

Index

Worlds of Spirit
Spiritual Guidance
The One Mind
Generation
Angels of Compassion

Teaching from Page 7

Spiritual Guidance

There are various stages to growth, progression and expansion of the spirit and soul. These stages eventuate according to knowledge gleaned from various sources. This knowledge is absorbed into you, producing experiences that enable expansion of the spirit to produce growth and progression of the soul.

There are two approaches to receiving guidance from spirit. One approach is according to the small ways. The most important thing we can say today is see, take and enjoy small steps. When it is the time of the small guidance and the small changes it is the time to listen to your heart for the voice of spirit is not powerful or easily heard.

In the time of small changes be observant. Enjoy every minute of your life and every breath you take. In this time we are the air that you breathe. We are the gentle winds that bring the music of the universe to your inner ear. We are the scent that nourishes your creativity and activates memories within your soul, causing your heart to respond with a leap of joy.

This time of small changes is gentle and careful. It nourishes your health. It prepares the foundation of your strength. It trains your mind. It sharpens your senses so that when the time for direct instruction approaches you are tuned to our vibration and can hear and respond in less than a second. The time of small changes is time spent alone so you can absorb the spiritual voice, smell, sight and knowledge. You need a time of quiet rest in preparation time for the movement that is ahead.