual body, every moment spent with God, a moment with the Best Teacher, every wall I encounter, a wall that will be overcome with faith. And in

the stands, a sea of angels uplifting and encouraging me on my journey. Thank you for sharing this! Play ball!

Terry Adler – Jesse, I love, love, love what you say here and how it provides a vision of what our journey to atonement with God can be! So true! So uplifting a description! Thank you, dear Jesse!

Madeline, your words resonate with me strongly! When I realized that at least some of my straining, trying so hard to receive the Love, was a sign of my feeling that I didn't deserve the Love, plus my overlay onto God of the feelings connected with having an emotionally unavailable mother (for very good reasons, as my older brother was retarded and needed her complete attention), I was able to open more to the unconditional Love always present for me and to let go of my blocks to receiving it.

Eva Peck – I agree that it is very much a combined effort – we working together with God. We have to do our part but are assisted every step of the way by God's ministering spirits appointed for this purpose (Heb. 1:14). I am reminded of this New Testament verse: Philippians 2:12-13— "... continue to work out your salvation ... for it is God who works in you to will and to act according to his good purpose."

Terry Adler – Yes! I am constantly humbled by the help I feel from our angel guides and teachers in response to the slightest request from me!

How Divine Love Changes Us

Al Fike – How has your life changed since practicing the Divine Love?

Mine has been a very long journey of integrating this truth into my life. The changes are many and too numerous to list, but most of all I'm learning each day how the power of love can transform any situation and how compassion for self and others sidesteps all that tendency to judge and withdraw. The changes that Divine Love brings are often subtle with each day that passes, but when you look back and see how God guides us and Love changes us, it's pretty dramatic. Having the angels close also adds a dimension to my life that is a welcome addition. Guidance as well as help to grow in our souls and mind come with this friendship.. Their loving energies are always welcome.

I never start a day without prayer. This helps to center and uplift me. My life is peaceful and filled with the beauty of my garden, nature everywhere, and a loving wife and friends to share life's goodness. This has all been a blessing that comes with God's Love. I have no idea what my life would have been like without God's presence within it. I am truly blessed and thank God each day for such blessings. Although my life is not perfect, it's as good as it gets IMHO.

Gilda Holy – No words will be adequate to describe the change brought to my life by the truth of the Divine Love!

But I know it was a miracle to have been led to the messages and even a bigger miracle to have opened the book to read because the cult I belonged to would instruct their members not to read from books outside the church so that we wouldn't be led astray by the devil!

With Messages from Jesus, I thought this would not contradict the "only true church in the world"! Wow! I was wrong!

My mind was freaking out but my soul found glee! As my mind took me back to when I was a child and first heard orthodox doctrine and my child soul rejected it, that is how I knew these messages were true!

Ask and ye shall receive. Knock and it shall be open. Truth of the Master set me free! Free from the chains of this cult that is very powerful and very dangerous! Like all cults! I'm so grateful to be out! To know the peace that praying for Divine Love can bring!

I'm even grateful for the small turmoils in my life that keep me aware of the need to obtain this precious substance in the soul! I often get discouraged when I see so many of my own family chained to this cult! But I know miracles happen! It happened to me!

I'm SO grateful for my Divine Love family who love me for who I am and nothing else! I'm SO grateful for the

acceptance and the love! And, I'm often in awe by their love and humbleness!

Simon Lovell – Yes, finding out that your reservations have real foundations is a revelation. If only the churches would open their eyes to this. For me it gave me back Christ who I had been forced to reject for so many years. How marvelous is that!! Calling big brother over

Gilda Holy – Simon, wow! What a revelation! I had to get close to Christ again and then I was led like a child to the messages.

Sarah E Petty – When I look back to my timeline before I learned from AJ about Divine Love and how to receive it, what MY part in it was, I see that there were numerous times I did receive God's Love in little portions in church services where my faith was raised temporarily. I understand that even that small amount of Divine Love was enough to teach me from the inside out and I averted many temptations by its inner guidance and installed wisdom.

Now that I know how to receive intentionally, I can set my phone alarm to get a Love supplement during the day. Like three meals a day. As it enters me, I not only feel its beauty and joy, I also can sense the next error feeling belief that needs to be released. I'm trusting God to queue them up for the most effective sequence. My law of attraction events make me aware of what it is. When I release those

error feeling beliefs, I'm ready for the next lesson and installment. To everything – turn, turn, turn – there is a season.

Also, when I am aware of a new question or challenge, I ask God to install in me that portion of Divine Love that contains the knowledge and wisdom about that topic. Much better than books!

Kathryn Lynn Kubossek – Sarah, yes, I agree, God is there in all of the churches, and the Divine Love is flowing into those souls who are seeking his Love. I was raised Catholic and I know that I received God's Love as a young girl. I had my first Communion and Confirmation and was terrified of going to confession (even though I wasn't that bad!), yet I never feared God. It was the man-made stuff that gave me fear.

Simon Lovell – That is such an insightful way to proceed. Ask, ask, and ask again! I hope I remember this – it's a bit like cheating at exams, except it's not wrong. Clever old you!

Lynne White – Being more present in my life. And more open to receiving divine guidance and assistance. A feeling of a stronger trust and connectedness to Source.

I have always been empathetic to people, but even more so now. There's so much that shifted for me, it's hard to put it into words. Feel blessed.

Jesse Jonas – While I'm sure I won't do the experience justice, I would say that I find myself much more accepting since praying for this wondrous blessing of God's Divine Love. I feel much closer to peace and joy. Traits and beliefs in others that used to draw judgement from me are few and farther between now. I truly feel God now, whereas before, I felt a great disconnect when trying to feel His presence.

And as I'm growing in this closeness to our Heavenly Father, His Love is helping me learn who I truly am. Something that I never thought I needed to really look for prior, but as I come to learn about my soul, I see myself in a different light. That now helps me see the light in others, as opposed to the darkness that tends to live on their surface.

God's Divine Love has elevated my thoughts and intentions. It has drawn brighter energies to me, and the blessings abound! My family is glowing since this Truth has come to my heart, and I can honestly say that God is the focal point of my life now. Before I knew He should be, but I never could quite feel His presence. Blessings and warmth have long been gifts in my life, but now, on this Divine Path to at-onement with God, I truthfully feel like I can see Him

reaching others through me, which is a truly humbling feeling.

And praying, praying has become so much more of an intimate experience. I feel a real energy that takes life in my prayers these days. Before they felt more like a message in a bottle, but now, they feel like they fly on the wings of angels.

Summarizing – everything has changed, and all for the oh so much better.

Maureen Cardoso – I love what is being shared – it enriches all of us to read about the wonderments and workings of Divine Love in one's life. Like for many of you, there has been lots of change, some rather overt and others small, yet instrumental to living with greater harmony. What I have most recently been aware of is the growing ability to discern guidance. For me, a "game changer" so to speak as with discernment, my daily living continues in the vein of unfolding with more ease. Feels like I am living more "in the pocket" of life rather than mindfully concocting and thinking about ways to have things happen. The awareness within myself what is of my soul and what is of my mind is being finetuned. Same as conversations with others – it is becoming clearer what which originates from mindful ideas, fears, direction, planning, etc. It is not that I am free of these aspects of the mind, but more so I

now catch the trail of what is mindful and take things into prayer if I am uncertain. Faith strengthens each time I consciously take this step and my soul is elated at the opportunity to show me the way led by the loving hand of God.

Eva Peck – Like some have mentioned, I too feel I have been receiving God’s Love for much longer than since fully understanding it and consciously asking for it – in fact, probably four decades prior. I also am not sure how my life would have gone if it wasn’t for being led as a teenager to a non-mainstream Christian group that gave me a wonderful spiritual foundation. Even though I have moved on and experienced other fellowships, I am grateful for each of these chapters in that each contributed to who I am today and enabled me to relate to people from a broad range of backgrounds. I feel peace, joy, have learned to be less judgmental and more patient. I am more loving and more conscious of choices to act in love or otherwise in response to others’ less than loving actions. I have also grown in spiritual insights and understanding.

Change in Experience/Perception of God

Al Fike – Has your experience/perception of God changed since praying for Divine Love?

Joseph Babinsky – Speaking to myself: "Your God is too small!" Not only was my God too small, but I was too small. Everything is changed and it seems it is still in the process of being changed and transformed.

Divine Love Sanctuary Foundation – Since Divine Love embraced me, my dance has taken on a whole new flavour.

Faith Summer – Yes so much. From church growing up, I used to think of God as a man in the sky judging me. I came to see this is not the truth, and have since been implanted with knowledge that could not have come from anywhere else. It is a knowing. From the soul. A deep knowing and understanding. Yet a humbleness that leaves you feeling like the more you learn, the less you know.

Jesse Jonas – My experience has most definitely changed! In this Divine Path, I really feel magnetized towards God. I feel energies I did not feel before, a true euphoria without chemicals. Each prayer/meditation session is a vacation from this plane and an escape from this condition.

As far as a perception, I was blessed to not have been raised in a religious family, so I feel my soul has long since felt our God of Love and it was a war of my mind as to 'why' the books couldn't capture what I felt. But I do now perceive our Father as a giver of Himself, so that we may enjoy the deepest satisfactions of life.

