

**Merja Sankelo**

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# **The Power of Love in Life**

**”Love messages from spirit guides”**



## Foreword

This book is about universal love, the various manifestations of love and its meaning to life and spiritual development. The contents of this book are based on the belief that the universe is infinite and that it contains several different worlds, such as, the spirit world in addition to the Earth. It's also based on the belief in the existence of the Highest power of the universe i.e. God and in the eternity of the soul or the spirit. Humans' life on Earth is considered to be an opportunity for spiritual development, which begins when a person has found and become aware of the significance of universal love as a power of life.

The first and the third chapters have been written together with the good and wise spirit guides from the spirit world and the chapters are based on what I have heard them to say "in my head" to me. The first chapter is about the multidimensionality of love, the conditions of a love-filled life and its manifestations, the benefits of it and people's responsibility for their own life. The spirit guides say that a human's soul is a part of the creative and loving energy of the universe. That is why people are never alone and instead, they can receive divine guidance if they just ask for it first. It's possible to be in a constant interaction with the helpers of the spirit world.

In the second chapter of this book, I will talk about my own experiences of spiritual awakening and my development through various phases. The third chapter is again written according to what the spirit guides have said. They talk about love awareness and its significance in spiritual development. They emphasize the importance of living in the present and the important role of people's own proactivity in being able to live a meaningful, good and a happy life. In the fourth and also the last chapter, I will talk about my own spiritual

development that has occurred after the collaboration with the three spirit guides concerning this book ended.

Writing this book has been a very interesting and fruitful experience that has also strengthened my trust and faith in the spirit world. I respect and admire the way the spirit guides express themselves. It's very heartwarming to notice how loving and caring they are towards me and other people. It has been a pleasure to serve and to participate in spreading this message of love.

I hope that you will enjoy reading this book. I believe that it will be difficult to avoid emotional outbursts when you read the spirit guides' loving messages that contain not only information but also wise life lessons, consolation, forgiveness and encouragement. I also hope that my experiences of spiritual awakening that I have written about will inspire you and help you to learn how to reach love awareness and how to continue your journey on the path of spiritual development after that.

I hope that you will have positivity, love energy and happiness in your life!

In the Spring time of 2020

Merja Sankelo

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## **Introduction**

There are different kinds of worlds in the infinite universe, and this book will cover two of them: the Earth and the spirit world. The Highest power of the universe i.e. God, in all His wisdom, created an interesting entity that is partly based on the existence of spirits and their development process which aims at becoming enlightened or perfect. (Kardec 2011).

It's been said that the universe and the spirits were born by the will of God. Only God knows how and when spirits were born. After it has been created, a spirit never ceases to exist. At the beginning, spirits are completely uneducated and free of all knowledge. Only over time will the spirit start developing spiritually and as an intellectual being. Spirits are genderless and intangible, so they are shapeless. However, they do have a certain kind of a glow and colour. The brighter a spirit is glowing, the more developed it is. Spirits travel at the speed of thought and can be in several places at once. Every spirit has its own mission, and after completing it the spirit will achieve enlightenment and become perfect. New spirits are born all the time, but there's no exact information about the volume and the schedule of the births.

In order to achieve perfection, a spirit needs to experience a life i.e. an incarnation as a human on Earth or a period of time in another world in the universe. Actually, spiritual development and enlightenment require several lives or incarnations. Spiritual development also occurs during the time between the incarnations. All spirits will eventually achieve perfection. Some of them will just achieve it faster than others.

The spirits in the spirit world have their own hierarchy based on the level of purity or development. According to Kardec (2011), they can be divided into three main categories: 1) Pure spirits that have already achieved perfection or enlightenment, 2) Spirits that desire to do good things, but aren't perfect yet, 3) Imperfect spirits that still want to do bad things, and they also have qualities that prevent spiritual growth.

Imperfect spirits are aware of God's existence, but they still lack a deeper understanding and their knowledge of the spirit world is limited. They tend to be quite mean, jealous and ignorant, and they are also proud, greedy and selfish, which prevents them from spiritual development. These types of spirits like to tease and mislead others, and they enjoy making others believe in things that are not real.

Good spirits are aware of God's existence and they also understand that becoming good is the purpose of their existence. They only do good things, which brings them happiness. They have already been freed from all the qualities that are harmful and hinder their spiritual development and from which the imperfect spirits have not yet been freed. These types of spirits can be divided into four groups: The friendly, the learned, the wise and the so-called higher level spirits that are associated with knowledge, wisdom and goodness. The spirits that belong to the last group like to communicate with the souls and humans that are on Earth and that are searching for the deepest truth of existence.

The pure spirits have achieved the highest level of development i.e. enlightenment. They get to be close to God and communicate directly with Him. They are God's messengers and servants. They also guide other spirits and help them to develop. They also help desperate souls that are on Earth and inspire them to do good things. If asked, the spirits will help, guide

and give advice to others. Because these spirits are already enlightened, they no longer have to incarnate for learning purposes, but sometimes they might return to Earth to complete a certain mission. It has been said that, for example, Jesus was this type of an enlightened spirit that returned to Earth to complete a mission that God had given to him. In addition to the spirits that come to Earth to develop, there are also archangels and other types of angels in the invisible world.

A spirit will be permanently attached to a child during birth. A spirit that is on Earth is called a soul. The purer a soul is during incarnation, the less suffering and adversity it has to go through in order to learn and grow. When a human body dies, the soul will be detached from it and move to the spirit world. Sometimes the spirit will reincarnate immediately, but more often than not the spirit will spend some time in the spirit world (sometimes even centuries) before the next incarnation. Every spirit will eventually have their last incarnation, after which they will no longer need to leave the spirit world ever again.

The angels and "good spirits" i.e. spirit guides that are in the spirit world protect and guard the incarnated spirits or souls from the kind of dangers that they're not supposed to experience during that particular lifetime. God has also given them permission to help souls in different moments in their lives, but because every spirit in the universe has their own free will, they have to ask for help first if they want to receive it. Every human has at least one guardian angel and one or more spirit guides protecting and helping them throughout their whole life.

There can be communication between the helpers in the spirit world and the soul and its current human body on Earth. Some people have that type of a skill and sensitivity ever since they're little, and others might develop a sensitivity for that type of communication later on by

choice, for example, through meditation. According to the messages sent from the spirit world, God wanted there to be that kind of continuous communication between the spirit world and the other worlds. This kind of communication was daily earlier in the human history, but over time the communication has started to dwindle, and it has now become forbidden among several communities.

I am one of those people who have developed the skill to communicate with the spirit world through meditation. After that connection was revealed to me, the entities in the spirit world asked me if I would be willing to forward the messages written by spirit guides to the readers in Finland and later around the world. Because the topic was love and I was curious to experience the writing process that had been proposed to me, I decided to take on the task. In the next chapters, you will get to read about the spiritually developed spirit guides' thoughts about the power of love in people's lives, and also about my own experiences of spiritual awakening and growth during these past few years.

## **Sources**

Kardec A. 2011. *The Spirits' book*. Third edition (original 1857). International Spiritist Council, Brazil.

## **CHAPTER I**

**Love as a source of energy for life and for spiritual growth**

## **Love, peace and the cleanliness of the Earth**

Dear people of the world. We have a lot to say to you about love energy which is a form of energy created by the Highest power of the universe, and it's also the origin of everything. We use the name God to refer to the Highest power of the universe and the creative force because it's more familiar to you Christians. God created people in His own image and wants people to love one another. It's important that there's love between people because without it, they would be fighting against each other. Without love, there's no happiness or peace on Earth. God wants everyone to be happy and that's possible if there's love on Earth. The world is now a very different place than it was thousands of years ago. People used to love each other, but now they just want to fight. It's sad that humans value war over peace.

World peace would be possible if people felt love towards each other and forgot about the wars. Wars don't help us achieve anything good. People will suffer in vain and they won't be able to live a happy life. The kingdom of God will never be achievable unless people start to love each other and end all the earthly wars. The world will change and peace will prevail if people want it to be that way. God wants that to happen as soon as possible because there's not much time left.

The Earth suffers from pollution and chemical toxins that are slowly destroying it. People should take care of the Earth, the nature, the forests, the lakes and the factory emissions. No one wants to live here if the Earth is polluted but not much has been done to save the Earth. We need more concrete actions, but that would require everyone to participate. Promises have been made, but now it's time to fulfill them.

Because of the Earth's current evolution, only quick actions can save it. It's no longer enough to talk about the climate change as if it had happened on its own. People need to take responsibility for their own actions. The operation to save the Earth should start by cleaning all the bodies of water and protecting them from pollution. People should develop new water purification systems and learn about all the ways of purifying water with chemicals. There are materials that can speed up the water purification process. Those materials aren't dangerous or toxic; they are environmentally friendly products. Those products can be found in the nature and the soil. People should replace the currently used cleaning products with them.

In addition to Earth, there are also other planets in the universe that have some kind of life. The Earth is just one part of the universe. People have been curious to know if there's life on other planets as well, and if there are human-like creatures living there. God has not yet wanted to reveal the whole truth about the universe. People will find out the truth when it's time. Now, you just have to live with uncertainty and focus on your own lives. The Earth is in bad shape in many ways and it needs quick actions in order to be saved. People have not taken good enough care of the Earth, so it has not remained as good of a living environment as God had intended. Through their actions, people have disturbed the Earth's balance, which has caused the climate to change and the water and the air to become polluted. Now that the love between people has become stronger, people can expect to find ways to save the Earth. That is God's will and hope for the human race. When people start to show signs of willingness to save the Earth, God will help them in many different ways.

We want to tell you that in the next few years, you will find materials and products that are environmentally friendly and purify the polluted water efficiently without any by-products that would cause oxygen deficiency in the water. That's dangerous for the animals and the

plants that live in the water and it would make their lives more difficult. It's important that people take water protection and purification seriously and thus make sure that they will have clean water for their future lives as well. There's not much time left, so people need to act quickly if they want to save all the bodies of water.

Dear Finns. You are pioneers in water protection. Be an example for other nations and show them how the work can be done efficiently and at a low cost. The world needs pure water and bodies of water. Water is a source of life in many ways and that is why it is important and necessary to have clean water. So, love your nature and take good care of it. It's worth it and as a reward you and all the other people will have a cleaner and healthier living environment.

God loves all people and wants you to take good care of yourselves, each other and also your living environment. When we talk about love, you need to understand that love is very complex and it also includes loving nature and the environment.

## **Universal love**

God loves people and hopes that they love Him, too. That love can also be called spirituality. People need God in order to live a happy and balanced life. However, there are a lot of people who don't acknowledge it and live apart from God. Some people don't even believe that God exists. God would like all people to acknowledge His existence, so that they would be able to live a happier life. Not everyone wants that, though. God invites people to connect with Him, but there are a lot of people who can't hear Him and wouldn't want to answer even if they did. God forgives them, but He's also sad because He knows that everyone who is connected to Him is able to live a much happier life. Everyone is equally important and precious to God.

He loves people unconditionally and forgives even the bad deeds. People need God. People who are apart from God won't have any, or almost any, peace or love in their lives.

Who loves whom? All people are brothers and sisters and everyone should love everyone.

That is a lot to ask, but God wants it to be that way. God created man in His own image and wants everyone to love each other. This means that people shouldn't fight against each other, and instead they should negotiate and talk about their issues and try to find a solution that way, without using any weapons. Humans invented war. God doesn't want there to be any wars on Earth; He only wants peace. People should live their lives without any wars and they should love each other. That kind of love can be expressed by helping and supporting others. People should always choose peace and love as the starting point and the main goal for everything they do. There's no happiness without love and happiness is the main goal in one's life on Earth.

When a person loves God, they also have peace in their life. When they have a peaceful mind, they can enjoy life and focus on every moment. There are people who love God more than they love themselves and other people. That's universal love. Universal love means that a person serves God unconditionally and only focuses on that task. God doesn't expect everyone to love Him that much, but some people feel the need to spend one of their lives just focusing on their relationship with God. It's more normal that a person loves him- or herself and other people as well. Self-love is necessary because it enables people to love others. People love their spouses, children, parents, siblings, other relatives and friends. It's more difficult and rare to be able to extend one's love beyond that and to love everyone else as well.

God has intended that people would feel brotherhood and love towards other people. We are getting closer to the time when this type of broader love awareness starts to take over people's minds and becomes more relevant. God wants it to be that way and it is meant to eventually happen. At the moment, people are still searching and in their transition phase that will eventually lead them to the new kind of love that people are meant to feel towards others. God wants people to experience the reappearance of love, the fading of hatred and aggression in society and the ending of almost all wars in the world. The humankind needs a new phase in order to develop before moving to the other dimension after life on Earth. You probably already know that there is no death. The life on Earth is meant to be a so-called school of life during which one learns new things and develops spiritually and will continue its life also after death i.e. when the life on Earth ends.

The love between God and humans has existed ever since the first humans were born. God has expressed his love to humans in many different ways. He wants people to experience good things and He will help them whenever they ask for His help. A group of angels help Him to serve the humankind. God shows His love through positive care and forgiveness. God listens to people's prayers and answers them in His own way. Sometimes God lets people suffer, but there's always love behind the suffering, which people often find difficult to understand. Suffering is sometimes necessary because the human soul will develop through that experience. Some people have had a hard time understanding that, and that is why they have asked God why He allows the suffering to occur. There's always a purpose for suffering. It's not a punishment; it's a process that will eventually lead to something good. There's a saying that describes that quite well: "Victory through suffering".

God loves people because He created man in His own image and wanted to give them a life on Earth. This earthly life is crucial in the soul's development. Every soul has a plan for each life and God makes sure that the plan will be fulfilled. Humans aren't always aware of the plan and that is why the plan doesn't work everytime. People should listen to their inner voice carefully in order to find out what their life plan is and how to fulfill it. People can ask for God's help to figure out what the plan is. That requires good and sufficient communication with God.

Humans are important to God and He wants to connect with them. God's desire is to collaborate with people daily and that both would take turns initiating it. People can communicate with God about many different issues. They can be big or small. God listens to people's prayers and always answers them in His own way. When a person communicates with God, it's important that the communication is authentic and based on the belief of God's existence. Without faith, there can be no communication with God. God loves all people but He will only answer the prayers that are from people who believe in Him. Life on Earth is challenging and people will face many joyous and not so joyous situations. People should think of life as a school during which they will learn correct ways to react, behave and act in different situations. It's not always possible to succeed, but everything that happens will help people to learn and to move forward on the path of spiritual growth. God is important to people, especially during the difficult moments, but people should remember Him during the happy times, too. God likes to hear prayers of gratitude. That way He knows that the person is happy and content with his or her life. The main purpose in life is to be happy. God doesn't want anyone to be miserable or sad. Life should be a positive thing to everyone. People should be happy about every good thing that happens to them daily. Every day is a unique gift from God. So, they should enjoy it and be happy.

## Self-love

God's message for people is: "Love others as you love yourself". People are meant to love and take care of themselves. God has created the human body where the soul resides during its life on Earth, and it's important for the human to take care of that body, so that it's a good place to live. The body needs regular exercise in order to stay in shape. It's also good to eat healthy foods, such as vegetables, and to avoid boiled and fried foods. The body needs a certain amount of energy every day, so that it works properly, and that's why people should eat enough. Many people are overweight nowadays because they eat too much. The number of calories that a person needs per day depends on how much he or she works out, because working out burns calories. If the person just rests and sits all day without doing anything, they don't burn many calories. People often talk about the differences between meat and vegetables in the diet. Meat is not the best kind of food because God has also created all the animals, and people weren't originally meant to eat meat. Humans have developed the belief that meat is good and that animals should be killed for food. Meat can be eaten, but only in moderation. Meat makes people tired, even though it's a source of energy. That is because the digestive system is not able to use all the components of the meat and the unused ones strain the body, which might cause tiredness. When people want to take care of their bodies, they should eat lots of plant based foods like fruits, vegetables and berries. It's important that the food is fresh. Contaminated food should never be eaten. There are various opinions of what kind of food is healthy, but humans will stay healthy if they eat simple foods that are not too processed. Cold food is just as good for the body than hot food that has been heated up. Actually, heating up food is useless. It's become a part of cooking because of meat. Heating up food destroys important minerals and vitamins. Cold ingredients can be used to make healthy meals effortlessly.

