

JEY – December 28, 2000

JEY is here, and JEY comes now to talk with those of you who are in this group, with the knowledge that you have indeed received that which is Truth in the reading of the material that was given to you at this time. (We had read and reviewed a message dated November 5, 1955)

JEY is aware that there is much with regard to Truth which is often difficult for you to understand; but be aware that your Spirit Within you will guide you with regard to what you must understand and what you are to be willing to understand. It is not that which is often troubling to you that is as important as that which brings you joy and peace. And so JEY would simply ask that you open your heart and your mind, listen to those things that are given to you, and then allow your Spirit to guide you in what you will accept easily and readily. It is not that which JEY would wish you to receive at all times, but that which your Spirit is willing to receive. That is what is important to you.

It is now the joy of JEY to welcome each of you again to this which is the meeting of those of you known as OMEGA. JEY has indeed been in a time of working silently with each of you who are here at this time, and will continue to do so. But know there is much joy, much peace in meeting together and sharing your own thoughts with others in the group. You take from that which you talk about within the group and you add it to your store of Truth and Knowledge that you have within your very being. As you have met here at this time, you have been able to discuss much of importance to you; and so it is that each of you help another within the Group in that which is your thinking, and it is important that you meet and have this time of discussion of the difficulties that you have within your own lives or in other lives that are near and dear to you upon the Earth.

And so at this time JEY comes to discuss that which has been much discussed during this time of meeting.

As you are aware, those of you who are Spirit-in-Body have seen many during your lifetime who have aged and who have lived out their days upon the Earth.... often in times of illness, in times of pain, or in times of not being aware of their own time of living upon the Earth....in other words, they have lived out their time of upon the Earth without being aware that the end of this lifetime is coming. And so it is that JEY would address this topic at this time.

There appears that in the process of the body aging, the mental aspects of the body do tend to deteriorate as well as the physical aspects. And in so doing the mental aspect lacks the ability to make the decisions of the physical aspects of the body that would help it live at the same level that it has lived during its lifetime upon the Earth. At the time when the mental aspect no longer can make the decisions for life upon the Earth as it has lived every day, know that there is a time when those who make decisions for that life upon the Earth must come to a conclusion as to what is best for that life upon the Earth. Many wish to hold on to that personality that has been inherent in that body upon the Earth; but know that when that personality is no longer there and when the mental ability of that individual no longer is able to be used to pursue the aspect of life that has been known to it, and which it would desire to be able to know yet, it is then time for decisions to be made about the individual so involved and those who care about and for the individual who is so involved. It is important that you begin a process of letting go of that personality, of letting go of that individual as it exists at this time. It is no longer living in a time of its choice. It has come to an "end of the road" so to speak, as you would understand it....where an individual no longer has control of life upon the Earth as they have known it. It is now time for one to begin to suggest to that individual that it is of their choosing now, if they wish to return to the Spirit Realm, to allow their Spirit to be free of the physical body which encases the Spirit. It is not the choice of that one to physically end the life of that body, but it is the choice of that one to be able to make a decision to say to that Spirit Within "It is now alright for me to see this time

upon the Earth end as a Spirit in Body, and therefore I free my Spirit Within me to return to the Spirit Realm."

We are aware that as you live as Spirit-in-Body, you become so attached to the physical aspect of self. You become attached to that body. It is important to you that you become an aspect of that body, the personality of the body. It is the body that is known to others upon the Earth Plane as the one who is YOU which survives upon the Earth as a name given to that body. But it is when you are aware that the Spirit

Within is the reality of you that you can look at that body from a different viewpoint. You know that it is no longer the reality of you; you know that it has been used to house you and to serve the Spirit Within you throughout this lifetime upon the Earth. It has provided for you the experiences that have enlivened the life that you have had. You have been able to help your Spirit Within you to have the experiences that were needed upon the Earth. And so there comes a time who love others must be willing to allow those others to go if it is their will to do so. And so the Spirit Within you then can become the controlling factor. The Spirit Within each one can become the controlling factor when it is given the permission to do that. Know that your Spirit has come to this Earth as that which is the Spirit of the Creator and has had the choice, the free will, to do and become a part of the life upon the Earth that it has enjoyed. But now it sometimes needs to be given the permission to again return to the Spirit Realm. And you who here as Spirit-in-Body and who understand this can help others to understand as well. And so this one comes now to encourage each of you who are faced with this problem in your family or extended family....it is now time for you to be willing to simply be in prayer, to attempt to access that Spirit which is within those you love, and say "It is now time for me to give you permission to move on and return to the Spirit Realm." You will find that the individual who houses that Spirit will become at peace and will be able then to accept that "Yes, the time has come and now I as a physical being do allow the Reality of Me to return once again to the home that I knew before I came to Earth."

JEY would encourage each of you to simply prepare yourselves for that which is to come in the future, as your body ages and begins then to what you might call "gear down" to that which would be an ending of your life. There are those in your prayers at this time who are having to deal with the ending of a young life and know that life has ended. (Charlotte had received a telephone call during the meeting about a teenager who had died in an auto wreck.) Know there is much sorrow within the family that she knew. But know, too, that her Spirit has fulfilled a purpose upon the Earth and the Spirit has returned to the Spirit Realm, needing your prayers to help it adjust....but also giving praise that once again the Spirit has been able to return to that from whence it came.

You are not alone upon the Earth in having to deal with so many things that you have found not to your liking to have to deal with. You are not alone in this, for everyone who has ever lived as Spirit-in-Body has had to deal with such. You have lived many times before as Spirit-in-Body. You will live again as Spirit-in-Body. And throughout all of these lifetimes you have had to deal with issues that have required decisions on your part. Yet, you have been able to choose, you have been able to use your free will to do so, and you will continue to do so.

We who are in the Spirit Realm do share with you that which is the opportunity to help those who are in need upon the Earth at this time, and we share with you the obligation which is necessary for us to share with those who are in need upon the Earth. As you do so, simply ask for the help and the guidance that you need at all times when it is necessary for you to make these decisions which have been suggested.

Know that JEY has been in your midst, and has been able to bring to you much Love and will continue in your lives upon the Earth Plane. And so as JEY leaves your midst at this time, know that JEY does go in Love and does tell you that as you accept the Love of the Creator, the Unconditional Love of the Creator, you will feel that Peace that can come to you. As often as JEY has said "Go in Love and Be at Peace," JEY once again admonishes you to do so, for it is through

that Peace and that Love that you will find the Joy upon the Earth that you seek for and that you can experience. Be at Peace, Go now in Love. AMEN.