

YOU DIE, WE GRIEVE, THEY REJOICE

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PROLOGUE

The following information was brought forth using the Art of Metaphysical Communication.

Death allows us to understand that each one of us is living a human experience. That there is a soul; an energy being inside us that will one day leave our physical body and this Earth, and return to our true home in the Spirit World, that which many call Heaven.

The purpose of this lifetime is important to each one of us who is completing it. Knowing that there is more than what many popular beliefs hold is important also. We are all the same. The people should know that there is no reason to fear your own death, nor the death of a loved one. Going home through the avenue called death is painless for the Soul, yet the process of leaving your true home and being forced out into this physical dimension through the avenue of childbirth is very traumatic and painful indeed for the newborn.

Grief is a wonderful mechanism built into the human system, it allows an individual to process their loss based on that persons understanding of the true value of what was lost to them in that lifetime. Grief gives them the time they need to refocus and readjust to their new life path, which now offers new directions they may seek out for their spiritual growth.

Do not fear death, for it is simply your Soul returning to your true home. Those you have known throughout eternity; true friends and spirit companions who have been with you through many lifetimes, will rejoice when you return to the other side. They will be waiting with open arms to receive you and surround you with feelings of pure love and joy at your return. It matters not what your beliefs are, for we are all created by the same God.

YOU DIE

The Doorway

Death is simply like opening a door and walking through it. There you find yourself back at your true home, with your true friends, companions and family who rejoice at your return. You completed that lifetime; learning and experiencing as much as you could or couldn't, and now you returned home. Those loved ones you left behind on Earth, you will be there to greet them when they have finished their lifetime and they cross over, and you will rejoice with them at their special reunion.

Yes, many people fear death because of their religious faith and/or upbringing. They fear the 'Hell' that was programmed into them by their religious beliefs. Religion told them they 'Sinned against God' and therefore they must be damned to a burning Hell with Satan torturing them throughout eternity. But once they cross over and meet with their friends and family, they will then realize there is no Hell, or Satan or other such negative things waiting for them. Religions of the world use such devices to control the people, so they will obey the rules and authority of those holding religious power.

Mankind created religions, not God. God loves all his creations unconditionally. But if you wish, it is your right; you have free will to believe in such things as Demons and Devils if you wish. Once you cross over and see that those negative things were simply put there for your learning and/or spiritual growth, you will be truly elated at that discovery.

Souls are basic energy creations, as God is

infinite energy. Energy is simply that part of God that connects us all to each other and to God. God created Souls in order to experience that which he created on an emotional level. As a Soul we grow and experience the knowledge of God, who then in turn experiences through us, his creations. God gave us, his soul creations the limited ability to create and the free will to lead ourselves into the experience of the negative and positive that exists in all physical life.

Souls can experience the negative, whereas God cannot. So God experiences the negative through us, his creations. As souls, we are always experiencing and gathering information for God. No matter whether we are in the human form or back in our home dimension, we are seeking to grow more God-like in our own right.

Just remember, your Soul at death, no matter what type of exit you chose feels no pain of any kind. Your physical body may react to whatever is happening because of the brain and the impulses that it is still receiving at the time your Soul separates from the physical body. But the true you, the pure energy being that inhabited that physical form will feel no pain or suffering of any kind as you separate from it. You will feel so amazingly loved and truly peaceful once you finally free yourself of that small, limiting body of flesh.

Some people say the loss of a child is the most severe loss one can experience, but that is not true. Anyone who loses a mother or father, a wife or husband, a brother or sister, a son or daughter, a true friend or companion, or even a beloved pet; that loss to 'them' may be the most devastating. Each person experiences the loss of a loved one in their own way. No one can measure how much grief we will go through or for how long it will take us to come to terms with our grief.

Those who die and cross over to the other side are extremely grateful to return home. No longer

bound to a physical body, they no longer suffer from any disease or physical pains of any type or degree. They are once again whole and full of energy; where there is no aging process or limitations to experience as they did in a human form. Unconditional love envelops them on a continuous basis. As beings of pure energy they do not need food, water, shelter, or oxygen to sustain their soul form.

Since we incarnate to planet Earth to learn and experience many things we cannot experience on the other side, each lifetime is very important to each one of us. These lifetimes we venture into help us grow spiritually. They help us understand the true nature of God and allow us to become more God-like in our own patterns of growth.

So no matter when someone dies and returns home, just try and realize it was their decision to leave at that point in time and to leave in the fashion that they left. How old they were when they died and returned home was their choice. The method they use to return home is their basic choice; to die in a plane crash, a vehicular accident, to be murdered, to take their own life, to die from old age; your exit from this lifetime was decided by 'you' before you were born.

Grieve not over 'when' your loved one died or not over 'how' they died; simply grieve for the physical loss they no longer have in your life, for they are now on the other side and are happy and rejoicing, knowing that you, their loved one will join them when your chosen time of departure comes. They will be ready and waiting as you cross over for your reunion with them. Yes, their departure leaves a big hole in our hearts because they are no longer here with us in the physical form, but they are always watching over you and waiting for the day you return home.

So grieve, but remember, you are still here on Earth because you have more to learn and

experience. Don't waste your life in grief and sorrow for you will be reunited with your loved one soon enough. Hold that love in your heart and move on to fulfill your spiritual growth.

Things You May Experience

Obviously souls who have chosen a sudden ending to their life, such as a vehicular wreck or some type of murder or death through war or the like won't experience what are called the stages of grieving before death. Those who have chosen for their learning experience a slower death, such as a terminal illness, will then have the opportunity to grieve or not grieve as they so desire.

It has been noted that those individuals who have been told of their impending death react in many different ways to such news depending on their religious beliefs or lack thereof. There is a basic model used to convey the stages of death, those being; denial, anger, bargaining, depression and acceptance. Some individuals will express all the listed stages, while others will go through only a few and still some may not express but only one that of acceptance based on the reason for their impending death.

Depression, for those who decide to experience it, can be the hardest stage to deal with. Some will enter it and remain there until death overtakes them. Others will experience it for a time and then move on with what remains of their time on earth.

Depression, like stress, is caused by the physical mind attempting to rid their soul of feelings which do not agree with their physical or energy body. When the mind engages in repeated negative thoughts and/or actions the only way the body knows how to cope is to bring on depression and/or anxiety trying to protect itself. These thoughts or actions go against the soul's true and higher self.

