

## July 22, 1998

JEY is here and does come at this time in the will of the Creator, and does come with Love and would allow you at this time to know the presence of JEY with you and also the presence of others who have chosen to be with you at this time. There is an opportunity for you as you meet at this time, for you to become more aware of the greatness of your purpose upon the Earth at this time... not that you are a greatness with regard to your physical body, but it is important that you understand the greatness of the Spirit that is within you. And as you understand that, you can be aware that there is no knowledge that you need to be fearful of receiving, for that knowledge in itself simply attests to the fact that the Spirit Within you is of great worth, great knowledge and can employ those bits of information that are received through your physical aspect to guide you in the direction that you need to go. It is important that you accept that the Spirit Within you is fully aware of all that you need to undertake in this lifetime upon the Earth.

What you have been doing in your time of study and preparation is simply allowing your Spirit Within to make available to you the ability to accept those Truths that have been brought to you. Your Spirit has had the opportunity to help your physical aspect to become willing to allow the Truths you have learned through your physical self to be made a part of you and therefore of value to you as you live as Spirit in Body.

At this time JEY wishes to advise you of a number of things; but know that they will be given to you not in the order of priority but rather in the interest that you have shown. JEY would address this... and that is the idea of that which is known to you to be energy centers within your physical body.... allowing you to understand more of their value to you at this time. As you are aware, the physical body encompasses that which is the Spiritual aspect of you; and that Spiritual aspect of you allows the Spiritual energy that can be received by you to be given to you through those energy centers that you have within this physical body. As you allow the energy then to enter into the physical body and become part of the energy centers within your physical body, it can be useful to you in many ways... not only Spiritually but also physically as well. And as you allow your heart and your mind...as it is often said to you... to open, JEY is simply addressing that which you would call the psyche of your very being. That which is your heart and your mind is simply the psyche of your very being. And as you allow your heart and your mind to be opened, the Spiritual energy that can be given to you by those who are here in your presence at a given time can then be internalized by you in order that it can be useful to you both physically and Spiritually. And so as you discuss that which is the energy centers within your body, know that because of the nature of the energy that can be encompassed by those energy centers it would have an effect on your physical body as well as on your Spiritual body. And so it is important that you allow those bits of energy that can be given to you to be useful to you in overcoming situations, problems, illnesses that may be inherent in your physical aspect. That can indeed be accomplished as you would allow it to be. You simply need to allow those energy centers to be open to receive the Spiritual Energy that can be given to you.

And as you have discussed further that which is energy in a form that would affect you otherwise...and JEY is aware that you have the terminology 'density'...know that ALL is energy; and as you speak of 'density', it is simply an energy form that is more dense in its being than would have been otherwise. It simply calls for an influx of additional energy; and this in turn would affect your physical being and also allow your Spiritual aspect to become strengthened. But know that as you have that information, know that you are ready to receive and to use the energy that would be known to you as an energy that would cause a 'density'. It is important that you simply allow it to be. Do not be so overly concerned about what it is, but allow it to be. And if by chance you feel that the physical aspect of you is undergoing a change, simply know that it is because you are now willing to accept that additional energy that can be felt within your very being. As you are receiving such, know that the Spirit Within you is becoming much more in control of those things of a physical nature as well.

You have reached the stage in your preparation where it is necessary for the Spirit Within you to become the guiding force in your life on Earth. Seek for this! Ask for it each day! Allow it each day.... that you would allow the Spirit within you to guide your thoughts and your actions in that day. And as you sleep... prepare for a time of rest... ask again that the Spirit Within you would be strengthened during this time when there are no outside interferences with regard to your physical and mental self. Know that the Spirit Within can be strengthened during those times that you are resting. Do you not, after a time of sleep, find that your body seems to be rejuvenated for the most part? if you have rested well this seems to be the

case. Know that your Spirit Within, when it does not have to deal with the interferences that are in your life during the time of waking.... do you not understand then that your Spirit Within can be strengthened during your sleep as well? And so when there is the opportunity for this additional energy to enter your life, both physically and Spiritually, give thanks for that and know that you are being strengthened and prepared for whatever is to come into your life.