Microwave is an appliance that can be found in almost every household nowadays. Some people suggest that the food that has been prepared by using a microwave is unhealthy. Especially the people that are vegetarians and who are interested in spirituality think that way. A microwave is no more dangerous than an electric or gas stove or oven. The only thing that makes a microwave unhealthy is the fact that it's used for heating up food. Microwaves and the radiation that heats up the food, is not really dangerous for humans. It could be that at some point someone has misunderstood the messages that have been sent from here and thus that unnecessary fear has spread among people.

So, people can take care of themselves by eating healthy and exercising enough. All kinds of exercise is good. It helps humans move more freely and speeds up the metabolism, which is good for the body. Because the physical body and the mind are connected, exercise has a positive and an elevating effect on the mood. When one's body and mind are healthy, one can enjoy life wholeheartedly without any problems.

It's important to God that people are happy. Several factors are needed for happiness. First of all, people should be happy with and accept themselves. Secondly, they should have other people around them. Only a few people can be happy if they are completely alone. That's because God created people to be in communication with each other. It's important because being with other people can help them learn new things that are meaningful for their spiritual development. They can also learn new things about themselves and notice their flaws and their good features. People will evolve in various ways when they are in communication with different kinds of people in different situations. They will have to make decisions about how they behave, talk and act. Being alone is easy and it does not challenge people to improve themselves much. However, being alone can sometimes be important and necessary because

people can connect with God and their soul through silence. They should actually spend some time alone each day. That way they will have more energy to spend time with other people. No one should fear or avoid being alone at home or in nature. When people are alone, they have time to think and ponder about things and they can connect with God, angels and the spirit guides who help and support them, but they need to ask for it first.

## **The love between family members**

There's different kind of love between people. Firstly, there's love between a parent and a child. A small child is born out of love and needs love to develop into a healthy and balanced adult. These days, there are many children who don't receive enough love and affection, which often leads to a lot of problems. Parents who are not connected to God, don't understand the importance of love, and they are therefore unable to give enough love to their children. They are also sometimes self-centered and only see life from their own perspective and can't understand their child's point of view. A healthy and balanced child needs lots of love and affection, and the parents need to let the child know that he or she is loved. When children grow up in a loving environment, they will be able to give and show love to others as well. A child that suffers from a lack of love, is in a disadvantageous position compared to other children who have been surrounded by love. It will be difficult for him or her to show and receive love from others later in life. The child might end up becoming emotionally handicapped in a way, which can sometimes be fixed, but not always. So, the most important task that parents have, is to love their children and to make sure that their children know that they are loved everyday. A child can never be unsure whether he or she is loved or not.

A divorce is a challenging situation for everyone and especially for the children. A child might then question the parents' love for him or her. The parents should remember to tell their child or children how much they love them despite all the problems that the divorce might cause. A small child doesn't understand what divorce means, but the older children are able to understand it. That's why the parents should talk to them and express their love verbally, and to remind them that no one will abandon them even though some other things might change. Children who have always been surrounded by love will handle the divorce better and won't suffer from it as much as the children that have not received much love in their lives. All in all, most of the divorces are unnecessary, but sometimes there are situations where a divorce is best for the children. For example, one of the parents might be violent. Child maltreatment and abuse are also understandable reasons for divorce. The love between a parent and a child will last a lifetime and the death of either one will cause great sadness to the one that's left behind. However, it's comforting to know that the separation will only be temporary and they will be able to reunite in the afterlife. Here, we get to see many happy reunions almost constantly.

In families where the parents are living a love-filled life, the children get to live in a privileged environment. They will internalise the spirit of love at an early age through their parents' example. In families, where the parents live a life that's surrounded by negativity, the children will have quite a bit of challenges. How could they grow up to be open and confident adults, if they are not loved, encouraged and accepted the way they are. Everyone is responsible for their own life, but parents who are raising their children in a loveless home are also responsible for their underaged children's lives. Loving parents enjoy it when their children succeed in life. They deserve it because they have created that success by loving their children.

Parents who have forgotten the importance of love in parenting will often have to witness their children facing many problems in their lives. That doesn't mean that children who have grown up in a loveless family wouldn't be able to be happy, but it might be more difficult for them than for children who have been loved by their parents. For example, people who have experienced violence in their childhood are emotionally broken until they are able to process everything that has happened and are willing to forgive their parents. People should forgive others. Only forgiveness can help a person to process things and to further their development after difficult events. It sort of liberates the person from the past and they can start a new chapter in their life.

## **The love between a man and a woman**

### ***Romantic love***

Love is a part of life. The love between two people is a beautiful thing. When two people meet for the first time, they might feel attraction towards each other at first sight. Their auras meet and they find the other person interesting and attractive. The feeling of love is ignited when one notices that the other person meets their expectations, they are likable and don't have qualities that make them difficult to love. If loving the other person is difficult, the relationship will be challenging. It's better to be with someone who is easy to love. Not all people are suitable for each other. One should get to know the other person before they can determine whether they are going to be able to get along with them or not. The beginning phase of a relationship is called infatuation which will eventually turn into love if both people allow it to happen. People fall in love when they have had enough positive experiences with the other person. When people are in love, they will forgive the little things that aren't Earth shattering, but it might be more difficult to forgive during bigger conflicts. However,

forgiveness is necessary for the continuation of the relationship.

It's often said that the beginning of a relationship is very passionate and it will eventually become more mundane. It's obvious that the level of passion can't remain the same forever in a long term relationship, but there is always some passion in a happy relationship. Passion is sexuality between two people. When people feel passion for someone, they want to be physically close to that person. Love is both spiritual and physical. Physical love is part of a relationship. That's how God wants it to be. Physical contact is also needed for the human reproduction, which is why starting a family is a goal for many relationships. Most couples, however, have some problems with finding the right ratio of spiritual and physical love. That requires taking the other person's expectations, desires and wishes into consideration. They are not always similar, which might cause conflicts in a relationship. The conflicts can be solved by talking or letting the other person know what your expectations and wishes are. Without communication, couples can never fully understand each other. Telepathy is not an everyday mode of communication on Earth yet, so people need to use words and speech to communicate. If you love someone, you want to take the other person's expectations and wishes into consideration. If both of the people think that way, it's possible to find solutions to conflicts regarding communication etc.

Usually romantic love is meant for two people of opposite sex, a man and a woman.

Sometimes people are in love with someone of the same sex. God has intended a man and a woman to be in a relationship and to start a family. Because souls are genderless it's possible that some individuals are unsure about their own sexual identity during their life on Earth.

However, every soul has chosen a gender for their next life on Earth before they are born. If a female is attracted to and in love with another female, it's against God's order. It's a

developmental disorder that occurs during puberty. Young people's identity is shaped by different experiences and influences, and today's society sends more and more messages about love that distort young people's sexual identity and development. Parents shouldn't blame themselves if their child shows signs of sexual deviance. Young people get influences outside of their home as well. Those who are attracted to the same sex are clinging to some of the gender roles that they have had in their previous incarnations, which affects their behaviour in their current life. When these people return to the other dimension they are disappointed because they hadn't been able to behave according to the gender role that they were supposed to have. Because of that they will have to return to Earth to experience everything that they were supposed to already experience in their previous life. God does not judge those people, he forgives them and gives them new opportunities to get the experiences that they need. Other people shouldn't judge them either, and they should be understanding and loving towards them. When young people are searching for their sexual identity, those who are unsure about what the right one for them is, need to be supported and helped. Therapy that explains to young people what the deep meaning of life is and how incarnation works, could help some of them.

### ***Choosing a spouse***

Choosing a spouse should be based on a feeling of love. A so-called sensible marriage can be successful if the couple treats each other well. It's possible that they will eventually learn to love each other during their marriage. Infatuation is usually a start for deep love. Even infatuation is based on the feeling of love that a healthy and balanced person feels for someone, even though they may not admit it. Because God has created humans as His own image, He has also added a feeling of love for other people in everyone's soul. If that feeling has never been acknowledged during a person's childhood, that person may never be aware of

that feeling during their whole life on Earth. Only when they return to the other dimension after their earthly life has ended, will they understand the love between people, and they will be disappointed for not having understood it while they were still on Earth. Therefore, parents are obligated to teach their children that people are meant to love each other. Because that doesn't always happen, there are people for whom love is unfamiliar, and that's why they are able to start wars against other nations. Sometimes, even those people for whom love is a part of life, have to go to war, but war is only an unpleasant patriotic obligation for them that has to be done. However, they don't personally enjoy it and instead, they suffer when they have to fight against other people. War between people is useless and bad. God has not intended people and nations to fight against each other. God wants people to live their lives loving and helping others. Conflicts should be solved without guns and unnecessary victims. God hasn't intended people to start wars against others because of different religions either. There is only one Creator of the Universe who has various names in different religions. For God, it would suffice to only have one religion in the whole world, but people have wanted to form multiple religions with their own rituals and traditions. That is why wars between different religions that are based on conflicts and the desire to be superior aren't needed. God will be full of joy when ecumenism rules the world and people have a unified faith in the Almighty.

### ***Love should be cherished***

The love between a married couple requires care. Small arguments are a part of relationships and everyday life. Arguments are supposed to be resolved by talking. That's why communication skills are important in relationships. If a couple doesn't communicate with each other, misunderstanding will be inevitable, which will disturb the couple's love and life. Forgiveness is required as well. Unforgiveness and silent treatment are not solutions for difficult situations, they just prolong the process. It's beneficial to bring up a difficult issue

when people have a disagreement. People should remain calm in conflict situations. Shouting only makes things worse and hurts the other person's feelings. People should learn to discuss things peacefully and without raising their voice because it doesn't help. That's why one of the goals in the school of life is for people to learn how to control themselves during arguments.

Married couples can keep their love strong by spending enough quality time together and by doing things that make the other person happy and telling them that they love them. No one wants to live with someone who doesn't let the other person know how they feel. Often couples who have been together for a long time just know that their spouse loves them. That has become clear through various actions, but it would also be good to say "I love you" outloud. For Finnish-speakers using the word "love" is more challenging than for English-speakers, for instance. It's more common for Finns to say "I like you" than "I love you". The choice of word is not that important when a person wants to let their partner know that they love them. Love is letting your partner know how much they mean to you and that your life wouldn't be happy without them.

Marriage is an agreement made by two people in which they promise to be together. It's beneficial for both of them if the relationship is based on love. A marriage without real love is more prone to big challenges than a marriage that is based on love. Love forgives more. When you love someone it's easier to forgive their different actions. Nobody is perfect and people make mistakes. Love is forgiving when the other person has done something that is uncommon for you or against your own principles. If there's no forgiveness, the love won't last. That is why love and forgiveness always go hand in hand. Both people in the relationship will probably have to be in the role of the forgiver at some point. That improves and strengthens the relationship. In long marriages, the couple has already understood that, even

though they may not always be able to put it into words, for example, when someone asks them what the secret to a long marriage is.

### ***Accepting others***

When you love someone, you only want good things to happen to them. Enjoying the other person's failures is not real love. Those people have some sort of a personality disorder and they have no idea if they like the other person or not. When a person is aware that they are in love with their partner, they accept them as they are and are happy for their success. When you love someone you are able to accept them the way they are. There's no need to change them. If all you see is flaws in the other person, you should ask yourself if you have chosen the right person to marry. Sometimes the decision might have been rushed or wrong. In that case it would probably be best for both of you to break up and find a new life partner that you accept exactly the way they are from the very beginning. Divorce is not particularly frowned upon. It's just an extremely difficult situation when there are also children involved. That is why choosing a spouse should be very carefully thought out and the decision to get married should only be made when the other person truly feels right and they are a suitable life partner for you and you love them deeply.

### ***Relationship as a school of life***

Relationships are the best school of life for people. A close relationship requires people to take the other person into consideration in every situation, and they will also learn to compromise, which doesn't always feel good. Putting your foot down is sometimes necessary and other times it isn't. However, people need to let their spouse be themselves and do the things that are important to them. Even married couples should give their spouse the freedom to live their own life while always being by each other's side. Every soul that has been born

on Earth has their own life plan and their spouse shouldn't stop them from following that plan. If the couple understands that, there won't be any problems. However, there is some sort of oppression and judging of what the other person does in many relationships, which shows that many people are not aware of what's important in life. No one can live a fully happy life if they can't express themselves and fulfill their life purpose, which they have promised to fulfill when they were still in the other dimension and hadn't been born yet. When a person listens to their inner voice and does things that are important to them, they might be fulfilling their life purpose without even knowing it. Others will find out their purpose through meditation and deep introspection. There are also many people who will return to the other dimension after death time and time again without ever completely fulfilling their life purpose because they kept doing things that they didn't find interesting. In good relationships and marriages, couples give each other the freedom to express themselves and to follow their life plan.

God loves all people equally and the same way. Couples should love each other and if they have children, they should love them as well. Life in a relationship is educational and will change both people in the relationship. That is why it's understandable that sometimes couples grow apart during their marriage. However, that does not necessarily mean that they are not suitable for each other. It just means that they will need to communicate constantly and tell each other what they want to do with their life, what they have learnt and what they think about the relationship. Constant communication is crucial, because it gives the couple an opportunity to follow each other's development and changing process. They will both change at the same time through new information, experiences and self-reflection, which helps the relationship to last.

There certainly is no life without love. Love is behind people's every action. When people live love, they can enjoy all the little things in life, which makes it easier for them to also spend time with other people. It's easy to get along with a person who is happy, radiates positive energy and is content with their life. Everyone should be content with their life. If that's not the case in your situation, dear reader, you should stop to think about what you really want in life. Do you want to continue living your life like you have so far, or would you like to do something else and change your life? You have to decide what you want to do with your own life. Only you know what you want out of life and what brings you satisfaction and joy. Everyone has dreams that they want to make come true. What is your dream? Think about it and then make the required changes in your life. Do it as soon as possible..... life is not meant to be wasted doing things that you don't enjoy or that don't bring you satisfaction or joy. What is important to you? What makes you happy? What do you like to do? Once you find the answer to these questions, you are on the right track and will be closer to finding out your purpose and what you are supposed to do in this lifetime. Change is possible. It all depends on you. Take responsibility for yourself and change your life, if you feel like you are not living your life to the fullest. Tell this to your spouse as well because talking and sharing clears your mind, and it's also good to let your spouse know what you are thinking about. However, your spouse is not supposed to sabotage your thoughts of changing your life. The best way to deal with the other person's thoughts is to encourage, understand and support them because that's what the person needs in order to be able to make the changes in their life.

Life is a challenge and everyone will face new situations and opportunities in their life which might lead to new experiences and help the person start moving in the direction that was meant for them. If you are faced with a new opportunity, you should take it, if you want to develop and move forward on your life path. Many people are too scared to take the

opportunity and will just stay where they are instead. That could lead to unhappiness, which can cause marital problems. One important thing in a marriage is encouraging your spouse when they face new opportunities. Quite often the other person will immediately dismiss their spouse's thoughts of making a change in their life. No one should listen to other people's opinions about life decisions too much, especially when the other person doesn't seem to understand the importance of the situation for self-development and happiness. In good relationships, couples encourage and inspire each other to live their own life and to grow when they feel like they need to or when they get an opportunity to change for the better.

People's minds are ever-changing, which sometimes makes it difficult to make decisions. Today you might want to do this and tomorrow you might want to do something else. People will be able to figure out whether they are making the right decision or not by listening to their heart. Everyone should love their life and live in a way that makes them happy and content. No one can tell another person to be unhappy or dissatisfied with their life. Love gives people wings. When a person lives a life that is based on love, they will have enough energy to live their life like they are supposed to. Everyone gets to make the decisions about their own life. No one knows what life will bring and everything is always possible. Nothing has been decided beforehand. You will always have a chance to set new goals in life and change the direction of it if you want to. The most important thing is that you're happy. God rejoices over the happiness of the people living on Earth. Are you happy at the moment?