To move from depression, one must change their negative thoughts and/or move out of the

negative behavioral pattern they have moved into, or been caught up in. Whatever caused you harm or mental anguish, you can simply move from it by taking positive action to move from it or away from those who push you in a negative direction.

No pill will bring this change; there must be a physical, mental, emotional and/or change in their beliefs by the person in order to move out of the depression and/or stress they are experiencing. True change must come from within the person; you must come to terms with your situation. No therapist, doctor, friends or family can do it for you. It is your life, your experience, your lesson you chose for your spiritual advancement.

The stage or stages you as an individual have decided to experience will aid in your understanding of your physical life as it comes to a close. You have already experienced death in other lifetimes, so as far as your soul or true energy self is concerned this is merely another experience before you leave the physical body behind and your soul returns home. Some will be able to grasp this understanding as others will not.

Fear not the loss of your physical body for it has done its intended job, that of allowing your energy form to enter this physical dimension in order to learn and grow spiritually. It has served its purpose and now it is time to lay it aside.

The Dead Speak to Us

Those who die can communicate with us depending on certain factors. Such as if they want to speak to us or not. You may have a family member or someone you knew and you didn't get along with that person on Earth. You and/or they don't want to communicate, not when they were on Earth or not now that they have crossed over. So in that situation there will be no attempts at communication between you and them.

Now for those you truly loved and are now grieving for, they may make contact with you once you are in a more stable frame of mind. After you regain control of your emotions and mental state, they may then seek to communicate with you. They have several ways in which to make this communication to let you know they are fine and doing well back home.

They may try and enter your dreams, they may come and try to use their energy to give you the sensation of being touched, or to give you the sensation that they are near you in your physical feelings or mental thoughts. A pleasant memory may suddenly come into your mind, bringing a smile to your face, if only for a moment. Bringing with it a sense of joy and calmness you have been longing for. You may notice a faint smell of some pleasing aroma you associated with the person who departed your life, and feel comforted that they are close by watching over you. You may notice small objects being moved from their normal place, or lights turned on that were off and the like. All attempts to let you know they are alive and doing fantastic on the other side.

There are those who will even be able to see their departed love ones, should they so desire it. Some on the other side may return just to be seen

and let their loved one know they are all right and it is now time to stop grieving and worrying about them. That it is time for them to move on with their life.

Some of you may even seek to communicate with them through a Medium or Psychic. This is fine as long as you seek out those who are pure of heart and offer to help you communicate or validate a connection with a departed loved one for reassurance, and not just to separate you from your money. There are many fine Mediums and Psychics out there; but there are also many fakes out there just waiting to play upon your emotional state of mind for their monetary gain. Research well those you decide to trust when trying to communicate with your loved ones on the other side of life.

We Chose Our Death

Here are but a few examples of how and/or why a Soul (energy being) chose a specific type of death which opens the doorway leading them back to their true home on the other side. These avenues of death were chosen by the individual Soul themselves and no one in their family or friends caused or aided in their demise, other than what the individual Soul allowed.

Cancer is a commonly used disease by many Souls to force them to take note of their life. Cancer can be something an energy being programmed into their human life to force them to confront the lesson of unconditional love as a means to further their spiritual growth, and/or the growth of those close to them. Cancer is just one of the many diseases Souls chose to pull them out of the complacency they have followed in their life.

Sitting in front of the TV or computer screen all day does nothing to help us with the true lessons we came here to experience. So cancer and other diseases force you to refocus yourself on the true path you wanted to experience; that of advancing your Soul through the lessons of love.

Cancer for some is how they chose to leave this physical life. That type of death will also have a profound impact on that individual's family and friends. Giving them the lesson, whether they learn it or not, that they too should not waste their life on mindless pursuits. Allowing your life to be consumed by only sports or other mindless endeavors will not help you to grow spiritually, that's why you came here; to advance your Soul or to help teach others how to

grow spiritually.

Sudden Infant Death Syndrome or what some simply call Crib Death, here is one explanation for this occurrence. Once the mother has given birth, from that point up until the approximate age of two, the new soul that has incarnated into this world through the baby's body has a decision to make. It can choose with its free will to stay and work on the lessons it chose to experience or it can back out of that planned life and simply leave and return from whence it came.

If it chooses to vacate the physical body, the baby's shell simply dies. With no soul inside the body, it stops functioning and shuts down. So if there is no medical reason found for an infant's death, the soul itself left for reasons only known to it. Doctor's then unable to find a medical cause term it to be a 'Crib Death.'

The soul leaves the tiny body not to punish the parents (even though it may be a spiritual lesson for the parents) but for its own personal reasons seeking the best life to help it advance spiritually.

Suicide is no different an exit from this world than is any other manner of death. God does not view it as a sin, for there is no such thing as sin. Religions, not God, created sin as a form of control they could use on the people. Suicide is a physical action manifested from the negative thoughts and emotional stress that persist on a persons mind and body.

These can be overcome while in a physical form, yet if the individual is unable to overcome and they commit suicide, there are those on the over side waiting for them as they cross over. They meet with the distressed soul to provide counseling to help that soul understand the torment it was experiencing when it ended its human existence.

Young individuals who commit suicide are those who have only incarnated a few times and have not yet made the adjustment to the physical world. They must overcome this fear in order to continue to learn in the human form. For others who kill themselves there can be any number of reasons to do so; disease and/or physical pain, emotional and/or mental distress, an overwhelming experience and/or lesson, and the like.

Self inflicted death only returns you home, but know that you will incarnate again into a human form and face the same similar conditions as before; so that you can progress past the temptation of suicide and allow yourself to grow spiritually.

Accidents Are Planned Events

There is much adjustment that takes place in your life depending on your free will so that events that are planned may take place. That is, not the specific event in most cases, but the event that brings about the desired experience or goal that 'you' planned to achieve and experience in this lifetime.

There are many things that influence free will and influence events on your lifetime. Many things are planned, simply because they appeared accidental or inconsequential makes them no less important, though they might be. An accident can bring your attention to an area that you were neglecting, even in terms of thought though the accident may have some physical impact. There may also be implications for your emotions. It is important to adjust your thinking to understand that there are no negative actions.