Sy Mytting – As you know, it changes everything. What God is, is really beyond any human capacity to understand. What we see, observe and experiment with are the evidence of God. I am always amazed at how arrogant I was/am when it comes to my wisdom about God.

Jesper Sørensen – That is also my experience – the more I learn the less I know.

Gilda Holy – Before the knowledge of Divine Love I would pray to Jesus because I didn't know God's Love until Jesus led me to the messages. Now I'm no longer afraid of God! I no longer fear God! That's priceless!!

Al Fike – God is changing my perceptions every day. That incremental inching forward is almost too subtle for words, but my mind continues to succumb to the light building in my soul. I see the world differently and God differently. The benevolent loving Father continues to dominate my understanding and knowing. The presence of God becomes greater in my daily reality, yet to describe God is still a challenge. As Sy says, we see the

manifestations and not the true Source. It's like looking into the sun, you can feel the warmth and presence of it, but to stare straight into it is unbearable. Only the eyes of my soul can truly comprehend the brilliance, but I feel like a newborn who must adjust to the light of this changing reality.

Jesper Sørensen – I come from the Spiritualist movement and their understanding is that God is an omniscient presence that exists in all things, i.e., God is within you. So my perceptions have totally changed since I now understand that God is Soul and that I am soul and through this level I can receive His Divine Love and also have a dialogue with Him.

Jeanne Fike – Jesper, a VITAL TRUTH!! We are so fortunate to know this!

Jesper Sørensen – Yes absolutely!

Sarah E Petty – My perception of God now is that She/He is a distinct emotional being who desires Her created children to desire a relationship with God. Love is not love if it's in response to a demand. My feeling of God is that He is NOT demanding, NOT expecting, NOT worried, and NOT a lot of things religions taught me He was. I realize now that that was the religious leaders' made-up image of God, breaking the first of the "10 commandments" which I don't believe God commanded anything.

God DESIRED the universe to be created and peopled and that was enough. No commanding had to be done.

So I first had to feel the truth that God was NOT as unloving as my parents and grandparents had taught me. Once I released that encrusted group of beliefs, then I was able to start receiving feelings from God about His true nature. Just studying what nature does when humans stop interfering and controlling it will reveal God's true nature. Nature is generous, produces abundance beyond need, the value of individual self-expression, harmonious coexistence, beauty, truth, color, variety, celebration, self-love, optimistic imagining, beneficial synchronicity, etc.

Each day I am an incremental bit more aware of God's generosity. And His truly unconditional love and how He is crazy about me sharing the details of my life with Him, and that He LIKES me, has faith in my true self and confidence that I'll eventually find out what God-reliance is all about. Just awed at the enormous goodness of God. Can't wrap my mind around it and my soul is often overwhelmed with another emotional realization of His goodness. And it's pragmatic, too!

Jeanne Fike – Oh Sarah! I LOVE your posts! Feeling such a blissful resonance! Again!

John Melmer – The more I pray, the more I experience Him as a personal being. I can actually feel His Love go out to me as I tell Him how much I love Him.

Susan Ping – When I first prayed for Divine Love and God said "Welcome to my Kingdom!", it opened my consciousness and I continue to challenge myself to stay open and present to the good that happens to me when I walk in His light. I try to be a channel of His light and love in my daily life. I am so grateful for my life because of Him!

Simon Lovell – I am just pleased to have God as a friend even though I have not got that idea fully integrated. Having Jesus as a brother who is interested enough to pray with me and to take an interest in my life is mind boggling enough. Just think of all the things he has to fit into his day before doing that!!

So my experience of God comes in funny ways. For instance, I enjoy Chic Flics and it is more likely for my eyes to well up during emotional songs on YouTube! I keep checking to see if it's Amazing Love I feel or High Anxiety. After all, the body has to utilise the same base nervous system to signal to me and both pain and pleasure can sometimes share the same moment.

God is still outside my imagination. I just don't have that emotional ability yet to leap into the stratosphere with total

trust and abandon. However, I have faith in its possibility and that includes me.

Sy Mytting – Sometimes I think we get caught up in the personal God construct. The idea that it is God's desire for me to live in specific ways certainly God's laws seem to create that reality. However, I'd like to share something I wrote this weekend.

On the Existence of God

There is more intelligence and creativity in the design of a leaf than man has exhibited since the beginning of time for one startling reason – it's alive. God created photosynthesis to sustain life. In the seed is life. Science only observes. It has created nothing. It has used that which was already created to redirect its activity, but even the redirected activity obeys laws that are not breakable. Man in his arrogance has not seen that we only play the song God created the capacity and the ability. Now how we see what God is, is the greatest arrogance. We know potentially one trillionth of what is observable and then we argue about that which created it all. We have infinite time to discover and we get stuck during our first moments of breath thinking we have even an inkling of what God is. Even the knowledge we have attained becomes our biggest stumbling block to growth. I see God's Love as a stream of knowledge being present and constantly seeking a heart

and mind that will perceive it. Think of how big we are in relationship to an infinite universe and then feel what must have created it.

John Melmer – Many see God as a nebulous sort of force. They focus on the creation rather than the Creator. Physics teaches us that something cannot come from nothing. The existence of all this creation is evidence of an external force. Alas, this intellectual approach of the existence of God avails us little save argumentation. I can only speak from personal experience. When I pray, I feel a personality, a love, a caring spirit. Prayer involves both a call and a response. I pray for Love. God responds through His Holy Spirit with that wonderful Love. I feel comforted. I then talk to Him, I tell Him Thank You. I tell Him how much I love Him for taking an angry, depressed drug addicted, young man and turning that man into a happy child of God. I am so grateful for this incredible transformation. I want to worship this being who has created for His children a most exquisite paradise. Few seem to experience this God of Love, they confuse the spirit, the wind, the leaf, with the real, living entity, the Creator of all. In summation, I do not see myself as 'caught up in the personal God construct'. I see myself as the child of a real, living Father. A Father who loves me.

Eva Peck – I grew up as an atheist, having been brought up in a Communist country that suppressed churches and

religion. Only after I came to Australia did I come across anti-evolutionary Christian material, which pointed out how the incredible complexity of life, interconnections, earth's perfect size and distance from sun, and the myriad other things making it what it is, including the marvel of humans at their core couldn't just have happened by itself through "lucky coincidences". There had to be a designer, creator, life-giver, and law-giver behind it all (some evolutionists now acknowledge a "Mind" behind evolution). This was over four decades before I came to intellectually understand about the Divine Love, though I did understand that the Holy Spirit was involved in transformation. I believe that I have been receiving the Divine Love since close to the start of my spiritual journey, as once I accepted and acknowledged the existence of God, I wanted to do His will and serve Him. Like others have mentioned, without having been led to find God, I hate to think where my life would now be.

Since consciously praying for the Divine Love, which has been an extension and building on my previous spiritual journeying, my perception and relationship with our heavenly Father has deepened, my love for Him has grown, and I try to cultivate frequent consciousness of God and pray for the Love throughout the day, as well as when I wake up at night. It has been a wonderful journey.

Divine Love Changing Relationships

Al Fike – Has living in the Love changed how you relate to others, especially those close to you, and how others relate to you?

Simon Lovell – I am generally in a more expansive good mood which spills out. Even customers coming into our shop for the first time may get teased. So lot more laughter generally.

I am also more likely to engage strangers in conversations which often lead into areas they are not expecting. No fear just a bit of sensitivity as I gauge their inner strengths so as not to stray too far outside their comfort zone. I have met some lovely souls that way.

Sarah E Petty – The commitment to choose to love is a pragmatic reality. It does not feed my emotional addictions like my addictions to being listened to, respected, reassured I'm a nice person, validated with projected nice emotions, etc.

To choose to not project onto others my neediness is a loving act. To be curious how another person's story has meaning for my life is a loving act. To be sensitive to feelings beneath the spoken words, to check in with God for guidance on what to share with others, for the health of

those present, to be an optimistic imaginer for myself and others – Divine Love enables me to do those loving acts.

Al Fike – As a recovering introvert, my life has changed dramatically. As a child and young adult, I used to blush with almost any human contact. So the embarrassment was there before I even started. Now I'm speaking to crowds, passers-by and good friends with comparative ease. No reticence now, just a desire to give love where I can. This is not out of neediness or a desire to be recognized though I certainly went through phases such as these. It's now the joy in my soul wanting to burst forth in connection and expression. I am truly a changed man.

John Melmer – I just wish others could share in this great Love.

Susan Kubicek – Growing in Divine Love has helped me better love, understand, and have compassion for all of God's children – even those who can be hard to love and appreciate. I've also noticed people looking at me, almost like they're trying to figure something out. My intuition tells me they sense that something in me is different, something that draws them towards me. I believe their souls are sensing the Father's Love in me.

Jeanne Fike – How wonderful, Susan! I'm sure that as a teacher you are positively impacting the lives of all the children you touch, and your colleagues too!

Eva Peck – I feel more loving to people in general and often send love to individuals I see, even when not engaged in conversation, especially those I perceive may be going through a hard time. I have also grown in patience and try to consciously choose loving responses to those who may not act loving toward me or to those who I feel may annoyed or frustrated by.

