

## October 25, 2000

JEY is here and comes now as one who is in your midst, as one who comes as Gatekeeper for this which is the OMEGA, and as one who comes as Guardian of Spirit for the one whose voice is being used. It is important for each of you to understand that as you gather here under the name OMEGA that you have within you the opportunity now to allow your Spirit to receive Truth, to receive the guidance that you need. And so JEY comes now, anxious to provide for you additional information and to allow you to know that indeed JEY does come with Truth and does come in the will of the Creator.

It is at this time in the expanding opportunity that you have to learn Truth that JEY can assure you that each of you have entered upon your Spiritual Journey upon the Earth with the full knowledge that it is your will to do so, and that it is the will of God for your life as you live upon the Earth that you do so. It is not for this one who comes as Guardian of Spirit for the one who is using voice to say to you "It is time for you to begin or to be on your Spiritual Journey." That is NOT JEY's RIGHT TO SAY...but it is within the Spirit Within you that you can be assured that what you are undertaking at this time is the journey for which you came to Earth, to allow the Spirit Within you to be strengthened, to be more aware of those lessons that have been learned and are to be learned upon the Earth Plane.

You must understand that your Spirit does not choose to come to live once again as Spirit-in-Body simply because it is that which is expected of the Spirit. NO! that is not the reason. But it comes because here is an opportunity for the Spirit to experience more of what it is like to live upon the Earth Plane as a Spirit-in-Body! Each time that Spirit which is now within your physical body...each time that Spirit has resided upon the Earth Plane as Spirit-in-Body, it has inhabited a different body...one which had different needs and different opportunities. You now are allowing that Spirit Within you to experience the things that body...which is now YOU...upon the Earth Plane can provide for the Spirit which is within you.

This should give you some joy, for you are allowing the beautiful Spirit within your body...that which is the reality of you...to know a life in body which has never been known to that Spirit before! You are giving your Spirit an experience that has never been allowed before! The physical body, which is indeed the vehicle for your Spirit, has been upon this Earth only one time. This physical body will supply as a vehicle for your Spirit only this one time upon this Earth; and then it must return to the Earth from which it came. And so rejoice in that you as a mental being and as a physical being are providing for the Spirit which is eternal this opportunity upon the Earth; and you can rejoice as you provide an experience for the Spirit that does indeed give it an opportunity to grow in experience, to grow in Love and to grow in the will of the Creator, even more as it is here experiencing life in body.

It is important that you accept the responsibility that you have as a physical and mental being, because it is important that you care for the physical body and care for the mental self. You know that you as a physical body are bombarded with many things upon the Earth that affect the mental self... those things that are broadcast to you from many viewpoints upon the Earth. You know that those things can affect you mentally. The things that bombard the body upon the Earth can affect you physically. But know that the Spirit Within you is of such strength that it does not need to be affected by what happens to your mental and physical self. Yet, it is important for you to keep those aspects of your being in a surrounding and environment that would induce a better environment for the Spirit that is within you. You have a great responsibility as a physical and mental being. And so as you come seeking for only TRUTH to be given through this which comes as Spirit through the voice of this one...as you come seeking for only TRUTH...know that you must open your heart and your mind to accept that what is being give IS Truth...and yet you must ask to be able to discern the Truth in those things being given to you through this voice.

You are blessed in that you have found your way upon the Earth, that the Spirit Within you has prompted you to be in this time, in this life, in which you have had an opportunity to know more about that which is Spiritual strength, Spiritual growth. And those of us who are in Spirit can attest to that... that it is important for you to allow the Spirit Within you to learn all that it can, to be given all the experiences that it can which will promote the welfare of the Spirit which exists with your body.

Those of us in the Spirit Realm, as we can now look back to former lifetimes in which our Spirits lived in body, look at the opportunity you have to learn and to do now. We can tell you that you are deeply blessed, and we do indeed rejoice in that because we who are in Spirit feel no jealousy! That is not part of us as Spirit; but we do feel joy and we do rejoice in what you are being allowed to experience upon the Earth at this time. Accept this as a gift, for indeed you are being blessed and you are being gifted by our Creator.

At this time allow JEY to say further that as you look forward to continued life upon the Earth Plane, allow your Spirit Within you, each day, to become the guiding force in your life. It is important that you allow that to be so. Do not be discouraged if you have a day in your life in which your physical body does now feel that it is as healthy as it should be; but work toward regaining that health. Work toward doing those things that you need to do to be strengthened in body and in the mental aspect of your body. Do NOT be fearful; but know that you have the mental ability to accept whatever help is necessary for you as a mental and physical being in order for your body to be strengthened. You are aware of those things that are necessary for you to maintain a healthy body. It is important that you seek for that, that you allow your body to know the peace that it needs each day, to know the nutrition that it needs each day, the nourishment that it needs. And you know that you need to take time to allow that body to receive the additional rest that it needs. We who are in Spirit look back now and think that indeed we had the idea as a physical body that we were so strong that nothing could affect us in body. We could indeed go on for eternity...we thought...in that body because it was young and at one time was full of strength and was full of ambition, and full of need to do and to know. But now we are aware, after having experienced many lifetimes in body, we are aware that indeed the body is weak, indeed it does need the rest, and it does need release from those things that do surround it daily in a time of work and stress.

And so JEY would come now admonishing you to take proper care of the physical body and the mental self of that body; and then ask for the help that you need in the strengthening of your Spirit each day and allow that strong Spirit Within you to become a guiding force for your life that day. It can occur. It will occur.

And now JEY would simply pronounce for you who are here at this time this blessing. Open your hearts and minds and accept the blessing that can be given to you.

This one who is known to those who are OMEGA as JEY comes as a Spirit of our Creator and asks that our Creator would pronounce for you and give to you each who are here, and to each one who is OMEGA, a blessing that will create a deeper understanding of your purpose upon the Earth as Spirit, and a deeper strengthening of that Spirit...and also a strengthening of your physical body and your mental self, that you may be able to fulfill all that is necessary for you upon the Earth at this time.

JEY can tell you that you need have no fears. This is understood by those of us in the Spirit Realm. And if you should feel fearful, simply allow your Spirit to come to you AS A SPIRIT, as you have a quiet time in your life and guide you through a time in your life upon the Earth that you may find to be of great disturbance. Your Spirit has the ability to help you through whatever may come and occur in your life. Just keep in mind that that your physical body is not here for all Eternity. Yes, it must at some time take leave ....your Spirit must take leave of the body....but first you have a responsibility upon the Earth. You have something that you must fulfill upon the Earth and that is to BE. But it is important for you to recognize that your physical self, your mental self must be strengthened, even as your Spirit is being strengthened. JEY would

ask you now to remain in a time of meditation and to go now with much Love and much Peace in your heart. JEY will remain in your midst but will take leave of using the voice that has brought you this message. Go now in Love. AMEN