

# A CALL FOR HEALING AND PEACE

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**B**efore reading this article, please take several deep breaths, breathing slowly in and slowly out. Then center yourself, drawing unto yourself the attitude that you are in the very presence of God. Sit relaxed for a moment and then read the following invocation silently or aloud:

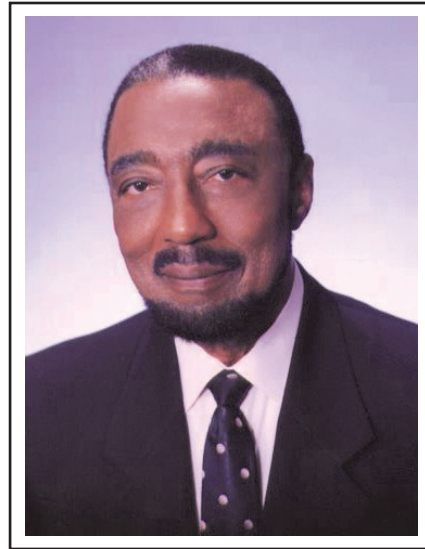
God of our Hearts, as students of Thy divine and mystical laws, quiet the sounds of fear, grief, sorrow, depression, hate, revenge, and anxiety which come to our hearts and our minds, and to our eyes and our ears.

Raise our consciousness above these clouds—higher, higher, still higher, until we are once again within Thy Light. For Thy Light is Intelligence, so full of constructive purpose and understanding. While within this Light infuse our being with Thy meaning, love, wisdom, and understanding, that we may transmit these by means of spiritual service into the hearts and minds of all humankind . . . to all of Life. Have us know that within our being are Your Peace and Your Power, Your Love, and Your Understanding.

So Mote It Be!

In trying to communicate to you the message within my consciousness, my desire is that you sense and feel the invisible divine or spiritual energy that flows through the written or spoken word, and which flows through these words that you are now reading.

In these times, marked by disturbances, confusion, agitation, and



violent disorders among many people and nations, which our consciousness is now experiencing, I want to make one thing perfectly clear: The state of humanity is sound and humankind is rapidly awakening. And although there is much that needs to be changed and much more work yet to do, all pessimism regarding the planet's future must be stopped and transmuted by means of light and understanding.

We read and listen to the news that continuously reports destructive acts of nature and humankind's violence, crimes, and abuses. Every day we see and hear of acts of terrorism and atrocities. These deeds are brought selectively and intentionally to our consciousness through the news media and other venues, including the Internet. We must

make discriminating choices in regards to what we see, what we listen to, and what we feel. We must become resolute and begin to use the higher aspects of our being and consciousness in making these choices and in perceiving their effects upon us.

Right perception of what we hear and see is of extreme importance. If our perception is faulty, our thoughts, feelings, and actions will also be faulty. Right thoughts, beliefs, and actions always follow right perception. We must seek cosmic understanding of the experiences and happenings of our times. We need to become aware of and seek guidance from our spiritual self. Our spiritual eyes and ears must hear and see for us. We must request these inner faculties to see and hear as God sees and hears. There is little doubt that these need to be developed. Before we can truly see, our human eyes must become incapable of indiscriminate tears, and before we can truly hear, our human ears must lose their arbitrary sensitivity.

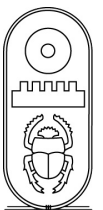
How do we obtain this capability? You may state that, indeed, you truly desire to see; however, you want to maintain your tears. You desire to hear and perceive correctly, but you do not wish to lose your sensitivity. With the addiction to such desires, you are proclaiming a longing to see and to hear only with your mortal, human, fallible, and transient faculties. If so, you continue to permit the small self to see for you and cause you to shed tears of illusion for what it sees. At every turn, the small self (the false self) will bring to your attention each and every detail, impressions, bits and pieces that destabilize your emotional body. This instability causes you to weep, wail, and fret, producing disharmony and imbalance of the body, mind, psychological and emotional being.

