



The Fellowship Chronicles

August 2020



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A Message from Yeshua

This message is just one of many that have been shared with the Whole-hearted Spiritual Living group. Don't think this one would be pertinent to share with the wider community.

4/26/04

Yeshua

The healing cannot take place in form until the correction has been made in the mind. Forgiveness stated in the mind is only judgement. To really forgive is to deeply *feel* forgiveness and let love flood into the illusion and dissolve it totally so there is no memory of it.

It would be like seeing yourself and the other person for the first time with no distrust based on the past because there *is* no past. At first this seems difficult but do not be pulled back into restoring the illusion of a wrong doing. *Keep steady in the truth until the truth is all you see.*

This is forgiveness and forgiveness is release of the illusion.

As you heal others through this method so you each are healed. The more you are healed the greater the power that can flow through you. Some of the healing will manifest in form, but *all* of it must be of the mind.

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For Submissions:

- *Newsletter submissions are always welcomed so email Brandon at brandon@sacredgardenfellowship.org to get yours in the next edition.*
- *The next newsletter will be published in November, 2020.*

Spirit Truth & Material Reality—A Message from Gideon

This message was mailed to me by Miriam before she passed. It may be the last known message that Miriam received and had written down to share with us. Peace and blessings upon her.—Brandon

5/23/20

Gideon

The realms of creation are endless. You can travel through time as easily as you travel through distance and just as important to know where you are headed. Each earth experience is based on the experiences of the last earth life with its lessons learned and created, for each earth life is based on the ones past. There is a dimension between spirit life and incarnation during which one is given the opportunity to access their experiences and come to understand what more is needed to progress and what is best let go of.

These dimensions of access-ment are available to all any time they wish to enter. They afford the opportunity to see only the truth of themselves with no misunderstanding present. Here it is clearly seen that material reality is only a shadow, its reality is present only in the physical realm, nowhere else. This aids greatly in seeing how we create our environment in which we experience life. As the great angel Gabriel said, "If you don't like your life, change it."

People blame God for the earth experiences [they] have, not realizing that people all plan their own lives, God only gives us what we ourselves have created.

God sees not our so called "sins", He-She sees only our beauty, for He did create all things beautiful – even you! Where love is there can be no ugliness. We are creating every moment for good or ill. Change your thinking – change your life. Create illness, poverty, trouble and that is unerringly what you will get. Lift your mind out of consciousness of ill up into the Super (High) Consciousness and awaken to freedom.

We have taught you this over and over again & again. When will you put it into practice? All of you, not just the sacred messenger!

Peace and progress!

No matter what name or form you give to that God, there is still only one God, whose preexistence is the basis for all creation. Call Him-Her what you will. His-Her appearance is before you wherever you look. Because God is all life and all love, there is no where you can look or be where God is not.

Because form is the feminine of God it is into this that spirit (male) of God places His seed and spirit life in form becomes. This form is all creation, both seen and unseen. So realize God is everywhere present because God is all pervasive. God is life and life is love. Take this in consciously and live love.

Amen.

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Upcoming Events:

2020 Dates

- There are three additional Zoom webinar dates booked with Don Gilbert. Registration will be forthcoming. The planned dates are:
- September 1st
- October 6th
- November 3rd
- A Weekend Healing Retreat date to be announced at a future time

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“A good thing to say sometimes is - when you feel you don’t know what to do, or should you do or should you not do, is just to say, ‘Father-Mother God, I give myself to you the totality of my being, I give to you. Do with me what is your will.’ And that just surrenders everything to the Will of God.”

- Nq-On Kar in Life After Death (2012)

How am I doing with Penny's Passing

Wow! What a Milestone!?

I am profoundly touched and in absolute gratitude that I was invited to be a part of her teachings! I have to pinch myself that I was there, to witness her incredible gift, and be a recipient of it ALL as well as her presence!!

We met Gabriel! Was taught by the Master Jesus! Felt Stella's love! Heard Solomon's caution to the future which was to motivate us onward! And there was Nq-On Kar's humor! Tinkerbell teasing Jack when his coat was on fire! Margaret and the trees' favorite color! Master teacher of master teachers!!