Inner Harmony Outside of Prayer Time

Al Fike – How do you maintain inner harmony in those hours outside of prayer time?

DivineLove DotOrg – Pausing. Similar to simply noticing the temperature in the air – just checking into my 'inner room', that direct connection I have (we each have) to our Father. He hears me when I turn my attention to Him, He is always there waiting. So pausing is my answer. As simple as looking out the window. He is aware of me. "Blessed be Thou, O Lord, who has created us, sustained us, and brought us to This Moment!"

Divine Love Sanctuary Foundation – Simply take a moment to feel the Love that is always present.

Rev Jimbeau – I wish to be in my soul – via my heart – and though I may waver more often than not, when I succeed, I feel the flow of God's Love moving through all.

Joseph Babinsky – Longings of the soul are quicker than thought. In the hustle and business of daily life, our connection to Heavenly Father is not completely absent. Longings occur in an instant, like a flash of light within our soul.

Robert Padgett – My soul is always longing and is always in a state of prayer while my brain is busy with day-to-day tasks.

Jesper Sørensen – I try to step out of object consciousness, the mind, by accepting things as they are in the present moment. That way I don't get caught up so easily in the world of things and objects and that naturally takes me to my being. It gives me a certain spaciousness around me, in which I am more centered in my being.

Al Fike – My goal is to encourage and express the joy in my soul. The challenge is often to bring love into everything but when successful, I feel great upliftment and spiritual completeness. Keeping my thoughts on higher things is very beneficial. Making time for consistent prayer times is a key. Trying not to judge myself or others keeps the mind in good order. Seeking to serve others in love also uplifts. My greatest flaw is a love for non-uplifting TV programs. It takes me out of my busy thoughts, but does nothing for my soul condition. More work and discipline required.

Jesper Sørensen – I think it is great to want to express the joy in your soul. Something I am also looking for. The world is mundane, and so I try to find joy in the little things which make me happy, and which help me to bring joy here. I think there is something about our minds being very busy, and thoughts can be very overwhelming, so a bit of freedom

from thoughts and the mind can be very freeing and peaceful. Even if it doesn't develop your soul, it might help you rest from your busy thoughts.

Sarah E Petty – Al, I recently learned the difference between fate and destiny. There are only two destiny options available: To be a perfected human on the natural love path, or a Celestial on the Divine Love Path.

“Fate” are all the little detail events that happen on the way to our destiny.

At one time I was “working” the New Age “create your own reality” practices (meditation to control emotions, vision boards, focus wheels, affirmations and only positive thinking, etc, etc), and it WAS work, believe me! I realize now that I was making effort to OCD control and manage my fate events, just hoping my destiny would show up after thrashing that out.

Now I'm looking higher and focusing on my destiny and actually practicing God reliance to choreograph my fate events in the sequence most efficient to help me arrive at my destiny. Thus, whatever events show up in my path, I no longer berate myself for not having an enviable Law of Attraction life. I trust that Papa knows exactly which encrustations need to surface in what timing. So I just observe what feelings are triggered, ask God to help me feel WHY I have those feelings in my soul and then I allow

myself to experience whatever it is, knowing that the soul is designed to emote any feeling that enters it.

With this belief system I can live more freely and happily, stop the effort and stop trusting the OCD attitude to get me anywhere. From what little I know of Al's journey, I feel he was in that heart space as a young man. Maybe even as a young, young man!

Al Fike – I don't think that I expressed myself in heartfelt ways as a young (teenage) boy. Mostly cynicism and anger. Yes to being there as a very young boy and in my early twenties, but that teenage angst was full of anger, judgement and primarily deep loneliness and depression. My interest in spiritual things, which started when I was very young, brought me to a better place. God guided me to the right people and I was off to the races. I began to understand my sensitivity and those feelings of being different. The compassion and wisdom of my mentor, Barb Davies, did a lot to help me love myself. She taught me about God's Love and supported me on my journey home to God. Without such support I wonder if I would have continued in my dark and angry condition throughout my life. God's Love for me and utilizing such a beautiful channel of love in Barb broke through that barrier and saved me from a very different path.

Gilda Holy – Constant prayer. Well, having been a Mormon, prayer was a routine! And I was mostly praying to Jesus! But I look at prayer differently now! Life can be a constant prayer with awareness that your soul is yearning for God's Love and peace!

Al, I can totally relate about watching TV. I used to relax by watching ufc mma fights, but now I find it too violent! Now I'm focused on exposing the atrocities being done to children! Babylonian thinking is alive and being practiced and children are being massacred in the worst ways possible! This makes me very angry. Being aware of this indignation helps, but it is hard to feel spiritual when you're angry and mourning for what's being done to the least of them and to watch humanity sleeping.

Sarah E Petty – Gilda, when I felt those same emotions, I finally had to acknowledge how angry I felt toward God for creating a system that allowed that. Now I feel that all God's laws are loving shepherds and they hold us tightly till we stop struggling against them.

Souls can wander only so far from God before the pain is unbearable and they finally call out for help. That's when the teachers can help.

Did you ever read the story of Nero in James Robert Lees' trilogy? It took 600 earth years for him to go through the process based on the Law of Compensation to repent of

every sin he committed. Now he is working to help humanity wake up where he can.

Because we know to apply the laws of repentance and forgiveness, and Nero didn't, and because we know to ask for God's help in a relationship with Him, it doesn't have to take 600 years to release all the error feeling beliefs that cause us to sin.

I feel that God designed the universe to work perfectly when He intended for people to take full responsibility for all their emotions and sins. What damage and unloving systems humans created over the last 150,000 years, they must deconstruct and eventually surrender themselves to aligning with God's truth.

I feel that in the loooooong run, all humans assigned to this planetary system, past, present and future, will have to develop emotionally mature souls and with God's wisdom in our souls, we will all be a part of getting back on track. I haven't read that anywhere. Yet it seems to be a universal practice that if a soul gets a bit farther out of the muck of sin and error feeling beliefs, then they soon turn back to help those just a bit behind them.

So if there is an ailing malformed soul spewing fear into the human endeavor, it affects every other soul, just like one cancer cell in a human physical body affects the whole system. "As above, so below".

There's a scientific reason for Jesus saying "LOVE your enemies." Flowing God's Love toward other people and situations can only benefit everyone involved. It isn't putting a stamp of approval on the unloving behavior. Yet to flow love, we'll need to release the encrustation of whatever error feeling beliefs keep us afraid. WHY are we afraid? What do we actually believe at the soul level that makes us think that error will "win out" in the end? Whatever that is, it is out of harmony with God's truth. "Perfect love casts out fear". So if fear is still present, we can recognize that there is a lack of truth and love. Anger is used to avoid feeling fear, so if we feel angry or frustrated or even just irritated, then we can recognize there's some fear we have not yet acknowledged.

And beneath that fear is buried the real issue – the grief the soul feels that this world is not loving and that we ourselves were not loved unconditionally as God loves us. That's worth feeling grief about. Once felt, emotions change.

Al Fike – Best to try to keep out of the righteous indignation mode. Too much judgement and anger does not help your soul nor the situation. Turn it into prayer instead. Prayer has power, anger sustains the condition. Compassion too for the perpetrators as you can imagine the compensation they will face in spirit. Justice comes one way or another.

I'm not saying that you shouldn't care about what is happening out there, just pointing out that how you direct your concerns reflects on you mind and soul condition. A soul filled with light can do more than a mind consumed with anger.

John Melmer – Why would you want to be outside of prayer? We should always be praising Him!

Lynne White – It's a tough question. We are spiritual beings living on a physical world. We have been conditioned to certain behaviors and are learning to discern what feels right. Each human, each soul, has its own path in this incredible journey. I'm still figuring mine out. I am more conscious of the energies around me which has helped me acknowledge triggers that still need to be healed.

In this life, it's not all butterflies and fairy tales. Spirit gives us strength to get through it if we allow it. Free will, choice and consequences, and prayer is what I try to remind myself.

Meditation and prayer combined brings me to such a peaceful state when I feel life getting a little overwhelming. It brings me back to Source.

Tough question, Al. It's giving me a lot to think about.

Jesse Jonas – I try to see the light in each person I interact with, to see them as a soul and not a condition. This helps me keep intentions on high, and a focus on the best parts of them. I certainly do not always succeed at this, but when I do fail in how I respond and react, I usually find a quick learning moment and reflect on where I lost the view of their light and their deserving of my highest love.

Gilda Holy – Jesse, oh I'm grateful for souls like yours, to overlook human shortcomings. That is my quest too as I know I wish to be loved unconditionally and it is my quest to love in the same manner! Thank you for sharing!

Being in the World But Not of It

Jesse Jonas – How you see yourself reaching this state of being in a world of dizzying distractions, seemingly endless demands against your progress, and false realities electrifying the air we breathe?

I love this charge and long to achieve it. This is where I feel faith has all the power in the world to come to the rescue. I can't imagine that Jesus wasn't pulled in endless directions, yet it seems that in his faith, the ways of the world seemed to swirl around him, but never in him.

The demands, I presume, will only grow deeper as the earth changes come to pass. To 'center' on God, to see 'beyond' the condition, and to truly 'know' we are not the sum of our upbringing is where I'm trying to elevate my sense of being. I pray this placement of my energy and desires will help me see the light that exists above the storm clouds.

