

## October 28, 1998

JEY is here and comes now with joy for indeed this which has been a time of gathering of those of you who are here as OMEGA at this time has brought much joy to those who are in the Spirit Realm and those who come as your own guardians of spirit. And so at this time allow it to be known to you that as you have gathered here and have been able to discuss those things that have touched your own hearts, know that you have discussed those things which are truth and they will now be forever a joy for you as you recall this discussion. And so at this time JEY would simply say to you 'Be at Peace' and know that JEY does come in the will of our Creator and does come with Love for each of you.

As JEY comes with this affirmation..., that JEY comes in the will of the Creator with much love for you. there is much Truth in this for indeed since JEY is guardian of spirit for the one who is using voice and that which is gatekeeper for OMEGA, JEY must affirm that it is the will of the Creator that it be so; otherwise, JEY could not say such. Those of us who are in spirit do have standards that we must observe even as you who are spirit in body must observe standards if you are to live a peaceful life. And so as we who are guardians of spirit have taken on that role for you who are spirit in body, we are aware of our responsibility for you. And so we cannot at any time deny that to you or others who are in the spirit realm. And we do indeed hold our responsibility in much favor, for indeed without acknowledging that responsibility we could not be to you what you need at this time as spirit in body.

JEY would ask you at this time simply to be at peace with where you are on the earth at this time. It is so important that you know the peace that can be yours at this time; and know if you have a yearning to be other than where you are at this time you cannot feel the peace that is necessary for you to grow spiritually. And so be aware that as your footsteps have led you to this which you are now doing upon the Earth, you can feel the peace that you need to know at this time in your life as spirit in body. JEY would at this time as well allow the one who is ALLA to come and communicate with you. As you have been told in the past there is much yet that you need to know about your own spiritual strengths; and so JEY would ask the one who is ALLA to come and communicate with you as ALLA has done in the past. Be at peace now and continue in meditation for in that stage you are able to receive information that is of great value for you. Simply attempt to remain in a time of meditating and focusing upon that which you wish to know at this time.

ALLA is here and does come now in the will of the Creator and does come now in a time of Love. It is important that you understand those things which you have taken time to read in this meeting...those messages that came at an earlier time. Know that those things that were given at that time were indeed given as truth, and they continue to be truth as they will throughout eternity. It is important that you take those teachings to self and adhere to those things that have been given as truth. ALLA would at this time also say that as you have gathered here it has been with expectation; and since ALLA is aware of that, ALLA will attempt to discuss those things that are of spiritual value to you....what you might call 'gifts' but which also come to you as necessities at this time. And so ALLA will give you a generalization at this time with regard to spiritual gifts and then will attempt to address you as necessary.

Allow ALLA to say that when one speaks of 'spiritual strengths or spiritual gifts', it is important for you to understand that these are the gifts that came with you as part of the spirit within you. As with any other gift as you are aware upon the **earth**. to use an analogy....a gift is usually given to you wrapped; therefore, you are not in a time of knowing what it is until such time as you would open such a gift. So it is with your own spiritual gifts! Until such time as you arrive at a stage where you are able to grow spiritually, and are willing to accept those things of spiritual truth, you are not able to understand that which would be spiritual strengths, spiritual gifts. And so as you look at that analogy then as a gift which you would receive on earth from another who is spirit in body, know that as you would open the gift you would express great joy in seeing such a gift. And so as you become aware of your own spiritual gifts, it should be with great joy that you welcome the knowledge of such gifts.

You daily use spiritual gifts that you little think about as being gifts. Allow ALLA to say at this time that JEY has come to you in the past and talked with you about Love. Know that ALLA can tell you that this is the greatest of spiritual gifts that you can have; for the Love you can give as well as Love you can receive is extremely important in your life, even as it is in the spirit realm. And so look upon Love as the greatest of spiritual gifts.

You are aware, too, that the physical body that you have use of on the earth at this time is indeed a spiritual gift to you as well, for without this body you would not be able to complete the journey that you set for yourself in the spirit realm. And so through the use of the body that you have you are able to follow

the journey to fulfill your purpose upon the earth. Look upon the body that you have as a thing of beauty, as a spiritual gift. Unfolding each day as you use the body, you can see the many things that you can do that will bring service to others who are spirit in body and who are in need of help. This is a spiritual gift for you.

As you look upon these things, you can think of other gifts to you that are so open to you at this time...your association with others who are like minded in your spiritual search. This is indeed a spiritual gift for you. ALLA is aware that perhaps you are thinking more deeply about that which you consider the ability to communicate with your own guardian of spirit. Are you not aware that your guardian of spirit can bring to you thoughts that have helped you through the many days and years of your life? Often there is a need **for** you to make a decision; and when you think about the decision and the direction which you should go, know that when you ask for help you receive it. Your guardian of spirit is there to give you the help that you need. All gifts of spirit are not what you would think of as a mystical thing; rather they are open, ready and usable. So you do not have to be so concerned about opening such a gift! It has been there for you all along.