### ***Polygamy***

Life without love is empty. People can feel love towards multiple people simultaneously. Everyone has a lot of love to share, so a person can love many people at the same time. In Western culture, marriage is meant to be between a man and a woman. The main "rule" is that

the couple should only love and be faithful to each other. There are also cultures that accept polygamy which means that a man can have multiple wives. Christians believe that polygamy is a sin and that God doesn't accept it. Polygamy is not reprehensible in God's eyes as long as nobody is suffering. Usually, if polygamy is a deep-rooted tradition in a certain culture, people of that culture have already accepted it and only the people who are not part of that culture wonder how that can be possible and accepted. This kind of a tradition was created for practical reasons like childbirth and working. In God's eyes, it's possible to live in a polygamous relationship if every person in that relationship is okay with it. People have different needs and life situations. Not all situations have just one correct solution. The solutions can be sort of altered to solve every situation separately. If a person has peace in their soul and believes that he or she is doing the right thing, the situation is most likely fair for everyone. If someone is suffering and unhappy, the people in the relationship should think about what they are doing wrong and how to fix the situation and change it for the better.

In Western countries, people think that if a married person has an affair outside of their marriage, they are cheating on their husband or wife. However, no one should judge another person, especially if they don't know all the details of the situation. It could be that the affair sort of saves the marriage and eventually brings more happiness to everyone involved. Can anyone then think that an affair outside of marriage is always reprehensible and wrong? The Golden rule "Treat other people the way you would like to be treated" can help clear things up in situations where it's difficult to know what is right and what is wrong. If a person is not happy in a relationship, they should first think whether they are with the right and suitable person or not. It would also be good for the person to talk to their partner about everything that makes them unhappy. If the partner truly loves the person, they will participate in the discussion and try to come up with a solution to the situation. But, if they don't even want to

discuss it, it would probably be best to think about possibly ending the relationship and giving both people a new opportunity to find a more suitable partner. Sometimes it's good to admit that you made a mistake and that you and your partner are not meant for each other. You might love your partner, but not enough to be able to accept them as they are. Or maybe you're both so different that it makes it too difficult to love each other. Love needs the right kind of a foundation to blossom. The wrong kind of foundation kills the love, but the right one helps it grow and deepen. Normally, people fall in love with each other when they feel like they are similar enough and spending time together is fun, comfortable and easy.

There are cultures in the world where the parents arrange their children's marriages. That kind of marriage is not based on love at least at first. It is possible, though, that the couple will grow to love each other after being together for a while, but not always. If there's no mutual love between the couple, the marriage will be unhappy. It will also be unhappy in a situation where only one of them is in love. That is why a marriage should always be based on true and mutual love. Couples that have successful marriages, have noticed that the relationship won't stay happy without any effort; Couples need to spend enough time together. If that doesn't happen, the couple will grow apart and the love will eventually fade and die, and all that is left is the mundane life without any emotional commitment. Love is like a rose that needs care. It needs to be watered to stay alive.

### ***Physical intimacy***

Physical intimacy is part of a romantic relationship. The love between family members and friends is purely spiritual, but romantic love and relationships are also physical. If you love another person, you want to make them happy in every way, both physically and spiritually. However, there are often a lot of problems in relationships, especially with physical intimacy.

Sexual needs are basic needs and if they are not met, the person will become irritated and unhappy. When both people in the relationship are aware of that, they can avoid problems in that area. They are both their own persons and there might be phases during which they are not interested in physical intimacy. If that continues for a long time, life can become very challenging. That kind of a situation should be solved in order to keep the relationship happy. If a person has a connection with angels and spirit guides, he or she can ask for their help to solve this kind of a situation. They are able to help in many different ways. Yes, people face many difficult situations and moments in their lives, during which they are not able to be happy and that's when they can turn to us, the helpers who are here in the other dimension. Unfortunately, according to the laws of the universe, we are not allowed to help or interfere in anyone's life unless they ask us to do that. When we have received the request, we will help in our own way which often causes some confusion on Earth. A human's mind cannot always comprehend or recognise all the possibilities that are being offered in different situations, but we have a broader sense of awareness, which makes it easier for us to find solutions.

God has created man and has also given him the ability to enjoy the other gender physically. There is nothing bad about that, as long as no one is hurt and the relationship is between two people. A wonderful gift that the physical love can give to people is a child of whom the parents will need to take care. Many people don't always want the child that has been created by their physical love life. God does not judge that either, however, every child's life has been planned beforehand and it might be a disappointment to the soul that was supposed to incarnate in that child's body during birth. So, that soul's reincarnation will be postponed to a more suitable moment. Sometimes even abortions can be "planned" and they might be meant to be a teachable experience for the person having it. Nowadays, many people regulate the number of their children. There is nothing bad about that either, in fact, the number of

children that a person will have during their current life on Earth could have been decided beforehand. That person has made that decision before coming to Earth, so that they would also have time to get other kinds of experiences during that lifetime. That can also be the case when a person has a very strong idea of how many children they want to have. Life is not a simple thing. It is partly pre-planned before birth, but people can make decisions that might change their life in some way and do something that they were not originally meant to do during that lifetime. If a person meditates often enough and listens to their inner voice, they will most likely fulfill the life plan that they had made for themselves here in the other dimension before they were born. If that does not happen, the person will be disappointed in their life when they return home i.e. the other dimension.

## **Love between people**

Love is having a positive attitude towards another person. It is also a desire to openly share one's feelings and thoughts about life with other people. Love is caring and being interested in another person. Every interaction that we have with another person is unique and important.

Both of the people can affect what kind of an experience the interaction ends up being.

Smiling is an external way of showing that you have positive feelings towards the other person and that you have positive thoughts about them. One can never smile too much. A smile is like the sun. When a person sees you smiling, it puts them in a better mood and they become happy. A smile instantly creates positive emotions also in the other person. Two people smiling at each other is a beautiful sight and the start of a good interaction.

People should love one another. Love is universal, and God hopes and wants that people would experience love when they interact with each other. The love between people is built

through the feelings of brotherhood. All people are equally important and part of the same unit that was created by God, i.e. the universal family. Family members never hurt each other because they love each other, even though they are different and have different opinions about things. A relationship that is based on love endures disagreements and solving them won't require violence or other bad deeds. Accepting the other person regardless of the fact that they are different than you is a part of love. There is still a lot that needs to be done in the world until that kind of level of universal love can be achieved.

There are people in the world who are in different development stages. Some of them have already internalised the concept of brotherhood among people, but others still live in ignorance and don't think that it's important for people to love one another across nations. That is why there are still wars, terrorism, torture, criminality and other kinds of abuse among people. People often think that if the other person is a stranger they can treat him or her any way they want. However, the thing is that it does not matter if the person is a family member, a relative, a friend, an acquaintance or a stranger, they need to be treated equally and lovingly just because they are a humanbeing and a soul whom God has created and who is living the life that was given to them as a gift. God has always wanted people to love one another, but unfortunately that has not happened yet. However, God is forgiving and gives second chances to people all the time.

Every soul should develop. Some of them have a more challenging road ahead of them and they need all kinds of experiences and maybe even several lifetimes on Earth before, for example, the meaning of love becomes clear to them. You, who have already understood this, have reached a certain level of development and you can be content and happy about it. But don't judge those who have not reached that same level yet. Their time will come.....one

day. It's important that those who have already internalised the meaning of love in life, talk about it, so that others can dedicate themselves to it as well. The world changes when people interact with each other. Without interaction, people would find it difficult to live together. That's true in relationships, families, work communities and also on a national and global level. Live love and interact with one another.

When you love someone, you only want good things to happen to them. That's an important part of love. When you love someone, you want to make them happy. If everyone would live that way, they would have a wonderful time on Earth. Who do you love at the moment? What could you do to make them happy? What would they enjoy? People should ask themselves those questions every once in a while. Every person is responsible for themselves and their own life, but caring about another person is also a part of love.

Love is also pondering about how you can support and help the other person, your loved one? One can find the answer to that question by asking or observing the other person's life and what they usually do and don't do. It's often easier to show love by supporting or helping the other person indirectly. For some reason, humans find it often difficult to ask for and to receive support and help directly. You can help and support another person indirectly by giving them clear examples or by telling them stories about people who have been in the same situation and how they overcame those same challenges. You can also share your own experiences or even research results. If you help and support them too strongly and directly, it is rarely very fruitful and the other person might resist your help.

When you want to help another person, you should ask yourself how you could do that. The answer that comes from within, guides you to do the right thing in that situation. Not all ways

of helping work in every situation. Helping is usually very concrete. Another person can be helped through information, attitude, actions and by giving them money or things like books. The main thing is that you have good intentions. People say that the greatest joy comes from helping others. Helping and supporting another person is a sign that you have positive feelings towards them. That is why everyone who receives help and support from others, thinks of it as a good and an encouraging experience.

At work, people often compete against each other about results and rewards. Everyone often just thinks about their own success. Cooperation and real trust in one's co-workers is often only a dream that has not come true. If people would work in a loving environment, cooperation, respect for others and helping would have a bigger role. People would feel joy from achieving something important together with others. Managers are in a key role when creating the working environment and the atmosphere at the work place. The managers of today are often separated from the other employees and they even want to emphasize that fact. Although, the best way for them to have a positive influence on the work community would be by having conversations and by communicating with the other employees as much as possible. A work community whose manager lives in love are in a privileged position. When a manager loves people and him or herself, it can be seen in everything that he or she does. Everyone around him or her is happy and does a good job. A loving manager does not spare any compliments or positive comments when an employee does their job well. They won't get angry about a poor work performance and won't criticise, but instead, they try to express lovingly how the employee could do their job better next time. That type of a manager treats their staff equally and doesn't put themselves above others. They are a manager who uses their power and takes responsibility for the results but when they love people they treat them in a loving manner that encourages others to try their best, so that threats won't be necessary.

When a manager loves their employees, it usually causes a mutual reaction and the staff shows more love than hate towards their manager. Love in general is rewarded and the effects can be as wonderful as ever. How wonderful would the results and the achievements be in a company where there's love among all workers and managers?

## **The many faces of love**

### *The concept of love*

Love is a broad concept. In the Bible's Sermon on the Mount, they talk about love a lot and define it in a versatile way. So, what is love? Love is everything. There's no life without love. God created love and humans. There's no love without people and people need love. Love is a bond between people. Love is a feeling that is ignited when you like someone. Love deepens when the two people get to know each other better. So, love requires time to flourish. It's difficult to live without love. Life is love. There's nothing without life and love.

The concept of love is broad and that is why talking about it requires time and narrowing down. The phenomenon of love is familiar and important to people. No one wants to live without love, but it takes a lot to live with love. When you love someone, you want good things to happen to them. When you don't love them, you might want them to experience bad things. Love is a big thing and people should put effort into it. However, there are a lot of people in the world who suffer from the lack of love. Therefore, this book has been written, so that the amount of love would increase on Earth and people could live happier lives. God wants all people to be happy and to enjoy their lives. That is not possible without love. God created man in His own image. This means that people should be like God and love all the other people in the world, not just themselves or their loved ones. Brotherhood and

equality are values that everyone should respect. Without brotherhood there's no unified mankind. People need love from God and also from other people. A small child will waste away and lose its will to live from lack of love. That is a concrete sign of how important love is to people; to be loved and to be able to love. Love between people is sometimes difficult, though. You can't always love, even if you want to. Love is such a powerful feeling that it will eventually trump hatred and other negative feelings. There's no life without love.

### *The universality of love*

Love is a universal feeling and it concerns the whole mankind. Humans should love all living things on Earth. Since God has created humans and the nature, they should live in harmony with each other. People should love one another and also love all plants, animals, etc. living in the nature and be protective over them. The animal kingdom has not been given as high a level of wisdom as the humankind has, and that is why humans can't expect animals to act like humans. Animals live instinctively and in the moment. Animals live in the reality that only recognises the need to stay alive and to reproduce. Humans live to learn and to internalise the meaning of love in God's Creation.

Childhood is the time during which people should reach the basic level of knowledge needed to be able to live a life in which giving and receiving love is possible. That is the most important job that parents have when raising their children. When that happens, everyone will be prepared for their future. Adulthood and old age are the time to learn about the meaning and the different levels of manifestations of love. A person has reached a quite high level of development when they understand that love is the most important thing in life. Some people need to use several lifetimes to understand it. There's a lot to learn about love: What is the best way to show love to others during different stages in life and how can you receive love

from others? How can you live in love, even if there are people around you who have not yet become aware of the importance of love ?

People who live in love have to face challenges all the time. Living in love requires constant self-care, repetition and confirmation, so that you would continue living in love and would love others. Life is an endeavour to live a love-filled life, to think loving thoughts, to use words that are loving and doing loving deeds. It's life-long school of love.

God has created the universe. It's still a big secret, why the universe was created and what purpose does it serve. God still does not want to reveal it to the mankind entirely, but He does want to tell them that it has something to do with love and the energy of which the love is a part. The universe consists of energy and everyone can be connected to it through meditation and silence. No one should ever be in such a rush that they wouldn't have time to meditate and to connect with the energy of the universe. God is that energy and the love that is included in it. God and people are part of the same energy, so their communication is easy and effortless. The communication is mainly conversations in which both of them take part. People can talk to God, The Highest power of the universe, anytime they want. God will always listen and answer in His own way. So, it is worth to communicate with Him.

God loves you and all people. His love is unconditional and well-intentioned. God wants you to be happy and to enjoy the life that you have been given. Life is a wonderful thing. It starts from birth and ends with the death of the physical body. People will experience many things during their life that will help them grow and develop. Everyone's life is equally valuable. Everyone has decided what kind of a life they want to have on Earth. Therefore, they already have the basic structures of their life figured out right when they are born. However, people

can alter the details of that life the way they want through the choices they make. They can ask for help from the helpers in the other dimension when they feel like they need it. We helpers here in the other dimension are happy to receive that kind of requests because they show us that people believe in us and trust our ability to help. That's how people are meant to live; physically on Earth, but spiritually connected to God and the other helpers in the other dimension. Our job here is to guide the ones who need help, but we are not allowed to interfere in anyone's life unless they ask for our help. That is why we really want to let all humans know that if they want to have a connection to the Spirit world, they need to initiate the contact. We know that that might scare a lot of people, which is a sign that they are not yet ready for that kind of communication. Everyone moves in their own pace and therefore no one is less gifted in that area than others. If your time is coming soon, be happy and grateful about it.

Communication with the spirit world is not difficult. You just need to have the desire and the time to meditate and be silent. We know that it's often difficult to find time for that when you lead a busy life, but it's necessary if you want to contact us. During silence practices, one should be relaxed and breath calmly. Eyes should be closed because it makes it easier to focus. There are different techniques that can be used and a lot of books have been written about silence practice. We won't get into any details right now because we are mainly supposed to write about love and not so much about how to practice silence.

### *Love is positivity*

Love on Earth is a complicated phenomenon. What makes it complicated, is the fact that people don't always believe in love. The reason behind it is often the fear of losing love. When you believe in love, you also believe that it will last and exist eternally. When a person

has been disappointed with love, they might lose trust at least for a while. Love is a wonderful feeling that gives wings to your life. God wants everyone to be able to live in love and to enjoy the happiness it brings. No one is ready right away, and it's possible to learn to live in love. It would be better if people wanted to live a love-filled life instead of a life in which negativity towards the outside world dominates.

A negative atmosphere is an atmosphere full of suffering because people cannot be happy when negativity dominates their life. That is why we want to make it very clear to everyone that they should try to only think positive thoughts and to use positive words and gestures. There is so much negative energy in the world at the moment, so it's more important than ever to spread information about the cons of negativity and the benefits of positivity. Negative atmosphere is caused by the fact that too many people have adopted a negative way of thinking and instead of positive. People should believe in goodness and live a life that is good. If people think about bad things and only criticise everything, there won't be a loving atmosphere in the world. Love trumps negativity, but if there's a lot of negativity in the world, it's difficult for the energy of love to win. As many people as possible should think positively and think loving thoughts, so that the cycle of negativity could be broken.