To grow in the safety of her and Don's innate love has given me compassion and the ability to deeply love and accept others as well as myself. I think only of her being with her beloved Yeshua now. And trying not to envy her.

As you know, I was always in awe of her and wish I could have seen her as a normal human, not so in awe. It must have been annoying...one of many things I offered for her to be annoyed by over the years. But her company was right up there with hanging out with the likes of Brad Pitt! Lol, or to her, John Wayne.

Each time I spoke to her, it took courage and fortitude to try, to try ... to try to figure out what to talk about, say or...ask. Until I could just be comfortable enough to sit and listen, and observe. In the end I just accepted I couldn't sit on her lap! It was enough to just be in her company. There is a bit of motivating regret toward the missed opportunities to speed my maturing, for it took such a long time just to be present with it all and her.

And so, as with many in our lives who pass, I catch myself wondering, sometimes with regret, was the relationship lived to its fullest potential? And they never really are, are they?

They're moments we mirror and grow through by the very gift of its exchange. The better question is was I present? Was there growth? Was love realized? Were the spiritual contracts fulfilled, honored together? Was there forgiveness?

I'm full. And ever so grateful. It's over and for Miriam therein lies the gift. She did good! As they say... she did good! We are all incredibly blessed. And I'm sure we are all looking within to all she helped us feel and come to KNOW!

And now the only question left is are we willing to motivate ourselves to honor this gift of the Teachings she provided by living them? More to the point, are we willing to sustain our own becomingness in her absence? I am! And that's the best closure I can give her, beyond my love.

- Barb Waldeisen



Rest in Peace Beloved Woman

Poetry Corner

IN HONOR OF REVEREND PENNY A DONOVAN

A Poem by Barbara Cove

Don't be fooled by the wrinkles that line my face
The cane that aids my delicate gait
Or the wheelchair
Supporting my weight

Hair of silver, fingers weathered some deformed
This body so weary, oh... what a state
But wait

Lies all of it lies
I am you see, transformed

Look into my eyes of blue
So many stories they tell, all of them true

Look deeper still into mysteries revealed
They ripple like water into souls and far away lands
Through spoken word, vibration and laying on of hands

In spiritual services and holy retreats
Indeed
Wisdoms so grand

A great Medium they say, high in demand
Love, truth, peace, discernment and dedication
My commands

A life of service dedicated wholeheartedly
To healing man

Readings, channeling, writing, teaching the masses
I can

Although a humble servant
Great Spirit, I am

Fame and Fortune never mattered to me
For I have been honored with the highest of
Spirit Currency

A magnificent horse I now joyously ride
The limitations of my body
I have chosen to cast aside

A log cabin warm and cozy
A river gently winds through
Fields of flowers trees and yes animals and beloveds,
Where I abide
So blessed and alive

Magnificent Halls of Learning
Ascended Masters and Great Angels
By my side

The love you have given me
Held lovingly inside

Forever and always
Know I am near

I have simply passed the torch on
To those I hold dear

... continued on next page ...

Poetry Corner Continued

A tender rose bud, not yet in full bloom

A contract so sacred

The rose's perfume

Look upon me now, with eye anew

Understanding in truth

You remain one with me too

So together we still walk

One step at a time

We shall dance between worlds

To angelic orchestra sublime

United in love, light and truth

Combined

Our intent and purpose, clearly defined

To heal our world

One sentient being at a time

With these words sincere, and with a heart filled with love and gratitude, I bless you Penny, on your return home into the loving arms of your ancestors, our Mother Father God, AA Gabriel, and our brother Yeshua.

Indeed and so it is

Amen and Amen

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Barbara Cove

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SGF Board of Directors Update

Membership—A friendly reminder to everyone that you can renew your SGF Membership online by clicking on the 'Donate' button on the website. It's located at the top-right corner. A new tab will load on your browser courtesy of DonorBox.org. You may decide to make a one-time \$25 donation or either a recurring monthly donation for an amount of your choosing. Either way, your membership will be renewed, and we are most grateful for your generosity and continued support for SGF, its sustenance, and the fulfillment of our mission.

