

27. Exercise

My beloved sheep, I, the GOOD SHEPHERD, JESUS CHRIST am in the midst of you with joy. I have heard your conversation, I irradiate you with My SPIRIT, and you have received My light within yourselves with fresh courage and have helped each other through the evening. That is how it should be: May one help carry the burden of the other. That is how you grow together in true comradeship and inner connection, which will go with you through your entire life, even when you long have separated, externally.

Today, you have intensively entered into the particulars of the various problems, and you have done so with My SPIRIT. I will repeat them for the brothers and sisters who are not present in this circle, but who nevertheless go the path with you, either in the many different communities or even alone.

You have recognized that in your childhood between the third and sixth year the 'red thread' developed increasingly, the same one that is still present now as adult. You have recognized that you assumed a variety of different behavior patterns, that you placed thoughts about you from the early times onward. These are thoughts that surround you like a thick wall, just waiting to be dissolved by you so that your life can move toward more light-filled times in the future.

Let me give you an example, for your better understanding:

A child is born during times of war. The mother is horrified because she fears the coming time. This fear is now superimposed upon the newly forming life and upon the soul, which is getting ready to incarnate. Once on earth, the child tries to win the mother's love by being especially good, as I have explained to you already. This behavior continues into the present life. The human being still struggles with the pattern: "Nobody likes me, unless I act lovingly." This thought pattern, which envelopes you tightly attracts reactions: Like attracts like. You will then continuously attract people to yourselves who are without love and who - for the same motives as you - have withdrawn from their surroundings in order to avoid being disappointed from anyone. May this example help you.

And so it is necessary for every one of you to find this 'red thread', which marks you in your behavior time and again. You should try to change this behavior with My power and thereby dissolve the dark wall around you, by acknowledging selfless love and by trying to love your fellow brothers and sisters without expecting anything from them.

This attitude of expectation is still part of many of My children, My sheep. As long as the child expects anything, he will send impulses that demand things of others. But even if you happen to send your demands subliminally, they will call forth a reaction in your neighbor who is struggling with his ego as well, a reaction of opposition. Only when brothers and sisters go the inner path together can the opposing party recognize such processes in play and can thus change his reaction, as he recognizes himself in the mirror of his neighbor. However, outside in the world, there are still many who do not walk with you and who will react to you time and again.

By this I want to say that you are truly the builders of your own fate, no matter where you are in the world, in your family, in your profession, or on the road. You will always attract people to you who are on the same level of vibration as you. That is why you take such statements as: "No matter where I look, everyone lies and cheats," seriously. Or, "I haven't met anyone who means well." These and similar sentences show examples of one's attitude in that vein.

Examine yourselves, My sheep, which are your statements or phrases you use in daily life. Examine your own attitude toward your surrounding world!

In the rarest cases there is only sunshine round about you. In the rarest cases are all those around you full of love and goodness - and that is a good thing, My sheep. For, if the latter were true, you would be at the end of your road. **Recognize yourselves by your speech, My beloved! Recognize yourselves by your thoughts! Recognize yourselves even by your sensations!**

The masks have been discarded. Today you have found each other here in a wonderfully free and open way and have, therefore, and in this freedom you have recognized your difficulties in a

big way. And whatever place there are small doubts in your recognition I, your brother and friend, will lead you over this or that still remaining hurdle until you are no longer outside of yourselves, but recognize joyfully: "Oh Lord, how easy everything is, and how hard did I make things for myself on the way to the light, to You, and how deep was my longing."

My faithful ones, if the way to Golgotha had been so difficult, I would not have given it as example for you all. The way is so simple: you shall love your LORD and GOD above all and your neighbor as yourselves! Let Me remind you: Three commandments in one. And he who leaves out one of these three is not on the way home to the light, but goes in circles seeking and seeking and not finding the goal, which was explained to you so clearly and simply in this one sentence.

When you say 'yes' to yourselves, when you love your neighbor, when you forgive him, and I mean for everything that happened to you - from the recognition that nothing can ever happen to you that you have not caused yourselves - then you come in contact with that holy, sacred Love, which says: "You shall love the LORD your GOD above all;" for by way of your neighbor, the blinds will be taken from your eyes. You will no longer run into walls but will become seeing. The walls will buckle, the light will come in and the FATHER calls His child: "My son, My daughter, I have been waiting for you. I have called you time and again. I have always answered you when you called Me, but you did not hear Me. Come, now!" And in great happiness, you will go the path into the light with outstretched arms, in which you gather up all those and bring along to the SOURCE, who are standing at the right and left side of the way.