Terry Adler – To me, this is an invitation to live as a spiritual being in this material world, which to me means living from one's awakened soul. This is possible only through prayer, which builds faith and the certainty of God's Love and immanence. For me, this is a work in progress, for with every deepening of faith comes awareness of yet another unloved part of myself that must

be transformed through love (mine) and Love (that of our Creator) – a partnership!

Jeanne Fike – Good for you, Jesse! Our daily struggle – to BE in the flow of God's will and in our souls, and rising above the human condition!

Jesse Jonas – Yes, it is so challenging! But I imagine it is like riding a bike. Many failed attempts early on, because moving about in a new way is scary and unnatural feeling. But once we surmount the challenge, we find how easy it really was, once we got past the fear and doubt.

I also remember how free I felt when I learned how to glide in the breeze. I can't imagine how our redemption and rebirth will feel!!

Al Fike – It takes a lot of prayer to accomplish this. Elevating our thoughts and, as Terry says, focusing on our souls. Not an easy go in this world. I have found that since retiring, I have more time and inclination towards the spiritual. It takes effort, application and focus. No easy way here, but the rewards are great indeed.

Jesper Sørensen – Many people are often in their heads thinking a lot, having continuous incessant thinking, judging, commenting on life, complaining, etc. It's very unconscious. A way to break this habit is to become present in the NOW (this breaks the thoughts). If you are present,

if you say yes to the moment NOW (accepting THIS moment just as it is), then you are in acceptance of life around you just as it is. I think this is the first step. To become present, accepting the moment as it is (not necessarily the situation, but just THIS moment), and in this awareness you can bring in the awareness of Divine Love. I think people are often unconsciously in resistance to the moment, judging things from the mind perspective and then it's very difficult to be fine, and it is even more difficult to share the Divine Love.

Terry Adler – A very important perspective, Jesper, with which I fully agree! Being in the moment also means acknowledging, accepting and holding in love any feelings experienced in the moment. This is another dimension of being in the moment that can be challenging because of our judgments of our own feelings.

Jesper Sørensen – Yes, as soon as you begin to judge your own feelings or project them, that implies that you are in your mind and not in the present moment.

Lorraine Heidt Borchers – Interesting, Jesse, that you wrote this on May 3. I looked at my prayer notes because I remembered having that same thought recently. And it was May 3! I had been in a card game with seven other women and in response to an older woman falling nearby, seven of them went to the Abraham Hicks law of attraction mode

and said to imagine a good outcome. In contrast, I asked for God's blessing on the woman involved. I felt almost like an alien, in the world but not of the world, at least not of their world.

I considered the situation during prayer later in the day. Each instance of living in Divine Love in contrast to others' actions provides an opportunity to recognize that I am different and feeling perfectly fine about it. I know it's my own commitment and the blessing of God and the support of the angels that enables me to be in the world but not of it, though patience and practice are required! We each have our own way to make it work.

Jesse Jonas – Lorraine, I think the May 3 connection may be another synchronicity example helping and showing us how intertwined we really are. As we all grow on this path Divine, closer to our Heavenly Father, I think we each will see that we are growing closer to our true selves, and each other.

Thanks for sharing this, I love this opportunity for us to experience and grow in each other's journey.

Faith Summer – I just read this post and wanted to pop in and share a thought. I also love this quote dearly.

A few years back when I was in New York City and was wandering through Times Square, I came to see there's

really no other place as stimulating as NYC. Lights everywhere. Music. Billboards. People. More people. Bright yellow taxis. Bicycles. More people. Malls. Concerts. People.

And yet, during my trip I was the most “awake” I had ever felt. Not out of stimulation, but rather of connection to every other being walking past that also felt the same energy I was. Out of connection to each soul. Each a portal to God, really. And I had such a calm sense of peace that I had never been separate from any of it. So I believe that it’s not so much a drowning out of this crazy world, but in perhaps realizing that it’s all happening Best Case Scenario. For the entire plan which goes far beyond us. And so let’s admire the chaos – after all, we were born out of it.

Eva Peck – Some excellent points brought out – thanks everyone for sharing. To me this means, as much as possible, rising above the negativity of the world. I think it is important to not remain in blissful ignorance of what is happening around us, but at the same time, not let the negative energies get us down. This can range from not responding in kind to unpleasant negative personal encounters to not getting overly upset by crime, injustices, reckless environmental decisions for the sake of greed, etc., but rather respond with compassion. This means realizing that there is the law of compensation, to some degree here and now, and to a much larger degree in the spirit world.

Those practicing evil and causing misery for others are in the long run not getting away with anything, but may realize that fact too late.

Thankfully we have hope that there is a light at the end of the tunnel and one day there will be love and harmony throughout the earth. Another aspect of compassion is for people who don't believe in God and/or don't understand what we do and can only see a potential demise without future hope both on a personal level for an afterlife and a planetary level for a time of peace and harmony. No wonder that many commit suicide or live in a state of depression and despair!

Being in the world and not of it to me also includes our desires and actions. Since having been on a spiritual journey (almost five decades now – even before understanding the Divine Love as I do now), my desires have changed from pursuing material gain to spiritual pursuits, I am selective about what I allow into my mind via the media and entertainment and also choose the people or situations that I spend extended time with or in.

All of this does require consistent prayer practice, ongoing relationship with God, being in the Love and consciously choosing kind and loving responses.

Consciousness of the Mind Versus That of the Soul

Al Fike – How well are you able to discern the consciousness of your mind compared to that of your soul? Can you give examples of soul knowings and feelings?

Simon Lovell – I struggle to know. Sometimes when I am writing I read it back and think "who wrote that? That guy must know what he is talking about". The truth is I don't know. I knew for a moment and now it's gone.

Is it my mind, my soul or the angels? Maybe a memory, maybe another passing soul. I am not sure I know if I have a mind. I certainly don't have much of a memory so it has to be mostly new each time. I make it up – that's the creative force isn't it? So maybe I am just tapping into that and getting a free ride. Maybe the test is a feeling, a yearning for something undefined? What drives us to want something so ethereal? Maybe that's it – and now it's gone again!

Jesper Sørensen – I get a feeling that you are inspired. The thoughts I am getting is that whenever you have some questions, try and write them down either on paper or on the computer and see if you can get answers to them. I am talking about automatic writing and think, or rather feel, that you may have a gift in that. Try it out if you like.

Simon Lovell – Yes, you may be right, I have had that feeling myself, I just hadn't considered using it on me. I am not totally convinced though that I am saying anything worthwhile, just banging an empty drum.

Jesper Sørensen – That's a really good way of getting answers whenever you have a question. Just see what comes – sometimes some rubbish might come in at first, but that's normal until the line is cleared, so to speak.

Simon Lovell – I shall pose some awkward questions for myself – if I am feeling brave enough for awkward answers – and see what comes!

Jesper Sørensen – In my understanding, there are no awkward or silly questions as long as it's relevant to your journey.

Simon Lovell – No wriggle room then!

Jesper Sørensen – Simon, it should definitely be your space with freedom to ask spirit anything you like. Perhaps I was being a bit too strict in the above comment, look away from the last part of the sentence.

Simon Lovell – Ha ha – I was referring to the answers, not the questions. We don't always, or ever, normally want correct answers as it can be very uncomfortable! I shall have to be careful what I ask!

Al Fike – I think that asking questions and receiving answers is for you similar to riding your one-wheel bike. You enjoy the reckless abandon of this seemingly impossible ride and who knows what attention you may receive on the way. Not to mention the skill required to ride this way. This is part of your DNA and makes you a very interesting soul. You revel in your uniqueness and this is a good example to us more conservative types.

Jesse Jonas – I've noticed that in the slower, stiller prayers, the ones that do not come out of my mouth, those that stay within me and my consciousness, my composure and delivery has a much deeper feel of harmony and flow of beauty to it. So much so that I often find myself longing and praying to be able to speak in the way I think.

To me, I feel like this slow and warm internal praying has some generation from my soul. I feel the Divine inspiration in the words, and I feel as though the inspiration flows to my soul, and it is my soul's mind composing these feelings into thought.

When my mouth opens, it's like a check valve shuts the connection to my soul's mind off and I'm operating solely (pun intended) from my material mind.

I'm learning that the deeper I listen, the slower I talk, and the more I really try to feel words to say, instead of instinctively responding, the more I feel a deeper

satisfaction in my response, and these responses feel more from the warmth of my soul.

But four out of five dentists would agree that this response of mine was all materially minded.

Simon Lovell – I didn't know that dentists had that sort of training. I have personally found that most doctors I have been in contact with are underinformed on most things and I can't see dentists being any better unless it's related to one's cavities and their hourly rate!

Al Fike – I too have better success with your approach Jesse – that of focusing on soul rather than mind in prayer. In my experience the best prayers are those from the heart rather than the mind. As far as dentistry is concerned, I pray fervently for lack of pain during a procedure. Those are mindful prayers, but I'm sure that God hears my cries for help. If only the dentist was more receptive to His touch.

Simon Lovell – Al, take a leaf out of my book and dispense with injections. I have all my fillings without anything at all!

