

## February 29, 1996

JEY is indeed here to communicate with you. Know that you have had only a short time of preparation for this communication from JEY, but it is the will of our Creator that JEY come at this time to communicate with you. Be at Peace with that.

What JEY wishes to say is this. As you have been in a time of discussion about many things of a spiritual nature at this time, know that we in the Spirit Realm are much aware of your thoughts and your concerns. What JEY wishes you to understand at this time is this. At any time when you are in a mode of seeking after Truth, you will receive Truth. And it is your Spirit Within you that will acknowledge that Truth to you. And so as you feel with you what you often call your heart and your mind.. .as you feel within you that the knowledge you have received is Truth, you will know it without a disregard for your own well being. In other words, JEY is simply trying to say to you that there will be nothing for you to fear. You need not be afraid of receiving misinformation if you will allow your heart and your mind to be open to only Truth. If there is an opportunity for you to read or to hear those things of a nature that you would not expect to be true, know that again your Spirit Within will guide you into only receiving that which is Truth.

JEY would urge you to always be considerate of your own decision making. In other words, you will have an opportunity to decide whether or not what is presented to you is Truth; but know that often those things that are presented as Truth.. .and which you may not feel ready to accept as Truth at that time.. .may be put aside until such time as you may be able to more fully understand.

JEY is encouraged by the attitude of acceptance within the group known as OMEGA, for it Is known that you have come to be OMEGA already aware that a Spirit Within you can guide you. As you allow that to be done, you may be assured that you will understand and accept Truth when it is presented to you.

JEY would come with this concern as well. Even as you have been told many times that it is necessary for you to prepare for those things that will occur upon the Earth Plane, there are many who do not find it within their will to so prepare. JEY would advise you that there is no urgency as of **this very moment however, if you consider time as that which is months and a short span of years, it is important that you consider that which is necessary for preparation.** JEY is aware that **those** things of a physical nature within the Earth are at this time coming to that point where it will be necessary for those negative aspects of the Earth to be released. At such time, there will be great destruction upon the Earth. It is now past the time where mankind can make a difference in that which will be a physical action upon the Earth. The Earth Plane has been so mistreated in the lifetime of man that there is a need now for it to cleanse self of those things of a negative nature that have been placed upon It.

You need not be overly concerned that you will not be protected. Simply know that protection is afforded for those of you who are OMEGA. However, it is your responsibility to prepare for survival of your own body. That which is Spirit will carry on; but the body must be strengthened in order for it to assume its rightful place on the Earth in order to help others. Your Spirit alone cannot do that part of your responsibility upon Earth. It Is important that the body be so strengthened and so provided for that there will be the ability for that body to work. And so you as Spirit-in-Body will have the opportunity then to fulfill your role upon the Earth.

Do not forget that as you attempt now to receive information that will nourish and give your Spirit the strength that it needs, you are responsible for allowing your body to have the same care. We who come as Guardians of Spirit are responsible, of course, for that which is an understanding you will have; but we cannot force you to prepare for that which is the survival of the body. And so JEY would encourage each of you to seriously consider providing for that which is your body. Not only that, but you must be in a time too of attempting to keep your body in a state of well being. It is known that often you are pushed beyond that which is your endurance, and so It is important that you provide not only food but also a time of rest for the body In order that it may remain in a state of strength and endurance. We would ask as we come to you in Spirit that you treat your body as what it is really Is.. .a vehicle for the Spirit that resides within you. Knowing the beauty and eternal aspect of the Spirit.. .knowing those things... .you should know that you must keep the vehicle for such in a state of great strength and well being. It Is important that you give this much consideration.

JEY would ask you at this time that you be in an attitude in the coming days of acceptance of that which has been said to you. JEY would also ask that you open your heart and your mind in order that your Spirit Within may become the guiding force within you in the days to come. It is Important you be more mindful of things of Spirit rather than of a physical nature. And so as you open to a greater awareness to things of a Spiritual nature, know that the Spirit Within you does indeed rejoice and does come forth to guide you In your actions. It will be the Spirit Within you that will enable you to follow after these things which have been told to you. In other words, even though the body must be cared for as the

physical feature of the YOU, know that it Is the Spirit Within you that can guide your actions to provide for that body.

