

# Central Ideals 3

## Miscellaneous Attunements

*These are a variety of attunements done in the first half of 2014 that deal with an isolated subject that might be considered to be central ideals for anyone on the path of awakening. These were originally posted to the website [journeysintolight.org](http://journeysintolight.org) and are presented here for ease of reading and consideration. As always, you are encouraged to consider them for yourself and take your own journey into the Truth.*

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### **All of life is regulated**

Jan. 3, 2014

JANU: I am Janu speaking, researching then this morning an avenue of discovery best described as the regulatory quality of life. Now, what is meant by this?

Life regulates itself, even though it encourages diversity, creativity. “And how is this accomplished?” you ask. By constantly comparing its potential with the disciplines of the past and the processes of the present. Now, the range of these is virtually unlimited but they are one and the oneness is the source of this regulation, you see. For life is not designed to annihilate itself, to end its expansion, diversity, and richness. Its purpose does not include this. Therefore, the oneness realized in the Now of life ensures that all diversity, all expression, all creativity serves life. Even the human experience can benefit from this perspective upon examination of one’s own journey in life, the past, the present, and the future—which is your potential.

Now, there are aberrations or destructive decisions and tendencies that seem to impede the flow of life in one’s experience. And the regulatory element of life we are here discussing prevents the elimination or annihilation of life, only to continue, make new decisions, gain wisdom from previous decisions, and move on. So, despair not that the seeming course of your life is the end of anything except the results of choices that block your flow and revelation. Be at peace with the reality that life is, and nothing is more purposeful, self-fulfilling, and ongoing. Expand your identity to include more than the physical journey, you see, but the eternal journey of your own True Nature, consciousness, and life reality.

Life is regulated by itself, and everyone and everything is part of that.

### **Emotional victories and emotional morass**

Jan. 19, 2014

JANU: What is there to see of life entanglements and engagements? It proceeds along these lines, our brother, of emotional victories and emotional morass. The emotional body, in the human experience, is a vehicle of energy transfer among situations, circumstances, and realities. The victorious moments are happy outcomes, due to a variety of reasons: being in the flow of life and the natural order of awakening lifting the spirits, building confidence and the enthusiasm to continue.

The morass, on the other hand, is the result of confusion, energies moving in different directions at the same time without organization or flow or mutual configurations. The morass deepens as the disorganization continues, leading to depression, clinically speaking. Redirecting these conflicting energies is the solution, and this is accomplished by one moment of insight in the direction of the beauty of life.

Sympathy is not the key here, from another. It just supports and agrees with the depression. Returning then to self-worth begins the change, reflecting someone’s worth to them and that they have value to others, just by existing.

Now, this must be real in the emotions and the mind of the one who encourages, for if it’s not real, the other will know it, you see. Develop this ability by seeing the worth of others, not so much by their actions or their words, but through their existence. Now, your purpose here is not to relieve depression. They will do that, once they see purpose in their life and not necessarily linked to performance. Remember the phrase, our brother: “All life is of equal worth.” Own this understanding.

Someone in depression may seem subdued, and peaceful, and quiet. They are not. Their emotions and energies are in turmoil, without direction or coordination or harmony.

How many see their worth in the life by their skills, professions, intelligence, and actions? But behind all of this, where is the self-worth as a fundamental, a primary reality in their lives? Just as one does not need reasons to be happy, one does not need external reasons, to be of worth. Loving one's self puts confusion aright, and this is the path to loving others and life.

**The human trait of forgiveness** (Service)

Jan. 21, 2014 B

JANU: What we choose to serve this evening is the dominant trait of humanity: to forgive. This seems to fly in the face of military and political aggressions, crime in the cities, and corporate dealings. Forgiveness is a common trait among humans who live the simpler life, for they see the value in it where the others do not, as easily. Their motivation for forgiveness is based upon an understanding that they have needed forgiveness in their lives and with it comes the freedom to embrace and move on. The very young and the very old find this a more natural and easy tradition, for they are closer to their natural being, their True Nature.

