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Topic: Identifying With Spirit Within

John is here and is aware of your desire to communicate. Allow John to say that although you are now aware of John's presence, know that this spirit is with you during your life on Earth. John would ask that you be willing to allow John to help in all ways.

John wishes to express the concerns of those of us who are in Spirit with regard to the situations in the world that might again lead to a war on Earth such as the one in which John took part. Know that there are many now in Spirit who were involved in conflicts of war, and for what purpose?? Conquests are made and lost on Earth; and many lives are sacrificed just to appease those who are conquerors. And yet there is no peace. John would ask that you continue to be in prayer for peace on Earth, for indeed for those who are in Spirit it appears that there is very little peace among mankind on Earth. John would ask that you consider giving of your time to establish an attitude of peace among mankind on Earth.

John comes to seek to work with you with regard to the book that is necessary for mankind; and so if you are ready to begin, John will give information.

To begin, allow John to say this. When there appears to be a need for additional information regarding spiritual understanding on Earth, there will always appear a way for it to be given. Know that there are many now beginning to give thought to a written form that will reach many people. At this time it is important that those of us who are in Spirit would help prepare such information. The time has come when mankind must begin to more fully understand the nature of the Spirit Within the physical body which they call "I"... and so it is important that you forego the protection of long-sought creeds and begin to understand the Truth of spirituality.

First, be aware that the Reality of those who are physical bodies is the Spirit Within; thus, we speak of the Spirit-in-Body when we talk of a living physical being. By Reality we mean the Expressed Entity. And so without the Spirit, there would be no reality to the matter that has formed the human body. In fact, it could not exist without the influence of the Spirit. Indeed is it not apparent that when a body is born on the Earth, there is a juncture with the Spirit that forms a living and thinking and spiritual human being? Mankind tends to think of that being as simply body... but within that living body is a spark of the Creator, a Spirit, that will attempt to guide the body in its actions on Earth.

As the body grows and develops, there is an opportunity for the Spirit Within that body to act as a conscience, prompting and guiding actions when it is necessary. And so if the mental aspect of the body will take time to listen to those promptings, there will be an opportunity for the physical body to react in a way that would indicate an understanding of Love and Truth as the individual would live on the Earth Plane.

Often those who are Spirit-in-Body will spend a lifetime searching for that something that will bring satisfaction to this Earth existence, never to find it because they cannot know the importance of the spiritual aspect of the body; and it may be through some word that is spoken by another or an action that is taken that will awaken the mental aspect of the Spirit-in-Body to the knowledge that indeed this life on Earth is meaningful and purposeful and important to the entity that is called Self or I.

What is important then is for each one who will read these words to know that they live for a purpose. They are of the Creator and they have a mission on Earth, for indeed that is why they are here on Earth! Perhaps it is hardest for a Spirit-in-Body to come to the acceptance of individual importance; for as mankind lives on Earth, each one who lives as Spirit-in-Body is equally important in the panoramic view of things. Thus, one who may become president is no more important than the one who spends a lifetime collecting refuse that others throw away.

And so John begins with this: Recognize that you are a Spirit of the Creator. Know that you are important. Know that you have value and a mission on the Earth. Know that your worth is not measured by possessions or positions, but by the value of the Spirit Within.

With this understanding we can begin then to construct a plan whereby each one is able to identify with the Spirit Within and proceed on this Journey called Life with the knowledge that indeed you are here for a purpose and a mission.

Understand that the Spirit does not simply 'bop' into a body that is being born without prior knowledge and understanding and planning. In other words, that Spirit which is the Reality of You has been carefully programmed for the life that is to be, with a knowledge of the mission that must be accomplished, the family that is to be the sheltering component for the body on Earth, and a situation that will provide the experiences that are needed.

And the question that is asked is "Why are some born into wealthy families, without problems, and some born into tragic conditions on Earth?"

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Of course, it is to be understood that all this is part of the learning experience that the Spirit is to know on Earth. It was known at the Creation of the Spirits when the Universe was created, that those spirits would be required to have an eternity of experiences that would prepare them for the understanding and love and expression that would create an all-knowing individual Spirit that would once again be one with the Creator.. .that Eternal Force that creates and controls the Universes that exist.

This statement, of course, leads one to question even further; and it is known that there will be no end to the questioning that you will do as more information is given! But know, too, that when one elects to become more thoroughly knowledgeable of the spiritual aspect of Self, it is an unending thirst for knowledge that will lead you to progress. A word of caution.. .and that is that you will often be led astray by teachings of mankind, and you must seek daily for a fuller understanding and deeper knowledge as it is the will of the Creator for you. . .when it is a time for you to be so apprised of the knowledge. Do not be gullible, for often mankind who has not become yet worthy of the Secrets of Truth will attempt to provide information that will not be fully Truthful. And so as part of the Journey of the Spirit there will be the added aspect of alertness that must be observed.