SGF's Vision & Mission

Vision:

An enduring organization that provides and sustains a spiritual home, centered in the Light, uplifted in Spirit and Truth.

Mission:

- Encourage all to live from their God-Self, radiating spiritual awareness and integrity as a way to navigate everyday life
- Offer opportunities to teach and heal and support efforts to do so
- Preserve, clarify, expand and disseminate teachings of Yeshua, Archangel Gabriel, and other spiritual teachers

The Intersection

I reread chapter 22, The Intersection and Day 5, Access to Unity of *A Course of Love*. Here's my take on the chapter's meanings. I hope it will be beneficial somehow.

When I was a little girl, probably no older than 3 or so, my angels left me. I had always felt them, talked to them...saw them. And one day they just up and flew out the window! I followed them to the window pane and looking back at me, one turned to say, "Bye Bobbi, and remember try not to think, but simply listen!" I remember asking why they had to leave...and why now? ... They ignored my question but I remembered them saying, as long as I listened, I'd never be alone and would always be given what I need to know, when I need to know. Lol!

Well it has taken me 60 years to figure out what the heck they meant!!

Over the years, in part due to mediumship, but even prior to learning how to listen as a medium, I felt frustrated, challenged, in following other people's conversations. It was difficult to maintain focus, staying present in conversations. It was like listening to two talk radio shows at once...one in my head, the other in the room. It was similar when I studied. Perhaps it was a learning disability, my inability to stay focused on what I was reading, but reading took me out of the act of listening. It wasn't just listening to any random dialogue, there was a peace, a beautiful feeling associated with the other station's static. More static than dialogue. And it was here I found contentment. Much like one feels while meditating. While in a conversation, I often interrupted [others] bringing from the other station advice, or helpful commentary ... but I wasn't fully present with those who were sharing. It was rude, at times seen competitive. But it wasn't intentional, more frustrating than anything. Like having to ask a question before you forget it while someone is still talking ... kind of thing.

It wasn't till I seriously ... continued on page 8 ...

Let Your Heart Lead

You will never truly be happy until you start to accept your incarnation as a joy,
Not punishment.

Now you know you have chosen these experiences and a strong part of you judges yourself for doing so.

You regret your coming, you regret the key players you chose to work things through.
Tasks feel arduous. At times, simply pointless.

You wonder if you'll ever truly fulfill what you've come here to do.
And it is this thought that fills you most with fear,
For if you do not complete this mission,
Is it really going to be simpler in the next go around?

So what shift needs to occur? The one within, or without?
We've been taught, change within, and the out naturally changes.

So shift how this incarnation is perceived.
See not its drudgery, illusions, darkness.

Behold your strength in purpose for coming here to shed old layers of baggage,
Not create more.

Hold yourself not to impossible standards,
Slow steady progress will get you where you need to be
Through consistency of action and most importantly,
By letting your heart lead.

Bring awareness to your heart center and breathe in love. Breathe out love.
Watch your chest, rise and fall with each breath of love.

... continued on page 8 ...

Intersection Continued

... continued from page 8 ... began my own psychological work that I learned how to be actively present with whomever was talking, yet not losing my radio station connected on another level. (It's still hard in groups, I think more so because of everyone's thoughts floating around the ethers. Or perhaps I'm still struggling with other issues.) Yet, when I'm alone, I realize how much I am being told what to do next, or if at the grocery store, what to buy that's not on my list. There's a constant benevolent dialogue unfolding, guiding, advising, beyond my thinking mind. In fact it can only be heard when not engaged in the process of thinking but listening. As one does in meditation! ... If I have a question regarding a spiritual concept, it's discussed or explained....if I wonder about an experience it's clarified. If a suggestion is offered to get gas while I'm out and about, even if my tank is nearly full, I have learned to do as suggested and not ignore it. Because in hindsight, whatever is or was suggested always had a reason for it.