There are many things that unfold so that the desired plan, that which you were counseled and chosen to experience with your desire, that these things be accomplished. You may learn love, for example, through any number of experiences, so it is not dependent at all times that you meet a specific individual or care for an individual so that a bond is formed or any other part of love or caring be experienced.

There are times when it is very dependent on the person because of their path and yours and how they interrelate. But many goals and experiences will be brought about by the circumstances no matter how your free will has intertwined with your plan.

It is of utmost importance to keep your mind open and clear and not worry on how the event has been formed, but to understand that causal

reasons, those important beyond the physical world, examine those that you will carry with you after your physical death. Examine these reasons, the motivations, and the areas being affected. These are what often determine growth or an area to review for some potential lesson or meaning after you have come through physical death.

It is not necessary at all times to feel as though you experienced a specific incident and then reacted poorly to it, though you may not understand the process now you will understand, or you still may not, upon your exit from this physical world. Your reflection on this situation and understanding the correct, or universal, response that may have been more positive is as useful as if it were your initial response.

Typically, it is not known by you whether this also was the required response for the growth of yourself or others involved, though all actions should be considered and reviewed on terms of how you feel much later, after the incident. Were you better off because of your reaction to the accident or were you feeling as though you reacted negatively towards yourself or others involved. These are important if you are considering growth and evolution in your lifetime and beyond it.

Please understand that it is important that all individuals know of lifetimes, or what is termed reincarnation; there is much said to deter any thought or thinking regarding this and many are expressing themselves, their emotions, and reacting as if there is no life beyond that of the grave. That there is no impact, as if this is the only life they are ever given to live and experience. It is important to know that you will live many lifetimes,

and upon return to your true home, you will have the opportunity to review each previous lifetime, to examine and understand in order to aid in advancing your spiritual growth.

There are no accidents, so if your loved one died from what someone would call an accident, just know it was a planned event by that individual. Not to cause pain or suffering or to punish someone who is left behind, but simply an ending to a lifetime in which they had completed their chosen lessons and experiences. The lessons they could not or did not learn in that lifetime will be reviewed by them on the other side, and they will then program those missed experiences for their next lifetime. There are no lost opportunities for a Soul's advancement.

Reincarnation

The cycle of incarnation, or reincarnation as some call it, is merely the process chosen by many soul beings as a way to advance or progress at a faster rate. One can progress just the same without ever incarnating into a physical body on planet Earth. Yet spiritual advancement can be accomplished at an accelerated rate by incarnating into a physical form where the negative element can be experienced first hand, rather than simply studied and/or observed through other energy beings. It is up to each soul individual as to which path they choose to follow.

Just know, your previous lifetimes have brought you to the place in which you currently reside. There have been many on your current path that you have experienced in similar times. There have been many mothers and fathers, brothers and sisters and the like; some were of great importance to you while others had little to do with you based on their own spiritual journey they were seeking.

It is not the nature of the societal construct of the family unit that is important; for many receive these same relationships at various points on the course of their lifetimes. Just know that family is importance for some souls to help them learn and experience certain lessons, while other souls do not need the close family ties to learn or experience their chosen lessons.

This is why some families stay connected and others seem to scatter to the winds. Its just simply that individual souls desire which compel them to seek out their individual lessons, chosen by them for their personal growth.

WE GRIEVE

Grief for Those Who Live

The dying individual will experience grief differently from the individual who loses a loved one. The dying person has only a limited amount of time to grieve or not grieve for themselves before death runs its course. The individual who loses a loved one has the rest of their lifetime to experience or not experience the effects of grief. Some will grieve and then move on with their life, some will continuously grieve in one form or another for the rest of their life, and some will grieve on and off throughout different periods of their life.

Here we will discuss grief for those who live on after the death of a loved one. The same basic stages of grief apply; denial, anger, bargaining, depression and acceptance. The difference between those who are dying and those who will live is the amount of time involved as mentioned above. For some, the different stages of grief can become a cycle they seemingly cannot escape from throughout the rest of their lifetime. For example, depression may become a reoccurring problem as they try and cope without their loved one by their side. For others, they will experience their loss with different stages of grief

and move on with their lifetime to fulfill their life's purpose in learning and growing toward their spiritual awareness.

Grief has no time limit. An individual grieves for their loss as long as it takes them to come to terms with the loved ones death. Many factors affect how a person grieves. Was the loss sudden; by suicide, or murder or war? Was it a gradual long term illness? Was it from the natural process called old age?

An individual will grieve differently for someone murdered for example then for someone who died naturally from old age. If the murderer is not known or ever found, the grieving individual may find it very difficult to move on with their life, always seeking closure to many unanswered questions. For someone who dies of old age for example, it is viewed as a normal expectation of a long life coming to a natural ending.

Your grief may have caught you off guard, for you truly didn't realize how much you loved or disliked the individual until they died, and now you realize their true impact they had on your life. Don't play the blame game, thinking you could have prevented the individual's death in some way if you only had been more aware of your true feelings.

The Effects of Grief

Grief is experienced by the average human through many different avenues of expression; emotional, mental, physical and/or spiritual. The grief stricken may exhibit anger, anxiety, depression, despair, fear, insomnia, nausea, night sweats, weight loss, and/or weight gain, and on the list goes. For the specific individual these may be some of the normal symptoms they experience when faced with the grieving process. For other individuals they may not experience any of these symptoms of grief. Each experience loss in a different way; so do not judge another for how they grieve or for how long they grieve.

The person feeling and/or experiencing the loss will deal with it in their own private and particular way. They may cry, laugh, scream, sulk, or do nothing at all to show emotion, it's up to them to grieve however they wish or wish not to grieve. Do not tell them to stop grieving and get on with their life. They must work through the loss and when ready they will emerge from their grief and continue on with their life. If you think its taking someone too long to get over their grief, the problem may be that 'you' have not truly come to terms with the person who died. You may not have liked them or you may not want to acknowledge that you had deeper feelings for them then you led others to believe. Examine your own true motives before trying to pressure someone else into reconnecting to their life path before they are truly ready.

If you truly wish to help the person caught up in grief, then be willing to help them with basic life functions. Assist them with laundry, grocery shopping, house cleaning, paying bills, child care and the like until they re-connect

with their life. Don't force yourself on them if they say 'no' to your offer of help. If they wish to talk about their grief; then listen without judgment. If they just sit and cry, then let them cry, it's their way to grieve; for there is no right or wrong way to grieve.