Forgiveness then remains a function of life that restores and keeps the flow of life moving through and with the circumstances of life. This evening's service is to bring the light of this more into the consciousness of humanity as a strength to overcome many obstacles in life. As humanity awakens to the truth of their relationships, conflicts, destructions, frustrations, and ill-will, a better way will be revealed of making choices with commitment. This we serve, our brother. Namaste.

**Finding truth through your beliefs** (Service)

Jan. 27, 2014 B

JANU: May we commence this evening pursuant to the beliefs many of the Earth hold dear, may we serve them as well. They each will find a growing understanding of life and of themselves in their pursuit. These fervently accepted beliefs are an opportunity for life to reveal to each one the truth of everything they believe. This unfolds differently for each person, for their beliefs vary. So a loving position to take is one of encouraging them to find the truth through whatever they believe in, what they pursue, what they hold dear. And, as with all things in life, everything is changing and on the move, and so are they. The manner in which this takes place, or unfolds, is not your concern. The nature of life is unlimited. See this occurring in each one, my brother, and love it into being. This is service. Remember this and ponder its meaning. Namaste, our brother.

**The Art of Communication: Reconnecting**

Jan. 30, 2014

JANU: For our journey into the art of communication, let us consider the demise of limitation through a perception of isolation from one part of life to another. Today's art of communication element or aspect is the sense of connection. For where is communication without this, our brother, the sense of being connected to anything of interest?

You ask, "How does one develop this sense of connection, enhance its reality, understand its nature?" It is begun by appreciation of the existence of your area of interest, acknowledging its life, and that it is life. Connecting also opens to the reality that any part of life has its counterpart in you, in your consciousness, in your True Nature. And, in time, realizing that connection benefits both of you, not just sentient beings but any part of life. So connection is not just giving information, or getting information. It is both.

Life evolves through connection with every part of its being. It is, in fact, our brother, one life. The sense of separation or individuality contributes to life exploring its elements, discovering its truth, becoming more conscious, filled with countless individualities with their integrities and potentials. Yet all of this, our brother, is still one life realizing its nature through its potential.

So the art of communication does include reconnection. And the motivation to reconnect is very subtle when consciousness is individualized. But it's there, and your True Nature is ever present, aware of this imperative to reconnect with life as a process unfolding. When speaking to another, where is the sense of connection? How intimate is this? And how much does it appreciate and begin to understand?

So allow your sense of connection to deepen and build an understanding of those elements of life that interest you. Namaste, our brother.

### **Describing life through its creations**

Feb. 3, 2014

JANU: I am welcoming you to this opportunity to explore the nature of life. May we see it in this way, our brother, that life is, and always was, and always will be. And the question is: What is life? How do you describe in words, then, that which is, always was, and always will be, and has no source, yet everything is created from? Even language cannot fully describe the reality.

So, let us explore the nature of life through its creations, which are beyond number. But each one, our brother, reveals the nature of life. So, if the creation is not eternal, the life that is expressing through it certainly is. When one describes a plumber, one describes what a plumber does, how a plumber thinks, how a plumber came to be, and the plumber's legacy in life. So, a plumber's life is described in this way. But what is the source of the plumber? What is its destiny, beyond plumbing? The destiny of the life that is the plumber is to continue on in new adventures, contributing to the adventures of others, that contribute to being and a never-ending expanding potential of life to create, realize, and create again.

So, in a larger fuller understanding, even the creations of life have only themselves as their source and the life that they are is without source. The beginning of understanding of this reality serves you by putting the life in perspective and adding depth to your awareness, your sense of oneness with everything. For everything has life in common, without beginning or end, and will always be.

There is no futility in any of this, for what other ship is there to sail on? And this is why existing at all enriches life. Life in motion is the key here to understand the merit of any endeavor, even the endeavors of understanding and philosophy and relationships, and yes, even all that love can be and is. Find peace in this, our brother, as a foundation for living. Understand what you may as you and life reveal yourselves to each other and you move towards being conscious of all of life. Namaste.

