

September 2020

Q. Sreper, There is a lot of insanity happening on the Earth including the upcoming election and the pandemic. What can I do to help and to also remain calm and peaceful?

By Nancy Freier & Sreper, Angel of the Great White Light

The “insanity” that you are experiencing is the result of humanity’s collective, anticipated Earth changes along with prayers for change emerging into one giant calamity. Life is a continual stream of change regardless of the impact it has your life, but it seems to be even more pronounced now because of your networks and airwaves criss-crossing the globe and coming into your home, into your devices – your tv, radios, internet, phones, etc. and into your consciousness.

One of the frustrations you are feeling is that change has been ongoing since the beginning of Creation, however, humans are much more aware of everything that is happening due to the robust media broadcasting everything across your planet.

For the most part, it is too much news of mostly negative energy impacting the human body and that is not healthy. Your bodies were not designed to take on the stressors of the world. You’re frustrated because you’re aware of the stressful situations occurring across the globe, but there is little you can do to change what you see on the movie screen of your life. We sympathize with you for this state of the world and for taking all this on, and offer some solutions as to what you can do.

Evaluate the stressors affecting you and sort them by personal (something you can do something about) and worldly (something you cannot directly do something about). Staying aware of what is happening in the world without taking it on is the key. For the worldly stressors, pray for the people involved that the Light of Heaven be showered upon them.

Seek to understand the bigger picture that is being played out. Meditate and ask your angels and guides to come into your heart-mind to calm and inspire you. Ask to ‘see as God sees’ and raise your intuitive awareness to embrace what is being shown to you.

Develop your connection to the Divine (in whatever term you use for this innate, blessed cord between you and the rest of the Universe). If you doubt your connection, go outside on a starry night and look up at the sky. Take in as much of this view of the moon, the stars, the planets and all of the Milky Way and beyond and know that you are no more or no less in significance than all of what you see.

Imagine yourself as the Central Sun around which everything and every person revolves. Claim this power that you are. Direct your love and peace to the Earth and all the beings on it. Stay in this vibration for a while, breathing in its perfect Divine Intelligence. Notice the Harmony in which the Universe and all its components move and have their being. Let this perfection restore peace and harmony to your inner universe and all its components and moving parts, as well.

Go in peace and extend the benefit to all of humanity. Divine Providence is always moving us in the direction of our greater good, and it is directed by the same Intelligence that makes the world turn, the sun to shine and the flowers bloom. Let us be open to discovering the peace within us. Rise above the craziness by offering peace to everyone at all times. A Course In Miracles says to "*teach peace in order to have peace*". That is doing the work of the angels.

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