

GUIDANCE FOR THOSE
WHO WOULD FOLLOW
THE PATTERN

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How would one who wants to follow the pattern of Jesus become such a vessel of the Father?

It is certainly important to begin by studying the life of the Master and determining what that pattern was, and then there is a certain amount of discipline that is necessary in not only analyzing the approach He had to different kinds of situations, perhaps writing this down, but also in applying it to one's own life. And very often this is difficult to do in an abstract situation. It is very easy to hear someone expound upon the Christian, or spiritual, concepts and to think, "Well, yes, this is what I would do in my life." But when one is faced with certain circumstances in life, he is no longer in that state of consciousness and isn't even aware of how what he is doing relates to those ideals until the situations are over. Then all of a sudden he might realize that he is not following those principles.

A very important tool to use here is the imagination: Take realistic situations out of your own life and some particular principle, such as patience, unending love, or endurance, and imagine the stress of the circumstances and being at a point where you are trying to solve things with your own mind—trying to give a human solution to these problems. And then

as you are imagining this, step back from that and see yourself as approaching the Father and the Master, Who are certainly always available and help in every way possible when you call on Them, and asking Them what would be the appropriate response to these situations. This could be stress from a job where more is demanded than it is humanly possible to do—or to do very well—or the strain of dealing with personal relationships that you may have in your home and family, as well as problems other people may have that involve your own life.

So, you imagine such a situation—a realistic one that is going to make some sense to you and could very well occur in your own life—and see yourself as pausing, stepping back, approaching the problem, turning to the Father and the Master, asking for help, and waiting for a response, as well as seeking to acknowledge and become aware of the Holy Spirit of the Father within that particular person, or even within the circumstances you are involved in. Then as you are imagining that, also ask that the Father’s Will may be done, that you will be capable of accepting any solution the Father would present, and that you will have the patience and endurance to stay with that situation while anchored in Light and Love. Do be aware that, as you do this with a realistic situation from your own life, you are preparing yourself so that when similar things come up, you would then automatically do what you have already done in your imagination, because it is as if you were falling back on an experienced response to a similar situation.

There are frequently challenges to following this method, in that on the human level you are often very attached to the impression you might give—what other people might think—

as well as the expectations other people have set for what they would want you to do with your life. This is often true with what parents, or even teachers in the school, would expect of you, so that some people might be encouraging you to take up for yourself, fight back, and stand your ground. And you would understand that the spiritual response to a situation is not to do these things but to ask for the Father's help and for the Father to guide you through, and you then have, in addition to trying to cope with what is going on in a Christ-like and loving way, the situation of dealing with those who are encouraging you to have a different response. So, you have to extend your seeking—your approaching the Father—and even your imagining the situations to include those who are encouraging you to have a different response to life.

Now, it is easier and easier as one goes along the way—and as one communes more and more with the Father and is anchored in this Love and Light. This is particularly true once one has experienced seeing and feeling the Light and Love of the Father in another heart. In other words, when one has had an experience of God's Love there and knows that the Spirit of the Father is in another person, then it is much, much easier because one is not simply acting on faith. Once one has this experience, it is the beginning of shifting the identity from the outer separate expression, which is generally prevalent on earth, to the divine spark that is within—not only one's own identity but also that of other people. As that develops, fear just falls away gradually; and even though in some stressful situation it might temporarily raise its head again, it is very easy to release that fear and concentrate upon the Father, because the experience—the memory of the experience of Holiness and Joy, and of Love and Light, that one has had—gives one something to lean upon.

As one begins to do this, it is important to discipline oneself to turn to the Father periodically—to set aside a time, or more than one time, during the day in which one simply pauses. But as one becomes more and more anchored in this, it becomes a natural response to seek the Father’s solution and release things to Him and to always be asking for blessings for other people. So, the spiritual process on earth is a gradual one, and it builds step upon step. The more one works with it, the easier it becomes and the more it becomes a natural response. It is to be remembered that the blessed Father and the holy Jesus give all possible support; one merely has to ask. And just bear in mind that sometimes one might not be conscious of this support and that the answers are being given, but one should simply have the faith to walk through the world feeling that he is enveloped in a cloud of Love and Light, or that he is walking through life on earth but is also at the same time resting in the arms of the Father. This gives tremendous relief and peace—peace of mind, and a peace to the spirit—that will cause one to release all feelings of anxiety, nervousness, fear, and apprehension.

How do we cope with becoming discouraged and thinking that it is impossible to follow the Master’s pattern?