Positive thinking and love are part of the same type of energy. People know a lot about positive thinking, but they don't know as much about love. Positivity is sort of the first step toward love. When a person has understood the importance of positivity, it's easy for him or her to also understand the idea of love between people. When a positive person meets a person who radiates negativity, it's quite obvious that those two people won't get along well. For the sake of their own peace of mind and their quality of life, it would be good for the positive people to try to seek the company of other positive people. That way they can

resonate with each other and make sure that the amount of positivity increases in the world. People who have a negative attitude to everything are not aware of the importance of positivity. They can receive guidance for it, but if they don't spend time thinking about it on their own, they won't be able to understand it completely. However, it is important that others try to awaken them to understand why negativity is bad for people and positivity is beneficial. There's always someone who experiences an awakening and starts to think about their life and their attitude to it more deeply.

People create energy and when they are negative, they create more negativity. Negativity irritates other people and it leads to conflicts and adversity. Energy is infectious and if people who are very negative communicate with each other, they might increase the level of negativity. At the moment, there are more negative than positive people in the world. You probably realise what happens if most of the energy in the world is negative. There will be more disagreements and conflicts between people and nations and people won't feel happy. Luckily, there are also many people who think positively, and when those people create positive energy together, it's possible that the level of positivity increases and it might eventually trump negativity. I hope that you are the kind of person who wants to be positive and will try to make sure that the world will be less negative in the future.

If you want to start thinking more positively, you need to consciously follow and control your own thoughts at all times, so that you can make sure that your thoughts remain positive. If negative thoughts start to enter your mind, you can cancel their power by thinking positive thoughts as soon as possible. So, people are capable of controlling themselves and what kind of energy dominates the world. Everyone can alter the energy around them through their actions. We are concerned because many people are living a loveless life because of negative

energy and they haven't realised that they could change that situation.

Wars are caused by negative energy. People start wars when they are not able to solve their disagreements by talking. Instead, they need weapons and physical power to find out whose opinion wins and who gets to decide how things should be done. In an alternate situation, people would try to find solutions through positivity, which means that they believe that solutions can be found by talking about the problems. It would only be a matter of time until the solution would be found if people utilised positive thinking and the love that exists between them. Often, a negotiator, who tries to find the most suitable solution for both parties, is needed. The role of the negotiator is challenging and it requires an ability to get along with different types of people. The most important characteristics that a negotiator needs to have are positive thinking, belief in the love and the brotherhood between people and in the fact that a solution can be found through negotiation and compromise. It would be good if the negotiator had a lot of experience in dealing with that kind of situations. Those people are needed and their services should be used when there's a disagreement between different countries. Wars are a threat to people's well-being and they use up a lot of energy that could be used for developing nations in a way that could make it easier for people to live with others. Suffering is always present during wars and God has not intended that the mankind would have to experience that kind of suffering. Wars cripple soldiers and sometimes civilians as well. That is completely unnecessary. Conflicts between countries should be solved peacefully. After the wars, there's usually a period of time during which the countries need to be rebuilt, which is expensive for the society and it takes up the energy that could have been used for developing services etc. Wars should be avoided no matter what. It would be possible if people thought positively and lived in a love-filled environment with others.

Life and love belong together. There's no love without life and a life without love is awful. Love connects the universe and God's Creation. Love is energy that is within everyone's reach. That is why all people are equal when it comes to love. However, only some people live a love-filled life. Love energy touches people's soul and makes the soul happy. People who are full of love, radiate love and they are able to do wonders for the people who are closest to them. Love energy is contagious and it affects everyone in its vicinity. The opposite of love is negativity in all of its forms. If a person really wants it to happen, he or she can transform negativity into love. Nothing is final. People can make choices and decide what they want out of life. When you love, you live a life that is rich and plentiful. People who are surrounded by negativity waste away and their life stops being interesting. When a person feels like they are loved, they get energy from it and it helps them face the challenges that life brings with excitement and curiosity. When you are surrounded by negativity, you think negatively about your life as whole. It can make a person, for example, pessimistic and doubtful. Nothing feels right, good or worth any effort. Life just moves forward, but nothing major really happens because of the constant fear of failure.

We have already stated that positivity and love belong to the same energy category. Love is built on positivity and on the faith in the fact that life is good and that people are capable of loving one another. When a person is in a negative state of mind, they are doubtful about love and that is why it's difficult for them to love without reservation. There's a constant battle between positivity and negativity in the world. Two different types of energy compete against each other. At the moment, negativity dominates, but in the near future, the mankind will experience a change and love will fill people's minds. Reformation that we can't yet even talk about will follow. When people start to love each other more, it's difficult for them to hurt another person, and badmouthing others will become appalling. Of course, it will take a long

time until concrete changes will become visible, but the world is moving in the right direction. The mankind is moving towards a new stage of development which has been planned for them, and now it's time for it to start becoming a reality. More and more souls are born into the world all the time and they avoid negativity and bad things like violence that are based on negativity. When people start to reject violence, there will automatically be less violence. So, the number of violent crimes and criminals will be expected to eventually decrease. This also means that there will be less wars because people will want to use negotiation as a way to solve problems instead of using weapons.

People will be more interested in spiritual things and their own happiness in the future. They will ponder about the meaning of life and look for ways to connect with the other dimension or "the other world" more actively than people of today. They won't work as much and they are more family and friend oriented. Human contact will be important to them and they will be more loving towards one another. That will make them more helpful and therefore volunteer work will become more important than it is now. Now would be a good time to start thinking about how people's increasing desire to volunteer could be utilised in a way that gives everyone a chance to help others if they want to. You still have a lot to do in order to get that organised.

In the future the way people view relationships will change. People will get married sooner because they understand how important relationships are for spiritual growth. There will be less divorces because people will be more willing to work on their relationships and to get through problems together. Children will grow up to be happier because their parents understand the importance of love in raising children better than before. Teachers will also be less strict than they are now and instead, they will guide their students with love. People will

also be happier at work because they will do their jobs with love.

Love generates love and hate generates hate. People should love one another, but people seem to find it difficult to do. It's easier to hate and hate will make people hurt others. People should not hate anyone they should just love them. It's all about self-control. One can prevent hate by thinking positively. Hatred just doesn't exist when a person is positive. That's why it's important for people to develop their thinking so that they can consciously keep their thoughts positive. It's about life skills, will and wisdom. The importance of positive thinking is not really taught to people anywhere. Children will understand it if their parents tell them about it. Adults might understand it by listening to experts' lectures or by reading literature that's related to the topic. Teachers should tell their students during some of their classes how important positive thinking is for their whole life and for the Earth.

Positivity is the foundation for love. When a person has a positive attitude to life, it's easier for them to build a life that emphasizes love and in which it's easy to connect with God and with other people. Those relationships are based on mutual love. Love manifests itself through positivity, acceptance, joyfulness, peacefulness, people's efforts to find happiness, helping and through taking care of the Earth. Love requires a clean and beautiful environment around it that is not dangerous for people in any way. It's difficult to understand why people don't love their living environment and why they would accept actions that are threatening to its well-being. People should vote for candidates that have loving thoughts for the Creator of the universe, people and the Earth. That way all decisions would follow the principle of love for people and their living environment. If decisions that put the Earth in danger are made, people should bring up their concerns about the Earth and demand that all decisions that do not support the Earth's well-being should be appealed peacefully. However, it would be best if

that kind of destructive decisions could be prevented altogether.

### *Love is happiness*

Love is always present in the communication between people. It's part of all interactions.

Only love can make people happy. A person is living a love-filled life when they have loving thoughts towards every living thing and they feel like they are loved as well. Love is a mutual thing between people. People can't love everyone the same way and as deeply. They love some people more than others. However, people should feel brotherly love for everyone because all people have been created by God and they are equally valuable. God doesn't want His creations to live without loving each other. When you love someone, you don't want to hurt the other person or steal from them. You only want good things to happen to them and you are happy when they are happy. Hating, critiquing or judging another person is not part of love. Acceptance is. If everyone loved one another, the world would be very different.

Love is the foundation for happiness. A person who is happy is content with their life.

Building a happy life begins in childhood. A person's childhood environment either creates a loving experience or it doesn't. It's understandable that if a child doesn't get any loving experiences, his or her emotional development can be disrupted and different compared to other children who have lived in a loving environment. Every parent has to love their children and show them that they are loved.

People often talk about love and boundaries. If parents set too strict boundaries, it might make it difficult for their children to feel that they are loved. That is why love should be put into words often enough, preferably every day. So, what should people do if they notice that a child is living in a loveless environment? Every outsider who notices that should do

everything they can to change that situation. It could be that the parents are just completely unaware of their responsibilities and how important they are to their children. Information might change their behaviour. That should always be the first option before separating the parents from their children. Parents who don't know how to love their children should receive training and be given an opportunity to talk to experts about it in order to make things better. If that doesn't help, it would be best for the children to be transferred to a different living environment. However, it's impossible to replace the love that only the mother and the father can provide, but the child might find people who are able to show them that they are loved. That helps the child to have all the information and experiences that are based on love, and which are essential for a happy life.

What happens to the children that have to spend their whole childhood in a loveless environment? They will become people who run after love and cling to every person yearning for their love. Their thirst for love is so strong that a person like that can show their disappointment through violence, if the person they love doesn't love them back. They might meet a person at some point who will respond to that sort of an expression of love. In that kind of situation the person might cling on to their partner passionately and be afraid of losing them any moment. A wise partner will understand that and will do everything they can to calm things down. Over time, the situation will turn normal, if experiences show that the love is strong.

## **Love brings meaning to our life**

### *Searching for and finding love*

One of the meanings of life is finding love. Being able to find love depends on many things. First of all, it depends on the history of the soul. How the soul has lived during the previous incarnations and how much spiritual development has occurred. If the soul has reached quite a high level of spiritual development, finding love will be easier in the new life than before. All souls are moving towards love through their development. Finding love is not the end goal of development. The journey will continue even after that. Souls will continue their development even here in the other dimension and it will be possible for them to move from one level to another. Spending periods of time on Earth will be necessary until the soul has reached a certain level of development.

Finding love also depends on how well a person listens to their inner voice i.e. their soul, angels and spirit guides. These helpers from the other world guide people during their life on Earth, but people don't always listen to them. The doors to the spirit world won't officially open until the person has consciously asked for help with their problems. However, love cannot be found just by opening the door; finding the meaning of love requires going through certain experiences and learning from them. When a person has understood the fact that love is the foundation of a happy life, the next step will be learning to live in love and spreading the message of love. A person who has not yet become aware of the importance of love, won't understand it until it's their time to understand it. That is why people should not impose their ideas of the meaning of life on others. Although, it is good to share your thoughts with others because they might find the spark that ignites their own desire to start their journey of self-development.

God's love is the greatest and everyone is a part of it. People's lives are meant to be focused on growing and finding a connection with the Creator of the universe and the source of energy. Everyone has their own path to follow and everyone moves according to their own schedule. Some people live their whole lives connected with God and get to enjoy His love directly. Others have more obstacles to face and they won't have a connection with God until the end of their lives. There are also people who never find a way to connect with God and will live in the dark from birth to death. They will learn important things during their lifetime, though, but they will live alone without ever acknowledging the existence of the divine world and the help that it could offer.

Life is about searching for love. Deep within, everyone needs love and sometimes they search for it for their whole life. When a person is in love, they experience strong emotional reactions because love touches people's souls. The stronger the experience, the more meaningful it is for the person. Love will leave a mark on people and the love that they experience will never be forgotten. Love improves and develops people just like any other experiences in people's lives. People are very different mentally and emotionally; some people are more prone to experience love than others. Some people fall in love easily and it is a longer process for others. It might take a long time for people to notice the love between them and another person and after a certain experience or event, they might all of a sudden realize that they love someone. Parents love their children right after they are born, but other than that, it takes time for people to learn to love others. That is basically the case with the relationship between God and humans as well. God loves all people right after their birth, but people won't feel love for God until after they know Him better. It might take long for some people to start getting to know Him, but others might start the process right after they are born. That requires the parents to have a connection with God and that they pass on their life

philosophy to their children. Many children often seem to have parents who live apart from God and therefore their children will start their lives without having a connection with Him. However, many of them will end up finding a way to connect with God during their lifetime and will be able to consciously enjoy His love.

God loves everyone, but He cannot help people or express His love directly, if they don't try to contact Him. Therefore, people need to show that they believe in God and that they trust Him before they are able to enjoy His presence. Before that, God is hiding from them and He is not a part of their lives. A person who has not been taught how to connect with God during their childhood will be able to find that connection in many other ways when they are older. That can happen through literature, by meeting different people, watching a movie or listening to music about God and the universe. After that, there is countless amounts of information that the person can find on various forums. When God's existence has been acknowledged and the person starts to look for more information from different sources, he or she is able to understand that the best way to connect with God is through meditation, thinking and prayer. The energy that has created the universe i.e. God is happy about all the contacts and requests and He responds in different ways. Very rarely does God give His answer through actual speech, though. However, it can sometimes happen. The answer can be a thought, an emotional or a physical reaction, a change in the body or a mental image. The answer can also be brought by another person or an event, etc. God answers in different ways and sometimes a person doesn't even realise that their prayer has been answered. Maintaining a continuous connection requires activeness and consistency. God waits for people to contact Him and He also approaches some people, but a person who is not aware of God's existence won't hear Him. The relationship between God and people is reciprocal. However, people are responsible for the continuity of the relationship because God cannot force anyone to contact Him. He

still loves everyone and forgives them.

Love is between people and everything that has been created by God. Love lives within people and it is waiting to come out. Finding love is a certain kind of a process in people's lives. Being able to understand love requires a certain number of experiences and learning from them. Life consists of experiences from which people either learn or they don't. They are supposed to learn how to act in certain situations in a fruitful way and so that the amount of happiness would increase on Earth. Learning requires the will to learn and the awareness of the fact that life is about learning. Unfortunately, there are many people who have not understood the importance of learning and they believe that life does not really have a meaning; people are born, they live their lives and then everything just ends. However, that is not the case. Everyone's life has a meaning that can be found through meditation and thinking. The ultimate meaning of life is soul's development but everyone also has their own individual life purpose that they are supposed to fulfill during their lifetime. That life purpose has already been decided beforehand here in the other dimension. It is supposed to be the most suitable way to develop the soul further. Meditation, introspection and connecting with the helpers of the other dimension can help people figure out their life purpose. Why can't people just know it right away without all the reflection and introspection? During each lifetime on Earth, souls are meant to find a way to re-connect with the other dimension and the energy of the universe i.e. God again and again. For some, this might happen in the early stages of their life or in their youth, but others might need to wait until they are older. Everyone has their own path. When parents don't guide their children too much, for example, when they are choosing an occupation, the children will be able to follow their own interests and desires, which will lead them to a career that will enable them to fulfill their life purpose.

There are various life purposes. Not everyone's life purpose is extremely crucial from the society's point of view. It could be developing certain personality traits, helping others, starting a family, writing, singing, acting or any other type of creative activity. Teaching, being a role model and serving God and passing on His message to others can also be someone's life purpose. Everyone's life purpose has been carefully chosen to meet the soul's current developmental needs. The soul and its guides and teachers have made the choice together. The guides and the teachers follow the soul's life and help whenever the soul asks for it. The helpers of the other dimension are not able to intervene the soul's life on Earth unless the soul asks for their help. People need to be connected to their soul, which can be done through meditation.

## **The conditions for living in love**

### *The importance of love in everyday life*

Love energy has a wonderful effect on life and all the events that occur during it. People just need to find a way to connect to the energy first and then learn to guide the energy towards their own life. If a person is not connected to love energy, he or she will live without any guidance and will just wander aimlessly on Earth without ever finding a deeper meaning to his or her existence. Love is the energy of the universe which is also known as God. When people live love, they are living a life that God has planned for them. Love makes people kind and they will not want to hurt anyone. Living in love will also make them happy, even though they will certainly face situations that will test the love. Peacefulness which is a part of love can sometimes waver, but a person who lives in love is able to forgive themselves and others, which normalises situations where love is forgotten or the person loses their control on life.