### **The nature of memories**

Feb. 17, 2014

JANU: A memory is a pocket of energy, a certain kind of energy with imprint or pattern, that pattern-matches with the mind in such a way as to bring meaning and review. The experience can incorporate any of the senses and some super-senses. Many so-called 'insights' are triggered memories, for much of the truths of life and their experiences are rich beyond current awareness, when the sum total of your experiences,

our brother, are not of this Earth. They are vaster than incarnate experiences and can trigger certain memories, retrieving them for illumination. Memories do not dissipate with time, so to speak. They can lie dormant for lifetimes. And, yes, it is possible to interface with the memory of another. Not to be altered but, in certain circumstances, quickened for the one who created that memory.

These memories are not stored in time/space. They are patterns of consciousness and, by way of this, the True Nature. Memories congregate, clusters of these, by common association, making it easier for one retrieval to quicken others of similar patterns. Much more efficient in life than scattered about, you see. Now, with training, one can find more unique patterns of memory, unlock what might seem obscure subjects.

A memory has many interesting characteristics. A memory can freely associate with others, contributing to the clustering, you see. The vitality of a memory is not subject to time/space. The patterns of a memory can be read by others and experienced by others. Once again, life serving life, oneness, interconnectedness, and mutual benefit. They do not have shape or color, as you may wonder, but they are energetic and can attach themselves to their creator. This is how some memories ‘haunt’ individuals, without relief. They can seem to have a life of their own, during their so-called journeys, but more than initiators of association, they respond to realities and the interests of consciousness.

Memories can be selectively isolated, for they can interfere with a current focus or endeavor. This is the choice of the individual, but they still exist, you see. They are your heritage. When we speak of the creation of life, they are an example of this, for the individual creates these and they are life.

### **The power of gratitude (Service)**

Feb. 24, 2014 B

JANU: The flow of life into each being’s consciousness is enhanced by the energetic power of gratitude. It opens the heart, opens the mind, opens the charkas, and opens the channel of light through the charkas. Now, some will say, “What is there to be grateful for?” not understanding that gratitude is not caused by anything. It’s a choice, a determination by the individual to experience this and communicate with life more openly, letting go of any need to justify gratitude.

It allows for spontaneous love, and joy, happiness, and peace, and the rejuvenating properties of the flow of life. It removes conditions, restrictions, limiting the perceptions, and strengthens the so-called fiber of your being. It reduces anomalies in the balance of systems throughout your vehicles. It allows release from the obsession of memories, of self-condemnation and the condemnation of others. And it is true that, whatever state you are in, you attract similar states in others and in the patterns of life and energy that are everywhere.

A loving gratitude attracts to you similar patterns of life, and what better service this evening than to support these conditions for humanity? These revelations have a home and, more and more, the home is the hearts of humanity, supported by a loving consciousness. Let us serve in this way this evening, our brother. Be a grateful inspiration for those you meet. Namaste.

## **Children and Parents**

Feb. 26, 2014

JANU: For this morning's journey, let us attune to a portion of the Light, which is the Truth of Life, dealing with children and parents and society. Few realize how significant the entrance of a child into a family is. This child's consciousness, although unused to communicating in your language, is still attuned to, awake to its True Nature and its experience before birth. Many profound understandings from direct experience inherent in these children.

Yet humanity, which has lost for the moment that attunement to their True Nature, does not perceive this. Yes, they find joy in the child's presence, not from its wisdom but from its promise and need for their caring. Still, many children are lost from parents consumed with their personal obsessions, the struggle to survive, and the frustration and anger of their circumstance in life, all of which is their choosing and making. Yet the child knows nothing but love for and patience with troubled parents.

Attuning to the consciousness of the child, the parents would gain much, including the needs of the child, its preferences or the kind of life it needs to fulfill its destiny, express its creativity, and, yes, serve the parents as a loving being fresh from a life that is free by comparison and attuned to the Truth of Life. Yes, we recognize that children enter this world with obsessions of their own, from the patterns created in previous existences. But with enlightened parents, the parents and the children can work through these into a more successful living.