On a more serious note, I find Jesse's dissection of this subject very interesting and have read it three times!

Al Fike – Not so brave as you my friend.

Sarah E Petty – Wow! Where are you coming up with these probing questions? Will have to give it some emotional attention.

Well, as I can only compare to the extent I've received Divine Love, I'm not really clear on how well I'm discerning. I'm not yet sensitive enough to be totally clear on when I'm hearing my guides speak, telling me what people are feeling or what the soul condition is of the spirits in the room.

I am becoming more aware that there's a physical sensation in the locality of the chakra connected to the head or heart. There's a driver in the high seat in my head focusing on the immediate terrain and a navigator in the lower level who has the instruments to detect what's beyond the physical sense of sight. When I still myself and pay attention, I can detect which chakra is doing the "knowing".

Reaching the Father through Mother Earth

Simon Lovell – Is Mother Earth (the Creative Feminine Principle) actively helping us reach the Father? How?

Ramblings and potential answers.

Let's start by assuming that this garden of creativity is laced with potentials to enjoy or burn you. Taken from a more eternal and less personal perspective, it does not really matter if you are burned as it's all about percentages and opportunities to make choices. Just look at nature in action! Nature can be a hard taskmaster!

So the creative spirit is striving in, through, and around us all the time, charging us potentially with an earthy lust for life in many forms. This at its most basic could be the urge to sexual proactivity leading to new life, or the sublimation of these urges into other areas such as scientific discoveries or great works of art, or even a spiritual ascendancy.

How then might this be actively helping and supporting us apart from the opportunity to sate our lusts and habits physically or mentally?

There are many examples of the intended sublimation of this drive which have unfortunately led to far worse

responses. Some of these are only recently coming into the public view. Religion and sex have never been easy bedfellows.

Age of course can remove some of these drives or at least moderate them. This does not mean that they have been conquered or sublimated, just bypassed and forgotten as the end game comes closer.

I am no closer understanding how this might bring one closer to the Father as one sees so many misdirections, diversions and evasions lacing the route. So more questions than answers so far!

The Father is not in it. We have to bring Him in to complete the dance.

As I read this back now, I can't understand what seemed so clear at the time. Not sure what I meant anymore!

Following Jesper's advice, this is my first try at asking myself a question and then trying to answer it. The comment above is the answer after 20 minutes of meditation on it whereas the ramblings are just that immediately after posing the question.

Jesper Sørensen – I think it's a really good question. And I think your answer is really good. In my understanding the Father is alone. He created life but He Himself is not in it. That's what we on the Divine Love Path

are trying to bring in, the Divine Love, the soul's essence of God. So that He be known in the world. I think you had a great start. Keep up the good work.

Al Fike – Oh Simon, you are a cheeky devil. If I understand you correctly, you are talking about sex and spirituality. If not, I'm about to embarrass myself with my answer. Orthodox Christian thought has always seen sex as contradictory to goodness or piety. Hence the awkwardness of your question. Modern thinking is that it is a natural and healthy part of life, provided it is in moderation. My own experience is that at times I have been moderate and at times not. Libido is a strange thing and does fluctuate quite a lot (at least in my case). Has it interfered with my spiritual life? At times it has. At times I've felt guilty about my lustful thoughts. Now I yearn for lustful thoughts which were so accessible to me in my youth. I don't think that we ever lose our interest in sex, but as an older man it has certainly moved down on the thought train of my daily life and that does make spirituality easier. I see that any distraction or lower order thoughts are counterproductive to my prayer and meditation life. I do see sex as a lower order expression although I don't see it as being evil or bad. It merely doesn't mix well with spiritual atunement. As a man, I am good at compartmentalization, so sex has its own compartment and prayer/God has another. When the two mix, I feel uncomfortable and a bit annoyed at myself. Of course, the

fluctuations of hormones and other physiological processes play their part in influencing my thoughts. This can't be helped, although it is less insistent than in the past and that is why it is easier. I enjoy sex but it doesn't rule my thinking as it did. In that context I'm glad that life's seasons have brought some benefit to my spiritual life. That's my two cents worth, Simon.

Simon Lovell – For a reserved person that was very honest and forthright of you. I thought my question had been cleverly disguised and dressed in sufficient illusion but you saw through it immediately and came straight to the point! I applaud you!

Al Fike – No need for obfuscation my friend. Truth is simple and direct in my world. I'm just relieved that I got it and was on the money. Any thoughts about my answer?

Simon Lovell – You articulated the human condition for us guys extremely well. I was also trying to look at it from the SHE point of view as in the eastern view of the creative feminine. I am still working on that!

Lorraine Heidt Borchers – Several thoughts too long to present here, but I'll share this one. I see it differently. Not as lower order but elevated – as one of our most intense feelings, which if used lovingly, brings us to the closest physical relationship possible.

Jeanne Fike – I totally agree with you, Lorraine!
Absolutely!

Faith Summer – I also agree with Lorraine. It is incredibly sacred, and when done with the right person, it can amplify and ignite both of their spiritual beings / Higher Selves.

Simon Lovell – I will also try and elucidate on the eastern spiritual aspect as utilised in Kundalini yoga to give yet another aspect to this whole question.

In Kundalini yoga, the aim is to encourage the creative female energy coiled at the base of the spine up the central spine to conjoin with the so called male energy from above. Any sexual stimulation is simply a by-product of this latent system as nature utilises whatever resources it can through the nervous system. For as the energy rises, it has to open any blockages along the way in order to achieve a clear path. At a certain stage, it operates with its own intelligence and practitioners may start to go into automatic yogic poses, hand positions and movements. Eventually when it reaches the pituitary gland area, a soma-type substance is produced, possibly DMT, which drips down the back of the palate. This has a transforming effect on the whole body system. The base of the spine links with the top working together as a spinal pump moving the energy around the body in the microcosmic orbit. This has dramatic effects on

the whole body system which has to go into overdrive to maintain this which utilizes the biology of the whole body in new ways.

This description is purely a physical one which is a reflection of things going on at a higher spiritual level without which nothing much would happen. I believe that this hidden potential was fully utilised by Aman and Amon at the beginning of humanity.

Interestingly, this is more easily accessible to women than men who need to preserve their male energy within the body and sublimate it for any of this to have a chance of it happening. Women suffer this problem to a much lesser degree and also love within themselves is easier to find.

The raising of the Kundalini is a never-ending process as the body has to continue to support it and keep up with the soul's journey to higher perfection. Natural perfection, I assume.

Al Fike – Have you had a Kundalini/ Divine Love experience or are they completely different systems?

Lorraine, I have a hard time blending the physical and the spiritual. Certainly during sex, the emotions are high but the physicality is extreme. It seems that my focus and energies are not going in the Godly direction, but rather in other directions that are earth related, not soul inspired.

Simon Lovell – I switched to Divine Love and the yoga has taken second place prior to any earth-shattering experiences. I have managed a degree of sublimation but not over the long term, so I have not overcome that hurdle like Gandhi did. I believe the two can work together as the more of the Father we have in us, the easier it is to utilize the creative energies safely. That is my personal view for what it is worth.

Lorraine Heidt Borchers – Ahhh....I'm seeing the female/male aspects in this – and it's just as it was meant to be.

Terry Adler – So I will risk a comment, dear Simon! Yours is an excellent question and being endowed with strong “air qualities”, you have offered us many ways of addressing the question (air people tend to see connections where others might not, plus ask complex questions!)

I believe everything in life can help us actively reach the Father, IF we are willing to see everything through the eyes of our longing souls, and if we nourish our souls through prayer for God's Love. It is through the soul's growth in love/Love that one's perceptions change and true wisdom comes, connections and meanings reveal themselves and these help us come more deeply into communion with God, in feminine and masculine dimensions. Mother Earth/nature offers abundant evidence of miracles in the variety

of life forms, in the fact of life itself! If only we have eyes to see.

Sarah E Petty – To have an orgasm, a person must be open to feeling all their feelings and so some people cry with release. If all the chakras are open during a couple orgasm with the intention to connect on all levels, I think that would be awesome. Can't speak from personal experience yet though.

Doing God's Work in Sleep State

Jesse Jonas – Can you recall spreading the Divine Love message, and/or doing God's work, in your sleep state? What was the experience like?

Last night I dreamt I was teaching a group of eager souls God's Divine Love (classroom and chalk board style environment) and how to receive it. They were so wonderful to work with, so interested, attuned to the teachings, and genuinely excited to hear the message. Beautiful experience.

Kevin O'Neill – I recall one instance where I was in a twilight-kind-of sphere trying to encourage a woman to continue to go forward toward the light. She felt hopeless and weary from her journey.

Ruth Duvall – Yes, almost every night, sometimes in the company of angels singing beautiful praise and worship songs. I try to remember the words to the songs.

Darlene Gaunt – Fortunately, I can recall many experiences where I have been used to teach or help others in my sleep state the truth of God's Divine Love. It has been a part of my prayer practice for years taught especially by my dad Percy who would pray for God to use him in his sleep state every night. He had a great gift of helping in very difficult and traumatic conditions. When he awoke with

memories of these conditions, it wasn't easy for him and the angels told him he could pray not to bring back these memories under these circumstances which he did.