I have come to pay attention to this dialogue. It's not unimportant. It's unity within my higher self. It's unity with my guides and angels...just as when I'm in a room with a client, and I'm present and focused on their needs, listening to receive what's being given for them. I am in unity; in holy dialogue. It's the same with flowers in my garden, or pruning a shrub.

It's also one reason why I went through a period of doubting my mediumship authenticity, as I was always in dialogue! This also had its downside, if I was left unprotected, or fell into negativity, I was influenced by thoughts not of my own consciousness. It took time for the learning curve to unfold. For self-love to be gleaned, God to be accepted, felt trusted, known. Opportunities for mediumship, or teaching was the vehicle that turned practice opportunities into deeper awareness, that becomes believed.

This revelation came a few years back, when I first read *A Course of Love's 'The Dialogues'*. The more I reread it, the more ...continued on page 9 ...

Heart Continued

This is clear vision.
Steadiness of purpose.

In this space, tiny animosities cannot arise.
There is no room in loving breath for those lesser emotions.

Let Loving-Kindness meditation be a guide and anchor – *May I be filled with loving-kindness, may I be at peace...May you be filled with loving-kindness... you may be at peace.*

Feel the softening affect this has on your entire being.
Problems are of the mind, not the heart's center.

Reside here.

Let this be your safe haven in this chosen incarnation,
Your deep cavern of Truth
Where concentric rays of rose-pink light
Unfold in eternal swirls.

This is the magic within you.

Be carried on these pink rays to greater depths,
Beholding love's Truth.

-Tehmina Meherali



Intersection Continued

I became awakened to what had always been in my experience since childhood. “As we said yesterday, our form of meditation, a meditation that is not a tool but function of your natural Self, is a focus of access.” This one sentence on page 523 (Day:5.4) explains my experience, and of course is the explanation itself!

I’m trying to balance the same ‘accessing’ unity attitude when I walk through an event for the purpose of its experience. The event doesn’t qualify me, nor give importance unless I walk through from my personality’s thinking process where my emotions trigger reaction based on past context... It’s simply the intersection of observation, not a reflection of anything that defines me. I don’t have to stop, but observe.

Even a sunset which meets one’s eyes at a point of intersection, so to speak, [is] to be breathed in while observed. Yet [it] can fall short from its full potential in actually being witnessed, if bypassed as insignificant based upon the mind’s focus. Its value is at risk if it’s held only by the personality’s assessment. Its beauty [is] comprehended through sight, yet it’s the higher self that knows its true union, as a mirror; as part of Itself. And so, living fully or existing in the crevasses of yesterday is defined by whether the focus is in the concrete mind of the personality or of the Heart’s higher mind. It’s the practice of Now.

Staying present keeps the channel open. And only one mind knows Holy Union, the other can only comprehend it. Everything, and everyone comes through intersection. I believe it’s the network of Spirit, as the soul records significance, or complacency. Oneness or separation. I feel the book, indeed each chapter, is walking us through staying in that natural state

of exquisiteness while living in the body; leaving one mind to live from the other.

In that exquisite space I’m given everything. No decisions exist. No need goes un-supplied.

As I said, I’m aware of its reality, its potential. Learning how not to drop it while engaging with others is the trick. Nor dropping it for past habits. Even as I try to explain it, unless the listener has experienced it, it can’t be fully understood. Yet we all experience it naturally. But do we recognize what it offers? Recognition to embrace its value takes a willing practice. And a home where one can listen undisturbed is best in becoming one with it.

Mindfulness is simply its entry point. It’s a state of Meditation while in activity!

Yeshua spoke of passive meditation verses active meditation. Passive is holding that higher mind state while actively being engaged in conversations or activities...walking, working on a craft, balancing the check book...or in the FLOW while creatively writing. It’s simply leaving the channel open and accessing from the higher into the lower as the physical existence requires. Active meditation however, is sitting and focusing all attention on the act of meditation.

It’s holding this space while moving through each point of intersection without leaving the flow or falling back into the personality which looks to define each event’s (point of intersection) compartmentalized importance.

- Barbara Waldeisen