Should they desire to seek out someone to assist them with their grief then supply the phone numbers and names of those who could offer counseling such as; medical doctor, psychiatrist, clergy, and/or a support group. Don't pressure them to call, let them decide when the time is right and who they wish to deal with. Some grieving individuals do not need such support, so allow them to work through their grief in their chosen way.

Alcohol and/or Drugs

For those who decide to self medicate themselves through the use of alcohol and/or drugs just remember; they will only mask the sad feelings and physical symptoms you are expressing and experiencing for a time. You must come to terms with your grief at some point in order to continue on with your path of spiritual awareness. Alcohol and/or drug usage will only prolong your grief and cause other health issues to arise, which will have a profound negative effect on 'you' and the remaining loved ones in your present life.

A medical doctor or psychiatrist may prescribe medication to help you cope with your present situation, but remember pills only mask the grief you are experiencing. It is still up to you to come to terms with your grief and move on with your life. Do not allow drugs and/or alcohol to take control of your life.

Establishing Your Life Again

Once you have experienced your grief to its fullest, you may emerge once again ready to tackle the demands of life itself. This is indeed a new beginning in which you may seek out family, friends and/or support groups to aid you on the road to reorganizing your life.

Physically, mentally, emotionally and/or spiritually you may now venture into new areas that are open to you. Start an exercise program to physically help yourself remove fear, anger and depression. For example, join a book club to expand your mind and/or become socially active in your community to help others who are now going through what you have experienced personally. Get outdoors and rediscover nature; there is nothing like watching a sunset or sunrise to reconnect your soul to the spiritual awareness that lies deep within each one of us.

Helping and assisting others for whatever reason can bring great joy and love into your life. Focus on things that bring you happiness and open your heart and mind to experience joy and love. There should be no immediate focus on sadness and/or frustration. There is no true joy in the sadness and hurting of others. Joy comes from expressing your heart and mind together in a beneficial and positive way.

Laughter is most notable and acceptable because of the true happiness that you experience, which is similar to the everlasting love and pleasantness of your true spirit home. Dancing, singing, clapping and even obnoxious body movements can be thought of as those that might be used by children. These simple things will engage those around you in laughter and 'lighten

the mood' which is only the energy and vibration shifting in the area surrounding you and those who are near you.

Your body posture can also have an effect on your mood. This is true if a particular feeling is associated by you with a particular posture or you express certain feelings only in a certain posture. There is much attention paid to this by those who are aware of their bodies and simply adjusting your posture and body mannerisms can cause a positive shift in your energy field and vibration of your body. Movements and posture can increase blood flow and increase the energy flow in your body allowing it to be raised to new heights.

This is why a child might appear happy though a parent might want them to calm down and stop their behavior. This is simply the child's natural way of interacting with the world though they are unaware of how much is based on their energy body. Sloth like mannerisms can be attributed to negative energy, slow sluggish energy and to a lower vibration pattern. Raising your vibrations can change your mood and create positive energy helping an individual to move forward with their life.

Walking and physical activity on a daily basis, especially activity where the body is in contact with the outdoor elements, not indoor, are vital to energy vibration. Laughter is the best medicine because of the energy being expressed and the energy being felt by those who are in a group experiencing this.

Fear is the only thing that stops humankind from becoming truly great on this planet. Stop fearing everything and start expressing love in all its forms; from the simplest kind act given to a total stranger, to expressing love on a larger scale. Try it; you have nothing to lose except the fear that you yourself have created in this lifetime.

Forgiving Yourself and Others

If you and the person who just died did not have a very good relationship while they were alive, you may have mixed feelings about their death. Whatever transpired between the two of you while still alive, you may still harbor anger and/or hatred toward this individual. Your feelings now that they are dead may cause you regret or guilt that you could not or did not rectify the problem between yourself and the individual.

What transpired between you and the now deceased individual may have been, for example, as basic as just not getting along, loss of love, not seeing 'eye to eye' on most things, divorce and/or the like, or it could have been much more profound involving, for example, incest or rape, or something extremely negative or hurtful which caused 'you or them' mental, emotional and/or physical pain. You may be the one who hurt the other, or you may be the one who was hurt by the other.

Forgiving them for what they have done to you can be just as hard as forgiving yourself for what they did to you. Subconsciously you may feel as though you deserved the bad thing(s) they did to you, when in fact it may just have been a learning experience agreed upon by the both of you in order to grow spiritually.

As an example, say you were raped or molested by a family member or by a total stranger; just know all major events in your life were programmed by you before you were born into this physical dimension. You wanted to experience certain things for your spiritual development.

Rape, for example, is a wonderful event to experience from the point of attacker and from the

point of victim for souls seeking to understand unconditional love. If you, as the one who was raped, can truly understand the spiritual lesson rape can teach, then you are advancing your spiritual growth, which is why you chose that lesson to experience. If you, as the one who committed the rape, can truly understand the spiritual lesson rape can teach, then you are advancing your spiritual growth, which is why you chose that lesson to experience.

Two souls come together and decide on who will be the victim and who will be the assailant before they incarnate to earth. After those lifetimes are completed, the two souls will switch roles and the one who was raped becomes the rapist, and the one who was the rapist becomes the one to be raped. This is so both souls can experience the lesson from both sides, thus learning the spiritual lesson conveyed that only souls, our true selves, can understand as we seek to experience unconditional love on many different levels.

Once you understand we come together here on earth to experience, what are perceived to be negative events, then you will see it is simply done in order for us to grow spiritually. Forgiving yourself and forgiving others becomes much easier once you understand the true nature of what has transpired between you and someone you know or one who is a seemingly total stranger. That stranger may in fact be a very close friend from the spirit side that is assisting you in learning a lesson you yourself wanted to experience; whether they are playing the role of the rape victim or the role of the rapist.

Think deeper, and then forgive yourself and forgive the others that have caused you harm in whatever shape or form you perceive it to be; after you have fully experienced the event that has occurred in your life; fully experiencing the

emotional, mental, physical and/or spiritual results of the lesson, then you are ready to move on to other chosen lessons you came here to experience and learn from for your spiritual advancement. Nothing happens by chance; you chose the event to experience before you were born or you allowed the event through your 'free will' to manifest in this lifetime.