My plea is that you see with the faculties of your true self and nature— with the eyes of your higher spiritual self. Begin to hear with your inner ear and see with your inner eye. The all-knowing mind within sees beyond and through all appearances and illusions. Ask the indwelling soul and Master Within to stand guard and interpret for you whatever comes into your sight and hearing. Only then is the emotional system truly protected and stimulated by the soul alone.

The divine inner faculties see with an understanding that surpasses human knowledge. Its seeing and hearing are based upon realization of its oneness with God; its non-separation from God; its remembrance of centuries and lives past; and its knowing and loving the beautiful, good, and true in the eternal now and within the human future. They are designed to reveal the truth for you. The inner, infinite faculties are within you and are for you to use.

Develop a relationship with the true self. This requires your thoughts, visualizations, realizations, contemplation, commitment, and practice. As you develop a relationship with true self, learn its attributes and use them so that you can develop a relationship with God, the source of all wisdom.

Your human faculties will become useful instruments through which cosmic wisdom and love will flow. This self is as real and functional as your physical self. However, when we depend upon our fallible human brain, eyes, and ears to give us the complete and final answers, we are accepting the product of other fallible minds. In their jobs or avocations, fallible people are occupied with programming your mind, creating, selecting, and delivering a world for you



to see, hear, feel, and accept. From this subjective and limited selection of events delivered to your consciousness, you develop the idea of this limited world, and what is going on in it, as the true world. Accept this delivery and you will begin to think thoughts of the same quality as that limited world and, in so doing, you strengthen its manifestation. Be cautious of your perceptions, thoughts, beliefs, and feelings generated by the news presented for you to ingest. On a daily basis, send your creative thoughts of peace, love, harmony, and cosmic understanding into the real world, a world the masters work for and love.

How are you to become a free thinker and avoid this form of enslavement? By realizing and being aware at all times that you have choices: a choice to see and hear with the small mundane self, or to see and hear with the inner higher faculties and the Master Within. Seek to know and practice your true self.

Give birth (if I may use that analogy) to this soul expression, even though this process might seem painful and tedious to the physical self. Develop a relationship with it. Give up old patterns of thinking, believing, and speaking from the small ego self. From this inner divine birth grow cherished sons and daughters of God. This divine inner self radiates and proclaims through daily life its perfect image—the image of God.

Remember that you have complete freedom of choice. Pray affirmatively that everyone realizes this freedom of choice—realizes that God is around, through, and within you and others. With this realization, begin to practice good will and right relations in all that you do. Nothing is stronger than the spirit of humankind. The spirit of humankind shall evolve. Nothing can stop it. Pray that every heart and mind receives

strength, courage, and knowledge to continue to grow in the expression of God's attributes and will. Pray that we will not grow impatient, weary, or faint. We grow stronger and develop stamina in remembering who we truly are.

We evolve as a result of all tragic experiences. Seek to understand with the inner mind and the soul's purpose. Unite others with your outpouring of love. Be determined to learn, develop, and move forward at all costs. Abolish fear and guilt, for they have no place in your life now. Replace them with knowledge that you are watched over, guided, loved, and protected. Create this security daily and always remember that cosmic law gives your thoughts the right and power to manifest and create. Create this world for you and others. You will have new values and new standards of being, a new sense of security and safety. Your capacity to love and care will constantly increase. Do not let circumstances cause you to tire or to slide back into complacency and omission. Let them serve to strengthen your resolve. Seek to manifest this expansion and extension of consciousness in your daily life.

Reject all negative thoughts as not being a part of your true nature. Send an abundance of compassion, love, peace of mind, and strength to those who are suffering. Guide the souls in transition into the light. You do not have time to feel sorry for yourself or for others. You do not have time to fear. Send that which helps; send light and love. Remember to see yourself bathed in light and love. We must become active silent workers. A host of others are with you and will join you in such endeavors.

It is the attitude and quality of the expression of human free will that creates the world in which we live, experience, and realize. God has never

stopped loving humankind. Let us fight all battles by carrying the warrior within to the battlefield. With this inner warrior you fight with a spirit of love and service for the benefit of all relationships among humankind, for every nation, race, religion, and culture. God works in many ways, through many faiths, peoples, and religious agencies. Through all of these, God proclaims that there is unity and the Plan. May we seek and live that brotherhood, that unity. We must broaden our objective from that of a personal evolution to that of the evolution of all humanity, for all living beings.

