

AngelTalk – December 2020

Just Light Your Lantern

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



If you are coming through a tough moment, look for the blessing. There is always a blessing. This month's column, inspired by the wisdom of Rumi is my gift to you. With all of the ups (and mostly downs) we have lived through this year, we can use a little reprieve and glorious inspiration. Go within to quiet the noise of the world and listen to the inner voice of wisdom and love that beckons us to know on a deep, deep level that all things happen for a very good reason; the angels said... and what hurts you also blesses you. What follows are some random thoughts I jotted down throughout the year. I did not plan for it to become an article per se, but now in hindsight there is wisdom in these thoughts – to ponder and to heal.

Note #1: I generally keep a pretty low profile as I move through life. I have a fairly even keel through emotional swings and don't vary too much from my center. My signature style is to not draw attention to myself and to just let it be as John Lennon's song goes. I like it like this. I hold peace sacred. My life has not been easy. I've traveled over some rough terrain; some steep hills and through deep valleys. I've had plenty of highs and lows, including the sudden death of my sweetheart when I was just 36 years old. I thought that was the end of the world. Then, that same day an inner voice spoke, "This is not the end; but just the beginning!"

And so it was. It was the beginning of a lifelong partnership with "Sreper, an Angel of the Great White Light" as this voice later described itself. (The angels always refer to themselves in plural form.) Understand that I was shattered into a million pieces. I did not know why I did not die along with him. Why was I still here? Was this some kind of punishment? All kinds of thoughts sped through my mind. But then came the angels to tell me they had to bend near the Earth to save me, I was so sad. They gave me comfort and hope. They mended my broken heart with their words of wisdom that carried my soul to a new land where I could fulfill my life's promise to bring their messages through for others so they could also heal and stop hurting. Hundreds of questions were answered that changed how we were able to see the Light of our ways, and choose again another option to find the peace we all tend to seek. From listening to the angels all these years I have learned that peace is the not only the goal, but it is also the Golden Ticket to get to that prize waiting at the end of every rainbow.

Note #2: When I was younger my goal in life was to avoid conflict and dodge turmoil. But now I see that was immature and not very wise. I didn't know of Rumi and his words... "*What hurts you, blesses you. Darkness is your candle.*" The angels intervened, and now I see that turmoil and conflict teach us peace! "*In each and every situation that we are struggling with, or frustrated by, there is a gift in it – a spark of Light; a silver lining,*" the angels taught me, and as Rumi said.

Note #3: Author Rev. Joyce Meyer said, "We never grow spiritually when everything is the way we want it. When you're faced with a disturbing situation, look it in the face and ask, "What am I to learn from this?" In times of trouble we are urged to reach this awareness. Instead of asking, "Why is this happening to me?" – ask this instead, "What am I to learn from this situation?" That changes everything! It levels you up to see as God sees. Go ahead and release any pent-up anger in a way that brings no harm to you or anyone else. Shout into a paper bag and pop it; punch a pillow; go for a brisk walk but be sure to ask to be lifted up. Turn your attention to your inner voice of wisdom and listen. The answer you seek is seeking you! It may be disguised in patience, so wait for it.

Quotes by Rumi (1207-1273)



In the blackest of your moments, wait with no fear.
What hurts you, blesses you. Darkness is your candle.

Where there is ruin, there is hope for a treasure.

I've been looking for a long, long time for this thing called love. I've ridden comets across the sky, and I've looked below and above. Then one day I looked inside myself, and this is what I found.... a Golden Sun residing there, beaming forth God's Light and Sound.

The message behind the words is the voice of the heart. You are not one; you are a thousand. Just light your lantern.

Note #4: If you are indeed feeling down and out in any of its myriad manifestations, know that you are just traveling through a valley and not building your house there. Hand the situation off to your angels knowing the best outcome for all involved will be the result. A Course In Miracles states, "A happy outcome to all is sure; and if you're not happy, it's not the end."

You need not know when or how things will work out, your work is to place your trust in the Universe to take care of it. And who knows? Perhaps you have come through this particular valley to help others so they too, benefit from your experience . Keep your mind and awareness open to how this will appear to you, because it will.



Note #5: Start your day with, "*Something wonderful is happening to me today!*" This reminds me of a quote by actor/comedian W.C. Fields: "Start every day off with a smile and get it over with." Flip the switch. Change the script! What a wonderful feeling it is to know I can create my life anew each morning by waking up with a smile on my face. Add to that the decision to have something wonderful happen; and to stay in the awareness to recognize it, and it comes!