

We are here and we are in place. We have surrounded you this day with our love, with our essence, for we love you and we are joyful at this time. We see a mixture of light, of release, of letting go and of wanting these things. Your hearts are heavy, some, and we are here to lift. As we walk thru you, around you, between you, we ask that you give us what it is that would cause you your challenges, your despair. For this is a time to give it to us and let assist in your release. Your relationships are your topic today; we would like you to ask the questions in the desired manner so that we may bridge you to what it is you need to know. Please proceed.

(L) How can we release the unworthiness, rejection and truly feel worthy of a loving partnership, relationship? It may seem that you truly are walking between two worlds, the one of wanting and the one of knowing that you do not need this other. This desire that you have for another in what you call special relationship is, in truth, to only to only fulfill your lack of relationship with yourself. This may be what you call harsh realizations to you, but nonetheless, this is true. So the question would be 'how do you have a complete and whole relationship with yourself', would you agree? (L) Yes. For not in another can you find these things. When you have found these things yourself, you may certainly express and experience it through another; but, if the other is to complete something that is incomplete, there will be disappointment. Because there is no other that can complete you, there is none other than you, do you understand? (L) I do.

How do you find your completeness? This is a questions that has been asked and answered many times, but there is only one true answer; and this is to know, to know your completeness. To see the universes and worlds inside of you, to know that you are all of it. To release your attachment to this physical, internally, for all you have ever desired is within you. There is a multitude of universes within inside of you and if you choose to see them, you can go there. We understand it is difficult when you are in physical, yet it is achievable. This you may call work, but we call it connection. We see it as the only thing that is real, that is true. So, how do you balance this and your physicality? It seems like an improbability for you, but we tell you these things will come easily. How it comes for each of you will be different. But we do have some parameters that you may follow and the most important is what you were shown this morning. The realization is you have a 'special relationship' with everyone. When you look at them, when you speak to them, when you think of them all, know this. For all your relationships will become holy; and we say become, in your words, but we know, they are. Your awareness of this will allow this to happen for you. We would suggest that you practice these things.

And as always, your meditations; if you go into your meditations and you ask us to show you who you are, the encompassing factors of who you truly are, and allow these things to happen, we will show you, you will know. And therefore you can walk in these two worlds of knowing who you are and having special relationships with all, everybody. Yes, we understand that when you say 'special' you mean 'significant' to you. But we tell you that when all are special this, what you call, significant essence can be drawn to you as a heightened experience of drawing love through you. Do not depend on these one or several peoples to accomplish this goal for you. In truth, this is not a goal, it just is. However we know that we are one with you and our relationships with you and with all are all special. We are unable to love anyone less or more, because love is just who we are. We honor you for your experiencing this physical, and our help or assistance is to help you experience this in the most open, loving, joyous way you can in your perceived darkness or separation. We must tell you that we play with you up here in joy and in love. 'How?', do you ask. With that part of you, that higher self or soul you might call it, is with us at all times. It is our truth and our knowing that when you experience every relationship as special, what you think is incomplete will be complete. Is there more?

(L) I do have a question about negativity, thinking negatively of others, why do we do that? In light of all relationships being special, why do we continue to do that, and what can we do to change that? We see your negative thoughts as a self-protection, you would call it, for you are not seeing these relationships as special and in order for you to not receive pain, it is a barrier that you would put up. You understand that by holding these thoughts in your mind, you hold to you this negativity. This is your self preservation of your, what you've chosen to call your ego, and your ego is your separation, your perceived separation, It is your justification of your not feeling at one with the others. Again, we go back to

when you see all relationships as special there is no self protection needed. Is this complete enough for you? (L) Yes, for the time being.

(L) I have one other question about success, the excitement we feel when we're successful, why do we feel that it is wrong? Guilt. It is your guilt and this is guilt that we have discussed in previous (channels). Your guilt is your separation from others. You think it is not wanting to offend another, and if you have guilt it will be justification. Your guilt is always self-imposed. You are here to love and create and when you feel guilt around your creations, you dishonor them and you push them away. Honor your creations, honor the power, essence of who you are, for this is all you've come to achieve; to experience, we say more. (J) So the guilt is actually self-doubt? We would say the guilt is more justification. Let us expand. We will try to attempt to use your words. When you feel guilt it justifies your actions and your incompleteness that you have felt in past, do you understand? (LJ) Yes. When you are self-complete and in true love with yourself, there is nothing you can do to feel guilty because you know it is all experience and your creation. And even if you have creation you wish different, it is still your creation nonetheless, you must honor it. And honor everything that goes with it; and in your honoring, you release your guilt. Do you understand? (LJ) Yes. For there is nothing that you can do that you can ever be guilty, we use your words, your emotional sense of guilt.