Kathryn Lynn Kubossek – I too have had many divine experiences in my sleep state, including visiting a Healing Centre.

Al Fike – Yes, many times, although I think that my recollections are quite tainted by my mind's interpretation. I've seen myself on numerous occasions speaking to a crowd (maybe this is just ego stuff out of my imagination). I've also visited relatives and I believe that we talk with the angels in our sleep state. Those who are committed to this work are engaged very often in planning and training in our sleep state. The angels take full advantage of this time to educate, train and plan so that we may go out and share this message. Those aha moments and brilliant ideas mainly come from out-of-body experiences in our sleep. A lot goes on there.

Jeanne Fike – I believe that we can all be used in our sleep states if we ask for it and want to be used in this way. The only time I see spirit it seems is when I wake up in the night. I often see a spirit with me. I believe I am introduced to many mortals living in different parts of the world in spirit. And then I meet them in person!

Simon Lovell – Wish I could say I remembered doing this but sadly I can't. I will add this to my prayers and see what happens.

Maureen Cardoso – I too have seen myself talking /teaching before a crowd in my dreams. I have also seen myself in Al 's class receiving teachings.

Jesper Sørensen – I have had a couple of dreams teaching people about Divine Love.

Sharing Spiritual Insights with Others

Kathryn Lynn Kubossek – Our Facebook friends come from a wide variety of political and religious backgrounds. I just saw the following on my feed. The lady that posted this is a most beautiful soul and also a very devout born-again Christian. I will continue this conversation with her and her friends and will soon share with them about God's Divine Love. I will most likely be "light" in what I share and the purpose will be to plant seeds as I do not think this particular audience will be open to too much too soon. It is always hard to know what to do in these situations. What I



do is listen and follow in what I am guided to say. My first reaction upon reading the red against the yellow is a feeling of sadness in just how much judgement there is among us.

Geoff Cutler – Yes, the RCC has a number of doctrinal errors, but I see a few on the other side too. Jesus is not a mediator between God and man, and he specifically said that he was not when talking about "giving to Caesar".

But your point is valid. It's better not to try and correct people, just tempt them to taste the sweetness of the Father's Love.

Kathryn Lynn Kubossek – You are right, Geoff, neither the red nor the yellow side resonated with my soul. What I did in answer to the comments was to focus on the Commandment that Jesus gave as the most important commandment and that is to Love God with all of our Hearts and Souls and to Love Each Other as Jesus Loved. Not to judge one another. That the way to God should be simple and not complicated. I have found in my journey that I often ask the angels what to do in these situations. I am told VERY often that we can plant many seeds here on the Earth plane. "From a Small Seed a mighty trunk may grow".

Simon Lovell – To follow Jesus is to emulate his actions. This of course was to pray to the Father. No one can argue that praying direct would or could have a negative effect or

be an insult to Jesus who prayed to the Father all the time
– and still does!

You probably have thought of that approach before, but it is an uncontroversial approach which should not cause any argument. The result of doing this may then be tested by each individual for themselves and accepted or rejected without any crisis of belief.

Discipline in a Long-Distance Race

Sarah Petty – Hebrews 12:1-3 says: “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.”

Do you see what this means – all these pioneers who blazed the way, all these veterans cheering us on? It means we’d better get on with it. Strip down, start running – and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we’re in. Study how he did it. Because he never lost sight of where he was headed – that exhilarating finish in and with God. He could put up with anything along the way – cross, shame, whatever. And now he’s there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he ploughed through. That will shoot adrenaline into your souls!

Robert Padgett – Always keep your soul open. As long as you have loving thoughts, aspiration and humility, the Comforter will come.

John Melmer – The first shall be last and the last first.

Al Fike – Faith gives us the impetus to carry on and run further. Love for God and God's Love for us empowers us on the journey. The wisdom to know what direction to take comes with the awakened soul. Self-compassion, love and humility keeps us from despair. We are empowered, loved, protected and guided by God along the journey as His Love enters our soul.

Causes and Consequences

Geoff Cutler – The below is an astounding message. But Dr Stone seems to have used a heading which may cause the text to be largely not understood by Divine Love followers.

Comment on Jesus' message on the cause of war

December 25th, 1916

Received by James Padgett.

Washington D.C.

I am here, Elias, Prophet of Old (Elijah). I will write a short message tonight, as it is late and you are tired. Well, I desire to say that the message you received from the Master contains some of the most important truths affecting the relationship of God to man in his worldly or material living.

Every Truth that was uttered has in it an element which shows that man to a certain extent must expect and know that God will not interfere with the Law of Compensation as to its effects and results. Only will He help man to remove the causes that so certainly entail the results, and the sooner men know this and more thoroughly understand it, will they become able to avoid the consequences of sin and the violation of law, and also understand that no prayer will cause God to respond, where a suspension or setting

aside of his Laws or their workings are necessary. He will respond to prayer, where that prayer asks the removal of causes*, but never when it applies only to effects.

This Truth men should learn and in their prayers ask that those things or causes which in compliance with the Law of Compensation bring about results that are harmful to them be removed, or eliminated from their acts and deeds as well as from their desires. I could write a long message on this subject but will not do so now, as you are not just in condition to receive it. I will come soon and write at length. So with my love I will say, good night.

Your brother in Christ, Elias

* Causes are, for example, the causes of sin. As an example, if someone is an alcoholic, God will assist to remove or lessen the desire for drink, if the mortal truly wishes and prays for this assistance. However, the results of alcoholism are not likely to be removed, as this is part of the Law of Compensation. So praying for relationships to be healed, which were damaged as a result of alcoholism, or healing a damaged liver may not be effective, unless and until the primary cause is totally resolved. And even then, it's possible that it may not be resolved if it is part of the compensation due.

Simon Lovell – This raises some interesting points regarding healing. Does praying for someone to get better

help or is something deeper than this required? If the cause is the critical factor, then are we helping?

Jesse Jonas – Simon, one of the recent messages (and I can't remember who said it) urged us to pray for our loved ones to have the strength to look at and address the cause of the effects. With that in mind, I think prayer always helps to strengthen the environment for healing, but I don't think it will erase effects that have an active cause.

Lorraine Heidt Borchers – Agreed, Jesse. I was trying to remember when that message came through, too, a few weeks ago maybe. I ask for courage for myself/others to look for the cause and strength to deal with it, which can be quite emotionally painful sometimes.

Maureen Cardoso – Here is the message:

Title: Seek the Counsel of Your Soul

Spirit: Keea Atta Kem

Medium: Maureen Cardoso

Date: March 3, 2019

Location: Abbotsford, BC

Beloved souls, I am Keea, Keea Atta Kem and I join you in your time of prayer, in your Circle of Light. Beloved son, what a heartfelt and soul-felt prayer you shared to open this circle. God bless you for speaking from your soul.

My friends, I have been asked to come and share a message with you. For it is I who have been assigned to oversee these Circles of Light that you do through the wires, drawing your souls close to God and recognizing the possibilities of feeling so close to one another even though you are a distance away. Each of you in your respective homes yearning and praying together.

We have been witnesses to many of you going through times of growing in your soul, experiencing pain within the body and confusion within your mind. These old patterns so insistent upon continuing. It is wonderful to see each one of you reach out asking for the support from your brothers and sisters, asking that they should pray for your release of pain and suffering. It is important your community can come together and pray for one another.

Now, my beloveds, what I would like to share with you is the importance to include in your prayers as you pray for this person, pray for their courage, pray for their strength to be able to see the truth and the message that this pain and suffering is trying to bring forward. You walk a path of truth and we come to help, teach and guide you on this path of truth.

Under your pain and suffering, these pains in the body and this turmoil of the mind, underneath there is a truth, a truth that you carry in your soul, a part of your soul that

desires healing, desires to be released. The soul, body, and mind are interconnected. When you pray for your dear friend to have the courage, the courage to see the truth of what is happening within them, this is great counsel. This is a beautiful prayer. Should you be speaking with an individual who is in this pain and suffering, beloveds, because you walk a path of truth, guide this person to the truth of their soul. To recognize the part within them that is calling for their attention and desires to be acknowledged and no longer ignored by habits and insistent ways of your mind that need to direct and control. For it is the soul that can show the way. My dear friends, if you are insistent upon ignoring the counsel of your soul and these truths that sit within your soul, your pain and your suffering shall continue.

On the path of truth, one no longer has the freedom to ignore their true essence. I shall say, you do have the free will choice to ignore these messages from the body, but will you heal? Will you heal on the level of soul? You pray for Divine Love and Divine Love is the Essence that can heal everything within you. So when these parts of you are ready to be released from your soul, it is important that you allow your mind to recognize such. Use the kindness of your mind to open up and to receive the truth of what is underneath the pain and the suffering. This takes courage, for you all have experienced times when these parts are being released from your soul and the pain, the emotional

pain as well as physical pain that can be experienced, is deeply uncomfortable.

There is fear within the mind, fear that this pain and this turmoil and this suffering will continue but this is not so. It need not take so long. If you are enduring pain beloveds, your minds are insistent upon this. There is a desire within you to understand this from the mind's perspective and to deal with this from the mind's perspective.

