

February 09, 2002

JEY is here and has indeed been in your midst during this time of meeting. You have been much concerned about all that is occurring upon the Earth; but let JEY say this. Those of you who are known upon the Earth Plane as OMEGA are indeed blessed in that you have the ability to look at those things that are occurring upon the Earth in a much different way than others would see them at this time. You are aware of your purpose here upon the Earth. Many who are living as Spirit-in-Body have not sought to know their purpose; and yet those of you who live as Spirit-in-Body and as OMEGA upon the Earth still have many questions and you have discussed many of those questions during this time of meeting.

Allow this to be said, and may you know within your own heart that this one who is JEY does come in the will of the Creator and does come to give you Truth. JEY has an opportunity always to be in your midst; but as has been said in the past, JEY does indeed have added responsibilities within the Spirit Realm. And so it is that when JEY comes to communicate with you, it is because there is something of importance to be said to you and to allow others who are OMEGA to know. JEY would ask that you be willing to accept what is to follow at this time.

As you are aware, there are at this time many who are seeking after other than what they have known upon the Earth with regard to life not only upon the Earth but life which will follow after a sojourn upon the Earth. Those of you who are OMEGA are well aware of that which is to come. You are aware that the Spirit Within your own body will indeed go forth to the Spirit Realm and will indeed be involved in much that is occurring within the Spirit Realm at all times. We who come to you as Spirit come to urge you, however, not to be concerned so much about what is to occur in the Spirit Realm but rather to spend your time in dealing with those things that are occurring upon the Earth Plane and what you can do to help others upon the Earth Plane at this time.

Many of you look upon this life so often as that which is just a 'jumping off' period for return to the Spirit Realm. Such is not the case. You came to Earth as Spirit to inhabit the body which is known as YOU at this time. That body has a responsibility to your Spirit, for indeed you have chosen to live in that body and therefore you chose it as that which would be important to you and which would serve your Spirit. And so your body does have a responsibility to the Spirit. Your way of thinking has a responsibility to the Spirit Within you. And know that as you then seek to have those things within your grasp that will help you in your Spiritual Journey, you must understand that your journey cannot be completed unless you allow your body to be of strength and of determination for that Spirit. And so each of you who are here and all of you who are known upon the Earth Plane as OMEGA must give special attention to the body at this time. This does not mean that you must spend full time in adhering to those things that will give you a strong body or a beautiful body; but what JEY is saying is that the body is important to the Spirit, and you must allow it to be so.

Among those things that have been discussed has been a livelihood for the body; in other words, what can you do to help your body remain well and strong. And you have talked about those things which you ingest into the body. Know that everything that you do indeed put into the body will have an effect upon the body. Therefore, you look for those things that will be of a healthful intent for your body...that which will bring it strength and good health upon the Earth.

We who are in Spirit can now look upon you and say that each of you have an opportunity to be a healthful body upon the Earth. You do not need to partake of those things that will not provide added energy and nutrition which you need upon the Earth. And this is true for all who are known as human upon the Earth who have a physical body that they must care for.

We are aware of that which is also known to you as the work which you must do upon the Earth. There is a time when all mankind, however, in addition to the duties that they have on Earth, must take time for rest of the body. Know that work is not everything that is important for

you upon the Earth. YES, you are here to love and serve your fellow man; but there is a time when your body requires a rebuilding of the energy within it, and so it is important that you let your body have the needed rest. There will be times during your waking hours when you will be able to conclude all that is necessary for you to do each day upon the Earth. You must understand that you are not here simply to save the Earth alone. There are many upon the Earth who are working not only for mankind but also for the Earth upon which you live. And so you do what is within your grasp to do each day with regard to the saving of the Earth upon which you live. You do what you can within your grasp to help mankind upon the Earth. And then you spend the time that is necessary for your Spiritual Journey upon the Earth, asking that you will be given the energy and the knowledge to continue in a Journey that you have chosen to undertake.

