

25. Exercise

It is beginning to frost over your part of the world, and it is quite frosty in some people's inner being. And still, your country side is as if powdered over with a radiating white of powdery sugar, which reflects the light of the sun back into the atmosphere.

Even during such ice-cold times I am with you, I am at your side, your good friend JESUS CHRIST. Recognize the symbolism in this language of images, My beloved students. The sun, My love has taken hold of you, while ice is frozen life, rigid and cold. However, the longer the sun is in the sky, the longer it irradiates you, the more will this ice-cold diminish. The ice crystals will dissolve and will transform themselves to water, just as it happens in nature.

Water gives itself so to bring the life in nature to once again blossom and come up green. And so it will also dissolve the ice within you, and you will recognize - relieved - the depth of this valley and you will leave it in order to walk toward the light of love. Just as the ice becomes water, you will soften after the valley and are then ready to give yourselves in love and to live love, that is, if you recognize your ego.

Only this way [of doing things] will lead to the light. Only this way may raise you out of the darkness of night, out of the depth of the valley, out of the icy cold. It is My way, [my path] which I have lived for you and ahead of you, and which you will re-live with Me in the coming time.

Your community is a community of love, and this means absolute honesty with one another. Unless you wish to live even now with the masks in front of your faces, walking thus through life as it happens during the so-called carnival time? Take down the masks and show yourselves as you are, for that is how you say "yes" to yourselves and begin to accept yourselves as you are, and begin to love yourselves. Only when you have come to the point in the valley, where you accept yourselves as you move about in your present consciousness, have you begun to love yourselves so that the restless human being ceases to seek outside of himself and enters into his inner being in order to find ME, the SOURCE of all being within himself.

Community can only point the way for you, can assist you, but this step into your inner self, to Me, can only be taken by yourselves. No one can teach you this, no one can open the gate to your inner selves, except for you.

And when your cry for help is the loudest, then I am most near to you. Do not flee from yourselves, thinking that you are looking for Me. You will not find Me externally, but only within yourselves!

The assistance for the first steps on the path in your inner being can be given to you through manifold ways and through manifold beings of light walking this earth. To walk through the gate to your inner being has to be done by yourselves, however. So why are you brooding and pondering? Let Me give you a parable:

Taking you back into your infancy and into the different incarnations is simultaneously a call upon you to surrender to your fate like an infant, because there is no other choice, neither for you nor for the infant. You yourselves have determined your path [in life], and you determine it anew time and again. You will walk the path more easily if you walk expeditiously. An infant cannot run away, he is stuck with his parents for good or for bad. You are now adults and have children yourselves. Practice submission to the fate which you yourselves have chosen, and thereby place yourselves into the guiding will of GOD! Be like a snowflake in the wind of love! Let it blow you here and there, surrender to your fate by joyfully accepting what comes and by letting the sun of love irradiate you.

Become water and give of yourselves and new life will awaken in you as well!

May an infant cry and fuss as much as he will, you as parents know that it is to no avail. And even if you rebel now, in your present consciousness, you only make your life harder. Accept it, put your hand into Mine and I will lead you to your inner being, to the gate at which you will knock, time and again, thinking that no one will unlatch it. Instead, it is already open, for the light

has already touched you. Otherwise, you would not be here, nor would you read My words and take them to your heart.

Take each other by the hand, mentally, and help one another, assist each other! Then your eyes will open for the already open gate of inner light, and you will see the light that I am in you. I teach you to find the way to your inner being. I teach you to discard the shadows that are still about you, and I help you do this by My grace and mercy. By My “It is finished,” I took a great part of your cross upon Myself. Why then are you groaning under the remaining burden?

You have been born into a country that more or less takes care of all external worries over your life’s subsistence; you have a roof over your head. You have received the power from GOD to earn your living by the work of your hands, and hardly anyone of you is suffering need. Recognize the grace, My beloved students, that in this security you are able to draw all possibilities for yourselves, on your spiritual path into your inner being, to find the way to the inner light, to your SOURCE.

Recognize, that when you see so much need ruling this earth, that you yourselves often cause your difficulties yourselves.

These are grave times. I have called you by your names, you are Mine. I have called you because once upon a time you promised to minister to Me, and this **MINISTRY IS LOVE**. This Love is not sweetness, just as My path was not sweet, but bitter. Still, I walked joyfully with My disciples through the teaching years. When I accomplished My first miracle, it happened at a wedding where I changed water to wine. ---

Oh see even herein My example. **Joy and Love**, so I taught you, are a team that is inseparable. He who does not develop love goes about this earthly existence joylessly. However, he who develops love, that is, he who finds the way to selflessness is accompanied by joy as well.

This joy will be available to him, even in times of bitterness and need, as a shining power, as strength to walk through the bitterness and reach the light by overcoming the darkness step by step.

You can only change yourselves in small steps, and many small steps make up one large one. If you look back after some time, you will recognize this step and you will see the many small chapters of the small steps, in which you wrestled with yourselves and with the shadows of the past.

My beloved students, My friends, everyone of you goes through different phases. Have **faith**, that is the second characteristic I want to address, have faith in Me. Keep on keeping on a little while longer, in accordance with your free will, just as a child has to learn primordial [deep] trust, so that he can manage his life later on. If he had not been given this chance, his later life’s path will be a great burden to him. And so you shall once again have the **PRIMORDIAL TRUST in GOD’S Guidance - Primordial Trust**. HE, the ALL-ONE GOD, the **PRIMORDIAL FATHER**, with Whom I am one, is **bringing you home to the SOURCE**. No matter what sorrow or difficulty you may be experiencing at the moment, cling to ME!

If you are willing, let us augment the schooling. May you execute and deepen the exercise with the infant! At the same time I will accompany you and show you also a child up to the third year of life, if you are willing. This child too shall be a bridge for you to your own past, and shall also be a bridge to all other children of that age. Bless the little ones of this earth who have decided upon an incarnation in this difficult time!

Bless the little ones who up to their third year still relate in terms of “we”, typical to the soul communities! They do not yet speak in terms of ‘I want’, but speak about themselves in the third person. That means that the soul has not yet identified itself with the body. Rather, the soul is still moving about in the spiritual spheres, is still noticing light-filled beings about, and the world is still silent. With growing age, the child will grow into this world and into the self or ego-will: “I want!”

Examine yourselves, My friends, in what areas are you still imprisoning yourselves inside of your self-will, your ego-will. Also, practice looking into the world through the eyes of the little ones! Try it, and bless all these children worldwide, as I have said! By these blessing thoughts, your eyes will be opened, even when up until now you held them closed toward the inner light. For with every thought you spend - not on yourselves but on your neighbor - without expecting anything for yourselves, you will loosen the bondage of your ego as well as your still prevailing self-will, also called ego-will.

And so I walk with you, step by step, and I promise you that the breakthrough to the light, which is love, will be possible in a very short time. You have your free will to either do the tasks I am giving you or not to do them.

If you are in a valley, call for Me so that I can pull you up from the depth. Do not cease calling Me and believe in My help! For when you on one hand call for me and on the other hand believe your call remains unheard, you will automatically neutralize your call to Me. It would be the same as if you hadn't called at all. I can only extend My hand to a child who will place its hand in mine, full of trust, in order to make its first steps into the life, into love. - How clumsy, My beloved, were your own first steps, pay attention to that as well, for you sometimes still make those attempts now. However, with every additional step your sureness grows upon the path toward perfect love.

My blessing and inner peace streams toward all of you. My love accompanies you.

Amen

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