You very well know that the soul is different, that what is ready to be released from the soul requires your courage to look at it straight with truth. Do not try to mask over any parts of darkness that are ready to be released from you. Go deep. God is there and we are there. This is what is required on the path of truth. You long to be deep channels of love and we long for you to be that as well. Yet, if your mind is determined to resist acknowledging the truth, this shall not be. You limit your ability as a channel of love. You inhibit the beautiful light that is your soul from shining forward in unlimited ways.

So I come today with deep love, compassion, empathy, understanding and speak truth to you. You are encouraged to walk the path of your soul, to deepen the communion of your soul with God's Soul and to courageously allow these things that hold you back to be shown to you. Bring yourself before God and know that you are in His loving and caring

arms. For you are His child. It is in this time when you are in the arms of God, deep healing and deep release and wisdom and these truths shall be shown to you.

Do not fear your true selves, my friends. Embrace the truth of who you are, the glory that God has created. You are all well on your way, but today I needed to share with you the importance of seeking the counsel of your soul and the importance of having the courage to rest in that place of pain and allow, allow it to be released. Bring your attention to your soul. You spend time in prayer receiving this Love, but do you spend time communing with your soul? Do you allow your conscious mind to befriend your soul? Do you allow the language of love to be shared between mind and soul?

I would encourage you to make that a regular practise for this will help to harmonize and bring together these two places within you. Often, soul and mind can feel vastly separate from one another, but they are given to work in harmony together. This requires your discipline. This requires you to make an effort, to create a loving environment within you where there is a resonance and a language of love that exists between these two parts of you. Do not allow your mind to suppress the essence of your soul. Your soul is very gentle and ever patient. As it grows in this Love and this light, the voice of your soul will also grow in strength. But if you feel it is not an easy task for you

to hear the voice of your soul, use your mind in a most loving way and invite your soul to share its wisdom and its guidance.

You have a most profound counselor within you. Befriend your soul, my beloveds, and may deep healing, great peace and love, unity and harmony all be yours by these efforts that you discipline yourself to take.

I am Keea Atta Kem. You are all very dear to me. My love is with you and I send a healing blessing to each one of you as you sit in prayer receiving the Essence of God's Love into your souls. God bless you, beloveds. My love is with you. I am Keea.

Divine Love Sanctuary Foundation – Maureen, thanks so much for sharing Keea's message with us! Thanks for being such a beautiful channel to bring this message through from Keea-atta-Kem! We are so blessed!

Al Fike – Great message Maureen, especially in conjunction with Elias's message.

Sarah E Petty – Simon, same question exactly – are prayers for healing really just demands that God take away the consequences of our unloving feeling beliefs still stuck in our soul? God CREATED the Law of Attraction deliberately to keep us educated about what feelings and beliefs and even desires we are holding onto.

The alcoholism is an addiction chosen to avoid feeling the causal injury, which when excavated will be a grief or terror from childhood. Alcoholism is an effect emotion — a desire to avoid feeling the causal pain. Once the causal pain is experienced, then the desire to avoid it goes away. This is why having the attitude of a long-distance runner is helpful. You don't stop at any of the levels created to suppress, avoid and deny the causal feeling. You keep right on excavating until you get to that heart place where you ARE three years old and feeling out the pain AS a three-year-old. Adult rationalizations, minimizations, re-labelling, distancing for more control, etc. — these will not release the causal. These are, actually, more added layers of effect emotions that will someday have to be deconstructed. “Except you become as humble to your emotions as a little child, you cannot enter the kingdom.”

Terry Adler – I am printing Keea's message and will read it regularly – it is amongst the most meaningful guidance I have ever heard! It explains a recent experience I had in prayer, a blessing of soul cleansing.

I took into prayer my awareness of feelings I had towards loved ones that were dissonant with both Love and love, asking for God's help with them. What I was given, along with a great upliftment into God's loving presence, was the soul awareness of shame I have carried (along with the soul knowing of the many different dimensions, levels,

roots and impacts on me, of this shame). After my prayer, my perceptions of those I had been looking at through the lens of shame totally shifted. I saw them with eyes of love, and felt love towards both them and myself. This was a gift from God that liberated me from the burden of shame I carried from my life experiences and my ancestors. It was totally a feeling experience based on my soul and its connection with God in the silence of prayer. My mind has no need to analyze or label it. There is only a sense of awe at the power of God's Love and relief at a burden lifted by Love.

Evidence for God's Existence

Al Fike – What is the most evidence-backed reason you feel God does/doesn't exist? (from Quora.com)

Sy Mytting – Life. There is more intelligence and creativity in the design of a leaf than man has exhibited since the beginning of time for one startling reason – it's alive. God created photosynthesis to sustain life. In the seed is life. Science only observes – it has created nothing. It has used that which was already created to redirect its activity, but even the redirected activity obeys unbreakable laws. Man in his arrogance has not seen that we only play the song that God created the capacity and the ability for.

How we perceive God is the greatest arrogance. We know potentially one trillionth of what is observable and then we argue about that which created it all. We have infinite time to discover and we get stuck during our first moments of breath, thinking we have even an inkling of what God is. Even the knowledge we have attained becomes our biggest stumbling block to growth.

I see God's Love as a stream of knowledge constantly seeking a heart and mind that will perceive it. Think of how big we are in relationship to an infinite universe and then feel what must have created it.

Joseph Babinsky – I was an arrogant person, not in terms of the physical aspect of life such as Sy so wonderfully described in his response. I was arrogant in regards to the religious/spiritual life. First, as a Christian minister, which I finally quit in order to begin a spiritual search for answers to the meaning of life. Not until the age of 70 did I finally find the place inside me that was waiting for me to discover and follow. The answer is in the soul and the desire of the Heavenly Father to bless me with His Great Love – the Divine Love. What a wonderful journey! Now, at the age of 83, I feel I have only touched the potentiality that awaits my life as a child of our Heavenly Father.

Jesse Jonas – I'm 100% on board with Sy's response, but would just add this:

All things operate in harmony, except for humanity. God is Love, and He lovingly gives man free will to do as we wish. Man freely chooses to live without God, and so becomes the only creature out of harmony. Lack of harmony creates suffering in humankind. As mankind broadcasts suffering to the entire world, all of the creation suffers.

My tangible proof for God's existence (one of them) is "our ability and success to destroy ourselves and everything around us, when all the rest of creation begs against it."

Terry Adler – Sy, I love your response! Your words say to me that it is only the awakened soul that is capable of truly “knowing” God, and that soul “knowing” is entirely different from the knowing of the mind. Soul knowing derives from experiencing and enacting God’s Love. As Joseph says “the answer is in the soul”, all answers are in the soul as it awakens through the gift of Love. And as Jesse wisely adds, mankind’s reliance on the limited mind and its choice to live without God, is what has created the disharmony and suffering threatening all life on our planet. It is the “evidence” of my soul’s felt experience of the Love that is the most compelling reason I believe in God’s existence!

John Melmer – The Love.

Eva Peck – All of the above are tangible points of evidence, and especially the way everything is interconnected, intertwined, and intricately balanced – unless humans in their ignorance and arrogance upset this fine balance. There is also an incredible bouncing back and healing power built into the creation (and even our own bodies). Given even a small chance, species that have almost been driven to extinction will come back and repopulate, devastated areas will recover, etc. That gives us hope for the future that human reckless destruction is reversible – as long as it doesn’t go beyond a point of no return, of course.

On a personal level, the Divine Love, answered prayers and a personal relationship with the Creator all provide a tangible evidence. Of this no one can convince another – it needs to be personally experienced.

18. Eastern Religions

Simon Lovell – I had been recommenced a spiritual practice several years prior to finding Divine Love and had been doing Kundalini Yoga. The Divine Love has given me a deeper kind of sustained purpose, which I believe my previous practice had prepared and led me to. Being able to regularly discuss these matters is such a blessing as one draws strength from each other's endeavours and opens oneself to service.

John Melmer – I love yoga and the Eastern religions. Paramahansa Yogananda and Krishnamurti – anything that gives us the spirit of truth or inspires us to get closer to God, I keep on reading

Simon Lovell – Yes, there are important teachings which should not be ignored. I have been reading widely my whole life and practicing or trying to practice those things I understand.

John Melmer – Simon, I have been reading Padgett Messages for close to 50 years now, never missed a day. I absolutely love them.

Simon Lovell – I only discovered the site about a year ago and it totally resonated with me. I hated the idea of reincarnation, but could find no other answer, and I had rejected Christianity as taught a long time ago. The closest

I got was with Swedenborg and enjoyed *Heaven and Hell* which I first read about 40 years ago. But he seemed to lose the plot with much of his other writings and didn't show a route to follow.

John Melmer – Wow, Simon, sounds like you have been a seeker your whole life, brother. Seek and you shall find, knock ...

Simon Lovell – I have had gaps in my search –family, kids, business, etc. A few years ago, I decided to take up Kundalini yoga. Self-taught. I had moved the energy up as far as my diaphragm. Then I found Heartfulness and then Padgett at the website, “A Spiritual Journey”. I contacted Geoff and here I am! I am now definitely heart centred!

Al Fike – Heart over mind, Simon, seems to be what humanity needs right now. You are forging the way so that others might follow.