So experience the physical event fully, and then look deeper into what really transpired on a spiritual level and then come to terms with the death of the individual. Forgiving or not forgiving them is your decision to make, for it is your life and only you can live it. No one else can feel as you feel, think as you think, experience an event as you experience the event to be in your life. So whatever you decide to do is right for you.

THEY REJOICE

It is very hard to see the spiritual ramification of an event that occurs in your life unless you have a specific spiritual ideal or background in which to compare it with. Presented in this section is an overview of basic information to give you a foundation on which to better understand who you are and where you came from in order to help you deal with the life lessons you have chosen to experience in the human form.

CREATOR

1. A basic definition: God, the divine creator of all forms, is all that is and has ever been. There has never been a time when God did not exist. As we, his creations grow and experience, God then continues to expand, for we are a part of him. God is the force from which all life flows. Just know God is not an individual being or entity. God is the perfection we seek in all things through our accomplishments and experiences.

Many religious books and texts all have a similar definition of God. Almost all speak of God in the same manner, and have the same general understanding of who God is. There are some exceptions, but the majority believes God is the force that brings into existence all forms of

every emotion, every action, and every entity of life.

God also creates all new life through the physical and biological processes necessary for life on earth. We are all living energy forms made in the image of God, and we too have an ability to create in our own right. This ability was given to us by our loving God. Even though we cannot create on the same grand scale that our loving God can create, we do create in a similar manner to that of God.

We create and bring things into being through our actions of thought. If it were not for the negative judgments we hold of other people, we would be creating a more positive world for ourselves to live in. Whatever your situation is in life at this very moment, you created it. If you consider it to be a negative situation, then you are the one to create a new situation for yourself, a more balanced situation. When we make positive or negative changes, everything around us changes. It's up to you to create the life you desire to experience, one based on balance between the negative and positive. On planet earth all life seeks balance.

To provide a simple definition of God, you simply need to look within yourself to your soul. Your soul image is seen as pure energy, and that is why they say we are made in God's image, for he is viewed as a vastness of infinite pure energy. Energy is never destroyed, it only changes form. There is no good or evil, right or wrong, only various forms in which energy, emotion, thought, and actions are brought forth. A thought or action on its own is not judged as evil or good by God. It is mankind who compares the action to previous actions and then judges it to be good or bad.

God is not a vengeful or cruel being who will scold or punish you for the lessons you have chosen to experience in the human form. For we choose negative and positive lessons to balance out our spiritual growth. One cannot grow in spiritual awareness without experiencing the negative side of life on earth as well as the positive. Therefore when we return to our true home, we are the only one to judge the life we just experienced in the human form. God gives us this right to judge ourselves for the lessons we ourselves chose to experience in the human form.

There are beings that are higher in spiritual development that will help you along your path, both on earth and once you cross over. There are no beings to deliver punishment or guilt when you are back in your true spirit form.

God is patient and understanding. There is no such being as Satan or Lucifer that opposes God; this was created by religion to show the difference between good and evil, right and wrong. There are no groups of beings who are responsible for acts that you, human beings, declare as evil. There are no beings set aside simply for the purpose of creating evil thoughts or evil acts.

Everything, everything, everything is created by God. All things that you create are the result of God or are assembled in such a way that 'all' experience and benefit from your creations, whether negative or positive. You are not alone in your thinking. Your thoughts have power and are at the root of your ability to create.

2. Who or What is God?

There is no reality greater than knowing that

there is a part of God within your physical body. It may seem as if you are living two lifetimes, as it were; that of the physical human existence which you enter over and over again learning lessons, and that of the energy being (soul), your true spirit self in your true home world. It is a matter of learning.

There is only energy, that which is universal energy in our world, your true home. You will grow beyond this world of your current physical existence and return to your true home upon your death. Everyone sooner or later progress and move beyond this current world they inhabit in a physical form. There is much growth that is achieved by everyone through the experiences of everyone.

God designed this part of his divine plan so that as we grow and experience life, he too can experience through us, his creations, just as we experience life through God. All things, ideas, actions, beliefs and thoughts are assimilated. Each will become the knowledge of the other.

In a nutshell, God is the infinite universal energy, the whole vastness of all life. God is the goal we are reaching for in life; seeking to have all things brought into a state of perfection in our lives through service to God.

The greatest service we can aspire to in physical life to be more God-like comes in being of service to mankind through; healing of the sick and infirm, comforting the mourner, assisting the emotionally and mentally confused, giving strength to the overworked and stressed, and guidance to those who have lost their way through drugs, alcohol and desperation. For mankind, there is no higher service than these

accomplishments in the eyes of God. Do not seek praise or recognition for doing these wonderful things; just know you are fulfilling the true purpose for which you entered this physical world. To bring love and enlightenment to yourself and to those who are in great need.

That which our world worships and desires such as power, position, authority and wealth is inconsequential to God. Mankind my value these misguided endeavors, but God values our service to our fellow man. The service we give out of true love and affection, which serves to build our spiritual character leading us toward our true goal; that of becoming more God-like.

When you leave this physical world and your soul crosses back over to your true home, the world of spirit, just remember that is not the end of life. So called Heaven is not where you will spend eternity sitting at Gods feet and listening to angels singing divine hymns. You will continue on your journey seeking to evolve higher, always seeking to become more God-like as you endeavor to grow in spiritual awareness.

As you continue to grow and expand your spiritual energy, you add this to Gods expanding energy. The more souls that become God-like, the stronger Gods energy becomes, thus aiding God in bringing balance and order to all life forms, in all the vastness of his creations. God created souls to be his companions, giving them free will and the ability to create in their own right.

Remember, souls create the negative in order to experience and grow spiritually, God does not create negative energy; we do for our

enlightenment. That is why when you die and cross over; 'you' are the one who will judge yourself for what you have done in the human form, not God. You chose the life you are now living; the events that have played out for your own growth were your choice to experience, not Gods choice for you.

TRUE PRAYER

1. What is true Prayer?

Prayer in its true form deals with what your true intent is for asking the prayer in the first place. True prayer is a spiritual action which allows a person to look into their soul and see where their strength's and weaknesses come from. That inner look into yourself then helps to create a stronger bond between you and God.