The quest for the awakening of humanity includes the children as well. But they are, in fact, messengers of life not fully understood or appreciated. Even as humanity wastes the genius of so many sacrificed in wars and other ventures of crime, and power, government, and even the legal system. Awakening would change this, for humanity would begin to understand the futility of these endeavors and how they sabotage humanity's future and freedom. Children are exploited all over the world, in sweatshops, immoral trafficking, slavery, and abuse. The need for awakening is grand indeed and the children are a vehicle for this, if humanity would but realize.

Many would even ask the question to this proposition "Awakening to what?" having no idea, no vision. We continue to serve to inspire the consciences of humanity to see a glimpse of their possibilities and their potential and open their hearts and minds to a better life, including their children's.

## **Wellness (Service)**

Feb. 27, 2014 B

JANU: Reaching then into the opportunities of the moment, let us attune to the rich tapestry of life, of human history, and the activation of humanity's memories of perfect health and the natural and easy maintenance of such.

Surrounding these memories is a cloud of forgetfulness, leaving humanity to resolve the issues of well-being externally rather than from within their own consciousness and history. Illness, our brother, is caused externally from not allowing a natural resource to maintain integrity. Humanity used to possess, consciously, command of individual personal integrity, and walked through life, so to speak, in wellness. Spontaneous well-being will seem to be the order of the day when this is allowed in the human experience, through the activation of these memories and the faculties they represent. The solution to the absence of well-being lies within, natural faculties forgotten and no longer allowed in the consciousness and the integrity.

So-called evidence notwithstanding, the fundamental natural state of wellness is real and of longer standing than any illness, you see. When no longer seen as frail beings, subject to the whims of nature, sovereignty is realized. Life allows whatever you choose to create, but people are more used to being subject to illness than a history of well-being as a way of life.

This is our service, our brother, to activate these memories, to live once more in the consciousness and the perceptions of life of humanity. Be well, and namaste.

### **Making the best of life**

Mar. 4, 2014

JANU: You query about the range of experience throughout life (from the destructive to the sublime, the negative to the positive, seriousness to lightheartedness, ignorance to illumination, conflict and peace) and why this exists in the life that you experience at this time. You recognize that, if not disallowed by life, they offer an unlimited range of opportunity for experience, understanding, interaction, and manipulation. Your question is, "Why is this the way it is?"

It is allowed for that very reason, our brother: unlimited opportunity of experience and wisdom. And you are correct. The reason for sojourning in this environment is to, as you put it, make the best of it. And the best is what you have come to understand. Each one has that point of view. So the challenge, and the opportunity, is make the best of life. Enrich it. Continue it. And serve it.

The point of existence, our brother, is to exist and engage life and become more one with it in your consciousness, your choices, and your performance, and your beingness. See life not as a mess that needs cleaning up, but as an opportunity to enrich it, expand it. In its own way, life loved itself into being, including you.

We've heard you say you've been enriched by these journeys and, in turn, you enrich others because of them, by sharing and inspiring. As we continue with these, more and more will become clear but the questions will always be there, changing their focus. And that is part of the journey as well, our brother, to inquire, discover, understand, and grow. All of this serves life. Namaste.

### **Graceful service and living (Service)**

Mar. 10, 2014 B

JANU: An aspect of service that one desires to be effective is the call to acknowledgement of the grace of life. What is grace, then, but life's continual service to its creations and the grace of acceptance without condemnation or harsh judgment? Behind all service is a love for life, and that includes everyone, no matter their philosophy or predilections.

So, this evening's theme is the grace in service, whether recipient or provider. Effective service includes grace. Being graceful is moving with the flow of life and its imperatives. The grace in service has the power to return consciousness to the fundamentals of life and those aspects of the nature that belong to everyone's potential. The receiving and giving of love has so many realities that it cannot be captured in a few words, but the experience is unmistakable. Brings peace to the mind, loving acceptance of the self, and the true worth of your own nature.

When one says another is graceful, they are described as having a flowing, symmetrical, and harmonious movement, not just to their animations but to how they live

and relate and perceive others. So let there be a reality of grace in everything you do for another. Let your life grow in gracefulness and inspire that in others, including all the kingdoms of life, all of them.