JEY wishes to advise too at this time that you have been giving some thought to those energies, those entities, who have come to you in the past from that which is an additional star system and have been able to talk with you and advise you. JEY would say that you need have no fear for they were allowed to come because it was the will of the Creator that you be able to experience such. It will be that there will come again a time when you will experience communication with additional entities from beyond your own star region; but understand that they are here for a purpose... not to be an entity that would interfere in your life but rather to be an entity that would help you through the time that is ahead. JEY would say that you welcome them into your life at this time; and if by chance they find an opportunity to come and communicate with you, allow it to be for they come in peace, they come in love and they come because it is the will of the Creator.

Know that your Guardian of Spirit is guarding you well. You have no fears to become a part of your physical thinking, your mental self. Simply know that you are being guided, you are being protected. And those who are coming as entities from beyond your star region come in Love. They come with great concern because what is happening on the Earth at this time will indeed affect the universe as you know it. And so it is inherent in the Love of others who come to you that they be here to attempt to help the Earth, even as you wish to help the Earth at this time. And so it is wise that you, in your times of meditation and your times of prayer and your times of being able to simply send out--thoughts that you see the Earth on which you live as a living entity which at **this** moment has been sadly injured and which can respond to Love and Prayers... energy of your Prayers... and the need for healing as you speak to the Earth on which you live.

On this Earth there are countless life forms that will suffer the chaos that will come unless -there are great differences made in the amount of torment and unrest that is now focused upon the Earth. Know that this needs to be halted if there is a possibility of it occurring, for as mankind will suffer so will all life forms upon the Earth suffer. And as you now have become aware of the sacredness of all that exists, it is important for you to keep those life forms in your thoughts as you send out thoughts of Love, of Peace, of Healing throughout the Earth. It is now apparent to many upon the Earth that there are those things happening over which mankind has no control. Those who are in your government upon the Earth are losing control over so many things that are occurring. It is important that they begin to focus on their responsibilities upon the Earth; and you in turn have a responsibility for advising that you are not in keeping with what is occurring with the government in which you live. And so it is wise that as those who are in your government are losing their vision and their ability to impact with all that is necessary for them to do, it is necessary for them to be advised that it is now time... before it is too late... for them to take control over the things that they can control in order that the destruction, the deaths and all other things that will occur unless control is taken on by those who are responsible.

There is much that needs to be done; but know that the time is short. You have been advised that it is now a finality... that which is time upon the Earth as you are aware time to be. And know that it is imperative, as JEY can see it, that not only you but many others begin now a concerted effort to save the Earth that you inhabit. And it can be that if there are enough who are willing to spend the time in directing energy to the Earth and directing your thoughts and energy to those who control those things that occur upon the Earth... and keep in mind that this is not only the government but it is all things... all companies, all entities who are doing those things at this time.... participating in those things... that do indeed bring destruction to the Earth. ALL need to be involved in a healing effort rather than a destructive effort.

Be at Peace. Know that those who come to you from other realms are here at this time working to help the Earth with their energy. You can do no less than to lend your efforts, your energy to this Earth on which you live. Welcome those who come to you. Allow them to come and be at Peace. And know that as you have the opportunity' to be in communication with them, welcome them for that will begin a friendship that began many eons ago as you did indeed live beyond the universe which you now inhabit. There will be those who will come who will recognize a relationship that began in the past. Know that you need only to reach out, to touch, to be willing to cooperate; and you will find that there will be much joy for you when that occurs.

Be at Peace. JEY has come because there has been a need; and JEY will assure you that if there is a need in the future for those who come from other realms to be able to communicate with you, JEY will allow it to be so. For now allow JEY simply to say to each of you that you are loved, you are special, and you need to show that love and that care and concern to others who are Spirit in Body and to the Earth on which all of you are living at this time. Go now in Peace. AMEN.