ALLA would say to you, too, that as you have been able to accept the truths that have been taught by those who have come to you in spirit, you can consider these things as spiritual gifts. And ALLA could continue in this, but it is wise for you to look upon your life at this time and to look at those who are in your life...., those who have brought you love, those who have brought you joy...to know that these indeed have been spiritual gifts. As you look upon the face of a new born and wonder about that which is the life within that tiny body, know that you can look upon this as a spiritual gift. And each of you have experienced this...seeing that which is a tiny one which has been placed in your love in some capacity. This has been a gift, for within that tiny body has been that which is of the Creator.... that which is spirit. And so you have been blessed in so many ways. It is important for you to accept these gifts with open arms and with an accepting heart, for all these things are gifts to you.

And now as ALLA is aware, each of you perhaps wish to know about that which you would consider to be an essential spiritual gift for you, and ALLA will attempt at this time to address those of you who are in the group if there is something of importance that needs to be given to you at this time.

Allow ALLA to first speak that which is the name of JOYCE in the group. Joyce is at this time known to those of us in the spirit realm as one who has indeed been attempting to overcome a disease within her body. But at the same time those of us in spirit are well aware of the capacity that she has for dealing with that which seems to be the impossible. Throughout her life she has overcome many things, and she is dealing now with that which seems so difficult in her lifetime. But know that the tenacity that she has shown in dealing with the problem that she has does strengthen her spirit; and as the spirit has been strengthened, she has known much joy and she now can indeed be at peace with who she is and where she is in life at this time. And as she is now here, ALLA would ask that she simply open her heart to receive an out pouring of spiritual energy that will help her more fully to deal with the doubts and limitations that she has at this time. And so ALLA simply takes this time to allow that energy to be given. This comes as a spiritual gift.

May it be so.

And now at this time, too, ALLA comes to address one here who is new to the group and who has come as friend of Donna.... the one known as BILL. It is important for that one to fully understand that you were already well aware of spiritual guidance though it may not have been known to you openly before you did come to the group. It is important for you to accept that and to know that your feet are now firmly planted upon the spiritual journey that you are sharing with the one who is Donna. ALLA would ask you to accept that you have the ability at this time to help many who come into your presence. Do not be fearful. You have the strength; you have the knowledge to be able to help them. This does not mean that you force self upon them but rather that you be there and be available for the help that you can give...whether it be physical or spiritual. Accept this as a spiritual gift, for indeed it comes to you with much love.

ALLA now comes to address the one who is here as DONNA. Know that you are indeed in the will of the Creator at this time; and though you have had a religious upbringing in your lifetime, you have found it difficult to release many things at this time. But ALLA would at this time accept this. As you have been in a time of searching after truth, your spirit within you has been strengthened. You are now one who shows much beauty in spirit. Your spirit now has awakened to the need that you have...and that is to be guided, to be guarded in all ways in this lifetime upon the earth. And as you are now in the process of proceeding upon your spiritual journey, this one comes to allow you to know that your spiritual journey will be tied in with your purpose upon the earth otherwise...and that is that you will continue to be a

guiding light for many of the young who come into your presence. This must not be forgotten. You are indeed one who can share much in the way of spirit through your own life that you share with the young. And those who are your sons in this life do indeed see that light and that love within you. Do not fail them. Allow them to know the truth that you now know in your heart to be right. And so ALLA comes to express to you that your special gift at this time will be simply one of strength in your journey and one of strength in that which will be both teacher and mother, for indeed you have that ability. And as you allow others to see the light in you, they will understand the beauty of your spirit.

ALLA now comes to address the one who is here as BILL who has indeed been one of strength for the group known as OMEGA. May you be blessed in your continued work as you have been doing it upon the Earth. You have brought not only an understanding within the scriptures that you hold dear, but you have now been awakened to that which is the sharing of truths that you know to be true. And so at this time ALLA comes to tell you that even now as you have learned of new abilities that you may exhibit, you will be able to broaden the expanse of people that you will be able to help upon the earth. Know that you will be given the strength and guidance and wisdom that you need; but do not forget that these are things that you must ask for, that you must seek for. And know that as you continue to work with others upon the earth at this time, that which is the good that you can do will know no boundaries, for you have the ability, you have the knowledge, and you have the strength to do what must be done. This one would ask you simply to be humble in that which are the abilities that you have, that you share, that you give where you may without thought of recompense but also with the thought that you are giving that which has been shared with you through spirit. And so it shall be. Be at peace with that.