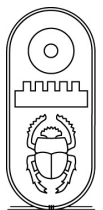
God has created laws by which the universe is governed. Humankind has continued to set these laws into creative motion through thoughts, prayers, motives, intentions, voices, and beliefs. These are the right tools. Use them always for the good. Humankind is responsible for creating the good, the beautiful, and the true, which we desire to experience. Humankind is also responsible for creating that which we do not desire to experience. We are co-creators with God. The quality of our thoughts, beliefs, and intentions will determine and manifest our world. There is work to do, and we who are on the path with knowledge of God's attributes and God's laws, and with love and goodwill in our hearts, will do that work.

It is sad to hear one say, "I am just one person; how can I make a difference?" You are not "just one person." You are inseparable from God and all fellow human beings. Your thoughts, prayers, motives, and intentions, when positive, have the potential of increasing a hundredfold, a thousandfold, for they attract constructive cosmic forces and are attracted by and drawn to the thoughts, prayers, and motives of others of like mind. These energies, by cosmic

law, will seek to manifest and become experienced realities. They will express through various forms, conditions, and experiences. This has been demonstrated by an outpouring of love through individuals, groups, places, and things during times of tragedy. Look for it and you will find it. Although this outpouring of love, seen everywhere as a response to tragedy, may fade after a while, and the enthusiasm to help may seem to lessen, it is our responsibility to see that it does not. Do this with the creative power of prayers, thoughts, visualizations, beliefs, and feelings. These are the silent tools of power available to every student of mysticism. Enlightened people throughout the world also use these powerful tools. Do not grow weary or tire. Use them. Your higher self and the cosmic masters will aid you.

Love has the power to transmute hate, just as light has the power to dissipate darkness. You do not experience hate when love is flooding your mind. Unconditional love heals without going through all the lower emotions. If you are attached emotionally, permit the soul to flood you with its harmonizing love and peace.

This is a beautiful planet with beautiful, loving, and caring people. Proclaim this truth every day. Create this reality every day. Let this be your continuous and honest belief and thought. Continue saying and feeling this until sincerity kicks in and your soul joins with you. See what happens to you, to your environment, and your world. Refuse to carry the thought or belief that the world is dangerous or that God's people are evil. Your inner faculties and wisdom will tell you differently and will urge you to claim your cosmic heritage and power. Learn how to create as God creates.





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All of God's creations are good. Our intention is to create that which we desire God to manifest. You are created in God's image, with God's attributes. Let your inner faculties convince you that you are one with the souls of your fellow human beings throughout the world. Your true self is not influenced by appearances of cultures, races, or religions. These are limitations, illusions, and incomplete perceptions from the material self. You are a citizen of the spiritual universe.

Take full advantage of your citizenship. Appearances do not change the indwelling soul's unconditional love and sense of oneness.

At this time, Beloved, you are ready, with all humility, to sacrifice the lower self. Let it go and let the real self— God, the Master Within—be in charge of your life and all of your affairs. We have work to do! Let go of the fallible human will and invite cosmic will to express itself

through you . . . as you. Let us redirect our intentions and our desires. Know that we are able to love God and others unconditionally. We are able to let God's wisdom, courage, strength, knowledge, love, light, and intelligence express themselves in, through, and about our being, and through all of our affairs and experiences. Let us elevate and expand our service to humanity. In so doing we will begin to express every attribute of God that we can express and should express in fulfilling the purpose of life—ever conforming to cosmic will and cosmic law. We will feel happy, safe, and secure in body, mind, and spirit. We will enjoy a sense of fulfillment. From this day forward let us desire this for ourselves, our fellow students on the path, our loved ones, and for all humanity.

Let's Apply What We've Learned . . .

Exercise To Promote Healing and Peace:

Choose a time to perform and complete this exercise when you will not be disturbed. Read through it at least three times before performing it.