People who go to their church, synagogue or mosque and simply say in repetition the same old prayers achieve nothing. Those who repeat those prayers over and over each day, each week, do so with indifference; for they have ceased long ago to contemplate the true meaning of the words they now utter without thinking. An example is like the Christians repeating the 'Lords Prayer' or the Muslims reciting the same prayer five-times a day facing Mecca. Neither God, nor his Angels respond to such prayers because the people say them without true sincerity in their hearts. The correct prayer is that which is done without vanity, without attempting to change something for personal gain and/or selfish reasons.

True prayer is when an individual desires to help oneself or another person/group to bring forth a positive change while being of service to God and Mankind. True prayer allows a person to tune into the spirit energy of God, which automatically then attracts its answer by creating a vibration that draws your guardian angel to come forth with help and assistance.

2. How do I say or ask a true prayer?

A true prayer, one from the heart, depends on your intent. Say your prayer, mentally or out loud, and then envision your positive prayer coming true. Ask that spirit energy from God be sent so that your prayer comes to pass. It is only necessary to have in your mind the vision of the completed outcome that you wish to achieve. Simply focus your thoughts on the outcome you would like to see and visualize your spirit energy leaving your body and affecting the universe. By doing this, your energy will be brought to the attention of God and his Angels, so to speak, and your prayer will be reviewed and a determination made as to whether divine intervention will come forth or not.

You may ask your humble prayer as often as you wish, for as long as your true intention is of a positive nature, your prayer will radiate out from your heart and deliver the spirit energy into the universe. Your spirit energy emanates from all around you. You have the ability to create, which was given to you by God. You have the mind power to assist in seeing your prayer bring forth your desired result, or at least bring love into the situation you are attempting to help or change.

Just know, not all prayers are acted upon by God and his Angels, due in part to each soul having free will. Some souls chose to experience hardships, and what seems to be chaos in their lives is in reality their desire to experience the negative side of life for their spiritual growth. If someone chose to place themselves in a bad situation, God would not interfere to change that situation until that person had learned all they could from it. After they had experienced and learned from their chosen life lesson, then God would allow your

prayers to come forth to aid and heal the person
you are trying to help.

HEAVEN OR HELL

1. Is there a Heaven and Hell?

The inventions of 'Heaven and Hell' were fabrications made up by organized religions in order to control the uneducated and superstitious people of the physical world. Religion created them as a control measure to coerce the people into obeying their manmade rules and laws, which they falsely claimed came from God.

If you obeyed the religious authority, they granted your soul the right to go to Heaven and be with God. If you disobeyed the religious authority, then you were damned to Hell and your soul was given to Satan for all eternity. It was simply a way in which organized religion could scare people into believing they had power over their lives.

The average person knows very little of what they truly believe about God, so it was easy for religion to gain control of them through their basic ignorance. Never underestimate the power of false words to control others; especially when used by someone who is perceived as an authority figure by the people.

2. Is there life after death?

All souls, which are energy beings, were created by God. God gave us free will so that we could learn to create as he does. Advanced souls created places like our universe, which have many planets of varying degrees throughout, for souls to go and experience different lessons as souls seek to further develop their spiritual awareness.

If you inhabit a human form right now, you have incarnated to this planet called Earth in order to experience all the many facets of love. That is what this planet teaches. True, unconditional love takes many lifetimes for the average soul to master, and that is the journey you are now on. During each human lifetime, you incarnate with lessons and experiences you need for your spiritual growth. Some lessons you accomplish, some you do not.

Being born as a baby is how a soul enters this planet. You enter with no memory of past lives or of the spirit world so you are not distracted while working through the present lifetime. Without the physical body, your soul could not experience the negative side of life. The human form is able to experience pain and suffering; physically, mentally, emotionally, and spiritually whereas your soul is not capable of experiencing these negative lessons.

When you have come to the end of the lifetime you chose, then it is time to return to your true home world through the avenue called death. Death simply allows your soul to detach itself from the body you had chosen for your learning experiences. Fear not death, for your soul experiences no pain or injury when the physical body dies. It is truly a very joyous occasion when you return to your true home, where friends and loved ones await

your arrival.

3. What is our true home like?

Your soul, which is energy, takes on an ethereal form when it leaves the physical body. This form resembles the form you held when you were earth bound, except it has no defects and displays itself in near perfection. This new ethereal form is required in the world of spirit just as you required a physical form while on earth to house your soul.

Since you are pure energy, you require no food, drink or air to breathe when you are back in your true home. You do not suffer the aging process as your soul is eternal in nature. This ethereal covering does contain higher emotions, but not like the lower animalistic emotions you now experience in the human form.

Souls who incarnate to earth and take on the human form all dwell on the same level. That means you had contact with those who were considered the smartest people at the top, those who were average thinking, and those at the bottom who are considered idiots. All were living together on the same level as they experienced their chosen lessons.

In the world of spirit, your true home, there is a separation. Your soul will live in one of the seven major zones of consciousness with other souls you are in harmony with. These seven zones are based on how enlightened or spiritually advanced a soul has become. The law of attraction applies, like attracts like. As you work to ascend through the sub-levels, each is more sublime than the preceding one.

Each one of the seven major zones has seven sub-levels to it. These zones and levels are

vibrating and spinning at a higher frequency as you ascend through them. The average soul who is now reincarnating between the spirit world and earth resides in the 3rd major zone, and dwells on one of the seven sub-levels of that major zone.

As an example let's say as a soul you were living in the spirit world on the 3rd major zone, on sub-level number 4 of that major zone. You incarnated to earth and were born and you had chosen to be a female. You lived that life and achieved most of the lessons you wanted to learn and experience. That life lasted eighty-eight years let's say, and then you died and returned to the world of spirit. Let's say during that life your soul advanced spiritually, which means upon your return to the spirit world your soul now advanced to the next sub-level of consciousness it had earned. Instead of returning to the 3rd major zone, sub-level number 4, you would now go to the 3rd major zone, sub-level number 5.

Once you spiritually grow and progress through all the seven sub-levels of a major zone, you then enter the next major zone and work your way through those seven sub-levels. For example, when your soul progresses from the 3rd major zone, sub-level number 7 of that major zone, you would then enter the 4th major zone, and start out on sub-level number 1 of that major zone, and then start working your way through that major zone's sub-levels. When you reach the 7th major zone, and the 7th sub-level of that major zone and have become spiritually enlightened and have mastered all that is contained therein, you are now ready to ascend to God's next phase of your soul

development. When you leave the seven major zones your soul will no longer need an ethereal form and you will be seen as pure energy, a beautiful bright light. You would never again enter a human or ethereal form again. A whole new adventure awaits your soul as you co-create with God.