And so as one grows in the Earth body, the Spirit begins to again experience lifestyles and knowledges that had not been available in past lifetimes. It is an exciting adventure, and you ask the question here.. .“Why lifetimes? Do you mean that we have done this before?” Of course! That is true! Has it not been said in your scriptures that you ‘must be born again and again...of the blood and water’? That relates to human birth through the only channel available. Man and woman were created for the very purpose of being co-creators with the Eternal Force. In other words, their responsibility is to use the bodies which are provided to become the source of other bodies. Man and woman have been beautifully and wonderfully made for this purpose, as has other life upon Earth. There is a continual evolving of life on Earth, and mankind becomes the co-creator that keeps the chain of life for man going on the Earth Plane. It is for the purpose of the continual production of bodies that the body exists.. .to produce and then to be a vehicle for the Spirit. And so throughout the history of man, as it is known on Earth, there has been this continuation of Life. It is apparent, of course, that each life will be different from another during a given time on Earth; and that such life will be different from another as one is re-born on Earth.

And so we have now learned two things.. .first, that the body is a vehicle for the Spirit on Earth; and that as life evolves over and over, the Spirit returns to Earth again and again as there is a need to experience a life in a different place and time for the purpose of learning.

If it is necessary for a Spirit-in-Body to learn under difficult circumstances on Earth, there are usually redeeming features for that life. At the same time, if a Spirit is blessed with many advantages during a life span, there are expectations that must be fulfilled. It is not the purpose of those of us who come as Spirit Guides and Teachers to provide you with blueprints for your life and actions, for it is the decisions that one makes while Spirit-in-Body that will establish the experiences that you have. And so you become responsible through your decisions as to the experiences which you provide for the Spirit Within you. Many will miss the mark, and will be immediately aware upon again escaping the body and returning to the Spirit Realm, that a lifetime has been either productive or wasted.

At the end of a life as Spirit-in-Body, the Spirit will escape again to return to its Source; and in that escaping, the Spirit will find that the freedom of escaping from the boundaries of the Earth will be a pleasing and happy experience. What will be immediately known to the Spirit is all that has transpired during the lifetime will be immediately known.. .whether negative or positive.. .f or it is at that time that the returning Spirit will be able to make a self-judgment. Is it not true that the scriptures ask ‘who knoweth a man better than the Spirit that is Within’?

What becomes aware to the Spirit is first the purpose for the life that was just completed on Earth; and secondly, whether that purpose was accomplished, and the negative and positive things which occurred during that lifetime. Perhaps there will be a great sadness if a lifetime were wasted; but know that this is not the end, for there will be opportunity after opportunity until each Spirit returns triumphant to once again re-unite with the Source.. .the Creator.

What this book is about is providing those Truths that will help and encourage each one who is Spirit-in-Body to attempt to live a lifetime that will be productive; but above all, to live a lifetime where the Spirit Within is allowed to control the lifetime on Earth.

What is important is this.: .to begin now to assess your life and your actions, and seek to establish within your mental self the importance of the Spirit Within. It is important for each one, regardless of race, color, or creed, to recognize that they are of the Creator. Mankind has established many names for the Creator, but be aware that there is no language that can fully describe the majesty of the Creator of All Things. Perhaps what would best suggest the importance is simply

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the words Eternal Force or The Word. . . and still those words will be understood by you only in association with things of, and understandings of, the Earth. Simply be content to know that indeed there is a Creator of All That Is.

Next, it is important to recognize the Unconditional Love of that Creator for all Spirits. Thus, if our Creator gives unconditional love, we in turn would be expected to love others; for if all Spirits are of that Creator, are we not part of a whole and thus one with all others who are Spirit—in-Body? Once we recognize that fact, it is necessary that we love our fellow man as our Creator loves us, and attempt to be of service to each other.

What a world of beauty this would be if every living individual could only accept and understand that Truth.. .that you are indeed One. With this understanding would there be wars between nations and groups? Would there be wars over territory? This Universe belongs to our Creator, and each of us who lives only borrows your little spot on Earth for a while. Why fight then?

And so you are of the Creator, as is every other Spirit-in-Body on Earth; and thus we are many yet one!

Accepting that Truth, we can continue with Truths which are given from Spiritual sources; and John would ask that you begin to gather those Truths and give the information that has been made available to you for the purpose of preparing a book that will have value to all who read it. You, of course, are aware of the Truths; but there are many who are searching.

You have an opportunity at this time to write a volume of information that will be useful to mankind. May it be so that you will make good use of your time. John will return to give help as you prepare. You will be guided. Be at peace with that. Go in Love. You will be cared for. We who are in Spirit have the ability to provide assistance through thought, and it shall be given. Do not be fearful. Go in Peace and Love. Amen.