It certainly is true that in past centuries the church has not done as much as it could to help one do this; in fact, the church has itself given energy to the thought that those on earth are lowly worms and in no way deserve anything from the Father—that anything that is given should not have been expected. So, this whole concept needs to be changed, because it cannot be true that the Spirit of God is within one and he would be a lowly worm that is not worthy of anything the Father might give. Of course, one must understand that

the lowly worm concept does have more to do with the outer personality, the rational mind, and the inadequate responses that one might have on the human, earthly level, which certainly do need to be purified. But at the same time, if one can accept that Jesus came not just to be a savior but also to set a pattern, then one would also realize that He certainly had the wisdom to know that if He set a pattern, it must be one that those on earth can follow—if they should desire to do so. Once one accepts this, it is extremely important to have patience with oneself, not only to have patience with other people, and to realize that it is not an idea of finding God or getting somewhere spiritually; it is simply a matter of becoming aware of what already is. Becoming aware that holiness resides in one's own heart, as well as in the hearts of other people, is a process that generally would take some time because one has to undo habits of judgments that one has made in the past and habits of concepts that are not productive toward developing a spiritual awareness. So, this does take some time.

As you read about the life of Jesus and how He was loving in all ways, no matter what people might have been doing to Him or thinking about Him, and then you go out into the world, are approached by someone with a negative vibration, and immediately set up guard and snap back, or whatever, then you might feel guilty and think it is impossible to ever get beyond this. It is very productive, with any situation in life in which you feel that you have failed and there are shortcomings within you, to always take this into a quiet prayer and meditation period with the Father and relive the situation in a way that would be perfect. Imagine the person coming toward you with all the negative feelings; you then, instead of reacting and defending yourself, gaze into the heart of that

person, knowing that there is pure Love and Holiness there; and you focus upon that. Then you give a kind and loving response, or if it is appropriate—according to what the Father might prompt you to do—you might just give no response whatsoever.

Take these situations, relive them, and respond in a proper way; and do not think that the incorrect responses are building “up there” and someone is putting black marks against your name that you have to balance out with some good ones in order to make the scales come up even. That is simply not true. What is past is past, and any change in your view at this moment certainly takes precedence over everything else. But also realize that in doing this—in imagining this perfect response—you are, even in the learning process, becoming more spiritual, as well as becoming a vessel. And there is a double blessing: If you acknowledge the holiness within another person, he is also receiving a blessing because this acknowledgment itself knocks at the door of his heart and begins to awaken him to the realization that there is something much deeper within him. And as time goes on, particularly when you have a close relationship with someone with whom you are not getting along, such as in the workplace or in school, and it is really difficult for you, if you spend more and more time in quiet, extending love and always seeking to accept that the person’s negative approach and responses to you are simply his ignorance of what would be the appropriate way to do things, as well as his ignorance of the fact that there is divine Love and Light within him and within you, then the only thing that would need to happen to even change his response would be that the ignorance be lifted, in other words, that he might come to the realization of what Truth really is. When you, in your meditations, imagine this person

in front of you and you embrace him and talk to him in loving terms, you are yourself then taking part in the lifting of his ignorance, as well as your own. It all happens together.

When the responsibilities of life are heavy, we sometimes get the feeling that life is a battle, that we have to fight to find sufficient time to sleep, and that there is not enough time to commune with God and be a vessel. How do we deal with this?

To be sure, sometimes these situations do come up as you live your lives on earth, simply for the purpose of putting you in a position where you do not feel that you have control over life, where you cannot possibly do everything you feel you need to do, and where you cannot do everything on your own. The reason for this is to teach you to turn to God—or put you in a position where you must do it—and to help you come to an understanding that you should turn to God in all circumstances in life, no matter what they may be or how simple they may be. You should always turn to God and ask, “What is the appropriate response?”

Another reason that sometimes these hectic situations with heavy responsibilities come up is because you are now ready to realize that it doesn't take a lot of time to commune with God. At some point you must recognize that it is not necessary to withdraw and have a long meditation of releasing things and communing with the Spirit of God. One of the most important aspects of spiritual growth is to reach a point where you are communing with God in every situation in life; and so, when these heavy times, which are very hectic and stressful, come upon you, it is important to realize, “It is time now that I learn to commune with the Father at all times.” It

*only takes a split second to offer a blessing to someone else—it is not a time-consuming thing—or to accept peace and love in any moment and allow the stress to just melt away. You can also, even while driving a car, be blessing those all around the world, as well as blessing the aggressive driver who has just cut you off in traffic—or who is blowing the horn or perhaps talking on the cell phone and not watching what he is doing. **It is important to realize that to follow the pattern of the Master is to strive toward and definitely reach—because it is reachable—a state where you are in communion with the Father constantly and in every situation are offering blessings to everyone you encounter and whom your life touches.***

How we can apply the Master’s pattern to our personal day-to-day lives?