4. Where are these major zones located?

The earth is encircled by these seven major zones and sub-levels of consciousness, just as all the planets contain their own individual consciousness of higher or lower vibrations. All zones of consciousness meet and blend together, so your soul is then prepared to enter into another consciousness on another planetary journey of learning if you so desire. Souls are always being encouraged in a positive manner to progress forward to be more God-like for their own self awareness.

ENERGY HEALING

In this section it will be explained how to bring healing energy to yourself, and also how you can deliver healing energy to others, such as family members and friends.

There are some things to know before the different healing techniques are explained. No one can receive healing until their soul itself is prepared to accept the healing energy. It matters not how strong the healing energy is or who is delivering the healing energy, nothing will be healed until that person's soul is willing to accept it.

The reason some souls refuse to allow the body they inhabit to be healed may be due to a karmic lesson the soul is learning or experiencing at the time. For example, if the soul chose to experience a specific disease, such as cancer, then it will refuse to allow healing to take place in the body until the lesson has been learned or experienced for the soul's spiritual growth.

The following information will provide the basic knowledge needed to instruct you on how to do 'self healing' and how to do 'hands-on-healing.' Please note, when the word 'spirit' is used, it does in no way imply a connection to any organized religion. You can be an enlightened spiritual person and have no affiliation with any religious group.

SELF HEALING:

Everyone has a soul companion or what some

term a guardian angel from the world of spirit that is assigned to them during their lifetime on Earth. Your angel will not intervene in your chosen life unless you ask for help or some specific type of assistance. Otherwise, your angel will simply observe your life without you even being aware of it.

Now, if you pray or mentally call upon your angel for help, then your soul companion will intervene in your life to help you. For example, if you catch the flu and you ask for help, then your angel will bring forth healing energy to help you recover from the illness. If you catch the flu and don't ask for help, your soul companion will simply allow you to be as sick as you desire. You have free will and your angel cannot assist you unless you ask. You have the right to be as sick as you wish.

Begin self healing by sitting or lying down in a comfortable position if possible. This will help relax your body and mind. If it is possible, also limit the light and noise that surround you at this time. Now mentally call to your angel. For example say, "This is (your name) and I am calling for my angel to please come forth and place a shield of love, strength and protection around me straight from God. I need healing energy to help me with (state what the disease, injury, or problem is with your physical body). Thank you or Amen (if you wish to ask it as a prayer).

At this time, if you can reach the afflicted area, place the area or limb between your hands, or simply lay the palm side of your hands on or near the problem site. If you are unable to reach the area, simply rest your hands in your lap (sitting) or place them by your sides (lying down). Now after calling your angel, close your eyes and visualize the affected region or injury site becoming filled with a bright healing light. See the area becoming healthy and whole again. Visualize the disease being consumed by the healing light. Feel your body being energized and restored to good health again.

You may repeat this process as often as you require it. Keep asking for healing energy from your soul companion for as long as you feel the need. Don't give up too soon, the physical body takes time to respond and restore itself with the new energy coming to it. Just remember, some illnesses you have placed in your path to learn a specific lesson, so once the lesson has been experienced, the healing energy will then connect and provide the help you seek.

HANDS ON HEALING:

This technique is used for bringing healing to family and friends who are open to energy healing. As mentioned before, not all healing concerns a person's health. Illness and disease can be brought on for many reasons; such as a learning experience chosen by the person who needs an illness to teach them about deeper unconditional love. So providing them with healing energy may have no effect until the lesson has been understood.

Healing energy of this type comes from the world of spirit, where your soul companion can draw upon the needed energy there that comes straight from Gods energy. Your angel can then use your body to deliver the healing energy through you to bridge the gap between this world and the other world. Your angel can deliver the healing energy without your assistance; it just makes it easier if they use you as the delivery system for the person you are trying to help.

When you ask your soul companion in the other world to bring hands-on-healing, you are giving your permission to use your body for this healing. Do not send your energy to the person you are helping, let that healing energy come only from your angel or you may take back into your body some of the sickness from the person you are in physical contact with.

Follow this basic procedure in hands-on-healing before you start:

Once you have gotten the persons permission to give them healing, relax yourself by taking three deep breath's. Before touching the person, close your eyes and mentally call for your angel or soul companion and ask that they place a shield of protection around you straight from God. This shield will keep any negative energy from coming back to you during the energy transfer.

Some people may not feel comfortable with you touching them, and that is alright. You yourself may be concerned about having to touch the person, then simply don't. You can still deliver the healing energy without making physical contact.

For example, if your friend comes to you with

a migraine headache and you both agree to the giving and receiving of healing energy, you can have your friend sit upright in a chair so that you can stand behind them. If your friend doesn't mind being touched, then place the palm of your right hand on the right side of their head near their ear, and do the same with your left hand. If they don't want to be touched, then simply hold your hands in the same positions, but move them out about an inch or two from their head. Between your hands is where the energy field will be. As your angel sends the healing energy through your body, down your arms to your hands, the energy will pass between your right and left hand into their head. So you do not have to touch the person to send the energy into them.

While you are allowing the healing energy to pass through you into your friend or family member, visualize that person in your mind smiling and in a state of good health.

Visualization aids in helping with the healing energy your angel is sending through you.

Most energy transfers last only between five and ten minutes, so once you feel nothing else is coming through you, simply stop. Mentally thank your soul companion for the healing and you are finished for now. You and your friend can decide how often you wish to repeat the hands-on-healing depending on the injury or illness.

ANGELS & SOUL COMPANIONS

Before you incarnate into a human form, you go through a process while you are still in the world of spirit. There are higher evolved souls who help you plan out the lessons you wish to experience in the human form to aid your spiritual growth.

Part of this process also includes choosing those soul companions who will help guide you once you incarnate to earth. These beings will make sure the lessons you chose are placed in your life path, whether you pass or fail the lessons is up to you. Should you fail to understand a lesson, your soul companions will attempt to bring about a similar experience so that you can still have more opportunities to learn the lesson. You are not judged; you are simply working to advance your spiritual awareness. What lessons you do not learn or understand during this life will simply be placed in your next incarnation.

