

Saturday, October 13, 1990 OMEGA

LOVE is all! Love is indeed all that there is. And be aware that this one comes to you in love, with love, knowing that indeed you are accepting of the Love of the Creator. Accept this Love. Know that at this time there is within your midst those who come to meet with you from spirit, those who bring their love to you, those who are in a time of rejoicing with those of you who are OMEGA who have searched for answers and are able to find those answers within your own spirit. Know, too, that as you are now considering information that is to be brought to you, this one comes to advise you that what you are to receive is the will of God for your life at this time. And it must not be mistaken for that which might be brought simply for the joy of receiving information from the spirit realm. Understand that there is a necessity for those who come to you at this time to further enlighten you with regard to the necessity for your life on Earth. Be aware, then, that this one would come to advise you that again this is a Messenger from the Creator and does come for the purpose of enlightenment and that which would further allow you to know of Love.

It is known to those of us who are spirit and who are of the spirit realm that we do come to you with the understanding that those of you who are here at this time and those of you who are of the expanding OMEGA will come to understand the true meaning of this which is known to you as life and as **love**.

Life is given to you, as a spirit in body, for the purpose of furthering the understanding of the spirit within the body. Life is breathed into your body; and therefore you have the opportunity to become a housing for the spirit that is within. Life is a fragile thing. Life is given; life can disappear. But know this.... that the life of this physical vehicle which surrounds your spirit is important to you inasmuch as it is indeed necessary only for a short period of time upon the Earth Plane. You come in this vehicle and you leave the vehicle behind as the spirit then regains the freedom of the spirit realm and no longer exists within the shell that you call the body. Life is necessary for that body as it exists upon the Earth Plane, but know that indeed the spirit within gives the necessity for that body to continue to live. What this one is trying to say to you is this... If there be no spirit in the body, the body could not exist. It would not live. It is the spirit that gives the impetus to the body to continue to live, to breathe, to continue to be a living organism on the Earth Plane. But know that as you now are nearing a time where you are aware of the necessity of the spirit, be aware that you can understand more fully the condition that is necessary for the body to exist.

This one comes to say this to you who are here at this time and those who are OMEGA throughout the world. You must understand that the physical vehicle for your spirit does not have a definite period of time to live upon the Earth. In other words, when you come here as a spirit in body, that body is not given the information "You have perhaps a year to live, or ten years, or fifty years to live." That is not the case. The body will remain perfected only in so long as it is not attacked by disease. And when disease does indeed attack the body and take its toll upon the body, then the spirit is well aware that the time upon this Earth Plane may become shortened; and so as that becomes more aware, as the spirit becomes more aware of the condition, it tends to become more concerned that more has not been accomplished while on the Earth Plane. And so it behooves each of you who are here at this time to give your body, the physical vehicle for the spirit, to give that more attention, more rest, more of that which is necessary to keep it strong throughout the expected life time upon the Earth. Know that in the end it will be necessary for all spirits to return to the spirit realm; but until such time, it is wise for each of you, in particular who are OMEGA, to know that you must care for your body.

Understand this. Caring for your body not only means the necessary food and the housing and the rest that you must have, but it is a necessity for you to separate yourself from that which you call 'stress'. Allow your body to be given the time that is needed for the complete rehabilitation... In other words, the rest that is needed for it to become renewed daily in order for the body to be able to serve the spirit within so that it may be able to accomplish that for which it came to the Earth Plane.

You have the opportunity at this time to know much that others on the Earth Plane are not aware of. So it would behoove you at this time to take stock of those things that you have learned and to apply them, even as you are being told now, to the care of your physical body. Else you run the risk, in this lifetime on Earth, of having to return to the Spirit Realm without having accomplished that for which you came to this Earth. And so it is now the will of the Creator that you be advised of this. You have within your ability the opportunity to prolong this life upon the Earth Plane, but it is your responsibility. You are responsible for what happens to this physical body insofar as you have the opportunity to protect it from disease, to protect it from stress; and know that as you then have this opportunity, you must take advantage of it.