ALLA comes now to address the one who is here as CHERI. May ALLA say to you that it has been a blessing that you have found your way to this which is OMEGA. It has been slow in coming, but ALLA can say that we in the spirit realm do indeed rejoice that you are here. Your spirit has led you through many times but never have you doubted that which is truth that you can find from your spirit. You have known this for a length of time and you have been able to use such knowledge; but now that you are aware of others with whom you can share your life without fear, your knowledge without fear, know that you will be strengthened in all that you do upon the earth at this time. You have as your special ability at this time the ability to help others who cannot help themselves upon the earth; and that means not only physically but also spiritually. And as you are able to hold out your hand and your heart to others, know that your gift will be that you will be able to reach them, that you will be so spiritually strengthened that they will understand not only the ability that you have to help them in the healing of their bodies but also in the understanding of their spirit. And as you have the opportunity now to help another who is not able to come to these which are the meetings, know that will be of great consequence for her for indeed she will begin to feel the joy that she needs in her life; and as OMEGA she needs to know joy even as those of you who are here know joy. And so share as you can, for you will be strengthened in that which is your sharing. That is a gift.

At this time allow ALLA to communicate with the one who is here as Charlotte. It is important that you be aware at this time that you have the ability to share the light of the Creator in all the days of your life. You have come to OMEGA with much knowledge, much spiritual understanding. What you are doing now is simply recognizing that what you have known for so long is indeed truth and that you are now putting this into that which is a package that you can share with others, open to others, to give them as a gift. What you are about now is to attempt to help others who cannot help themselves. You are aware of the journey which is ahead of you. You are one of much beauty, one who recognizes the beauty in others. All are spirits of the Creator. And so as you allow the beauty in your life, of your spirit within you, to be shared with those with whom you will be working, know that they will indeed see that which is opportunity for them. The gift that you need at this time is simply that of perseverance and that of patience, for that is what it will take in your life in the times to come. Know that as you have the ability and opportunity now to serve in a capacity that will help many who cannot help themselves, you will be blessed. You will be given the strength and knowledge that you need. And so this would come to you as a gift and a blessing. Be at peace with that.

ALLA is aware of one who is OMEGA and who is known as CYNDI within the group for indeed that one does have that which is a request. And so ALLA comes simply to say to that one that you who are young in body at this time have indeed a spirit that is of much strength and much beauty as well. That which is spirit within you is one who has come to earth to be one who is young during the changes that are to come. You will be able not only to look ahead, but you will have the ability to call upon the spirit within you to give you the guidance that you need at any time upon the earth. It is important that you simply be

ready for those things that will occur in the future. Know that you have nothing to fear. You are to be strengthened; you are to be given the wisdom that you need that usually comes with years of earth life. But you have that already within the knowledge of your spirit! It will be made clear to you. It is important that you simply understand that as you have the ability to help another others will be drawn to you and they will indeed seek to find the source of your strength, your wisdom, and your knowledge. Share with them. It is important that you do so. Be at peace with that.

ALLA comes now for simply advisement to all of you who are here, and that is this. Do not be concerned if you do not feel that you can communicate with those who are spirit through a mechanical means. Rather be content with the knowledge that you have the ability to communicate through thought. This is what is important as the days ahead will bring that awareness to you. It is important that you be able to listen to your spirit within, for it is during that time that you will receive knowledge that you need, help that you need. Know that the information that is given through the voice of this one who is now willing to allow the voice to be used has been long in coming. Know this one has attempted to gain the patience and the necessities that are necessary for those of us who have come to use her voice through a long and trying time. Know that we who are in spirit give thanks for that; but also know as well that each of you have abilities as well that can be used. It is simply that the voice of this one had to be used to prepare all others who have come as OMEGA to help them be aware of their abilities. Even though this is the voice which is now used and has been used in the past, it is not that this is particularly special on the part of that spirit but rather that it has been a blessing. And so as you are here in group, as you have the ability to share and to work with each other, give time daily for prayer and meditation that you need for it will be through this that each of you will grow in spirit. ALLA comes to you with love, comes with a feeling of nearness with you, for indeed ALLA understands that which is spirit in body. As ALLA is here at this time ALLA would let you know that the presence of this one is with you in all its fullness and would ask you at this time to receive a blessing. Simply extend forth your hands and allow those to be receptors for energy that can be given. ALLA will at this time come to give that which is a blessing. May those who are spirits of the Creator know that which is peace, love and harmony at this time. May your lives be one of joy and peace and that of service on the earth. This ALLA asks in the name of our Creator. Go now in peace.

JEY returns and would ask you simply to remain in a time of meditation and to accept that which has been a joyful time in your time of meeting. Know that ALLA has come with truth and with Love; and JEY would say that you have been blessed. Go now in peace. AMEN.

[Note: the following was to be the beginning of the next installment of "Lessons from ALLA"...Louise thought it was a very apt ending for this lesson!]

ALLA - 6-29-88: As you are aware, there are those of you who are in this group and who have been given gifts which are called spiritual gifts. You are aware that these are used individually; but you are also aware that those are things which must be shared with others who are in the OMEGA group. They are not for you alone to enjoy; in other words, what has been given to you as a gift is something that must be shared with others.