We who are in Spirit are well aware of all of this which has been said to you, for we indeed have lived as Spirit-in-Body and have made our mistakes as Spirit-in-Body, and we know about those mistakes when we returned to Spirit. But this one who comes to you as Gatekeeper for OMEGA can attempt to assist you in so providing time for your self and your body upon the Earth that you will not make all the mistakes that were made by those of us who are now in Spirit and enabled to see beyond that which you can see. We simply urge you to give your body the nutrition that is needed, to give your body the rest that is needed, and then to take that energy that is produced by the nutrition that is given to your body and use that energy for the good of mankind and for the journey that you have undertaken.

You have the ability to do so. Each of you who are OMEGA need to take this information to heart and use it because it has come to you in Love and as Truth. We would not invite you simply to do something because we who are in Spirit can see that which is best for you; but we ask you simply to consider that your body is a living type of organism that does need the energy that you can give it through nutrition and through rest. And so JEY would ask you to consider this, for indeed it becomes more important each day of your life. It is well known in the Spirit Realm that each day that you live does indeed cause your body in which the Spirit resides to age; and yet, there are those upon the Earth Plane who seem to be ageless. In other words, they have been able to give their body that which is needed; and each of you have the opportunity to do this in order that your body may be able to live during a long period of time upon the Earth. The body was not made to live forever. It was to last you only in so long as necessary for you to come to Earth and fulfill your purpose. You who are OMEGA are still fulfilling your purpose. You need to allow your body to continue to live in good health; and know that as you allow it to do so, you then will be able to fulfill all that is necessary for you upon the Earth.

It does sound as though JEY has come now simply to give you a sermon. As JEY has said in the past, that is not that which JEY wishes to do! But JEY has come to encourage you to do that which is necessary for you.

You have also been in discussion about many of those things which you believe or which have been taught to you down through the time of your days of life. Know that you need not be overly concerned with such things. What you are here for is simply to create new things that you must do with this life upon Earth. You have been in lives in body many times upon the Earth. You have dealt with many religions. You have dealt with many avenues of belief. And yet you have managed to come to Earth again and are now living in a time of again serving the Creator of All Things upon the Earth. Be not overly concerned with what you have been taught to believe or what you have accepted to believe. What you are about at this time is simply to recognize the Creator of All Things, and to give thanks and praise to that Creator. And then also to accept that You, Your Spirit, the Reality of You, is a creation of the Eternal Spirit, the Creator. You must know that this is what is important for you to understand....that you are here for a purpose, that there is a Creator of All Things, and that you are here to seek after the will of the Creator in this life. You are here to help others to understand their relationship to the Creator. And as you do that, seek not to 'preach' to others that they must believe one thing or the other; but simply allow them to understand that they are here, they are OF the Creator, and they do have a purpose upon

the Earth. And it is for them and their relationship to the Creator, and seeking after the knowledge that the Creator can give to them, and that they understand that relationship and their purpose upon the Earth as you are here as a teacher, but **you are not here to force! You are here to present and not to force your belief upon others.**

And so with this in mind, JEY would ask you simply to understand more fully your purpose as it has been told to you....your relationship to the Creator of all Things; and understand those of us in Spirit who come to communicate with you and to help you to keep your purpose and the Journey which you are taking. Know that we have come to you in all Truth, in all Love, and in the Will of the Creator. You are Special, as we have told you many times before. Do not doubt this. Know that we have come with Truth, and we who come to you and assert that we are in the will of the Creator can do no other than to be here and to guide you and to give you information that is Truth. We would not attempt to do other than what is the will of our Creator for we who are in Spirit and for you who are Spirit-in-Body.

JEY comes at this time now simply to ask you to leave here with a renewed purpose, renewed strength, renewed information and determination to keep your body in strength, in order that the Spirit that resides within it may indeed go forth and do those things that have been ordained for it to do from All Time and Eternity. We would ask you to be at Peace and know that you are in the will of the Creator, and that we who come to you come in the will of the Creator. Go now in Love and know that Peace will surround you in your life ahead. AMEN.

(Note that JEY admonished us not to 'preach' to others. According to a dictionary, one of the definitions of 'preach' is "to discourse at length and in a tiresome manner." Perhaps this is what JEY referred to!)