And so JEY would come now, aware that those of you who are here have been strengthened by that which you have studied during this time of meeting. Allow JEY to give thanks for that, for each of you who have been here. And now you are ready to share with others those things that you feel led to so do. It is a time of rejoicing when you have come to this point where you feel that you now have received Truth, that you now are knowledgeable of the real aspect of your being, and that you are now ready to share with others those things of a Spiritual nature.

Be at Peace, and know that even as you have been told in the past, you are not alone in this journey. We who are in Spirit and who are In your midst at this time surround you with our light, with Love, and we give to you the strength that you need to provide for the fulfillment of your journey on the Earth at this time. We come because It is the will of the Creator that we come to you. We come because we bring Love with us. And know that even as it is said that the Creator of us all is LOVE, it can therefore be known that all who are Spirits of the Creator have within then that same unconditional Love. know that the Creator does not create that which is not of the Creator. And so you who are here are of the Creator. You are knowledgeable of that unconditional Love of the one who Creates. And so with that knowledge at hand, know that you can share that Love with others. Know that Unconditional Love does strengthen you, does provide for you the willingness to go forth and fulfill that which is necessary for you upon the Earth.

We who are in Spirit surround you daily with our care and our Love. Each of you have assigned to you that which is a Guardian of your Spirit. Call upon that Spirit daily. When you are In a time of feeling the frustrations of your daily work, know that simply a time of quiet spent in communing with the Guardian of your Spirit will lighten your load. It Is Important that you take this time each day, not only for the welfare of your Spirit but also for the welfare of your own mental and emotional selves. It is important that you realize that your mental aspect can only support so much of your emotional aspect; and so even as you are challenged emotionally during your time of day, and mentally during your time of day, you must understand that quiet time.. .that time to commune with your Guardian of Spirit. And open the Spirit Within you so that you may be able to receive that help that can be given by your Guardian of Spirit.

JEY comes now well aware that there is an urgency for you to complete this time of meeting; but what JEY would say is that there is no greater urgency than that you become Spiritually, Mentally, Physically, and Emotionally ready to face all that is ahead for you in the time to come. We do not come to frighten you. We want you to understand that whatever lies ahead for you to fulfill, you will be ready to do so. Accept this as a promise. As we who are in the Spirit Realm can see ahead, we see only that which is complete fulfillment of your purpose upon the Earth. Rejoice in that and know that you only need to be ready for that time which is to come.

We ask that you receive this prayer now in your behalf.

ALMIGHTY CREATOR OF US ALL, WE COME BEFORE YOU BOTH AS SPIRIT AND AS SPIRIT-IN-BODY, AND WE GIVE YOU THANKS FOR THE KNOWLEDGE THAT WE HAVE OBTAINED. WE COME NOW ASKING FOR YOUR FAVOR.. .THAT YOU WOULD POUR UPON THOSE WHO ARE HERE AT THIS TIME YOUR STRENGTH OF SPIRIT, THAT WE MAY BE PREPARED FOR ALL THAT IS AHEAD FOR US. BUT WE WOULD ASK ABOVE ALL THAT YOU ENDOW EACH OF US WITH THE ABILITY TO LOVE OTHERS EVEN AS YOU LOVE US. KNOW THAT AS THOSE OF US WHO ARE IN SPIRIT ARE WELL AWARE OF YOUR UNCONDITIONAL LOVE, SO IT IS THAT THOSE WHO ARE SPIRIT-IN-BODY NEED ALSO TO FEEL THAT UNCONDITIONAL LOVE IN ORDER THAT THEY TOO MAY FULFILL THE NEED TO LOVE OTHERS. AND SO WE ASK YOU AS SPIRIT TO POUR UPON THESE WHO ARE OMEGA YOUR LOVE, THAT THEY MAY INDEED BECOME CHANNELS OF THAT LOVE FOR OTHERS.

And so JEY comes at this time well aware that, as you who are OMEGA are here at this time, this prayer will indeed be heard throughout the Spirit Realm and you will indeed be able to receive the Love that has been asked for you. Be at Peace and know that JEY has come in the will of the Creator and does come to continue as gatekeeper for that which is OMEGA. Know that we will indeed be In a time of communicating in the meeting to come. Go now in Peace.

END OF CONTACT