

## 26. Exercise

I am among you, smiling and in My SPIRIT, smiling mildly, full of kindness and love. From Me to you streams the unity of the spiritual being, encompassing you and raising you to higher consciousness so that you may understand ME, JESUS CHRIST better, and so that you let My words not only remain words but allow them to enter into your hearts and thus put them into practice.

From the time you have willingly extended your hand to Me, everything was schooling, was an exercise for you. You take no step in your daily life without Me, your friend and brother at your side, giving you My support time and again on your path homeward toward the light. Much of My help to you goes by unnoticed. But with your continuing progress on the spiritual path your consciousness-training in sensations, the language of the soul, the language of the SPIRIT, will be strengthened more and more, and you will recognize that many things coming your way daily have been given to you in order to help you.

When you are assembled, be it here or elsewhere in the different communities, or be it that you read the schooling alone and when you actualize the WORD, it is only a fraction of what your guidance consists of. Nothing that happens in your life is without meaning for your way home. Everything is meant as a chance of recognition, leading you to divine wisdom. Even a small stone at the side of the road is so much more, is there for a purpose. For with every step you take via self-mastery, the light-ray of recognition stemming from divine wisdom breaks into your cave existence with ever mightier force, until one day it will take hold of you completely, and you will look around you amazed, wondering what happened to the cave, with whose walls you constantly collided in the past.

This development occurs step by step, that is why today we stress the w h o l e human being should be recognized, just as he or she is in reality, not only the light-filled and bright side of him, but also the shadows. Both are the sum of your present consciousness. You can only build upon both parts.

If you were to see only the light, My beloved, you would strive toward this light and you would overlook all those who walk with you. You would only want to satisfy your egos and shortly before your goal, while you would stand in radiating light, you would recognize that the entire path was in vain, because it was lacking love. One or the other among you has gone this path to the light for himself. And now you are once again in the earthly garment, but this time you want to look about you.

This 'looking about you' means also to recognize one's own shadows, for only when you see your own shadows - mirrored to you by your neighbor - can you come to understand and via understanding you come to love.

When you discover a negative characteristic in your neighbor, examine yourselves as to where the beam really lies, which needs to be removed! When you recognize this [your own] beam, you will be able to muster empathy for the splinter in your neighbor's eye. You will no longer judge and prejudge your brother or sisters, will no longer raise yourselves over them. Instead you will recognize that you are all on the way home [to the Father]. By this recognition you can then extend your hands to one another and walk the way together in good spirit.

In this schooling I am presently teaching you, you are observing your early childhood. And with the task to remember your childhood, you are simultaneously given the key which solves the puzzle of your present earthly life. With some of you it is, for instance, the fear, even horror, reflected in the face of the little, ten year old baby. It is the horror of the chosen path the child has just begun. In another example, your memory took you to hiding under the table from the adults, which meant that you were afraid of the rough reality of this life on planet Earth.

At the age of three, the child still lives pretty much in the heavenly worlds by the grace of the FATHER. He has not yet been totally separated from creation, but the regressive memory shows that the child already retreated from the world of the adults, with the wish to be as big as the

latter, with the wish to overcome the limitations wrought by accepting the earthly body and finally to grow beyond them, beyond him or herself.

All your early childhood experiences already reflect your path into the [physical] life. In continuing the schooling, you will recognize that the beginning of the “red thread” showed itself even in your earliest childhood, and that the people about you had a mission, that is, to strengthen the “red thread” that is accompanying you through your entire life, so that you will recognize your life’s task.

Even if you do not understand My words very well right now, I say unto you that this “red thread” into the past reaches into many incarnations; for all those who have taken you by the hand in the present life, have accompanied you but have also blocked your path at times, are your old acquaintances through whom I am helping you to reach your goal. And this “red thread” leads you to your goal, that is, to become this inner gem, the shining crystal of the SPIRITUAL CHILD, who each and everyone of you is.

Already you are passing through creation with different eyes than before and you are thereby nearing the time when you were still united with Me. Only when you grew older, during the later childhood years have you caused more and more separations. You have in fact exchanged the unity, whence you came - it is reality - with illusion, thereby separation.