Those souls who agreed to assist you make up a basic core group of three or more individuals. For a better understanding a brief definition of each member and their main function will be given as it pertains to your life in the human form. Each member shall be called by a name that will give you a better understanding of their function and level of advancement; this is just to help you understand the system of hierarchy.

1. The 'Master Teacher' is the top member of your core group. That entity from the point of spiritual awareness is the highest evolved energy soul in your life. His main function is to observe and watch over the others who are assisting you in this lifetime. If he sees that something is amiss,

he makes any necessary corrections that are needed pertaining to them and/or your human incarnation. When your life becomes concerned with death, he has the final say as to whether your soul may leave the physical body it occupies, or if your soul will remain in the body. Depending on what you chose and what you did with your free will, he will decide at what point you can leave the earth to return home. If you have progressed as far as possible, then he will alert the others and instruct them to bring you home. If he feels you still have lessons that you can still accomplish, then your soul will not be allowed to leave the human form. For example, say you were in a very serious vehicle accident and you sustained much damage to your physical body. Say this was not something you chose to experience, but the free will of another human caused this to happen. There is so much damage that you are at death's door. Your Master Teacher now will look at what lessons you still wanted to learn and/or experience. He will discuss this with the others in your group and consult with your soul to see if you think you can continue on in a damaged body or not. Say you try to convince him that you can still achieve your goals even in a damaged body. He will decide if your core group will intervene with healing energy to keep your physical form alive so you can recover or decide if your physical body is too damaged to complete your lessons and have them remove your soul and let the body expire. The ultimate decision on your life is up to your Master Teacher.

2. The main entity that oversees your life, sometimes on a daily basis, is the one most people call their 'Guardian Angel' or simply their 'Angel.' This soul is not a true angel, but doesn't mind being called an angel for our limited understanding. The title for this soul in the world of spirit would be that of 'Doctor' in front of their name. Doctor in this case would not imply a medical doctor, but would be a soul, who has earned, for our understanding, their PhD in a certain educational discipline, such as 'Doctor of Philosophy' for example. This advanced soul companion then who has agreed to assist you with the life you are now living will respond to you when you pray or ask for healing or seek guidance in your life. They take on the role of what we would call a 'Guardian Angel.' They have the power and ability to intervene in your physical life. Your Angel's main function is to help you learn and experience the lessons you chose for your spiritual advancement. Your Guardian Angel then is observed and watched over by your Master Teacher. There is what you would term 'True Angels' that do exist as a different type of soul grouping. These true angels are very highly advanced beings that do not normally interact with people on an individual basis. They are so powerful and spiritually evolved, that they concentrate on issues dealing with the many differing phases of consciousness, which impact the multitude of planetary systems throughout the different universes.

3. There are other soul companions who

agree to assist you and your guardian angel during your life in the human form. They are usually friends you have in the world of spirit or they may be those souls who are studying those who incarnate into a human form and have agreed to work with you. Their basic function is to assist your guardian angel with helping you achieve your goals. Your angel will then instruct and watch over them as they perform certain tasks he has assigned them. Many times, your guardian angel has other things he must attend to in his life and so one of your soul companions will stay in tune to your vibration should you call out for help or assistance of some type. If something dier should happen they are in a position to alert your guardian angel immediately who would then come and take charge of the situation.

The average person has this basic core group who is watching over them while they are in the human form. Just know there are those persons in the human form who do not believe in Angels, or believe in God, or the like. They still have the core group, but it is their free will not to believe or have any interaction with those in their group. In such cases, their guardian angel simply observes their life and works on placing their chosen lessons in their path for them to learn and experience. He does not intervene in their life unless it concerns their death, and then he alerts their master teacher who will make the final decision on their human life. For some, living in a human form and experiencing a lifetime as an Atheist can help their soul understand God better once they cross over and return to the world of

spirit. Never judge another for what they believe,
for each soul learns to progress spiritually in their
own way, following their own path.

EPILOGUE

Once you have truly understood on a spiritual level what has transpired as it pertains to death and the grieving process, you will be prepared to move on with your life, either here in the physical world or that of the spiritual world. Those who remain in the physical world need to look to their future.

There is a need to create peace and end suffering for one's self, your community, and the world. Bringing peace to your own being may seem impossible, and so might that of bringing peace to others. Yet know that bringing peace to others is what fosters peace in your life.

Simply Consider The Following:

Once you emerge from your grief, no matter what caused your grief, focus on what matters to you, but only the things that you can carry from this life to the next, no matter where you believe you may or may not go.

There is no need to worry about gathering money and possessions, for they are not taken from this world when you make your exit.

There are those in this world who have far less than you, their basic needs are not met. They need food and shelter. Share with them. Not only through money, but by direct action; help your neighbor!

Take time for daily reflection, meditation or prayer (what you call it is not important for it is all the same action, and it creates the same outcome) for understanding yourself and for creating peace. Just five minutes a day and that peace you create will spread throughout the world.

There is no reason to force our beliefs onto another person or group. Peace and love is

experienced when each person understands that there may be differences visible to the eye, but that we all are the same. We are all souls, energy beings having a life on this earth. We all have fears, hopes, and wants; there is no reason for fighting and segregating when we are all truly the same, only born from a different position and time on this earth.

We need to let others share their beliefs and world views with us. Not forcing others to believe a certain idea or restricting another's actions, beliefs, or movements. Outlawing, banning, or belittling the mind or thoughts of another only further alienate us from that group or person. Making it more difficult in the future to make amends and create peace.

In worldly affairs we should respond with medical help and food, not guns and violence. Access to food, shelter, and education will eliminate many wars, and the suffering experienced by many throughout the world. We should work for peace; we should be a peacekeeping force.

Start here, start by having patience, start by helping the less fortunate, start by helping those who need basic necessities of life. Focus on your mind, your beliefs, your virtues, for these things matter the most. Open your mind to your potential, the potential for peace, the possibility for love. Look at the world around you and see how much of those already exist.

Ride a bike, walk, hike, camp; not to simply save money, or to cut down on pollution, but to experience the complex beauty that nature has provided for you.

God has allowed you this lifetime, no matter what your circumstances; you can create peace and healing not only for yourself and family, but for your neighbor's and community as well. Let us all together spread love throughout the world.