People learn from love and it helps them grow. The fact that you love someone does not mean that you won't face any challenges or that your life will always go according to plan. When you live love, you also understand that adversity is a part of life. Sometimes people need to face adversity in order to have epiphanies, but that is not always the case. There are also people who do not need to face challenges in order to learn because they are able to learn new things without having to go through that kind of a learning process. So, if you face some kind of challenges in your life, try to think about what they are supposed to teach you and what lessons you are supposed to learn from them. If you don't think about that, you will continue facing the same challenges over and over again. You won't get through them until you have understood the lessons that the challenges are supposed to teach you. That is how God has intended it to be.

Love makes the school of life a more pleasant experience than what it would be without love. Finding love is an important phase in people's lives. After that, people sort of start their life all over again. They will start to appreciate different things and pay attention to details that they didn't even notice before. They will also become more critical about themselves than before and they will start to analyse their own words and actions more closely. They will feel more responsible for their own life. They will also understand their responsibility for how their actions affect others and therefore they are responsible for other people's lives in some ways as well. Being responsible for oneself and others truly is part of life. Everyone should think that they need to live in a way that makes them and also others as happy as possible. If everyone thought that way, life would be very different from what it currently is.

At the moment, there are a lot of people who are not connected to their soul, who haven't understood the importance of love and who only look at life from a self-centered and a materialistic point of view. Financial success, reputation and fame are the most important things in life for them and nothing else matters. Happiness that people like that are feeling, does not involve deep contentment. They are often future-oriented and find it difficult to stop and enjoy the present. Their life is all about becoming successful in different ways. Their life is busy and it seems important, but they don't have any peace. Some type force drives them to do everything and to acquire material things, but because they are not connected to love, their life can never be happy or satisfying. Poor people can also live a loveless life, even though people tend to find it easier to meditate and to find a connection with the love energy of the universe when they are poor.

### ***Love requires discipline***

Living in love requires discipline and a good control on life. People need to take care of their love. It's important for them to take care of themselves physically and mentally. Love comes from within. When you love yourself you can also love others. A connection to the creative force of the universe helps the love and the love-filled life to flourish. People are never alone, especially during difficult times. They always have a connection with the Highest power of the universe and the energy of which they are a part. Every person is part of the universe and the same big family. That is why they should love one another like family members do. They might fight sometimes, but they always have an underlying feeling of love toward each other, which makes it possible for them to always make up and solve their problems without violence.

Love has an amazing power and it makes people do the most unusual things. Self-sacrifice is a sign of love. When you love someone, you want to do everything you can for the other person; even travel to the other side of the world, if needed. If your partner seems to always go out of their way to show you that they love you, you should let them know that it's not necessary, because you already know that they love you. People are not supposed to go bankrupt for love. However, it's important that no one has to live their life without knowing whether or not their friends and family love them. That is why people should express their love with words every once in a while. Men often think that actions speak louder than words, but that is not always the case. For example, in the morning, you could say to your partner: "Good morning, I love you very much". Or in the evening before going to bed, you could say to them: "I'm so happy that I get to love you". Think how happy it would make your partner to hear that. When one of you starts saying "I love you" outloud, the other one will certainly start doing the same. Everyone wants to live in a world where love is everywhere and people express their love with words. You can be the person who starts this tradition in your family.

### ***Life guidance through silence***

Love is part of life and life is the source for happiness. When you live love, you will get a lot out of life. Living in love is not always easy and sometimes you need to make an effort. When a person has found a connection with God, it's easier for them to live in love than it is for those who don't receive divine guidance. Everyone has the right to receive divine guidance, but it requires listening to one's inner voice, which is difficult for many people. Through listening to their inner voice, people can find a way to connect with God. Listening to oneself means practicing silence and asking oneself questions. Silence enables people to hear the answers. The answers are weak at first, but it will become easier to hear them through practice. So, who is that inner voice that answers people's questions and gives them guidance?

It's God's voice which is within all people, because they are all images of God and everyone has a soul within them that was created by Him. People can hear the voice of their eternal soul within them, and also the voices of angels, guides and God Himself.

People talk about the subconscious mind. They live their lives in a state of consciousness, but they are actually multidimensional creatures. In addition to the conscious self, they also have a level of subconsciousness that controls people's conscious activity. People can connect with it through meditation and if they want to, they can also let their subconscious mind control their actions based on what their conscious self wants them to do. The subconscious mind follows the requests of one's conscious self. It reacts very easily to the speech and the thoughts of people's conscious self. If a person is not aware of that connection, their conscious mind can lead their subconscious mind to follow the wrong principles. If a person wants to receive guidance from their subconscious mind, they need to speak to it with positivity because it makes the connection work better.

The inner voice can also be the voice of people's eternal souls or a piece of life advice from angels or personal spirit guides. People certainly don't have to live alone. If they want, they can receive all kinds of guidance from entities in the other dimension. The creator of the universe has created a wonderful unit where entities that have different skills live in various environments without being aware of each other, but at the same time they are united by the fact that they are all part of the same divine masterplan and the universe of the souls. A soul that has been created by God can live in different environments and on different planets in order to get new experiences. Souls don't remember their previous lives when they are on Earth. Only when they return home i.e. the other dimension, after death, do they remember everything again and can combine all the information that they have collected so far and use it

during their life in the other dimension. God has intended that souls would learn new things during each of their lifetimes on Earth, thus being able to develop further and reach a higher level in the hierarchy of love. It's about love and understanding the whole concept of love and what it includes. All souls need to live a different number of lives in order to learn about love enough to move to the next level of development in the other dimension.

Usually, when people are living on Earth, they are only at the beginning of their journey of love. When they have learned enough about love, they no longer have to return to Earth because they can just continue their development in the other dimension. There are some exceptions, though. For example, sometimes souls that have already reached a high level of development will decide to return to Earth to complete a special mission. Jesus was one of those souls who had been given a divine special mission.

A person who is living on Earth is an eternal soul that is here to learn new things about love which is a common denominator for all activity. Souls live inside people's spiritual body that is located in the physical body. When a person dies the soul will leave the body and return home to the other dimension. People have been given a consciousness in which they live during their life on Earth. The conscious self is able to connect with the eternal soul and to receive guidance and life advice from it. Subconsciousness is the other side of consciousness. The subconscious mind controls the activity of the conscious mind with automation that one can learn to control. Controlling the soul and the subconscious mind can occur simultaneously and that can be utilised to do things according to plan. Sometimes a person who is able to control their subconscious mind might "ask" for something that contradicts the soul's wishes and the divine guidance. That is why it's important that people check with the spirit guides and the soul first, if it is okay to ask the subconscious mind to do something. It's especially

important when it's about a life altering change.

### *Life changes caused by love*

Interaction between people can sometimes be challenging. That happens when people don't understand the importance of love. Everything is much easier when you love the other person. Love affects our actions and it helps us make the right choices. Love enables acceptance which is the secret of a fruitful interaction. When you accept others the way they are, the interaction with them is genuine and reciprocal. Nobody is perfect, but when your life is based on universal love, interaction with other people is smooth and easy. A person who lives a love-filled life can be recognised from the fact that they are open and approachable. They treat everyone equally, lovingly and with kindness. They respect other people's words and thoughts and don't feel the need to always be right. They are capable of admitting that they are wrong. People like that often have a happy-go-lucky kind of personality. They are a bit naive and they trust people easily. Other people like them because of that. A relationship between very calculative people is not based on love; they just want to know what's in it for them. What would the world be like, if all human interaction was only based on everyone's desire to use others for their own benefit?

A person who loves other people helps them whenever they need help. They don't think about what's in it for them, they just want to help for the sake of helping others. It makes them feel good because they know that they have done what they think is right. That kind of behaviour is not automatic for everyone and they might find it difficult to understand that there are people who think that it's necessary and right to help others whenever possible. Their worldview does not allow them to even think that they could ever leave someone who needs help alone. Universal love sort of divides people into different groups. Volunteer work is

based on the idea of universal love. There are people who like to do volunteer work and there are also those who find the whole concept strange.

How can we then explain why some cultures and countries do more volunteer work than others? It's because in countries where people are used to do volunteer work, there's a history that has helped people who live there, understand the meaning of universal love better. They have faced challenges and they have had to help one another in order to overcome them. God has sort of trained them to internalise the concept of universal love and to help their loved ones when they are in trouble. There are also countries that do not have such turbulent history and they have had less problems and crises. Volunteering is a way of life which can be passed on to next generations. Thus, we can say that one can acquire the model of universal love, if it has been a part of one's life since childhood. God has intended it so, that people are able to pass on everything that they have learned by teaching them to others. Nowadays, more people have started to internalise the concept of universal love and that is why there are more volunteer workers in the world than before and the number will just keep growing in the coming years.

Love is the source of life. When a person is living a love-filled life, they only want good things to happen to everyone and they try to avoid doing or saying anything that could hurt someone. Loud criticism or judgment are not part of love. When you love someone, you do everything with positivity. If you want someone to change in some way, you should bring it up in a friendly manner or in the form of a question. That way it's easier for the other person to accept it and for you to avoid a conflict. Interacting with another person in the spirit of love also means that you don't embarrass them or sort of push their back against the wall for their opinions or for something that they have said. Everyone's opinions are equally valuable. How

can someone even think that only their opinion could be right? If two people are having a conversation and they disagree on something, they should accept that that's just the way it is. If they had to decide which one of them is right, one of them would just have to give in. Compromise is rarely a successful solution. It's better to have a strong and clear opinion on something than to not have an opinion at all. The principle of reciprocation can be applied in this kind of a situation. This time we'll do what you want and next time I get to choose. Conflicts usually require reconciliation and a solution.

Doing good deeds is part of love. Good things can be done by, for example, thinking, speaking or by doing different things. Your thoughts should always be positive and you should send loving thoughts to those who need them. Loving thoughts can also be a way to apologise if you have accidentally had negative thoughts about someone. Controlling what you say is easier than controlling thoughts. You should avoid saying anything negative. Negative emotions should also be avoided. If you feel irritated or angry, you should stop immediately, take a deep breath and focus on getting rid of all the harmful and negative emotions. When negative emotions take control over someone's body and mind and if it lasts long, the consequences can be damaging. Because people are physical and spiritual beings, negative emotions can make them physically and mentally ill. The illness cannot be removed unless the person's mood turns positive. That is the simple truth and only after understanding it, can people avoid illnesses and start living a healthier life. Negative thoughts and emotions are harmful and positive ones are healthy. When people understand that, they can consciously start developing themselves the way they are supposed to. They might fail sometimes, but things can be fixed and changed if they do it right after they've made the mistake.

Love manifests itself in people's deeds and actions. When a person wants to do something good for another person, they only do things that have positive consequences. Love does not include harming or hurting others. Actions follow thoughts. That is why thinking is extremely important. What you think usually becomes a reality. Therefore people should only think about things that they really want. If you think that you want to help person x, that already shows them that you love them. Next, you should think of ways to help them. What would make them happy? By listening to their inner voice, people can always find the right answer and advice on how to act lovingly toward others. Loving thoughts, words and actions help people find peace which is necessary for a happy life.

When two loving people resonate with each other on the same wave length, they have double the amount of power to change the energy around them to positive. The more people there are in a group, the more power they have to change things. That is why it's important that all members of the group had the same kind of thoughts and opinions on certain things happening in the world. That really is the best way to enable people to change the world. Throughout history, there have been groups of people that have found certain things important. This type of groups have been formed around themes, such as religion and nature conservation. People in these groups want to make the world a better place, but they often forget the power of thought in their actions. Actions alone are not enough to change anything; change also requires energy that is generated by thought and which can help people do wonders. Group prayer is a familiar phenomenon in various religions. Those religions have at least partly understood the importance of the power of thought. Prayers can also make miracles happen.

Prayers are often requests sent to the Creator of the universe and they are always answered. When people say that their prayers haven't been answered, it means that they have not yet found out how the answer has been delivered to them. People are not always capable of knowing what the correct way to answer a particular type of prayer is, in other words, how God wants that prayer to be answered. Usually God's will is what is best for the person in the long run. It's obvious that people cannot always know what kind of an answer is best for them. What's most important, is that people ask for help when they need it and let God take care of providing the answer. Often, when people receive an answer to their prayers in an unexpected way, they say that in retrospect, the answer was exactly what they needed, even if it wasn't what they had wished for. The power of thought can be used to compliment a prayer or it can be used without a prayer. When people want something, they should envision what they want as if it had already come true. They should also visualize the desired outcome. There are several good examples and stories based on people's personal experiences of the power of love and how well it works.

Love, love, love and love. That's what people should repeat to themselves everyday. That way they will subconsciously start to act more lovingly and their lives will become filled with love as they keep repeating it. They should also repeat saying the things that they want to happen in their lives. People have enormous power that they could use if they wanted to. Life certainly does not have to be unchangeable. You can change your life however you want. That does not happen in a second, though. You need to be patient and think about all the things that you want regularly and for a long enough period of time. It's also important that you don't have too many requests for your subconscious mind and for the spiritual helpers at the same time. Everyone should be aware of what the most important request that should be fulfilled first is.

Visualisation is easier and more successful when you are in a relaxed state of mind. The concentration period does not have to be long if it is efficiently executed. The number of repetitions is important. Two or three times a day is enough. Devotion is also important; one should experience and envision the desired thing or situation as if it was real, even on the emotional level. Ergo, the person should feel the joy that the fulfillment of the wish would bring them already during the visualisation stage.

## **Talking to others about love**

The power and the effect that love energy has on people is great. That is why we are concerned when we see so many people suffering from the lack of love. People also seem to find it difficult to express their love for one another and receiving love seems to be just as problematic for them. That's why people are reserved, even though they are capable of being open with each other and expressing their love better. Currently, people are not direct enough with their expressions of love. Love can be expressed through words, facial expressions and actions. People can also send loving thoughts to other people, but the people receiving them are not aware of them. Hugging and physical touch are ways to show love and affection. Especially children need these types of expressions of love.

Singing about love has always been a way to transmit love energy for people. People like love songs because love is a positive and a wonderful thing. Besides lyrics, the melody also touches people's hearts and helps them feel and find the love that they have inside of them. That is why people should listen to a lot of love songs. The songs help the love that's inside people to grow and they ignite feelings that people may not have even known existed. Music has several positive effects on people. It can be utilised to release emotions, to share

experiences, to lighten up the mood and to calm people down when they are experiencing extreme anxiety and strong negative emotions. People can also use music to contact the Highest power of the universe and to nourish their souls spiritually, which helps the love inside of them to stay alive and grow. In addition to playing, writing and listening to music, people can also express their love by reading or writing about it. Love can also be expressed through visual arts and in the form of theater and films. It's important that people get to learn about love and to enjoy it as part of their lives through various forms of art.

Sometimes it's good for people to write about their feelings. Years ago, people used to write a lot of letters, such as love letters. They don't do that very often anymore. Love can be put into words in many different ways. If you love someone, you can still write them a letter or express your love for them in some other written form. It's usually easier than saying it outloud. Writing about your feelings is just as effective as talking about them. Letting out one's feeling helps one feel more relaxed. If a person has strong feelings inside of them and they are not able to let those feelings out in any way, they might start to feel anxious and find it difficult to concentrate on anything, because all they do is think about love.

Therefore, it's good to do "inventory" on your life and to write about your feelings and experiences. That does not have to be anything special, it's just a way to make you feel better and to organise your thoughts. You can also let the person you love read the text you have written, if you don't feel comfortable enough to verbally tell them how you feel. Some people are too shy or reserved to express their feelings verbally, which might be because they are not used to being so open and vocal about their feelings and thoughts. You can choose to either let just the person you love read the text or share it with a wider audience if you think that they might find it interesting and useful. However, the person who has written the text will find it the most useful, because writing about one's own feelings is always therapeutic. If a person

writes about their feelings just to feel better and to find peace, they can destroy the text after writing it. You should definitely try letting out your feelings and organising your thoughts by writing about them, if you have not already tried it. A written text is also a message to your supporters in the spirit world. That way, they will understand your thoughts and life situation better than by reading your thoughts in some other way. Thus, a written text can also be meant for the helpers in the other dimension and it can contain a request for them.

People can also write poems about love, ergo they can utilize the form of poetry to express their thoughts. They can also write literature with a plot. However, that kind of books about romantic love between a man and a woman are often quite superficial. There are also some good books about other types of love between people and between humans and animals.

