

THOUGHTS ABOUT FAITH FOR THE NEW YEAR: FROM QUADO

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[This is a few years old but the message is as relevant as ever!! JG]

This will, of course, be a process throughout the New Year, but I wish for you to give yourself an extra boost with the beginning of the year. There is much to be done and you need to be prepared for the changes in your lives.

And so, today, I wish for you to contemplate faith, what it really means and the joy and relief that it can bring to your life. Yes, relief, for you are torturing yourself with worry. You are worried about this and worried about that, striving all of the time to bring safety and security into your life, trying to reach some place where you can say, all right, now I know I'll be all right, now I can rest. But there is no such place to be reached without faith.

Without faith, anything can happen. All that you have stockpiled can be swept away. Everything that you have tried so hard to control can turn to chaos. There is no safety and security of the kind you are trying to create. And even if you do manage to stockpile enough money and build a wall of some sort around yourself, you are still who you are behind that wall, and if you have spent a lifetime of fear, worry and anxiety, afraid you will lose something and find yourself exposed to life, then this will continue to be your mindset no matter how much you have around you.

For if you were to stop and think about it, you would see that you really do have the means to survive right now. How much more is needed before you relax? At what point could you ever say, I am safe? Without faith, that point is never truly reached.

And yet, with faith, you can stop and relax right now. If you would just allow yourself to see what is surrounding you, the powers that are there to help you, you could relax and realize that you are surrounded by help even now. You are surrounded by power. And all of this power, all of this help, is mobilized by you, by your intentions and your centered action, by your calm and relaxing thoughts which are focused on doing what you are meant to do, what you are here to do. Whenever you relax and do what your heart of rightness tells you to do, you are your fullest expression of yourself, and the entire universe mobilizes forces to help you, to work with you, to move the earth and the skies in the direction you are going.

We do need to pause in this message for a moment, however, and consider the things which have happened in Asia. We need to address this, for many of you are wondering how all of this can be true, how there is safety and security in faith, when there can be such devastation upon people, all of which seemed to come from nowhere and have no purpose.

So let us pause and consider faith in the light of the tidal wave and earthquake, and what has happened there.

First, consider the obvious. That nothing that any of these people had done in order to build security and safety was enough to withstand a tidal wave. And you might also say, no amount of faith could withstand it either.

You must consider this: that death is not a punishment and not an end. And the loss of property is not an end either. Things happen. The earth shakes and moves and what we call a tragedy is if there happen to be people who have chosen to live where the tidal waves cross the earth. These are natural events, not punishments visited from on high, not lessons being taught to people. They are natural events which have always been on the earth and will always be. People are born and people die. That is the way. The earth moves and shakes in her lifetime. That is the way of it.

There were, of course, many little miracles, people who survived against all odds. And there were also many instances of death, death which made no apparent sense. But death does not make sense in the way you like to think of it. All who are born here on earth will die. That is the natural way. It is not a punishment. It is not even an end. All of the lives which were ended here by the tidal wave are continuing in the spiritual dimension. Nothing is lost; nothing is ended. And although it is very sad for the people who are left here, the people who have lost friends and relatives, they too will die when it is their time. They will die as you will die, returning to yourself in spiritual form only, fully expressed in that way, later to return to another earthly expression if you so choose.

And where does faith reside in all of this? Faith does not prevent you from dying. Faith lets you understand death and put it into the larger perspective. Faith lets you see that death is not an end to life. Death is a transition out of this life here on earth, a return to yourself in spiritual form. Death is a transition and a continuance, for nothing ends. And faith will help you to understand this. Faith will help you to embrace life as it comes, with its tidal waves, with its perfect days, with death, with illness and with new birth and glowing, vibrant health. All of this is life. And faith will help you to embrace life in its totality, even when Mother Earth shakes and rattles and throws the seas about. Even then, faith can help you to pick up and move on to the next moment, the next experience.

If you do not have faith, you are always plagued by the question 'Why'. And this question will never be answered. This question is answered only by faith. There is no answer which you will receive which will satisfy you, and so why torture yourself with this question? The answer is simply that you are, that life is. The answer is to go deeply into what is, understanding it in an intuitive way, just through feeling and oneness and connection, and then allow it to be. Reach deeply into your faith, which is really just the deep knowing of your connection to All That Is, your deep understanding that you are one with all that is. And here, within this feeling of oneness, within this connection with all that is, here within this, faith is the answer.

Faith demands of you that you act out of a feeling of rightness, not from a map drawn for you of the future. The future will not be revealed to you, except in occasional flashes and an opening through which you are to walk. The future will unfold before you just as you take the step which your heart tells you to take. Just as you are lifting your foot out of faith, you may have a sense that yes, this is the right direction to head. And this feeling, this feeling of being in the flow, is a great gift. But if you feel this certainty or not, do not expect it all to be revealed to you.

By definition, faith asks that you not know, that you learn to live in uncertainty, that you learn to trust your own heart of rightness. Faith asks you to trust yourself and know that when you do, when you reach down into the deepest part of yourself and feel your connection to the oneness, to the all that is, if you will but follow that,

follow the guidance which is within you, then you will walk in the direction you are meant to walk.

Just accept this. Just accept that there is a best path for you to walk, out of the many which lie before you. Accept that there is one best choice you might make today, right now, out of the many which lie before you. Accept that there is one best thing you might do, one action which will be best right now, in this moment. And know that you can reach this guidance by going deeply within, breathing deeply and setting fear and doubt aside, believing in your own ability to reach the truth.

This is the way I wish for you to learn to live in the New Year. Set aside your fear. Set aside your doubt. Set aside your need to understand why. Set aside your wondering and worrying. Just be. Trust that if you reach deeply inside, you will find the guidance you need, for every little decision, for every minute choice.

And so, this week, build up your faith, your belief in yourself that you can do this and your belief that there is a oneness and a connection which holds the answers, the small ones as well as the large. Believe this and begin to walk in faith. Begin to act in faith.

Today, begin this exploration. When you find yourself worrying and wondering what you should do, hand it over. Stop the worrying. Stop trying to make life into a problem which you need to solve. Instead, become calm and breathe down into the oneness. And there, in the place where fear and doubt cannot reach you, simply ask: what shall I do about this? And the guidance will be there. Learn to do this over and over, every minute of every day, whenever you would normally use your mind. Instead, learn to tap into the great source of wisdom and use your heart and your faith.

And as for the frightening world outside, the tsunamis, the people who seem threatening, let it be. Just let it be. Do what you can do, do what feels right to do, but then just let it be. You cannot control life. All you can do is dip down into now, this moment and see what it is you should do, what the best thing is for you to do with things just as they are. And you will find an answer there, within each moment, an answer which leads you to the best and highest expression of yourself, in whatever circumstances you find yourself.

For your role here is not to try to control the circumstances of your life. Your role is to be the greatest and highest expression of yourself, no matter what is happening around you. (Emphasis added - JG) And when your time here is ended, then you will be that expression fully and completely in spirit form, until you choose to return and express yourself again in human form. And the cycle continues, going higher and higher, lifting you up with each iteration.

And we need not ask ‘why’. We need only ask ‘what’: What is the best possible thing for me to do right now, in this moment, with things exactly as they are? What is the best possible expression of my highest self, right now? Ask this every moment and you will do well.