This one comes to advise you of this, also. There has been expressed within this meeting much that is of concern to you. But let it not become a part of that which would be a struggle for you to deal with. In other words, you have been told that as those things come to you, it is simply wise to allow your concerns to be given in prayer and then to allow that to remain in the energy stream in order that those who are in the Spirit Realm may deal with that which has been a concern to you. And so as you come now, concerned about information that has been given, know that as you pray about it, indeed it will become the concern of those who are in the Spirit Realm. Allow this to be so, whether it is

that which is the health of one who is dear to you or whether it is information that has been given... you need have no further concern when you allow it to be given in prayer and know that it will, in turn, be given the concern of those in the Spirit Realm.

There has also been a concern voiced with regard to a possible condition that will exist upon the Earth Plane within a short period of time. Know this... As you are aware, the earth is indeed in a time of much turmoil, both upon the surface and beneath the surface of the Earth. And know this ... As those things become beyond the ability of the Earth to no longer deny expression of them indeed there must be that which is an expression of the Earth. Even as you are allowed expression, the Earth, too, must be allowed an expression. And so it is that as those things of great turmoil occur within the Earth, there is always the possibility for that which is the disturbance to become a part of the surface of the Earth. And so it is that as this one cores to you, this one comes not as a soothsayer but comes as that which is to bring you Truth that is to be allowed by the Creator. Know this... that as you are receiving information from those who are on the Earth Plane as spirit-in-body who have been given the ability to understand the function of the Earth, it is wise that you listen to those warnings that are being given to you. This does not mean that you must be fearful, but that you seek to be strong in body as well as in spirit, so that whatever comes you will be able to deal with it. There is no need for you to be concerned or alarmed. Allow your prayers to go forth. Much that is occurring on the Earth Plane at this time in the way of conflict can be avoided if many who are spirit-in-body would simply allow their prayers to be given and allow their thoughts to become a part of the energy stream. In so doing, you alert those in the spirit realm to your concerns and they will, in turn, become a part of the prayer that has been given. Know that in the future it will be expected of you that you will find it necessary, many times, to seek for help, to seek in prayer for consolation, to seek in prayer for knowledge that will allow you to become more effective as spirit in body. You will not be alone; but know that you can receive help. Understand that unless you ask for that help, it will not be given to you. You are expected to know that you are not the only spirit-in-body upon this Earth Plane, and therefore you must know that those who are here, who are understanding of the way to receive help, must allow their prayers to go forth to ask for help. And so each of you who are here at this time who have the necessity to know more, with regard to needed information, to know more with regard to that which is to occur, simply need to know that your **prayers are the most powerful instruments** that you can have at this time. And know, too, that even as you pray, the spirit within you is sending forth a message to the spirit realm. Seek to think of it in this way... Suppose you, as a spirit in body, are sent to a foreign land, a far-away land, which was a cruel place in which to live..., one which you were not at all knowledgeable about and had no way to understand people there, no way to understand how you were to uphold life... and thus it is that you would find it a necessity to ask for help. Consider this...that your spirit you, dwelling within this physical body, is indeed in an alien country, is indeed in an alien form. Know that it now is imprisoned within that form simply because it has sought again to return to the Earth Plane that would help with the progression of the spirit. Can you understand now the relationship of what this one is saying to you? Allow it to be that your spirit within you would be able to totally understand that which is physical, and that which is physical would understand that which is spiritual. Allow it to be so.

There is the opportunity now for those of you who are here to return to those places from which you came and allow Truth again to flow forth from you to others who are desirous now to learn more about the spiritual search. And allow this one to say...the important things for you to do for those people is to allow them to know that there is an opportunity for them to reach out and understand more fully the purpose for their lives at this time. And as you begin to work with them, to teach them, to challenge them to join you in your search for spiritual growth, you will find that the OMEGA will begin now again to gather unto itself those additional ones who are out there seeking to know where the OMEGA now is. Their spirit within them is beginning to lead them to you. As you are now aware of the purpose of OMEGA, as you open your hearts and minds to receive each one who comes to you, know that it is the will of God that it be so.