There is some religious literature that has been written about the relationship between people and the loving power of the universe. Love has also been the main theme in some scientific publications. However, there are not that many in-depth stories about love and its effects on people's lives. This book aims to fill that void.

## **The benefits of living in love**

Life is a gift from God, the Creator of the universe. Everyone's life is equally important and their lives should be treated that way. It's wrong to judge people because they are different.

Everyone has their own unique personality. Everyone is different. People seem to have started to think that the right to judge others. Nobody is perfect. Everyone has their strengths and characteristics that they should improve. People have been given a life, so that they could improve themselves and grow. A person has reached a good level of development, when they are aware of the purpose of their life.

People experience different things during their lifetime and those experiences help them grow. That is why people should think of their life as a school where they learn and develop themselves through experiences. Development can also occur by acquiring knowledge. New information gives people something to think about and it helps them move forward in their development journey. People need both positive and negative experiences and challenges in their lives in order to learn and develop. What's wonderful about life, is that no one knows beforehand what they will experience in their life. That has been a conscious decision and many people have understood that it's better to not know what is going to happen in the future. If that was possible, though, people would find it difficult to enjoy the present. Their mind would focus on the future too much, if they knew more about it. Not all experiences have been planned in advance, because people are also able to make life-altering changes and decisions. Their choices have certain consequences and that is why they should think before they make any big decisions. We are happy to help with the decision making, but in the end, everyone needs to make their own decisions. We don't have the right to make decisions for people.

There are still some people who have not yet found a way to connect with the helpers in the other dimension, so sometimes it's good to utilise those people who already have a connection with them. We are happy to help them through other people who act as mediums for them. Turning to a medium like that for help is already a sign that the person believes in us, but for some reason just has not made an effort to develop themselves enough to find a connection with us. It requires a lot of work and it takes years for some people to finally open the door to the other dimension and to be able to contact us. There are some exceptions, though, and those people have had the ability to contact us ever since they were children. Those people's main

life purpose is to focus on spiritual development and growth. The so-called normal journey of life, spiritual growth and finding a connection to the other dimension occur as a result of people's own personal efforts. If people want to develop their ability to contact the helpers of the other dimension, they will need to work for it every day.

Everyone is responsible for their own life. You can decide how you want to live your life and what your life is going to be like. It's easy to think that life just is what it is and to be discontent with it. That usually leads to depression, reluctance and unhappiness. When a person believes that they have complete control over their life, they become excited, energetic and optimistic and they start to move in the direction in their life that enables them to enjoy it and to be happy. Although, when we look at it from here, it seems like people often have a hard time making changes in their lives. They don't want to change anything because it's familiar and safe, even if they aren't happy with their current life situation. They don't believe in themselves and in the possibility of being able to change their lives for the better. Change requires a lot of effort and courage, but when you believe in yourself and in the fact that anything is possible, it can happen.

When you believe in yourself and in your abilities, any kind of change is possible. People don't have to settle for their current life situation. They can have anything they want in life. If a person feels insecure, they should consciously try to develop their self confidence, for example, through meditation, the power of the subconscious mind and autosuggestion. We can also help them with their self-confidence, if they ask for our help. If you are currently not content with your life, you should ask yourself what you would like to change about it and what you need to do in order to change it. That way your situation becomes clearer and you get instructions changing it. After that, all you need is will power and courage to start the changing process.

If you are living a loveless life at the moment, you should stop to think about why the situation is like that. What could you do to be able to enjoy love and all the good things that love brings to people's lives? Do an analysis about your life and make a list about everything that needs to be changed, so that you could be happy and live a life that is full of love. After that, start going through the list. You only need to be active and take responsibility for your own life and everything in it. Dear reader, no one is telling you to live a life that is empty; you have made that decision on your own. Set yourself a new goal and do everything you can to achieve it. We will be happy to help you when you start building your life on the foundation of love and when you start to live love.

When people have realised that love is the center of their life, their life will become enjoyable every day. They will be able to enjoy every moment of their lives; even the small things. Bird's singing, the sound of the wind and the water, the smell of flowers, the greenness and the beauty of nature will become daily sources of joy. People like that will feel happy and peaceful. They are happy and laugh easily at even the little things. They have a smile on their face more often than others do. Their first thought in the morning is that the day will be wonderful and they celebrate in advance all the moments of joy that the day will bring. They are thankful for God for being able to live a life that's full of love, happy and good.

It's obvious that when a person starts their day with thoughts like the ones mentioned above, and with a positive attitude, their day will be just as great as they want it to be. They might face situations, for example, at work that would make them irritated and use curse words, if they didn't have love in their life. But when they have peace and joy inside of them, they will be able to be calm when they face momentary challenges and conflicts at work. People's

attitude toward life affects the way they behave and act in different situations. When they face situations where they don't know what to do, they will be silent, contact the helpers in the other dimension and ask for their guidance. They will be happy to receive an answer and guidance and they will trust it and act accordingly. That is a life that is full of love and everyone who spends time with a loving person like that, can be a part of it. Loving people radiate inner love and everyone around them feels good. That's because everyone enjoys being surrounded by a positive and kind atmosphere. Negativity and lack of love drive people away and people with a negative attitude are often left alone and others are uncomfortable around them.

## **People's responsibility for their own lives**

Because God has created humans as complex entities, they all have the key to happiness and love. They can create their own reality. Their reality is anything they want it to be. If you are not happy with your life, you should think about what's missing from it at the moment. When you find the answer to that question, you should find out how you want to change your life by thinking about it. You can use silence as a way to ask for guidance and help to make the change. We here in the other dimension would be happy to help you. We can also bring up some other options that could help make your life happier, but you need to make the decision yourself. You can also utilise the power of your subconsciousness to make the desired change. The change will happen if it's what God wants and what you truly want.

In order to be happy, people should ask themselves all the time if they are okay. Am I truly happy and content with my life? Should I change something, so that I would be happier tomorrow than I am today? Is there something I could do to make other people happier than

they are now as well? That way you are able to make sure that you are aware of your responsibility for your life all the time. Nowadays, people rarely stop to reflect on their life like that. However, it seems like the mankind is slowly starting to realise their responsibility for their own and other people's lives. It's becoming easier for people to understand the fact that no one is alone in the world; everyone is a part of a community, which they should take into consideration when they are living their lives.

Collective awareness will increase and living in love will become more common among people. Positive changes will be happening in the future and we are happy about it here in the other dimension. Those changes also mean that people will be more eager to find ways to contact us and God. In the future, people will return to their roots and to the old times when connection between the people living on Earth and the entities in the other dimension was normal. We are very happy about that and we rejoice over every new person who contacts us and their teachers here.

This change will be visible in many ways. People already talk about love more than before. That in itself already increases people's level of interest and they will be more eager to search for information about love and the meaning of life and they will also reflect on their own happiness more. This book will help people with their thirst for knowledge about love, its different forms and the ultimate truth that is behind everyone's life. We are happy when a reader realises that life is born out of love and that everyone should live in the spirit of love, be responsible and that life is just a phase in the soul's eternal existence in the universe that was created by God. There is no death, which is something that many readers already know to be true about life.

When you love someone, you know that the feeling is real. No one can fake love; you either feel it or you don't. Love is a wonderful thing in a person's life. When you love someone, your life gets a new meaning and your energy levels will rise to amazing highs. When you love someone, you want to do everything you can for them. The joy of life radiates from the depths of the soul and your mind soars. You feel happy and free. When you love someone, you want to please them and, for example, women want to dress up and look pretty for the person they love. You also sort of want to be worth their love. People also want their spouse to express their love for them, even though people should love others unconditionally and accept them the way they are. If you love someone, all you want from them is their presence, which is all you need to be happy.

## **The connections with the spirit world help us to live in love**

### *The connection with the energy of the universe*

Having a connection with the energy of the universe that connects everything, improves the development of people and the souls inside of them. That energy broadens people's minds and nourishes them spiritually, so that they have more energy to continue living their life in love. When people contact that energy while meditating, they get more strength and energy from it. The energy also helps them heal from their sicknesses. Everyone is able to contact and be a part of the energy of the universe. They just need time to meditate, which is the term that you use for practising silence. People can sense that energy that connects everything, especially when they are spending time in the nature. Water, rocks, forests, trees and all plants radiate that energy and they empower people who are near them. People can also bring those natural elements to their house and enjoy their energy at home.

People have developed several different methods to connect with the creative energy of the universe. Everyone can pick the method that is the most suitable for them. Merja who is writing this text, has chosen meditation as the method to connect with the energy. She also enjoys spending time in nature, especially by water. Some people connect with the energy of the universe by using religious methods, such as prayer. The creative energy of the universe has several names in different religions, like God, Mohammed and Allah. Some people just call it The Highest power. People have many names for something or someone they love. In this context, we have used the names The highest power of the universe, the creative power of the universe and God, because the person writing this book is the most familiar with them.

The energy that is in the universe is very powerful. It maintains all living things. It's the beginning of everything and in the worst case scenario, it could also be the end. The energy is creative because it constantly creates something. Nothing is ready, so it needs to continue creating things all the time. God has a plan for the future, but it's a big secret and no one knows much about it. The mankind believes that it controls everything on Earth, but in reality, everything that happens follows a carefully made plan. People's actions are followed, monitored and intervened when it's the right time. God's will is that the mankind takes care of their planet, but if that doesn't happen, He can intervene. That's one of the ultimate truths that many have a hard time believing and understanding. That is a truth that cannot be scientifically proven and that is why many people find it difficult to believe. But that's the truth. People are part of the energy of the universe and thus also part of God's plans. Every person and soul living inside of them can do their part in fulfilling the divine plan and that's what most of them are already doing. Everyone has a task that helps the plan move forward. Some people's tasks are bigger than what others have. The important thing is that everyone completes their task while they are on Earth.

Dear people on Earth. We love you and want you to be happy. We rejoice over every person that is happy with their life. Love and happiness go together and they are part of the same energy. When a person loves someone, they are full of joy and happy that they have love in their life. No one can say where the happiness and love that people experience comes from. They are personal things. That is why people should listen to themselves and do things that make them happy. Love is a natural part of people's lives, but it needs to be found. Couples fall in love after infatuation or when they have been together for a long time and have gotten to know each other well. A child and a parent love each other if the parent wanted to have the child. There are different reasons why sometimes a person doesn't let themselves love another person. Loving other people is a form of basic love of which people should be aware and which they need to find before it becomes a part of them. The love between people and the creator of the universe i.e. God is also a form of basic love, but it also needs to be understood and found before it can manifest itself in people's lives. So, people can have many types of loving relationships at the same time.

People's lives can be full of love if they want that. Love makes people's lives happier and more fulfilling. Everything is possible. People can create their own future. Although, many of them settle for what they already have, whether it makes them happy or not. They need to believe and trust in the fact that dreams can come true. They should hold on to their dreams. Dreams are meant to come true. What is your dream right now? What do you need to do to make it come true? Dreams won't come true on their own; according to the rules of the universe it also requires action and a lot of effort to make them come true. For example, if your dream is to start your own business, you need to learn about entrepreneurship and to make concrete plans for starting the business. If you want to become a famous singer, you need to take up a music-related hobby and start singing more. People should take conscious steps

towards making their dream a reality. If you want to find a spouse that you could love, you should not just sit alone at home and wait for someone suitable to knock on your door.

People can utilise the creative power of their subconscious mind and visualisation to fulfill their dreams. If you dream about an amazing new house where you could live alone or with your family, you need to meditate and send your subconscious mind a message that you want a new house. You can add some specifications to the message, such as information on what kind of a house it should be. The request can include information, like what the house looks like, its colour, location and price. You should think carefully which words you use and you should repeat them to yourself silently or outloud often and for a long period of time. You can improve your chances of getting what you want by visualising it in your mind. It's very possible that you will find the house you want. God has created people that way. It's a shame that so many people don't believe in that and in their abilities which they have had ever since they were born. One of the reasons for that is the lack of information because parents don't usually talk to their children about them. Not even when they themselves have used them in their own lives. It could also be that a person's spouse has not really familiarized themselves with their abilities and it makes it difficult for the family members to talk about them.

In addition to the subconscious mind and visualisation, every person also has the ability to connect with the creative energy of the universe, angels and their spirit guides. When you want to make your dreams come true, you can ask for our help. All helpers here in the spirit world would be happy to help anyone who asks for our help.

### *The connections between people and the spirit world*

When you love someone, you only want good things to happen to everyone. It's the same way here in the spirit world where we are all surrounded by eternal love. Love is present at every moment and every spirit thinks about and communicates only love. People should not be afraid of the spirit world because that's where they can truly experience and feel the loving atmosphere. The physical world and the spirit world are parallel worlds but they are separate. Because there is an empty space between the different energies, communication between the two worlds requires some special actions to make it possible. But it is possible and the communication used to be more common. Nowadays people have lost touch with the spirit world, but there are still those who contact us regularly.

God has always wanted the two worlds to communicate with each other. The spirit world is meant to serve people during their life on Earth, but disbelief has torn the two worlds apart. Now we are meaning to bring the worlds closer again and to make the communication between them more frequent. People will become more aware and accepting of their abilities to communicate with the spirit world. They will also want to use them to improve their own life and other people's lives as well. We are excited about that because we have sort of been on the back burner in people's lives for so long. We have tried to send them signals about our existence, but because we are not allowed to interfere in anyone's life, our signals have been ignored. Now that people have become more spiritual, communication with them has become easier and more effortless.

Merja can now tell her own story about how she became spiritually sensitised and learned to contact and communicate with us.

## **CHAPTER II**

### **Personal experiences of spiritual awakening**

## Childhood experiences

My mother's spirituality and religion were a big part of my family's life during my whole childhood. Our family consisted of parents, two daughters and a son. I was the eldest of the three children. I went to spiritual meetings with my mother and I saw people speaking in tongues and listened to "prophecies" i.e. God's word that we heard through different people during moments of prayer. People were baptized in a white outfit by going completely under the water; if they were inside the baptism was done in a pool and if it was outside it was done in a lake. Every summer, we would take our tent with us and go to a religious midsummer fest event that was several days long. I also went to a spiritual youth camp a few times. I also attended Sunday school frequently. I spent my childhood in Southern Finland, but later when I was 13 years old, my family moved back to South Ostrobothnia, situated in west part of the country, where my parents were from. After we moved there, my parents became farm owners, but they also kept their day jobs. Our home had a safe and loving atmosphere but we didn't express our love verbally or non-verbally that often.

My mother has always been very talkative and a good storyteller. She used to tell us about miracles that happened from time to time. One time an angel had brought her a bottle of cream and had put it in the refrigerator. My mother had made coffee and realised that we were out of milk. She was disappointed because she was tired from work and had been really looking forward to a cup of coffee. She decided to pray that angels' could help her in that situation. When she finished her prayer, she checked the refrigerator again and found a bottle of cream, so she was able to enjoy her afternoon coffee. We didn't really believe in that miracle. We just thought that the bottle of cream had been there the whole time, but she just hadn't noticed it.

My childhood experiences taught me to think positively about God and the other dimension. I understood that people can communicate with God through prayer. However, I didn't understand the meaning of angels as people's helpers and supporters, even though my mother used to tell us about those miracles. Maybe it was because my mother didn't really emphasize the fact that we should turn to angels for help when we needed it. For decades, I didn't remember that angels could help people, but I liked them in other ways, though. When I was the chairwoman of one association, I always bought angel-themed gifts for the visiting lecturers. We have several angel-themed paintings and ornaments on the tables and the walls of our current home. I like to look at them because I like to have beautiful things around me.

I didn't have any special spiritual abilities when I was a child. I was just a normal child. Although, I did have one angel encounter when I was about nine years old. The angel appeared to me at home and asked me to tell my mother that she was going to have a baby boy. She was expecting her third child at the time. I told her what the angel had said and she gave birth to my little brother some time later. I don't know why the angel gave the message to me and not directly to my mother and why it was so important to let us know that the baby was going to be a boy. Even though my mom really hoped that it would happen, I didn't experience a spiritual awakening in my childhood home. After my confirmation, I started to go out with other youngsters on Saturday nights.