For verily, I say unto you, an awakened child of God can awaken from their worldly sleep a thousand others and can be example for them and can help them on the way to infinity, to the Light.

At the beginning of the course I have taught you that you should begin your day joyfully. That sentence has been a tad forgotten. You should consider every day as a present for you, and not only the day but everything it has brought. Creation and all your fellow human beings are a gift to you. If you identify yourselves with each day and see it as a present from My hand, you will no longer seek out goals that lie in the future. Instead, you will live the moment consciously, of and with Me. This conscious life, My sheep, brings sunshine into your day. I can show you so many things from your surroundings that can help you in your present consciousness. I have shared with you that My guidance is not only at work here in this circle but becomes active, increasingly, when you are going your way alone in the world with whatever you may have consciously chosen to take on as soul. I meet you through countless opportunities, which will help you along when you trustingly put your hands in Mine.

Recognize that you should learn self-composure on the way to the Light. A kind of composure that views everything that comes toward you from a higher point of view. You spoke about watching your Higher Self. You can also translate this by saying: "It is I in your Higher Self Who is truly watching you, sometimes by shaking My head, when you struggle so in your human garment, still I am always smiling and extending My hand to you. Yet, verily, the child has to go it alone, because he believes it is so." Why do you not become one with your Higher Self and with Me, JESUS CHRIST?

If you continue striving to work on yourselves and sharing with each other as lively as you did today, then this path - which is already progressing as you are overcoming part of the mountain range - though it may be stony, will be a path of joy because you are coming nearer the summit, step by step, and because the light will already shine down on you, will answer all your questions and give you wisdom.

If you are willing, we will take on the next age level, **from the sixth to the ninth year**. At that time the child began to leave home in order to go to school for the very first time, unless he went to kindergarten, as the serious time of his life began. This was a time during which you not only started school but also had to learn discipline. From that moment on, you were no longer

able to live by your conceptions as before, but had to bow to the will of others. For many of you this caused you to experience some measure of pain. Whosoever by then had not learned that there will always be people to decide over you had to learn it then. There too, you can watch yourselves if your red thread continues. Were you the good, well-adjusted child or did you rebel against the will of the higher power? By this I mean your teachers.

Is not life itself one continuing example for your way back to the SOURCE? Think about it, time and again there were people who meant well, but you did not understand them because you were not yet able to comprehend the thoughts of an adult. How often did you, as a child, rebel or did you simply knuckle under without the right recognition, that everything was meant for your best interest? When you ponder this stage, pay special attention to this aspect. Examine your memory of what you felt toward these people whom you met during the time between six and nine years, and clear possible negative memories by your present recognition.

At the same time, do the exercise as I have taught it to you, that is, look for a child of that age group, recognize yourselves in him, as you have discussed earlier, and bless all children of this age group! With this blessing you will dissolve conflicts from your childhood that still rest in your soul, not only, as you know, from your childhood in this life but also from passed ones.

I am also guiding you by way of dreams. But don't make too much of them. You were right to ask for forgiveness wherever that may have applied and then no longer to give attention to the dream but to put it in My hands. For recognize that when your soul rids itself of former burdens by and by, this can very often be accomplished through dreams, so that you needn't occupy yourselves with your dreams at any great lengths, knowing that "Your soul is unbinding itself."

Should memories appear in you from times long passed, do not go too deep into these previous incarnations. Ask for forgiveness whenever this is necessary and forgive as well, and place the dream and thereby your past life upon the altar of My love. I will stroke your head and will take your burden from you, if you have encumbered yourselves. I take it from you because you are willing to expiate, through love. Since love is the strongest power, love is able to dissolve everything that binds you and keeps you tied to the earthly events.

Some of you have walked the path via Golgotha once or twice already. That too should be a help to you, knowing that you have in part expiated your debts already. So do not cling to the memories rising up in you but live in the here and now, even if I do guide you to your childhood roots consciously. Live in the here and now in spite of it, since the past mirrors itself in the here and now.

I am the GOOD SHEPHERD. I am leading you, My sheep, by way of every steep incline, guiding you to the clear mountain spring, to the water of life that I AM, so that you may refresh yourselves and increase, with every sip, in wisdom and recognition, and thus continue on your way, strengthened. I am always with you. My blessing envelopes you all. I am the light that shines for you and that shows you the way out of this maze. Follow Me!

Amen