### **Life's potential is not fixed**

Apr. 10, 2014

JANU: At this time we would upend the notion that life is predictable. It is not. There are transient tendencies. Even the potential for life is subject to anomalies, interpretation, modification, and even discontinuation of certain elements, or at least postponing of them. Life, our brother, is a mystery to itself, but destined to be discovered. So nothing is inevitable, other than that life will continue. And, yes, there are realities beyond what you have accepted as the 'be all and end all,' what some call 'God.'

The reason for this revelation is to bring flexibility to perception, interpretation, philosophy, and life process. Awareness of this does not bring an end to engaging the life that you know, for even that is discovering and realizing the larger truth that life is a part of. And, yes, even the oneness transcends these realities and includes them all. The more you discover, the more you realize that nothing is fixed. As in many realities, the properties of life have their counterpart in multiple realities with different names, for their parameters are different. Flexibility is the theme here, in consciousness, perception, and engagement of life. Yes, even our journeys together have counterparts in other realities, simultaneously, and can interact with each other.

So you see, our brother, life is very fluid and dynamic when countless realities are confined to their own limits, yet all connected. Namaste.

### **Mastering emotions**

Apr. 16, 2014

JANU: For this morning's journey, let us move into the area of life that deals with past emotions, for so many of humanity are still moved by these, influenced by these, that modify and sometimes interfere with patterns of development in consciousness evolution.

These patterns of emotion are similar to memory patterns for they certainly inspire each other to come forward with their imprints. Past emotional patterns continue the emotions of war and revenge, striking out and striking back, and have brought civilizations to their knees and, at times, their demise, all considered justified by the ones with the memories of what has been. Even communicating with and connecting with other worlds, one is not free of these imprints.

The emotional body as such is a repository of these life creations, born of life experiences, and they are part of what some would say "make people tick." So it is a revealing and rewarding reading of the person, to be aware of the emotions within and their origins and their influence on the life. Emotional stability does not necessarily mean emotional clarity, for being locked into a stable pattern of destructive emotion, limiting emotion, is not freedom. So, what is a freeing relationship with strong emotional patterns? Even as with memories, probe their depth, allow their evolutions of source and meaning, own what is yours, and remember your true identity.

The question arises: Are your experiences and your creations who you are? Are they your identity when you stand in your Truth? When identified with incarnate life, human personality, they become who you are by what you allow. Some would say, compartmentalize the experiences. We would say: be the master of everything in your experience, in your philosophy, including your memories and your emotions. Be the choice-maker of the influences you allow in your life. Be the master of who you are.



Life presents with endless opportunities of experience, interaction, and service. Have a growing wisdom of what prevails in your life. Just because it exists does not mean you must let it rule you. There are always alternatives in life to choose, to employ, and to experience. Given the moment, the Now if you will, there exists the freedom to be whatever you choose and all is revealed as to its nature. Namaste.

### **Living is co-creation**

Apr. 21, 2014

JANU: I am Janu speaking, establishing a connection for you with an understanding that co-creation in a fuller sense is 'being as creator in the flow of life.' Now, by this we mean: any creation, any degree of it, is allowed by life when life's co-creative elements are employed to bring about movement in the flow of life. And this includes experiences, understandings, materializations, de-materializations, energy creations, and communication through varying degrees of intimacy from one part of life to another within and without the being. For how can one create individually, without employing basic and profound life principles?

Now, the art of co-creating is a journey of its own for it involves a maturing sensitivity to, and response to, the many ramifications of creation. For, as you may imagine, any creation has an effect, to varying degrees, on whatever it touches. One must mature beyond the notion that individual thoughts, actions, emotions, behavior is strictly individual. It is not. Everything you are has a ripple effect through the movements of energies. Life is like a stream full of eddies and currents, all in motion and transforming as they move through life.

Let there be then an understanding that co-creation is a cooperative reality and, as one ponders employing co-creation, one must also ponder its imprint on the life it touches. Where is the wisdom, then, that can guide and foresee? Now, one does not stop living in anticipation of what some would call errors or mistakes, for they are part of the tapestry of life as well. But to grow in maturity while living and expressing can provide a richer outcome, preparing the way for grander adventures.

