

I have spent a considerable amount of time with spirit over the past few days to prepare for this gathering. Spirit has happily shared a great deal of knowledge pertaining to the world's current events and what it all means. I have documented their messages because they incredibly important at this time.

I will be referencing the documents during the gathering so I do not miss any of the information Spirit has shared.

For those interested in a printable version of this gathering it will be available to anyone that requests it after the meeting.

I have to admit that I am a bit nervous sharing Spirit's message because of the huge responsibility attached to it. I have been assured that this message will benefit many people and help bring a sense of peace, hope and calmness back into your lives.

I have often suggested to many of you that sometimes you need to step out of your box of comfort, so today I am being asked to do the same, and with my nervousness aside I will rise up and do my part.

Spirit and I will be exploring what is going on in the world today. Spirit will provide us with a spiritual perspective, guidance and hopefully help you regain a sense of peace back into your life as we maneuver our way through today's uncharted waters.

It is important to acknowledge that many other people are offering understandings regarding this situation as well, and that their message may be similar or completely different.

Spirit is suggesting not to agonize over who's message is right or not, but rather see which message resonates with you and brings you back to a peaceful state of being. They assure me that the right message will reach the people that need to hear.

With that said I want to say that I do not know everything, far from it, however one thing I do know without a doubt is that "I TRUST SPIRIT" and that spirit has "NEVER LEAD ME ASTRAY."

Because of this I feel confident in sharing the messages that spirit will bring forth today. Spirit's goal is to bring a spiritual understanding and to leave you feeling empowered so that you can reclaim peace and calmness back into your life.

The crisis offers important shifts in humanity and in global culture. So let's begin to explore why this is happening.

This is not a punishment however it is an opportunity for immense personal and global growth

This pandemic is not a judgment on humanity, but a call for people to evaluate and decide on what is most important to them. This is an opportunity to decide to live differently, live better, love more and care for others. We are reminded again of the total interconnectedness of all life on this planet.

Unifying mankind around the world like never before.

This particular life experience is helping humanity understand that we need each other more today than ever before, and that the best way through this is to work TOGETHER collectively.

That humanity needs to function from a WE perspective and not an individual ME one.

Today's events are helping humanity embrace a "WE perspective" and to shift us away from the ME mindset many of us live in. Everyone's life will improve for the better when WE all work together with the conscious decision of helping each other with the intent to improve life for everyone.

We are all EQUAL.

This virus doesn't target specific groups; it unbiasedly affects any age group, the rich and the poor, any gender or race, any belief system or religion and places everyone on the exact same social status. Presidents, kings, movie stars and every one in between can and are getting this virus.

We can't always choose the music life plays for us, but we can choose how we dance to it.

People can use this event as a catalyst and decide to either live in fear or to live in love. People of all walks of life, regardless of our religion and beliefs can choose to cooperate and help each other, to share, to give, to help and to support each other or we can choose to be selfish, to hoard, to look after only ourselves.

We are all "One" people living on earth. We are here to learn the ways of love and wisdom. This is a time of reflection and a time to unite and support one another.

This is the time to think of others and to do our best in spreading happiness and positivity and to be the light in someone else's day.

We are being reminded how important our loved ones are to us.

One thing this pandemic has shown us is that it can take away someone we love in days.

Before the pandemic many of us filled our days doing things just to keep busy. Our social interaction with family and friends in the age of technology has steadily been decreasing. Most of us have seen people mindlessly focus on their cell phones, computers and other devices instead of socially interacting with the people around them.

This self-imposed technological isolation has affected relationships between family members and friends for many years.

People feel isolated and alone even in the presence of other people. Individuals are so focused on devices rather than the joy of interacting with others.

Since most of us are hunkered down at home, some of us with our families and some of us alone, this moment affords us the perfect opportunity to realize how important our loved ones are to us. We can still reach out to them, reconnecting and begin to heal from this crisis together.

By having to stay home we have the opportunity and choice to recognize the importance of these relationships to us and to get back to the days where we HAD to interact with people.

This shut down allows us the opportunity to do just that. To re-develop relationships with friends and family and not to take for granted that our loved ones will always be here. This moment is what we have, so let's make the most out of it.

UN Secretary General calls for global ceasefire

As of March 29th the UN Secretary General calls for global ceasefire. Our world faces a common enemy: COVID-19. The virus does not care about ethnicity or nationality, faction or faith. It attacks all, relentlessly.

Meanwhile, armed conflict rages on around the world.

End the sickness of war and fight the disease that is ravaging our world. That is why on March 29th, the UN Secretary General is calling for an immediate global ceasefire in all corners of the world.

