

8. Fretting and Worrying

In this Communication Jesus Encourages Us to Stop Worrying and Fretting, for All Things are in the Palm of Our Heavenly Father's Loving Hand.

I relax My Body and My Muscles, Every Part of My Body, All My Limbs, All My Sinews and Tendons from My Toes to the Top of My Head... I Breathe Deeply and Slowly and Steadily,... Relaxing My Mind,... Shutting Off the Chatter in My Cortex,... Relaxing and Opening My Heart and Spirit,... Letting the Strife and the Stress and the Strains of the Day Slide Away,... Closing Off My Mind to All Sounds,... Preparing Myself for the Peace and Quiet of Meditation. Slow,... Steady,... Deep Breathing. Sinking Down,... Down,... Softly, ... Gently,... Quietly.

I ask My Heavenly Father and the Lord Jesus and the Holy Spirit to be with Me. To Protect Me from All Danger and Evil and to Guard Me Against All Darkness and All Entities and Beings that May Harm Me. I ask Raphael, My dear Archangel, to Cover me with the Blanket of Lavender Light of Love so Thickly, so Impenetrable, that No Darkness, No Entity, No Spirit that Seeks My Harm can Possibly Enter in as I Open Myself to the Lord and to All the Higher Beings.

Dear Raphael, Hold Thy Great Wings Above Me and Around Me. Shield Me from Every Evil. Close Off All Avenues to Those who Wish My Harm, so They Cannot Come to Me or Speak to Me or Communicate with Me in Any Way.

Heavenly Father send the Golden-White Light of Thy Love Down Through Each One of My Chakras, Stirring Them Up, Enlightening Them, Opening Them, Brightening Their Colors, Setting Them to Spinning in Anticipation of Whatever May Come Through them to Me.

Holy Spirit Send the Whirlwind of Elijah, to Surround Me From the Top of My Head to the Bottom of My Feet. Guarding and Protecting Me but Also Uplifting Me and Preparing Me for Whatever Words or Message or Wisdom May Come My Way this Evening.

There is much Darkness in My Inner Sight this Evening. Almost the Whole Thing is Kind of a Dark Blot. Here and There is some Lightness, Kind of Reddish or Reddish-white or Reddish-bluish, Lightness but Mostly Darkness.

Dear Lord Jesus, Come and Be With Me. Sit with Me and Talk with Me. If there is a Message for Me, Any Word or Wisdom or Knowledge that is Good for Me to Know and to Understand this Evening, then Give it to Me Now, at This Moment, At This Time.

No Worry or Fretting need to Come Into Your Life this Evening Nor At Any Time in the Future. You Can Be Free of All Worry and All Fretting. Remember as it says, "If God so Clothe the Lilies of the Field, How Shall He Not Also Take Care of You?" It is sometimes a Difficult Thing for a Human to Put Aside Worry and Fretting Because the Human Looks at Such a Narrow and Small and Little Part of Creation and often Understands such a Little Bit of the Vast Power and Love and Willingness of the Heavenly Father to Guard and Protect and Look After His Own.

It is Part of Becoming a Child of Light, to Expand the Understanding and the Consciousness so that a Greater Appreciation and Knowing of God's Power and Willingness to Bless and Keep and Protect becomes a Part of Each Person. It is a Process of Opening the Heart and Mind and Most of All the Knowing and Understanding That Is Inside. It Comes Not With Loud Noise like Thunder nor Bright Lights Like Lightning, but Slowly and Steadily Like the Sun Creeping Over the Horizon or like an All Day Rain Falling Gently and Softly to Water and Nourish the Earth in Every Part and Every Place.

And So In the Heart and So In the Mind and in the Knowing of the Children of Light, this Knowing and Understanding of God and What He Is and How He Is and Who He Is Becomes Broader and Clearer and Begins to Mean More and More to Each Child of God.

This has Happened To You. It began in Childhood and Continued on, but for Many Years Now it has Been Blocked. It has Been Pushed Aside and Kept Out and Even Now is Beginning to Enter Into Your Inner Sight, Your Knowing, again. You have

Not Forgotten what it was Before and Now are Adding to that Knowing and Understanding.

It Will Continue to Grow and to Clarify and to Become a Source of Strength and Courage and also Peace and Quiet and Happiness. For the Better and More You Know Your Heavenly Father and All that He Is, the More Content, the More Happy, the More at Peace You Will Be. For You Will Then Know There Is Nothing To Worry About or to Fret Over or to Stew About, for All Things are Controlled and All Things Are in the Palm of Our Heavenly Father's Hand and it is The Hand of Love which Guards and Protects and Blesses You, Each Day, Each Minute, Each Second Of Your Entire Life, and Yes, even on Into Eternity.

Set Aside then Your Fretting and Worrying and with a Clear Mind and Heart, with Happiness in Your Mind, in Your Eye and On Your Lips, Live Your Life in Peace and in Quietness and in the Joy Which Knows That Your Heavenly Father Is There, and All is Well in His Care.

No Matter What Changes Occur, No Matter What Upheavals or Catastrophes may Happen Inside You or Outside You, in Your Physical or Emotional or Mental or Spiritual Life, it Will Always Be the Same. Our Heavenly Father Will Be There, Watching Over You, Guarding and Protecting You and Holding You in the Palm of His Hand. So in the End There Is Nothing to Worry About nor to Fret Over No Matter What Happens.

Keep this in Mind So that Your Life May Be One of Peace, Quiet and Happiness, One That May Not Need Effort to Get Along with the Changes and Vagaries of this Earthly Existence but May Concentrate on Spiritual and Heavenly Things and on the Pathway of Light that You have Begun to Walk On.

So It Has Been and So It Is and So It Shall ever Be!

Thank You Dear Jesus.

Dear Raphael, Please Come and Sit with Me. Be My Friend, Talk to Me. Is there Any Message or Word or Wisdom or Understanding that is Good for Me this Evening, Anything that You have for Me? If so, then Please Tell Me now, at this Moment.

My Dear Friend, there is Nothing to be Added to what the Lord Jesus Gave to You this Evening. I see You fully Understand and are fully Aware of what He has Said and of the Importance of What He Has Said and How it Will be a Blessing to You as you Remember It and Go Forward on the Pathway of Light.

Is there Anything else, Raphael, for Me, Anything at All that You want to Speak to Me? Anything that would Bless Me or Be for My Good?

You are Making Progress in Letting All Things Be as They Be. Although You Still Fret and Stew at Times Over Those Things that Cannot be Changed, You Do So Less than in the Past. This is a Step Upward and Forward and Shows that You Do Indeed Understand the Words of our Lord, that All Worry and Fretting and Stewing are Unnecessary in this World and in this Life for, Indeed, "All Things Work Together for Good to Them That Love God.

Whether it is Something that Appears Dark or Bad or Sad to Human Consciousness or Happy or Bright or Glad, there is No Difference for All Things Are For The Blessing of God's Children, the Children of Light. All Things Are Sent to Teach, to Uplift and to Bless and it Only Remains for the Children of Light to See and Understand What is Being Taught and What the Lesson May Be in Each Situation, in Each Thing that Happens.

Thank You Dear Raphael. Thank You for Your Words of Love and Encouragement and Wisdom. I Appreciate them Very, Very Much.

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