

One Day Follows Another

Loving Father. We are aware that time is going by and one day follows another. Our planet Earth spins on its axis wending its way on an everlasting journey around the sun. People have come and gone and we read their names on tombstones in churchyards around the country; we may even see a group of people who are laying someone they knew to 'rest'. What is 'rest' Father? Is it the end of all things, the end of life for that person implying it will one day be our turn to be 'laid to rest' in whatever form that may take, or is the start of something new or, even, something familiar and very, very old?

Some people say there is nothing after our body ceases to function as, what we call 'life' is merely a by-product of the brain – it seems an awful waste of time and energy if that is all it is. Other people think there may be something but have no idea of what that might be; there is talk of floating on clouds and playing harps and that does not seem a good idea either. Others say we live in everlasting bliss, whatever that might be, while others say most of us are doomed to go to a place called Hell where we will suffer the eternal flames of damnation; this is because we are 'sinners' and have been selected by 'a loving God' for that fate; it is the 'good' people who will go to Heaven.

Loving Father, we have heard these things before and pray that something more sensible will be revealed. We may have read that some people think our life on earth is a preparation for what comes next, even that we plan what we intend to do before we come and that there are people called Guides and Helpers whose task is to help us in our mission on Earth. We may have read stories by people who, while being with a loved one during their last moments on earth have seen beautiful lights and heard wonderful music; of experiencing wonderful joy and upliftment as the loved one leaves the physical body for the last time. Do our loved ones experience this as they go to 'Heaven?'

Day by day we journey towards our experience of leaving the physical body for the last time; it is during our time asleep that we may leave our body for a short time - we may experience 'vivid dreams' during which we meet people.

We pray that we may do the best we can in our daily lives and not be too concerned with what lies ahead; it is the simple things that come into our lives each day that are important. While we are creating 'who we are' on the earth, we are also building 'where we will be' in the Realms of Light.

Jesus of Nazareth said "I and my Father are One." Help us to understand that we are all One; everything is connected; separation is an illusion.

Amen.