Drug Experimentation as a Part of God Search

Simon Lowell – Having been asked to come up with some Spiritual experiences, I thought I might begin with one which did not make the grade but helped open my eyes to other possibilities. We often learn from our failures and this was such a case.

Following the end of my degree course in Interior Design at Kingston (upon Thames) Poly, I remained living close by in New Malden. I lived in one room in squalor whilst looking for work during the depths of an economic recession which effected the whole of the building trade as we suffered the three-day week under Prime Minister Edward Heath before Maggie Thatcher brought sanity back to the UK.

I was already a student of Indian and Chinese meditational practices via the books I was able to purchase thanks to my parental support for which I am ever grateful. Thanks Mum and Dad!

Timothy Leary had been expounding the wonders of LSD and I was prepared to listen. I did my research and concluded that if I started on a small dose and then repeated it with double the dose six weeks later, I would get

the maximum effect and gently explore this experience. I was searching for God chemically!

As the doses increased, I withdrew to practice the trios on my own without distraction and tried to record the events in writing over the 24 hours it took. I took the mindset that anything good could be bad and anything bad could be good so that I could walk the tightrope of the experiences with equality.

Eventually I reached the limits of LSD with eight microdot tabs!! I had to endure visual experiences such as having my head separated from my body with blood gushing out, hitting the walls and covering the ceiling without being affected by it. The culmination was when with my eyes open, I only existed as a large vibrating ball of light!

But I was not happy! Where was Heaven, where was God? Where was anyone else but me? I wanted something else beyond which would make me a better person and this was not it! That was basically the end of the experiment.

Maureen Cardoso – Adventuresome to the bone you are!! You love experience!

Simon Lovell – I was young and foolish!

Jeanne Fike – OMG! What a story!! Freak out! Looking forward to the next episode. I think you should write a book!

Simon Lovell – The next episode will be on how a little faith can be used to confirm some questions concerning our existence beyond the material reality.

Terry Adler – Looking forward to the next episode, Simon! This is a great example of how exploration on the biochemical level may mess with your mind or bring insights, but too often still leaves the door to God closed. Though I know people whose Ayahuasca experience left them with a powerful feeling that all is love, they lacked the guidelines or the necessary discipline to build on that feeling and integrate it into their lives. It is like the challenge each of us faces after praying/meditating and experiencing God's Love – to what degree are we able to enact it in our life? Can we be in the world but not of the world? So glad you found this path and know how to walk it to come closer to God with each prayer!

Simon Lovell – You are so right. It is the daily habits which we choose to integrate into our lives that will have the greatest effects on us and change us in ways we may not imagine. Once we have set foot on the path, we know we will eventually reach our destination irrespective of where

on the path we may currently be. Take time out of the equation and we are all already there!

Al Fike – Great story, Simon. I think it's better to explore without the drugs, though in those days I certainly smoked a lot of grass. Some hallucinations even on that stuff for me. My infatuation with dope as we called it back then was short lived and I have not sought it out in years. LSD scared me, other drugs had no cachet either. I am now drinking much less alcohol than I used to although I never was one to get seriously drunk. The high one gets from Divine Love does it for me. I'm sure that you are also on the same page Simon as we get older and a little wiser. Nothing wrong with a nice glass of wine though.

Simon Lovell – Yes, I do enjoy a whiskey when I come home from work, but that is it!

I have never seen the point in excessive use of anything. I did all my experimenting way back and it was all part of my search, not a habit or even for enjoyment. It was not an escape!

One interesting thing I did learn from LSD was how one's vision is commandeered. Most people have heard of mediation on an object like a flame. For this to work, one places one's full attention on the flame. However after a while it will go out of focus. If one maintained one's mental

focus, then the mind can start to play with the image and enlarge or add to it.

The eyes dilate and the pupils become larger as the focal point is moved to include a wider field. However, one's mind focus remains centered on the object. This is exactly what happens to a higher degree with some substances and explains how the rich visual imagery is inserted or overlaid.

Beyond being an interesting phenomenon, I can't see any great importance in it other than as a sensory distraction.

Sarah E Petty – Al, I feel that any chemical use or emotional injury that causes us to desire to leave our body leaves the body vulnerable to spirit attachment. I've only recently, in the last four years, WANTED to be IN my body. I'm intending to use my will to feel whatever comes up and stop trying to get out of my body.

Al Fike – Not sure if I agree there but yes, it increases the potential of depending on your frame of mind.

Faith and Astral Projection

Simon Lovell – Faith, it is said, can move mountains. Only a little faith in allowing the possibility of something unseen can attract rich rewards. So it was that in my early search for the meaning of a life beyond the physical, I determined that I could prove it. I decided that I would teach myself to astral project!

My reading included the work of Muldoon and Carrington, Eastern yogic practices, hypnosis, and much else. I had a degree, but no proper job other than temporary employment sweeping floors or humping warehouse goods. I therefore dedicated all my free time to this venture. It was to take me a full year of hard sustained effort. I tried hyperventilation, kept a dream journal and learnt to wake myself within the dream world. I experimented with all manner of breath control, bought a metronome and listened to it for hours.

Eventually I started to get some results. I found that if I could put my body to sleep and stop all thought for a sufficient period of time, then I could move into a cataleptic trance state. This meant that I could not see or move. However, by an act of will I learnt to separate my sensory body from my physical one. My skill at this increased until I was able to achieve this state with my eyes open. This

caused a few people quite a shock when they found me supposedly asleep staring at them with unmoving eyes!

My experiments reached a point where I could with my eyes open separate out my astral arms and then poke myself in the eye with an invisible finger. Yes, it hurt just the same as with a physical hand! Now I had some proof of sorts.

Then one morning I awoke from a dream floating and swaying about three feet above my bed in broad daylight. I could see my arms, trunk and legs stretched out in front of me composed of thousands of dots of light. There was a noise, in fact a lot of noise. It sounded like the hum of a million Volts of energy. I could sense it like a doughnut coiled around me moving up and down my body.

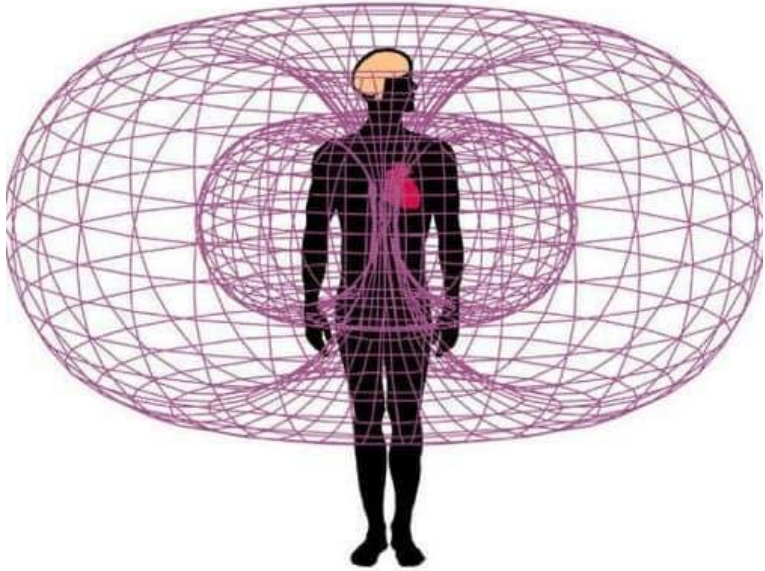
Like a fool, I then tried to mentally manipulate this energy which caused the experience to cease and I wanted back down into my body. I immediately jumped up and ran to tell some of friends about this amazing experience.

For several nights after, I experienced this energy but in a reduced and diminishing form.

Now I had my proof. I existed quite separately from any physical body and those things written about by various spiritual masters were not fairy stories.

You would think that I continued with this, but I did not! I had my answer and could not see how getting out of my body would make me a better person. It was also a very lonely pursuit and life beckoned.

Sarah E. Petty – Below is a Heartmath illustration of the torus field coming out from the heart chakra.



My current understanding, based on my experiential learning so far, is that this field mirrors the soul's basic structure which is composed of emotions, not thoughts. Every emotion that enters that field is meant to travel the

complete path of the energy flow which is what expands our soul growth. Every expressed feeling leaves a bit of wisdom and adds more emotional energy to the soul. Every unexpressed feeling acts like an energy clot that slows the flow of energy around the whole soul. These energetic clots are the encrustations that we are encouraged to release. Once a feeling enters that torus field, the only way for it to leave is to let it move as it was intended. Children do this easily but are trained out of it by adults who are uncomfortable with the full expression of feelings. Thus we collect more and more clots that eventually cause physical illness and pain. Love was meant to flow freely along that path. Clots slow it down and stop it altogether in that area of the soul.

The practice I use is to observe the feelings that my law of attraction stirs up and ask God to help me be resensitized to turn the stuck feeling into a moving one, turning the stagnant feeling into a flowing E-motion (Energy in motion). Once we do this, another encrustation is released and in that newly cleared space can now flow love. It's our choice whether or not to desire that Divine Love enter the torus field.

Simon Lovell – A doughnut torus! Wow. What I experienced seemed to move up and down my body. It was not static.

Sarah E Petty – Torus energy is continuously moving if there are no obstructions like encrustations. You can find a YouTube video demonstrating the movement.