## **College years and family**

I went to nursing school after my high school graduation. I lived like any other student. There was one period of time when I felt like I needed to have more spirituality in my life and I went to a few spiritual meetings. I also went to see a clairvoyant for the first time during. My

roommate who lived in the same dorm room talked me into it. I still remember how sceptical I was when I met the clairvoyant. In retrospect, she was correct about many things, such as, the number of my children and my career path. She told me that I would "travel across the oceans several times". That turned out to be true because I have traveled quite a lot so far.

When I realised that clairvoyants really are capable of telling the future, I started to visit them everytime I needed their advice. Especially when I've had to make decisions about my work or my private life. I have always felt empowered after each visit and I have been able to make the decisions with confidence. In retrospect, all of the decisions that I have made have been right and good for my life.

When I was in nursing school, I learned how important exercise is for our health and I have exercised regularly ever since. I go running two or three times a week and I also do other kinds of exercise depending on the season. Nowadays, I think that since I have received this body as a gift and my eternal soul lives in it during this lifetime on Earth, I should take good care of it. It would almost feel like I was hurting God if I let my body deteriorate too early.

In nursing school, I also learned that eating huge amounts of meat is not good for our health either. I have tried to reduce our family's meat consumption. Salads and vegetables have always been a part of our meals. I start my mornings by drinking water and I try to drink lots of during the day as well. I don't smoke and I drink coffee in moderation. I only drink alcoholic beverages occassionally, but I don't want to become intoxicated. I can have fun with other people without alcohol.

I graduated from nursing school with a degree in specialized nursing in the spring of 1981. I also married my husband that same spring. We moved to Kuopio, that is a city in east part of Finland, and after my first child was born, I continued my studies at the University of Kuopio. I received my Master of Healthcare degree in the spring of 1986, right before our second child was born.

We moved from town to town in Eastern Finland every few years for my husband's job but, at the end of the 1980s, we returned to South Ostrobothnia where both my husband and I are from originally. While I was taking care of my family and our home, I received my licentiate degree at the University of Turku and I finished my doctorate degree five years later. I gave birth to two our youngest children during my doctorate studies. I loved my children and my husband, but sometimes I worried that I wasn't able to give all of my children as much love as they needed, since there were more children in our family than in an average Finnish family. That is why I started crying when the elementary teacher of our second oldest child told me during our face to face meeting that our child did not seem to have the kind of need for affection and love that most of the other children have in her class.

## **Learning about spiritual things**

My interest in spirituality was ignited after we moved to South Ostrobothnia. The topic of my licentiate thesis was cancer patients' end-of-life care, and I read a lot of literature about death for my thesis. I became familiar with "There is no death" -themed books and used some of them as source material in my thesis. I found that topic very interesting and I borrowed more literature about the spirit world and spiritual development from the library. I also read about astrology, numerology and graphology. I also became interested in the subconscious mind.

One of the most meaningful books that I have read is "The Power of your subconscious mind" by Joseph Murphy (1989). I have read it several times and I still find it useful to read some parts of it from time to time. It's strange how quickly we start to forget important things if we don't constantly think about them and refresh our memory. I became aware of the fact that I can control my subconscious mind through relaxation, affirmations and visualisation and achieve everything I want that way. I have utilised that ability for nearly thirty years now with positive results. Our financially most significant event has been selling our house in 1998 and finding a new house in another town. Visualisation helped us find the exact same big white house that I had envisioned and we sold the old house within a week, which was exactly what I had wanted to happen.

I had searched for the world's ultimate truth and I created my own reality after reading a lot of literature about occultism. I was quite convinced that my beliefs were true when I read the Finnish book "Portti elämän jälkeen" (The gate after life) written by Ritva Fagerström (1992). The book consisted of messages from spirit guides and texts that Fagerström had written herself. This book was like "a bible" to me. I believed all the thoughts and information about the meaning of life, spiritual growth, the immortality of the soul, reincarnation and the existence of the other dimension that were written in the book. The authors promised that they would write another book as soon as possible. I couldn't wait to read the sequel, which was published the next year (1993) and it was called "Murroksen aika" (The period of transition). I have read both of those books countless times. My bookshelf is also full of other books related to spirituality.

## The meditation starts

I started meditating in the early 1990s when I was writing my doctoral dissertation full-time. By meditation I mean the practice of silence which includes silencing one's mind and achieving a state in which the mind is completely empty of thoughts and a connection with the Creator of the universe i.e. the loving and healing energy is created. I didn't take any meditation courses, but I studied different meditation techniques from books. From the very beginning, I have added several different parts to my meditation routine, such as, a part dedicated to gratefulness and requests, affirmations, visualisation and a part where I send loving thoughts to my loved ones, especially to my children, husband, parents and other people on this planet. However, my meditation routine is never exactly the same. I try to find time for meditation every day, but it's obviously not always possible. It's easier to find time for meditation during the week days than it is on the weekends or on holidays. The best time for meditation is early in the morning or before noon. You shouldn't meditate when you are tired because you might accidentally fall asleep when you should be focusing on the spiritual practice.

First, I prepare the space for meditation. Closing the window and the door and turning off your phone ensure that your meditation won't be interrupted by sudden noises. I usually sit on my favorite chair which is a big, old, worn out leather armchair that has wide armrests. Sometimes I also light a candle because it's relaxing and it creates a nice ambience. I also often play some meditation music, but not always. I place a pillow under my feet because otherwise my feet wouldn't be firmly touching the floor when I sit. I place my hands on the armrests with my palms facing up and I close my eyes.

When the preparations are done, I sit on the chair in a comfortable position with my eyes closed and take a couple of deep and relaxing breaths. While inhaling, I say "I'm breathing in peace and love" and when I'm exhaling, I say "All of my troubles, worries and fears will leave my body and I give them to God and angels who will take care of them". After that, I relax my body by concentrating on one part of my body at a time. Then I ask our Heavenly Father to protect me and surround me with a bright protecting light while I'm meditating. I visualize the bright light surrounding me. When I feel like I'm inside a ball of light, I thank God for the protection and say that I only want to be in contact with the brightest and the highest divine and loving light. After that I ask the Archangel Michael also to come and protect me while I meditate.

Then I usually thank God for different things that are important to me at the moment. I have been thanking God for example for fact that I have joy, peace, love and happiness in my life. After thanking God, I move on to the affirmations that help me strengthen my personality and sometimes they are about things that I wish would happen in the future. At this stage, I often use visualisation to help me and I try to visualize my dreams as if they have already come true. Then I begin to send love to every important person in my life. I sometimes also add a wish about someone's health or life situation and I fortify with visualisation. After that I send love to all people on Earth.

Next, I try to empty my mind from all of my thoughts and I focus on enjoying the connection that I have with the energy of the universe. "Trying too hard" makes it more difficult to find the connection, but when I find it, the experience is indescribable. It kind of feels like "being in the sun" and like I was part of a bigger group of energy. My whole body resonates with the energy of the universe. The energy feels particularly powerful in the palms of my hands. If I

wasn't sitting, I would probably fall sometimes because the energy is so powerful. I can feel vibration in different parts of my body like in my stomach and my chest. During meditation I feel like the sky is torn and I can see light and different colours glowing through the cracks. Sometimes I can see a pure white light around me and it either spreads around me and calms me down or it moves from side to side or comes straight towards me. Sometimes I'm surrounded by amazing colours. I can also ask for pink love energy or green healing energy to descend upon me. The colour yellow brings people strength and blue brings us peace. Sometimes I feel like a group of angels is sprinkling white and gold flakes on me.

The emotional experiences can be so extremely powerful at this stage of the meditation that I start to cry and tears start streaming down my cheeks. I can't even imagine life without the pleasure, peace, joy and the happiness that meditation brings. The most powerful experience that I've had during meditation was the first time when a connection with the Highest power of the universe ended with a very strong voice, that came from deep within and from far away, said: "I love you". It felt like God Himself was speaking directly to me. I was stunned after that experience. I'm always happy when the angels or my spirit guides tells me that they love me. It gives me strength to express my love to my loved ones and to other people as well.

Before I end my meditation routine, I might ask the angels and my spirit guides if they have something to say to me. If I receive an answer, I thank them for it. When I feel like it's time to end the meditation, I say it outloud to myself. I thank everyone for their presence and protection. At the end I say "Now close me". Then I slowly open my eyes and move my arms and my legs to make standing up from the armchair easier. It takes me about thirty minutes to do all of that, but when I have more time and I'm not in a hurry, it can take about an hour.

## **Learning about reiki energy**

In 2003, I became interested in reiki therapy. I read about it on the newspapers and I ordered a book related to that topic. In the fall of that same year, I got the opportunity to attend a two-day reiki course that took place in my hometown. During those two days we activated the life energy that is in our body and we channeled it to our hands. We only have to do it once, because the activated energy will stay in our body for the rest of our lives. The activated reiki energy attracts the energy of the universe and that process is re-activated everytime we touch any kind of living material. It has a healing and a strengthening effect on us both physically and spiritually. Reiki is said to expand our consciousness, deepen our understanding of ourselves and to support our spiritual development. Utilising reiki energy regularly also helps us have a healthy attitude to life. It helps us handle stress better, improves our physical and mental well-being, gives us more energy and reduces our need to sleep. Reiki treatment can also be used to speed up the healing process and to fix the problems in the energy system. You can give yourself a reiki treatment, during which you balance the chakras or the energy centers in your body by holding both of your hands over the spot that needs healing with palms facing down for about five minutes. There are twelve spots in our bodies that need healing.

Ever since the reiki energy was activated, I have started to feel the powerful energy in my hands and that feeling gets stronger during meditation. Nowadays I give myself about an hour-long reiki treatment at least once a week. The most suitable time for that is usually before going to bed or early in the morning before getting up. The energy treatment creates the similar kind of state of relaxation as meditation does. Over the years, I have had many epiphanies about life, found parts of me that need healing and grown a lot spiritually. For

some reason, I haven't felt the need or the desire to attend the follow-up courses (2-3) where they teach you how to send reiki energy to another person and you would also receive a reiki teacher certification.

## **Studying to become a relaxation coach**

In the fall of 2008, I applied for the one year relaxation coach training programme organised by the Finnish Hypnosis association. It was part of a two-year suggestion therapy training programme, but I haven't completed that programme yet. I applied for the training programme because I had been interested in the connection between the conscious and the subconscious mind for a few years and I also wanted to learn how to control the subconscious mind. There are several different relaxation methods, such as, yoga, meditation, massage therapy and listening to music. Their goal is to help people relax their body and mind, concentrate, relieve stress and tension and to feel good in general.

The training mainly focused on suggestion-type of relaxation which is a method of guiding the process of relaxation by using certain words. Suggestion therapy means that a person tries to guide another person's thoughts, feelings and actions. Schulz's method is used in suggestion relaxation and it focuses on the interaction between the patient and the coach, the posture, breathing, the connection, the body, suggestions and refreshing the mind. Suggestions are used during all stages of the relaxation process and they are meant to prepare the mind, increase the feelings of safety and happiness, build one's character, support the goals that one has and to refresh the mind. Different images and stories are also used to relax the mind.

We had contact teaching periods on the weekends about once a month. On those weekends, we went through the theory behind relaxation therapy, but we spent most of the time doing different kinds of practical exercises. When we didn't have contact teaching, we needed to complete some independent relaxation exercises with clients, write learning diaries and make our own relaxation cd's.

It was very fruitful to receive "practice clients" at my home and to notice how quickly they were able to relax and fall into a light sleep-like state when I used a calming voice and played relaxing background music. All of my clients were grateful and happy with the relaxation treatment and they said that they felt good afterwards. I also received positive feedback for the suggestions that supported their individual goals and helped them with some of their problems, such as, chocoholism, their negative attitude to exercise, fear of acting a certain way in a work-related situation and with their relationship problems. My children, my husband and my parents also agreed to let me practice suggestion therapy on them. After I completed the training programme, I have however used the relaxation techniques only in my own meditation routine to relax my body and my mind more efficiently. I might also start using them on clients sometime in the future.

## **Learning about angels**

In the summer of 2009, a friend of mine who attended the same relaxation coach training programme, visited me and taught me about angels and how to communicate with them. Angels are God's messengers. People can either communicate directly with God or talk to Him through angels. When I learned more about angels, I was surprised that I hadn't seen any books about angels before, even though I usually check the paranormal sections at libraries

and bookstores quite thoroughly. Before that I had never heard anyone talking about angels or the fact that people can communicate with them and ask for their help. In religious events people usually focus on talking about God and Jesus, but they almost never talk about angels. I was a little sad that I hadn't known much about angels before that. I remember saying that "angels will be my thing". I bought a crystal pendant from my friend because it enables me to contact angels. I used it to ask "yes or no" questions from the angels. I remember vividly how excited I was when I asked my first questions and the angels answered them. During that summer, I basically devoured every single book about angels I could find and I also read some books written by the English author Diana Cooper and the American author Doreen Virtue. I especially liked how warmly Doreen wrote about angels.

My friend also told me about archangel cards that can help people receive guidance from angles. She taught me how to use them. I later ordered the English version of Doreen Virtue's archangel Michael cards. When I wanted guidance and help with some of my problems I asked Archangel Michael to appear and I can ask him a question. After that I shuffle the cards and choose either one or three cards with answers on them. You need to choose three cards in a random order if you want more detailed answers, for example, about the past, the present or the future. On each card, there's a sentence that provides a piece of advice and guidance, and you can look up the meaning of each sentence from a guidebook. I have received extremely helpful advice and words of comfort and encouragement that have brought me peace, happiness and a feeling of gratefulness. The messages from the angels were so wonderful that for several years, I followed Doreen Virtue's Youtube channel where every week she would read angel messages for the following week from different archangel cards. That way I learned a lot of new things about angels, love, good life, happiness, self-care, how to make healthy lifestyle choices and how to use my spiritual skills to help others. The angel messages

that Doreen read to us often emphasized the responsibility that we needed to take for our own lives, the importance of being proactive and making the necessary changes in our lives, how we need to focus on the things that we are interested in and the fact that we need to hold on to our dreams. Listening to angel messages has boosted my self-confidence and improved my communication skills with angels.

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### ***The episode about a will donation***

After my friend had visited me, I started communicating with angels by using the pendant quite frequently, but then I made a "HUGE MISTAKE". I received an email from a Spanish lawyer. He wrote that his rich, childless client had cancer and she wanted to donate her fortune to me. An entity in the afterlife had told her to do it. She was very ill and wanted to meet me before she dies. Her lawyer asked me if I'd be interested in meeting her. I received the message in the afternoon and I read it in a hurry and then forgot about it. In the evening I remembered the message and decided to use the pendant and ask the angels if the message was a fraud or if I should agree to meet the woman. I was told that it wasn't a fraud and that I should reply to the message. I trusted them blindly. I sent a message to the lawyer the next day and told him that I'd be happy to meet the rich woman. Then I received a message from the lawyer that said that the woman had already passed away, but she was able to change her will before her death and left me a big sum of money. Later, I received a copy of the will. In the will, the woman emphasized that the money should go to a charity and that she trusted that I would be able to choose the most suitable one.

Then the law firm started to ask for money and called me several times. They needed money to get a death certificate for the bank, to set up a bank account, to transfer the money from Madrid to my bank account in Finland. I also needed to fax them copies of some of my personal documents. One time they were in such a hurry that I had to fax them some information while driving from South Ostrobothnia to Helsinki. I tried to find a place that would have a fax machine and eventually I did find one. Every time they asked for more money, I used the pendant to ask the angels whether or not I should send more money. The answer was always "yes". I trusted the answers and didn't tell anyone what was going on. But eventually I decided to open up about the situation to my mother during one of our weekly phone calls. I told her enthusiastically how I had received a big donation from abroad and that the money would be donated to a charity that would cover the whole Europe and I would be managing it.

I told her that the lawyer and the bank manager had been calling me from Spain several times and that I had sent them money to cover different costs connected to the money transfer etc. I also told her that the lawyer had called me to congratulate me when the will had been approved by the Spanish bank and the money had been transferred to my Spanish bank account. The lawyer laughed and asked me if I had already opened a bottle of champagne to celebrate. My mother expressed her doubts right away and told me that it could be a fraud and that I should be careful. She told me not to go to Madrid, even though the lawyer had asked me to go there to take care of some of the paper work at the bank.