(J) It seems the most difficult for us as humans to get beyond. And that is why we, as well as others, have come. If we could help you release one thing, that would be top priority for us. In truth as we look at you, there is nothing you can do that you could feel or command guilt about. As we look at you, it is your pure essence just experiencing a certain event. You have all experienced; when you experience your guilt and even though events have not changed, eventually your guilt goes away, no? (LJ) Yes. What made it go away? (J) For me, there seems to be two things that go with that whole guilt thing and it's self doubt and doubting the powerful beings that we are.

We would like to address two things with you. Time. When your guilt fades from you, there is a certain point in time in your earthly plane where it is just is not important enough to hold onto anymore and you realize this. So the release of your guilt about certain events is, you see, what you call a matter of time. Now, you know there is no time? (J) Yes. In that moment of guilt, at that point, you can release it then. We find it funny with you humans that you feel if you feel guilty enough, long enough, it will take care of it. But at any point, we truly say, you feel the guilt, you say 'Oh, not suppose to happen, I need not feel guilty', you do not have to have your length of time to justify your release of it, in this, we say is truth. (J) The other piece is fear. Fear to let go of that guilt, because it's what we know so well and have held on to for so long. This is what we speak of. (J) But why do we fear to let go of that, why do we allow our fear to hold us in that place when we know and we've experienced what it is to be in that place of love? It is hard to break old habits they say. (J) Do you have any hints, any advice would be helpful? As we continue. It is hard to break these old habits, and we still would say that the fear of letting go of your guilt is still a justification for you to hold it. You see, we feel that when you hold this guilt, that if you hold it for your certain time, then everything's justified and you have paid your price, so to speak, for this, do you understand? (LJ) Yes. We say there is no price to pay, we say it is experience. So your fear is your paying your price. You feel that your other that you hold this guilt with will somehow forgive you if you hold this guilt long enough, you see? (LJ) Yes. So we say that you hold them into this circular loop, we will call, this circular loop of not being able, and they may not truly understand this thing, of not being able to release you, or what you call forgive you, because you are holding them there with your guilt, you provide the energy available for that, you understand? (LJ) Yes. Good. So, you understand that are not responsible for their experience in this lifetime, correct? (LJ) Yes. Do understand these things? (LJ) Yes. Do you truly understand these things? We ask this question because the answer we are about to give you, you may experience in two different ways. But as we said before, you hold what you may call their unforgiveness to you by holding the guilt, because we said if you feel the guilt long enough you feel that their forgiveness may be deserved, understand? (LJ) Yes. So when you have the power to release your guilt, you give them the power to forgive you.

The second part of this is you must allow them to not forgive you. (J) Because then your saying you've done something wrong, and you haven't. We say that you must allow them to not forgive you if they choose not to, and this again will be their path and their challenges to overcome and experience. But in truth you only need to release yourself and in this you will

*find your freedom and you allow them theirs. But you will never free them or yourself when you hold onto guilt. Sometimes we see if you could have experience event that you would have, in past, feel guilty about and you can release it in that moment and say 'Whoops, don't want to do that again', the energy release would fill the heavens. And the energy you hold with your guilt, we have not found better word yet, would destroy you, not word we would choose, but we think you get the idea. To your first question, we see self-doubt as somewhat separate from guilt or what you would call a reverse guilt. This self doubt may have come onto you by others appearing to make you feel guilty about certain things or unworthy. But we tell you, you are grown up now and truly there is nothing, anything or any person that could touch you in a negative way unless you allow them. So, what can you do about this self doubt? We feel that you feel the need to let it in, is this so? (J) In the past, yes. I have allowed it.*

*If you could see yourself as we see you, which is where we would love to head with all of you. (J) Can you show us? The light. Close your eyes. Can you see how powerfully bright you are, can you see how it emanates from the center of you, can you feel your power? And by power we mean the power of love within you; we see your minds go other ways with this word. We speak only of the power of love. It is that little universe, what you might call, that little universe within inside of you that you create your world, you create worlds, universes. This physicality is suppose to be an expression of your creations. In those moments of self doubt, we ask you to go in and see this powerful, expanding, bright lighted universe that we call 'you'. And if anyone should see this, they would never doubt you. So, we ask, how can you doubt yourself? This is impossible. This is your separation. We say it is o.k. for you to know these things. To know it within your heart and your body and your being. We say, because we know. What lovely, lovely beings you are. Go, create, love yourself as the light you are and when you doubt it, remind yourself that the 'Council of Light' as well as others that have come, told me so.*

*We will stay with you for a while, for now we will end this dialogue. It has been our honor.*

*And as we go . . . our love to you . . . beyond your measure.*