

Questions for Spirit

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Q: *How do we reconcile our physical and our spiritual lives on earth?*

A: We can find answers by meditating on our soul purpose and bringing it through our physical expression, thereby becoming integrated and empowered. We can harmonize our physical priorities of health, aging, finances, relationships, and success, with our spiritual priorities of peace, harmony, beauty, balance, clarity, and humor. Our work on self is about holding a single focus on life that includes both the practical and spiritual purposes simultaneously. We know that we have the time and resources to get everything done as spirit moves us along our life path. We turn our fear and worry over to spirit and accept a life-affirming process. We look for confirmation and know our trust in God will see us through.

Q: *With all the confusion and issues playing out in the lives of a business owner's employees, how can the owner keep peace and deal with all the drama at the business?*

A: Through daily prayer, we receive peace and support in all endeavors. Bless yourself, Bless the business, Bless the employees, Bless the country, Bless world leaders, Bless the world for peace, for grace, for tolerance, and for harmony.

Q: *A friend once got an opportunity years ago, to visit India and receive a personal audience with Sai Baba. The multitudes numbered in the thousands. Not everyone was so fortunate as to receive a personal visitation. She asked him, "What does humankind need to know most?"*

A: Sai Baba's response was, "Humankind needs to know that we are not victims. I am God and You are God. The difference between us is that I know who I am, and you don't." God blesses us with the power of prayer and the empowerment to create infinite possibilities.

Q: *How can we assist others without getting caught up in the game of "victim and rescuer"?*

A: When we meet a person who seems to need assistance with their life, it is good to recognize that everyone has spiritual guidance and has access to spirit if they would only realize and remember this truth. Before we succumb to the temptation to play rescuer, we can pray with them to empower themselves with Light. We can also send prayer to

charge their energy field for assistance, not to interfere with their free will. It is always good to ask, “Would you like me to help facilitate a healing for you with spirit?”

Q: *When we witness an argument or fight going on nearby, how can we bring peace to the situation?*

A: Imagine a large bucket filled with the Pink Ray of Unconditional Love. Then imagine throwing the Pink Love toward the situation. After a few minutes, the fighting should subside. What a lesson this is about the power of Love.

Q: *What is all this we're being told about being born again in God? How do we learn to experience our soul-essence and still inhabit our physical incarnation?*

A: Our time spent on earth is about new experiences and expression of love. We must reconcile the differences between experiences in the physical world and stepping out of duality where the many higher dimensions of Light become integrated. Our life then becomes a continuous experience of merging with the higher consciousness of Angels and the bringers of Light to raise awareness of our higher soul-essence.

Hermes of antiquity, tells us that being born again in spirit is not earned, but a gift that is given to us after soul-searching and meditation—following our heart to grow and expand in consciousness of Light. Being born again is like being in the body and also standing behind our self at the same time. We realize that we have another set of senses that extend beyond those of the physical body. In soul, we surpass previous limitations to other lands, and travel to other dimensions of God. Purification of the energy field occurs and takes place with Hermes and his process of alchemy.

In more recent times in history, spiritual followers have experienced spiritual healing and awakening with Christ Holy Spirit. Awakening brings new awareness, higher consciousness, higher knowledge, new understanding. The experience of being in the Light brings blessings and healings to our self and others. We become a vessel for Christ Light in service.

You are invited to read two letters about the “Bringing in the Light” series’ Book III called *The Temple is You*.

In Love and Light,

John Pollock of Angels Grace Ministry