

## J on Trusting, and Tearing Down the Walls

5/9/06, Tuesday, 1:30 pm

Perfect love exists within you now. It always has and always will. But you seem to want to know how to express that love in the most effective way to those you do know and to those you do not know. I ask you to remember that you are One with everybody, even those you think you do not know. Reach out to any "other" as you would to yourself, because each "other" is indeed you. There really is no mystery. Tear down the walls between you. Do you hear me? I mean really tear them down. Absorb this. Live it. While you may feel awkward and exposed living from a new place of openness, treating others with those walls down, open, as you, they will have no place to hide themselves, because the wall you were once behind hid them as well, and now they no longer have a wall to hide behind either, so you are both exposed, and the gift you give to you becomes their gift as well. Both of you, shining in the light of the love that has been there all the time but was hidden by the shadow of the wall. When the sun rises and sets, the shadow is cast in all directions, affecting everyone. Even those you may not realize are being affected. And yet when the walls are down and the sun is allowed to shine fully and brightly, the rays can penetrate without limit, casting the light and warmth of the light's love without limit and with no regard to the imaginary concepts of time and distance. What was always there remains intact. It's just now yours to finally see and share. Begin by taking one day. For one day, do your very best to act from a place of trust. Trust that I am fully at your side, as I always am. Trust that no matter what you do, or think you do, you cannot be attacked or judged. Trust that you are love, you are God's child, you are perfection. Go throughout one day, acting from that place of trust. Whenever you get a feeling that you should act on something, no matter what it is, go through with that action in that moment. Resist the urge to brush it aside from a fear-based ego perspective. Send love to yourself with each decision, each action, and send love to each person you encounter along the way, and realize, dear one, that no matter what you do, you absolutely cannot fail, disappoint, lose, anger, or upset God in any way. You are always safe. You are always free from harm. Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God. Live from that place, Amy. Show others how to live from that place. Be free. Be at peace. Be happy and joyous. There is much to be happy about. Yes, that's true! When the Oneness is felt and experienced, you have no idea what an amazing release is waiting for you. love, -j