### **The creative process**

Apr. 26, 2014

JANU: For this morning's journey through the tapestry of life, let us weave a pattern of creativity. For what would life be without it? This pattern will appear as a bright light at first, not forgetting for a moment the source of creativity and the blessing it brings to every moment.

A creative pattern first appears as this light and then transforms through the light spectrum, meaning the spectrum of Truth, settling, as it were, on one particular element of life's potential. And then touching the consciousness that was inspired to embrace a creative moment on the path of life, that reveals itself to the genius of being. We would have you know at this time, our brother, that these creative moments spring forth continually, not always embraced to fruition, for the creative process requires understanding and commitment to the spark of truth, possibility. And this can be developed in the individual through attention on the creative process and commitment to new ideas, new solutions to challenges—the tipping point for this process—and a passion to improve life, the life experience for the self and for others.

Now, not all creations are completely unique. A life inspires itself everywhere and understandings can already exist in other consciousnesses. Now, one being might not know the creative thoughts of another, but life does. And the creative thought of similar

pattern can attract other patterns. Mutually beneficial, you see, mutual enhancement. Another dynamic in the flow of life, yet to be understood and mastered. So, the creative process, our brother, is a universal one, for life is universal. Wise to become aware of how universal that is.

### **Energies—the Power to Exist: Life’s Imperative to Be**

May 7, 2014

JANU: A broader understanding of ‘energies’ is called for here, for energies as humanity understands them are far more gross, although essential, than the more causal realities, you see. Energies on these levels are best described as life in motion and the radiations of life that are created. When water flows in the stream, eddies and currents are created by the flow’s interaction with what can be seen as obstacles to that motion when, in fact, they are stimuli to the currents having energy, but are not the source of it. They are the result of life in motion. The existence of everything can be seen in this way, including your own consciousness and being. Life as such has always been in motion, regardless of the reality or subtlety of existence.

So energies are manifested as a result of the interactions, the momentums, of life in motion. The power to exist is the result of life in motion. And you ask, “Where does this motion come from?” It is initiated by the singularities that cluster, resulting from an imperative in life to be. The source of which is a bit beyond the purview of these journeys; not unreachable or unknowable, but slightly out of reach for the current consciousness. The power to exist on any level is the result of life in motion, caused by the imperative to be. And that imperative translates to every existence of the continuation of life.

Now, it is wise to understand this imperative, for its presence, even in your thought and your awakening, the motivation to be, to grow, to learn, to achieve, to re-invent yourself so to speak, to help another overcome and be successful, is the result. One, to a degree, can become attuned to that reality at the heart of everything and gain clarity, strength, and resolve, for that imperative is one with all life and its origin.

Remember, existence is not permanent, cast in stone if you will, but is in motion and this motion carries the imperative of life to be.

### **Understanding both closed and open minds**

May 10, 2014

JANU: An open mind, indeed, is a worthy ongoing goal in the quest for life. It is a critical element in mastery of the challenges of life and we agree that it is to be developed for the benefit of humanity. What contributes to a closed mind might be explored as a beginning understanding of what is an open mind.

A closed mind lives in fear of anything new, unknown, challenging, and that challenges the comfort of a world of consciousness limited to what is known and safe. A closed mind can be compared to the limiting consciousness as relates to personal exercise, for many know of its benefit but still avoid it because it requires commitment, effort, follow through, regularity and, for effectiveness, a more detailed understanding of the physical body and the mind/body connection.

An open mind requires the commitment to the pursuit of understanding, taking the time to do this, the ability to focus and follow through. On certain levels, it does require effort, our brother, exercising the brain/mind connection and then, with the new information gathered and understood, decisions to be made as to application, modification of old ways, analysis, and the peace to absorb and evolve thoughts,

emotions, passions, and a changing perception of reality. An opened mind serves all of the bodies, brings freedom to their evolution and sense of peace in any situation. An open mind recovers lost information and understanding of past relationships and the service they can bring to the moment. An open mind is more tolerant of others because of the understanding and allows for intimacy of relationship with those who differ from you. An open mind leaves one free to praise another, uplift, encourage, and inspire, for an open mind understands the benefit to everyone. An open mind embraces the future with enthusiasm, anticipation, and expectancy that the beauty of life is endless. An open mind partners with the other species of life, the other minds awakening to a grander life. An open mind moves beyond association to partnership, intimacy, and appreciation of oneness.