*Remember, the Master once said, “Take no thought for tomorrow” [see Matt 6:34]. **Place all things in the Father’s arms and trust.** Rejoice in every moment in life; give thanks for every opportunity; and follow all promptings from the Father. Expect and allow Him to tell you from moment to moment, from day to day, what is appropriate, what is His Will, and the way in which your life can more fully bless all those around you and even be a blessing to every single person on the planet. **To simply set that intention opens the door for it to happen,** and it is not necessary for you to realize how the farmer in Manchuria might be helped by your having set that purpose. Just accept it. Set the purpose and desire blessings of all kinds on every level for every brother on the planet, and allow that it be so. The Father will take care of things—He will provide and He will open the doors that allow you to be His perfect vessel. And **your assignment***

is just to bring to the altar an offering of your whole being with the purpose of serving, so that through you your fellowman may be blessed.

May we have a closing message from the Master for all those who would be vessels?

My blessed brothers and sisters of earth, I came to you to exemplify the Father's Love and to not only show you the way that would allow you to align yourself with the Father's Love and His heart—the ways of perfection and holiness—but also give you an example of a way that you too can be His vessel to bring peace to the minds of your brothers and hope to their hearts, and help them release their fears and turn toward the Light—expecting to receive the blessings of the Father. I came to open a way to a greater realization and understanding of what God is and what the true nature of all His children is, and to give you an example in many different situations in life as to the appropriate response to give your brothers and sisters on earth, as well as the response of turning to the Father and seeking always to be a vessel of Light and Love. I came to give you the example of a limitless Love, the example of one who looks upon the heart of every brother He encounters and sees pure holiness and who has such honor and respect for this that there is never any condemnation or any judgment of a lacking or failure in that person.

I gave you the example of one who would see only a lack of perception and a lack of knowledge of what truth is but not anything lacking essentially within that person, and also the example of one who says, "Here am I, Father, send me [see Isaiah 6:8]. Cleanse me and make me pure so that You may, through me, bless every person whom I may encounter, so

that you may even bless those whom I may never see in my life on earth.” Always remember that I am your brother. You may call on Me at any time; and when you call, I am always there. And also remember that you have access to the Father—you need only call upon Him—and that the example of My life was simply to show how you can be so anchored in the Father’s Love and Light, and so allow Him to be in you, that you walk through even very difficult experiences in life without fear, simply always desiring that all those around you would be blessed by whatever situations may come up.

And so, now I encourage you to set aside any idle desires you might have for accomplishments or indulgences on earth that would be beyond the simple and innocent enjoyment of life and the circumstances of life. By no means do I mean that you shouldn’t go to the beach and enjoy playing in the water, but any joyous experience or occasion on earth can become an obsession, can become something that you so focus upon that you lose the conscious connection with the Father. So, I would say: Give up a personal agenda; give up a personal desire for recognition of any accomplishments that you might make; and have as your desire that your life would be one in which the Father, or I Myself, may just exist in you and become your identity. And also have the desire that, by doing so, you participate in gathering unto you all those who wander in a spirit of hopelessness, who wander in darkness and have no direction in life, in particular those who are desiring and crying out for love and feel there is none, so that love might be given to them and they may have every opportunity imaginable to make the choice for Light and Love and the choice to be of service to their fellowman—not making this choice of service in a sense of sacrifice, feeling that they must do penance and give up things they might find desirable in

order to be spiritual, but offering to be of service as the goal of their lives: that which they desire to do, that which will bring them happiness.

And I can assure you that once you do this, you will find that there is no greater happiness than to be of assistance to a brother, in that you are allowing the Father through you to act, to bless, and to bring that assistance, of course not ever thinking that you would decide yourself what must be done. As an empty vessel you are blessed as much as anyone else because all the blessings that flow through are blessing you also—you experience this Love and this Light that flows through—and you can allow this to become a constant thing so that you walk through life radiating joy, and peace, and love, and also bring much peace and hope to those who have not yet found the way. So, I would say to you: Go forth in the spirit of Love and Light, following that example that was given to you and realizing that you rest always in the Father's arms and that I stand beside you and there is nothing to fear. I bless you in this endeavor and have great joy in you, and I will be with you in every situation and experience as you go forth as the Father's child of Love and Light—and His vessel to assist all your brothers.