However, unity exists even here in the material realm. You will find the way to this unity when you can find your ‘human being’ in the unity of the negative and positive pole, therefore, when you recognize light and darkness within you and when you affirm this light and darkness. By this recognition of the darkness in you, you will then have compassion for all those who are still fighting the darkness within them.

My faithful students, it is not always easy to look into the mirror of all of your neighbor’s negative characteristics, and to have to recognize yourselves. However, at the moment when you make the step of self-recognition, you are releasing your ego-self step by step.

So, what is the ego? The ego is your present ‘human’ personality. Every person tries to put himself into the best light. Unconsciously, he will put other people down and will always find people who are worse than he is. By this he protects his ego like a treasure and strengthens it. However, if the treasure is taken from him and the man stands there naked and bare, as he is in reality - robbed of his beautiful clothing, which he adorned himself with by looking down at those who were still far below him - then it is a hard lesson to recognize: “I am nothing. Before you I am nothing, oh FATHER and not worthy to be your child. And still I thank You for calling me your son, that you are calling me Your daughter. Gladly, I extend my hand to You in order to take the steps necessary to become once again Your pure son or daughter.”

He who thinks in this way is humble from the heart and will bow in love to all sisters and brothers who are struggling just like he on the way home into the light. He who thinks in this way follows Me.

Let Me remind you again of the parable of the adulteress, which I gave to you. How many times are you still ready, symbolically, to pick up the stone and to throw it at your neighbor? You will meet up with this parable in your life again and again, in this or in some other form, because the human being always tries to pass judgment or to condemn others, so that he can make himself look better or more lofty than his neighbor.

When you recognize this, you are once again in humility and can take further strides toward the light. And the brief interruption, tripping up and falling is quickly forgotten. The path home to the FATHER is by way of humility.

You are nearing the time again when the preparation for the resurrection of My SPIRIT in you begins. -

You too, every one of you takes his path via Golgotha. -

Every one of you should be a support for his fellow-man, just I am your support. For by My “It is finished!” I gave to all souls this support, the Spark of Redemption, be it to the souls in the

human garment or to those in their soul-garment, so that they could finally begin their journey homeward. My Deed of Redemption prevented a return to the unconscious state, the latter of which had been taught in pre-Christian religions. It would have meant that all souls were destined to dissolve at a given time, because the evil would have caused evolution to reverse, that is, man would have incarnated in the form of animal, etc.

Because of My and also the FATHER'S LOVE, because of My DEED at Golgotha, this negative development was halted. Instead, My and the FATHER'S LOVE flowed out into all [souls and men/women] in order to support them and in order to put an end to an even more wide-spreading fall. Mankind had reached the bottom. Had I, the LOVE, not come to earth, man's 'development' would have reverted to the form of animal. And thus you too should be support for your brothers and sisters, just as I had lived it for you. When you are ready to help, when you are willing to give yourselves up in order to be Light for others on their way, you will receive any and all help from the highest source in order for you to reach your goal.

Since I, JESUS CHRIST, am guiding you, you will know how to help your neighbor, even when this help may sometimes seem austere in order for him to awaken from the sleep of this world. I am guiding you and giving you the right impulses so that you are light on the way of your neighbor and not darkness, because you want to avoid the fight. To fight with your neighbor can also mean love. A fight fought not in anger, for there you would once again have to recognize yourselves, but a fight in a loving determined kind of way.

Recognize that you cannot help a child when every one of his wishes are being fulfilled, when in fact he can do whatever he wants. You may protect your child from this world as much as you want, someday this same world will stand before him, and you have not prepared your child for this eventuality. A loving consequential action is helpful in the raising of a child, for it shows his own limits, which he is not able to overstep in order not to hurt someone else's feelings.

It is the same with your help for your neighbor, using always loving consequences, but always in connection with the effort to recognize yourselves at the same time, especially when a certain emotional vibration shows itself in you, simultaneously with the loving strictness you are trying to impart, for this emotional outburst points to the beam in your own eye.