It is time to put armed conflict on lockdown and focus together on the true fight of our lives.

It starts by stopping the fighting everywhere. Now!

That is what our human family needs, now more than ever.

Would this have been possible without this crisis?

Spirit Guided Meditation.

Since we are all at home with lots of time on our hands we have plenty of opportunity to work on being positive. Most of us are able to take time out of our day for a few minutes to meditate. Meditation will help you keep a clear mind and stay in peace.

You can use the protection used in the meditation we just experienced at any time as well, it is not only for meditation.

Surrounding yourself in the white light in your protection bubble will ground you and help you remain calm during this time of uncertainty. A few minutes of meditation can do A LOT for our spiritual growth and health.

Spiritual prescription and practices to disarm fear and uncertainty caused from the coronavirus pandemic.

Disarming Fear

Things like coronavirus and other illnesses, as well as global disasters, climate change, war, famine and so on are scary. But, if we allow fear to become the driver of our actions and mindset, we allow ourselves to get locked in that state – a state that stifles progress.

When we are locked in a fear-controlled state, we become part of the problem, not the solution. However, when we set the intention to literally be the change we want to see in the world – to be peace, be strength, be health, be compassion, courage, empathy and reason – we become conscious leaders in our families, communities and workplaces.

The coronavirus has created what's known as 'anticipatory fear,' which means we're afraid that something bad is going to happen, but we don't really know what," and it has been proven that people suffer more being afraid of the unknown than when they know what's going to happen."

As the days and months go on, the unknown qualities of the pandemic may be alleviated. But in the meantime spiritual practices will help lessen the impact of fear and uncertainty.

These practices are not intended to sugarcoat or minimize the very real dangers of this global health emergency. But they can help us deal with the associated stress, accept what we cannot change, and build up our resilience. Here are a few practices for you to try.

1) Embrace your fear.

Fears seem to come in bundles. A fear about catching the coronavirus may be accompanied by other fears — of death, losing a loved one, isolation, financial problems, and more.

2) Spirit encourages you to address all your fears and work to transform them.

"What is it that you are afraid of? . . . Start out with only one fear. You can't cut through all of them at once, so don't try.

3) Nourish positive emotions.

This is one of the best ways to disarm fear and uncertainty. "We really do have a choice to see the glass as half full rather than half empty.

4) Take a respite from negativity.

It is important to stay informed about the pandemic, but constantly reading or watching the news may water the seeds of worry and despair inside you.

5) Don't forget to call on your Angel Helpers

Anyone that knows me knows that I am a huge advocate of working with Angels. You can call upon the angels during this time as well.

Our Angel Helpers are working 24/7 to help us through this crisis and it is advised that we invite them into our lives to assist us at this time and let them do their magic. We can't tell them what to do, but we can invite them to help us for our highest good and the highest good of those that we care about. As you call in your Angelic helpers please remember that we can't control the outcome but rest assured that the Angels will do everything in their power to keep us and our loved ones safe too.

The Angels do have limitations though and we have to do our part. For example, if the health care professionals are telling us to stay at home and to practice social distancing, this is what we have to do. The Angels are working hand and hand with the health care professionals to reach us, to give us the guidance we need to keep safe. If we ignore this and go to a crowded event then we run the risk of coming into contact with someone that might have the virus and catching it ourselves.

Working with your Angelic helpers is not a guarantee you won't get the virus, (some of us have built contracting this virus into our life's plan to help humanity grow), however if that is not the case they certainly will do all they can to keep us safe. We do have to use common sense.

The Angels always have time for us so please, please ask them for their help and remember to thank them for their assistance too.

Mantra of Peace

You can be _____ or at Peace, You can't be both, so I choose PEACE.

This mantra re-programs your sub-conscious to react differently than its go to mode. This mantra can be used for any emotion and at any time. The more you practice this the faster it works and longer it lasts.

Keep saying it over and over again for however long it takes for you to reach a calming state. This really does work; I use it often in the middle of the night when I wake up with anxiety for no specific reason.

I say this mantra several times whenever I experience any emotion that takes me from peace and the undesired emotion eventually dissipates and I return to a calm state of mind and being.

With the current pandemic of the COVID-19 throughout the world, we have an opportunity to unite as a human family, serve those in need, and change the world by changing within. When you use all parts of you, you change your life.

Change starts with us and our attitude. Let's try to keep it as healthy and as positive as possible. We have more power over what is happening than we realize. Just imagine what might occur if all of us used these tools of consciousness to change disasters around the globe. Let's tap into that power as a collective and see what's possible!