An open mind is the beginning for countless adventures and a relationship with all of life, not just abstractly but 'at one with.' An open mind and awakening go hand in hand.

**Finding your truth by seeing it in another** (Service)

May 16, 2014 B

JANU: We are serving then this evening as we may for the benefit of all who open to the inner Light. That is part of the benefit of awakening, our brother: to walk in the incarnate life perceiving and contributing to the Light within everything. Stating once more that 'Light' is the Truth of Life. Encouraging people that they are worthy of love, without doing anything for it. They were born with this worthiness, spiritually and physically. When the Light of the True Nature breaks through and touches the heart and mind this is realized. It is our service that each one recognize this for what it is, and are free to choose what it means for them. Humanity's awakening presents itself every day, yet not understood. There are cycles of life that encourage and accommodate these experiences, which allows one to see the Truth in another. And the more this is exercised, the more one sees the Truth in themselves, for they see what they relate to, and they relate to what they have within them. Let there be a blessing of this nature for everyone open to it.

**Tolerance** (Service)

May 29, 2014 B

JANU: For this service, let us focus upon tolerance, an important ingredient in humanity's future on the path to peace, understanding, and mutual support in the spirit of oneness. The art of tolerance is magical indeed, for so many of the systems of the individual's composition line up with each other in a balanced way and perform wondrous things in themselves and in your neighbor. Very few humans can say they have experienced such to any memorable degree, or enough to inspire them to do the same.

Now, tolerance does not agree with mayhem and destructive behavior. But it does mean making every effort to understand and support another's journey to find their own truth and fulfill their opportunities. Many have yet to realize how tolerant life has been for them to exist at all and continue on their path, no matter the behavior. So, it is a worthy endeavor to review your life and find tolerance that has been given to you and appreciate the opportunity it provides to move on in your life and to grow. The great one who visited with us this morning lived her life in that manner and gained much wisdom and insight into the nature of people's lives, including her own. Of course, we are speaking of Maya Angelou.

So tolerance is the theme this evening, our brother, and this includes tolerance for your own life. And, of course, tolerance opens the door to forgiveness. Namaste.

## **The power to choose a richer life**

June 15, 2014

JANU: For this morning's journey, let us reveal to the prognosticators of doom that relief from the misery, from your perspective, is on the way. When one is aware of a reality that takes your energy, your optimism, your vitality, your clear thinking, and your enthusiasm for life, and lowers it into a pit of gloom, the choices need to become available of a reality that restores these losses and brings about freedom to excel in these areas and look forward to new challenges of a greater freedom. Those in despair see only despair. Those in the Light understand despair and bring light to it. They also congregate to enrich each other and find peace in their lives and see opportunities that are new. When at peace, one can perceive an opportunity and its potential. When in despair, one finds fault with everything and becomes less hopeful.

So serving humanity, our brother, in this area is speaking to the reality of hope, peace, light, and opportunity available for everyone. The ring of truth is unmistakable to the human spirit. Life is abundantly rich to fulfill all hopes and dreams. It is our endeavor to inspire and educate humanity into taking better care of each other. Humanity's experience with conflict and despair and mutual destruction is not unique in the universe. It has been overcome in many places, many worlds.

When in despair, individuals feel isolated, alone, and powerless. So unite with each other. Explore the Light together. Find union in this, and not just with each other but in the rest of life, and the genius that exists everywhere. There is love in the life, love that despair cannot hold a candle to, so to speak. We encourage everyone to choose wisely and embrace the power of choice, for your life, your perceptions, everything is of your choosing, whether you understand it or not. So regain your sovereignty, your power, your freedom, by choosing it. Every day, choose. Not only what occurs outside of you, but what occurs within you. Claim your power to choose.