Be not mindful of their form, their shape, or their appearance, of what they do! This is not of importance to the Creator. What is important is the spirit within them and the fact that it is searching for Truth once again, knowledgeable that it can be found. And once they have accepted that indeed they are of the OMEGA, their minds open then to receive Truth and become one again with others who are OMEGA.

Receive this with a blessing...that indeed your Light will shine upon the Earth Plane. Your Light is now shining for many who are within your area, for many who are yet to come to you. Allow it to continue to be so. And as you then draw unto yourself others who are seeking for the peace and love that you have found within the OMEGA, know that you are bringing joy to the lives of others. Know that you must share what has been given to you. It is only right that this be so. You can no longer hide your light within this which is the physical body. It must be allowed to shine, and it must be allowed to send forth the message to those that indeed you have found the Way to Peace, Love and Truth. Be aware that this one cores in the Love of the Creator and comes to bring you Love and to express Deep Concern for those

problems that seem to be inherent in the lives of those who are spirits-in-body. But be aware that you are no longer alone. You now can call upon the Creator for the help that you need and know that your prayers are heard. You are loved. You are a special spirit, even as all who are in body on Earth at this time are special spirits of the Creator. You have now reached within and brought forth Truth from your spirit. You no longer need to be fearful. You no longer are alone. You are becoming one with the Creator. Go in Love.

End of Contact

Excerpts from a contact, 10—8—90

When those who are OMEGA are exposed to information that is given through one who is spirit-in-body from a spirit source, it is necessary that the one who is allowing such information to flow through the body is absolutely aware of the will of God that such would take place, that such would be given. They must seek that only that which is Truth would be allowed to flow through their voice. In the absence of such assurance, it is possible that any information could be given by one who is not truly seeking to do the will of God. JEY can tell that indeed those who are in spirit have the opportunity to work with others; but be aware, also, that those who are spirit in body must take the responsibility of completely surrounding self with the will of God, the love of God, so that there will be no opportunity for misinformation to be given.

When information is given, there must be the ability of the one who receives the information to be able to **discern the Truth in what is given**. Seek in prayer that you would know the Truth of the information. Know this, that simply because those who have lived on Earth are now in spirit in the Spirit Realm does not mean that they are all-knowing; and particularly those of us who were not in a time of being highly motivated or highly evolved. And so it is that **as we take the responsibility of being guardians of spirit to those of you who are spirit in body, we seek to help in those ways that we know to be advisable for the good of the spirit for those on Earth. Thus it is that we take on great responsibility.**

Next, it is advised that as those who receive information are convinced of the Truth of such information, following prayer and the discernment of Truth, then they are to trust in the will of the Creator that such will be manifested in due time, as it is the will of God for it to be so. In other words, do in your own mental self, begin to make plans for such to occur at a given time. **All things in due time.** That is indeed the way those of us in spirit and spirit-in-body must view the future. It is not ours to plan for; rather we seek for and accept the will of God for our lives or our being.

Next, it is known to JEY that as those who are OMEGA **are not earnestly searching for more spiritual Truth and progress along the way of the spiritual path**, you may become vulnerable to much that is not necessary or is not Truth. If you will simply accept that indeed there is the **Creator of us all**, that the **important thing in life on Earth is to love the Creator and to praise the Creator and to love and serve your fellow beings...** that indeed is important. Then, **with that firmly in your consciousness**, you begin the search for Truth... and Truth is that which you can receive as you begin to allow **your spirit within** to more closely guide you during your daily life. **It is indeed that which can provide Truth without fear of receiving misinformation.** And so as JEY has come to be your guardian of spirit, and as JEY has come to be gatekeeper for the OMEGA, JEY must tell you Truth, inasmuch as it is the will of God that it be so.

There is, of course, the opportunity at this time for many who are OMEGA to begin to experience those things outside the realm of your own usual Earth experiences. Your progress in spiritual growth, in understanding of Truth, has now lead you beyond the confines of that which you have accept as Truth during times past. Now you are open to receive such information; but it is **with great Love** that JEY would tell **you to be cautious in what you accept and know that as you seek for the will of God to be done, you will know that what is given will be in the will of God as your Spirit Within will accept or reject that which is told.**