The human attributes of imagination and visualization, when properly used, can serve to regenerate our physical, emotional, mental, psychological, and spiritual nature. At this time we will use these attributes and let them lead us to purify and heal ourselves, thereby preparing us for higher cosmic service and reintegration with the One.

(If you have meditation music, you may play it at this time.)

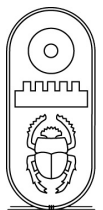
Please sit relaxed in your seat and close your eyes. Gently ask the mind to relax your body and still your mind. Now begin to breathe slowly and deeply according to your own rhythm. Listen to the sweet vibrations of the music. Listen with the ear of the mind as if it were

located in the center of your head.

With your mind, center your attention in the area of your chest and send your consciousness around the chest three times in a counterclockwise motion. Bring this motion to a stop in the front of the chest. Continue to breathe slowly and deeply, permitting your consciousness to enter into the very center of your chest. See it shining in your chest as a beautiful white light—bathing your heart and all your organs and centers within its radius. See this and feel this. Imagine and feel your lungs gently expanding and contracting as they too are bathed by the white light—a light so very full of love. The lungs bring into your body the sweet and holy air that is the divine breath of God and the breath that makes you a living soul.

Continue to breathe deeply as you permit your consciousness to flow to the area of your head, and there send it gently around the head three times in a counterclockwise motion. Slowly bring this motion to a stop, and gently let your consciousness flow to the very center of your head, and let it rest there. If you are playing music, listen to the sweet vibrations of the music. Listen with the ear of the mind as if it were located in the center of your head. Relax and let the music flow to you and bathe your being with its celestial loveliness. Continue to breathe slowly and deeply as you imagine that you are walking in nature. The sky is a beautiful shade of blue. The sun is shining so pleasantly above and gently touches your whole being.

As you walk through a beautiful meadow of green grass and colorful flowers, you approach a beautiful and gentle waterfall that descends gracefully from the top of a small mountain. As you approach the waterfall, you notice that it cascades into a small shallow circular



pool before it continues flowing into a pristine stream through the meadow. As you view this scene, begin walking ceremoniously toward the waterfall and step into the shallow pool. Sense the soothing effects of the water upon your feet.

Walk further into the pool, lift your head back and walk under the gentle waterfall, permitting the pure water to bathe your face and head. Feel the wetness of the water. Sense and feel your head bathed by the refreshing stream. Feel the energies of the waters pass through your whole body, cleansing you of all impurities. Feel the refreshing water pass through your head and entire body, washing away all tensions, fears, and anxieties. See this and feel this.

As the sun shines brilliantly above, sending its rays of pure white light through the water and through your being, you are now being bathed by the cosmic water of light that purifies, refreshes, and regenerates your whole being. See and feel the lighted waters flowing through your internal organs, removing all fear, doubt, anxieties, and impurities from your mind and body, and from your emotional and psychological being.

Continue breathing slowly and deeply. As you exhale, let your inner consciousness rise within you and permit it to flow up into the heavens, shining as a beautiful and loving white light.

Relax and let it flow higher and higher on its own accord, all the time shining ever more white and more bright. As your consciousness flows higher, you will notice that all your earthly worries, burdens, and fears disappear. The lighted waters of compassion have transmuted them. You are refreshed, harmonious, secure, and at peace. Relax and receive God's profound love and inner peace.

Now, in your heavenly position surrounded by God's Light and Love, realize your desire to serve humanity. You begin sending your light and love down to the earth plane. Send radiant vibrations of love, compassion, and understanding to all of humanity. You are receiving an inexhaustible cosmic source of light and love. Send both into the hearts and minds of all humankind and to all living beings – healing, blessing, strengthening, and awakening – all according to cosmic law, all according to God's will.

Perform this work for a few moments, then slowly and deliberately take five deep breaths, and as you do so, descend back to the earth plane. Feel yourself in your seat, your feet upon the floor. After your return to the earth plane, become aware of your physical surroundings. Take five more deep breaths. After the fifth breath, open your eyes, feeling refreshed and fully awake. Sit motionless with your eyes still open. Relax for a few moments, then rise and go about your regular activities.