You have previously described the joyful curiosity of a child, and please understand My humor in this, when I say that this joyful curiosity should also be a companion in your life on your way into the light, for verily, I want to explain and show to you many more things. Creation wants to reveal itself to you, **so that you recognize the fact that everything, even in the realm of matter is all an inseparable unity.** Everyone of your stirrings are vibrations that you have sent forth, which will seek like vibrations, vibrations which correspond with yours but also with all others that are equally negative, even if they have nothing to do with you. Be they stirrings [emotions] or actions, everything comes together on the SPIRITUAL LEVEL, and action brings forth a reaction!

Please find with Me your way to this unity within yourselves. Now is the time for it! If you do that, you will understand the past schooling much better, where I explained to you the love for creation. Then you will understand why especially the little stone had so much to impart to you, and why you prefer especially this plant over that one, and why you dislike this or the other animal. Everything reacts to you, everything is one.

Let us continue with the schooling: Take on now the **childhood from the third to the sixth birth year.** Again, I will lead you to a child of that age. Again, bless all children of that age. Again, this child will lead you to your own inner being. I will show you this inner world of yours so that you can better understand yourselves in your present age.

Somewhere between the third and sixth year of your life, you have left the "we-condition" and entered the "ego-condition" [I, me]. Why? You have separated yourselves from the illusion of matter, by feeling: "Here I am and there are my parents. Here I am, there are my toys. Here am I, that is mine. I want." Comprehend that this earth is the lowest point of the fall! With your first "I

want,” you have gotten yourselves out of the range of the FATHER’S Will, and you have accepted the vibration of this earth, the vibration of the fall region.

Ponder to see if after that first “I want,” this same “I want” became stronger and stronger, or if you allowed others to rule you. Both ways are not the correct middle way.

As you continue the schooling, you will come from the “I want” to the “FATHER, it is good as you will it!” At the same time you become conscious that you are GOD’S CHILDREN, which says: The FATHER loves me as I am. I need not please him. I don’t have to be His puppet. The FATHER’S LOVE is always the same. No matter what I do, the FATHER loves me.”

As child, perhaps you had to buy the love of your parents by your good behavior, if I may express it coarsely. Very quickly, with the first “I want,” you have learned what the people in your environment wanted from you. Either you bucked them, or you allowed them to suppress you in order to cause them to like you. This behavior caused the soul to be more and more fettered to the human being. It is high time now to loosen the shackles. The first shackles were fastened between the third and sixth year of the child’s life. The chains of self-will also have to be recognized and loosened, depending on how you behaved.

You are noticing that this age is not so vague in your consciousness. By sensations, you can grasp more than with the first three years of your childhood; for with the awakening ego-self the human being also awakens, as well as the consciousness of the earthly child. May you be transformed from the earthly child to the CHILD of GOD!

That is why I implore you to allow this time past, which you are still able to remember, to be revived by you in an evening meditation in the stillness, so that you may recognize your shackles, those which first bound your soul to your human being.

If your memories of a difficult childhood cause you to be sad, let this time briefly revive in you and then come to Me with your pain, and I will help you to forgive. You have chosen this difficult beginning of your earthly path yourselves. If, as a child you have suffered a great deal, then you have consciously wanted it this way, because as a child you cannot fight against your karma. As adult you would have been able to turn your back on your karma any time. And anytime, you as grown-up would be able to say: “I don’t want to any more!” When the one who is testing you harshly has come to your limits, you could say: “So far, and no more!”, you walk away and put your fate aside, whereby it is not dissolved but will be made to bear in a further incarnation. So that this will not happen, many a soul has chosen a very difficult childhood. This is true for all who think back to their childhood full of emotion and who cannot forgive their parents or those who have raised them. I will help you, if you are willing to not only read or hear My words but also take them to your hearts and to come to inner peace even with those human beings, who have treated you harshly in your childhood.

Observe again the children of this earth and measure your own fate by theirs. How much suffering is borne by especially the little ones of many countries of this earth, infinitely much suffering. Do you want to help bear their pain? Do you want to help so that suffering comes to an end and peace shall come to this earth? So come, loosen the shackles and recognize yourselves as part of the whole, and by this you will be able to help others in understanding love!

My blessing is with you. - Whenever you withdraw to your inner being for a quiet meditation, even if it be only for brief moments, I will irradiate you with all My love and blessing power. So come and seek this solitude, time and again, solitude with Me, one-ness with the SPIRIT OF LOVE.

*Amen*