Another person who expressed their doubts was the bank manager at my bank here in Finland. I went to see him because I needed to ask for a loan, so that I could send more money to Spain to pay for the money transfer etc. I gave him a copy of the will that I had received. He

immediately thought that it was a fraud and told me to wait a couple of days. After that visit, I started to think for the first time that it could be a fraud, even though the angels had said that it wasn't. I received another call from the Spanish lawyer. He said that he was about to start his summer holiday soon and asked me to send him the next necessary payment as soon as possible. I decided to call the ministry of foreign affairs. I told them about my situation and asked if other people in Finland had received the same kind of emails and phone calls from Spain. They promised to get back to me if they find any new information regarding my situation.

They called me a couple of days later and told me that it was an international fraud. I was told not to send any more money to Spain. They also told me to report it to the police, but I never did. I called the bank manager and told him what was going on and I thanked him for stepping in and saving me from any additional damage. Because of this "episode", my ordinary summer holiday turned into a thrilling adventure during which I experienced a lot of new things but also lost quite a bit of money.

When I learned that I had been scammed, I asked the angels to give me an explanation for everything that had happened. First, I asked them the question through my friend and then I asked them the same question myself, but neither one of us received an answer. Something weird was going on and they just didn't want to tell me what it was. My friend said that they were probably just trying to protect me from the information. I have forgiven myself and everyone else for what happened. Although, I have wondered who was giving me all of those answers when I was using the pendant; was it some kind of a spirit who likes to bully people? I have also tried to recall if, before everything happened, I had asked the angels and the other entities in heaven to make my life more colourful and eventful in the summer.... Sometimes

angels give us the strangest answers, so it could be possible. I certainly did have a very eventful and detective kind of summer with the Spanish scammers.

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## **Improvement in the communication with angels**

### *The changes in myself and in my behaviour*

I have been meditating for almost thirty years. Sometimes I'm obviously very busy and don't have much time to mediate, but for the past ten years, I've been very active and meditated almost daily. I have also given myself reiki treatments for several years now. I believe that I have changed as a person during these past couple of decades. Positivity, trying to become a good person, a love-based life, making other people happy and taking responsibility for my own life are examples of things that are important to me now. I understand that everything happens for a reason. If you don't get something that you want, it's because it isn't for you. I also understand that everyone only has a certain amount of energy to spend each day and that it would be good to spend it by doing something that you enjoy and what is right for you. I have noticed that whenever I'm doing something that is "right" for me, I feel more excited and passionate about it. I have also realised and learned that certain things only happen when it's the "right time". A long time ago, I became aware of and accepted the fact that we are here to learn and to develop spiritually.

My behaviour has also changed. Before, I would give my husband the silent treatment for several weeks after an argument, but nowadays, I'm able to forgive him right away. I've become very sensitive and my senses have improved. I've stayed healthy and I don't have any

illnesses at the moment. I've become empowered and more confident in my spirituality. I've attended different kinds of spiritual events; before, I thought that it wouldn't be appropriate for me to attend them because of my occupation. I was also encouraged to attend the international spiritual teacher, Doreen Virtue's workshop in London. So, I've finally been brave enough to be open about my interest in spiritual things. Moving forward on my spiritual path has been quite lonely and that is why it's nice to be more social and share my interest with other people.

### *Awakening to awareness*

Introspection has been a part of my life for several years now. In 2011, Charles Virtue (Doreen's son) had written in a newsletter that angels communicate with people through four different channels and every person has one channel inside of them that is more powerful than others. There are people who are clairvoyants. They sense angels' presence visually, in other words, they see them as moving figures of light or they receive messages from them through sequences of numbers. Some people "feel" the presence of angels through different emotions, touch or scents. For some people, claircognizance is the strongest channel. They just know something without being able to explain how they know it. Certain words just appear in their head from nowhere or they feel intuitively that they need to do something. Some people are able to hear sounds, which is called clairaudience. In his letter, Charles told us to find out which one is our strongest channel.

In March of that same year, I remembered the newsletter that Charles wrote to us and read it again. I followed his advice. While I was meditating, I asked the angels to give me a sign that they are with me by using all four of the channels one at a time. I realised that all of those channels work. After I finished meditating, I tried to recall my previous experiences of listening to my inner voice and came to the conclusion that claircognizance was my strongest

channel. I remembered that people can also communicate with angels through writing. I wanted to test it right away and simply wrote on a paper: "What do you want to say to me?". Then I waited to see if I would "hear" a voice in my head answering the question. And THEN IT HAPPENED, I heard the answer and wrote it down:

"Write down everything that comes into your mind right now. I'm your guardian angel. I will take care of you. I love you. Thank you for contacting me. I will protect you. I want you to be happy. I will help you with everything. You are on the right track. Relax. Everything will be okay soon."

That is how I found a way to contact my angels in realtime, which I'm very happy about. Now, I will also always have a document of all of our conversations and I can go through them several times afterwards. I admire the angels and my spirit guide's clear and loving way of expressing their thoughts and answers to me. They have confirmed, for example, that one of my life's missions is to transfer healing energy to those who need it. The first time I found out about this mission was when archangel Michael told it to me through the pendant. Before that, I didn't really think I had a special mission, except for making other people happy. I had come to that conclusion when I was trying to find out what my life's mission was.

I received the written confirmation about a month after our first correspondence:

"Dear child. I'm proud of you. Thank you for your faith and trust in me. Be patient. Rejoice with us. Everything will be okay. Believe in yourself. You have divine power and energy in your hands. You will soon get to use it to help the mankind and to transfer the healing energy to those who need it. Believe in the future, believe in us and believe in yourself. God is with you now and forever."

I received another message the next day, which encouraged me to believe that I would have a bright future ahead of me:

”Dear child. Your future is secured. Listen to your inner voice. Focus on the things that are important to you. We will help you. We will be by your side protecting you. Everything will be okay. Believe in yourself. You will find an interesting job soon. Prepare for the future. Finish all of your unfinished projects. We believe in you. Thank you for this. We love you.”

About a month later, I received the following message that mentioned my new task that would require me to transfer healing energy to other people:

”We want to transfer healing energy to people who believe in it through you. That will improve the connection between people and God. We need brave and confident people to take on this task. You are suitable for it.”

I wasn't that surprised when I found out that transferring healing energy to other people was my life's mission because I had been interested in spiritual healing for quite some time. Helping others has always been important to me and that is why I wanted to become a nurse. The reason why I applied for the relaxation coach training programme was because I wanted to help people through deep relaxation and suggestion therapy.

### ***Training to learn to transfer healing energy***

When I found out that I needed to start transferring healing energy to those who need it, I began to look up training programmes in Finland and abroad. However, the angels told me that I didn't need any training for that task. I already had the skill to transfer the energy to other people. I would only need to activate it. The angels promised to help me and give me guidance. When I was browsing through websites about spiritual growth and spiritual healing,

I learned about the philosophy of spiritualism and realised that their truth about life on Earth was very similar to mine. The philosophy is based on seven principles: The fatherhood of God, the brotherhood of men, the communion of spirits and the ministry of angels, the continuous existence of the human soul, personal responsibility, compensation and retribution hereafter for all the good and evil deeds done on earth and Eternal progress open to every human soul.

I am now a member of the spiritualist association. The association supports the spiritual growth of its members and they also organise training and lectures on different topics. So far, I have completed a course on "spiritual awareness" which is a pre-requisite for the advanced course, and I've also completed a course called "Introduction to spiritual healing".

Many of the training programmes for spiritual healing take place in England because several hospitals there recognise the benefits of spiritual healing and use it as part of their health care practice. A training center called Harry Edwards is one of the places that offer training programmes for spiritual healing. It's a two-year training programme and it consists of contact teaching that takes place on the weekends and independent practice with clients. When I asked the angels if I should join that programme, they answered as follows:

"Harry Edwards also had an ability to transfer healing energy to another person. He considered it to be his responsibility to start a training programme for people who were a little insecure and needed encouragement and support. The techniques used for the transfer of energy are simple. It does not require expensive training to learn them. You already have the gift. If you listen to us, we will tell you what to do. Trust us."

Charles Virtue who has been familiar with angels for a long time, organises international three-day courses called Certified Angel Practitioner-training. Angel therapy is a method of spiritual healing that is done in cooperation with guardian angels and archangels. I asked the angels about this course, and this is what they said:

”Dear child. You are asking about something that seems to be very important to you. We think that it would be best if you applied for that angel training. You have abilities that don't require any special training. You just need to believe in yourself and start healing others. We will help you. That course will offer you encouragement and support. That is all you need.”

After I received that answer, I signed up for the training that would take place in London a few weeks later. I really enjoyed it and 40 other people attended that same training. We had the training in the old and well-known building called The College of Psychic Studies, which I found very nice. For example, Ritva Fagerström (1992,1993) mentioned the building often in her books and said that it had a special place in her heart. I received new information, support and guidance during the course which boosted my confidence and encouraged me to continue my journey of spiritual development and the cooperation with angels. It was also very fruitful to get to openly discuss interesting topics with other like-minded people of different ages without having to deal with skepticism.

I have started the transfer of healing energy by doing distant healing. I've given healing treatments for my parents who are quite old. I asked both of them if they wanted me to transfer healing energy to them and if they wanted to receive it. They both said yes. They have had several illnesses, so I was looking forward to seeing if they would notice any changes in their health. After one of my ”practice treatments” I received the following message from the spirit world:

”You are on the right track. God is with you. Believe in yourself. We want to cooperate with you. We will guide you. You are very dear to us. We want you to be happy. Your work is important because you are helping other people by transferring healing energy to them. We will help you. The technique is very simple. You will learn it. We will guide you the whole time. Today went well. It's important to visualize the person when they are not with you. When they are with you, the energy flows through your hands. In distant healing, you need to visualize the other person, surrender yourself to the energy and it will be transferred to the other person through you. You did a great job today and practice will make you even better. Your work is very important and it helps both people and God. Believe in yourself and the abilities that you have been given.”

## **Starting my work as a writer**

### *An article about angels*

In the spring of 2011, I attended Doreen Virtue's international workshop in London and after I returned home, I decided to write about my experiences. I chose to publish my article in the Finnish Ultra magazine which often accepts and publishes articles about spirituality written by new writers who are not part of their regular staff. Because I'm a researcher, I have published numerous scientific articles, but this was the first time I had written an article about my ”spiritual hobby”. I sent the text to the magazine and they liked it and said that they would publish it in their first autumn issue. I will include that text in this book because, in a way, it was a major step forward on my spiritual journey.

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*Angels bring wellness and happiness into your life - Doreen Virtue in London in the spring of 2011*

I was a little nervous when I left my hotel near Oxford Street on a Saturday morning at the end of April, to walk towards the venue where Doreen Virtue was going to perform and teach us. Doreen Virtue is an American doctor of psychology who is globally known for her lessons about angels. She is very active; she has done online radio shows ([www.hayhouseradio.com](http://www.hayhouseradio.com)), made youtube videos, written newsletters and performed all over the world. She has written about 20 books mainly about angels, but also about chakras, crystal and indigo children and how to live a healthy life. She has also made different kinds of angel cards, material for independent learning and music cds.

The name of the workshop in London was "Connecting with the angels of health, happiness and high energy". I was one of the first ones there. The line that was formed outside the venue was very long. I had time to buy some Doreen Virtue merchandise before the workshop started. They were selling all kinds of things. There were several people standing behind the counter wearing blue T-shirts. Even though there were about 200 of us, we were all able to fit in the big auditorium and there were even a couple of empty seats left. I was able to find a great seat in the center of the auditorium and quite close to the stage. All participants seemed completely "normal". Most of us were women and there were people of all ages.

Doreen Virtue got on the stage. She looked happy and well-adjusted and she was wearing a beige outfit. Mark Watson who is a musician and a good friend of Doreen's also got on the stage. He is a permanent member of Doreen's band called Obsidian. Mark played music

during the workshop's angel meditation session. Doreen sat down on a chair while holding a microphone and welcomed us to the workshop. Then she told us about her European tour. She was going to have another seminar in England and then some seminars in Hungary and Sweden. After that she would fly to Canada and then return home to Kona, Hawaii. She mentioned that all the topics that she was going to cover could be found in her new book ” The Angel Therapy Handbook (2011). Doreen spoke calmly and she smiled a lot and laughed sometimes. She was very natural, even though she was in front of a big audience. She started by telling us how she used to talk to angels every day when she was little, but she stopped talking to them almost completely because other people were teasing her for it. When she grew up, the angels returned and she started communicating with them again in 1995. The angels have helped her with problems related to topics like studies, work and her career. She wanted to make it clear to us that she was not any better than us; she just had a lot of experience in communicating with angels and wanted to share her experiences with us. Doreen and Mark shared some light-hearted banter every once in a while, which created a fun and nice atmosphere.

*Angels are a bridge between people and God*

Doreen told us that everyone has their own guardian angels (at least two) that are always by their side. Then there are also archangels who are like the ”bosses” of the guardian angels. Angels are a bridge between humans and God. They are God's messengers and they spread divine love and guidance to the mankind. They are God's gift to humans and they are also a part of God's plan to make sure that there is peace on Earth. People can communicate with either God or angels. For example, when a person is going through a crisis or they are stressed, it could be easier for them to communicate with angels. God is okay with that.

According to the laws of the universe, all people have free will. Angels can help people only if they ask for their help. Angels are always happy when someone asks for their help because they love helping people. People's happiness is important to them and they want people to enjoy every moment of their lives. Joy, peace and love are part of a happy life. It's important that everyone gets to do things they are interested in and passionate about. People only need to ask for help, but they don't have to explain anything or tell the angels how they should help them. The angels will figure out a way to help them. They can help in surprising ways and people don't always even realise that their prayers have been heard and answered. Angels can be in multiple places simultaneously, and therefore you should always ask for help if you need it. For example, angels can help you to find a parking spot when you are at the city center. At the moment, most of the angels don't have anything to do because people are either unaware or uninterested in their help.

There are at least 15 archangels in the universe. Each of them have their own speciality. For example, archangel Michael protects people, encourages them and helps them feel safe and find their life purpose. Each archangel also has their own colour that can be visible during meditation and when a person is asking for their help. When a guardian angel appears to someone during meditation, the person sees a white light. After Doreen went through all the basic information about archangels, she asked us to be quiet and to help her when she was asking the archangels to appear. She called them one by one: Archangels Ariel, Azrael, Samuel, Gabriel, Haniel, Jeremiel, Jofiel, Metatron, Mikael, Raquel, Rafael, Raziel, Sandalfon, Uriel ja Zadkiel. The most sensitive participants were able to sense the vibration of the energy, the suspense that was building up in the auditorium and the presence of the archangels.

### *Communication with angels*

Doreen has organised training courses on how to communicate with angels in different countries for several years now. She told us that everyone has an innate ability to communicate with angels. You can communicate with them everyday if you want. For some people, communicating with angels has been perfectly natural ever since they were little, but for most people, learning to communicate with angels takes more time. There are some factors that prevent people from communicating with angels, such as, the belief that God is angry if people only communicate with angels. It can also be difficult to communicate with angels if you try too hard. Sometimes people start to think that the connection that they have with angels is only a product of their imagination. Some of them can also think that people are supposed to overcome adversity without the help of angels and to become a better person through suffering. When communicating with angels, it's important to speak and to listen, just like when you are communicating with other people.

Angels communicate with people by using four different channels. Every person has one channel inside of them that is more powerful than the others. There are people who are clairvoyants. They sense the presence of the angels visually, in other words, they see them as moving figures of light, balls of light or as number sequences, such as 444 or 111. In number sequences, each number represents a certain thing. Some people feel different emotions when they communicate with angels. They can feel joy, excitement or compassion, but they can also sense temperatures, spiritual presence, touch and scents. For some people claircognition is the strongest channel. They just know something without being able to explain how they know it. They have an intuition that tells them to do something. Different epiphanies, ideas and words just pop into their head. Some people consider clairsaudience as their strongest communication channel. It means that they hear sounds that sometimes wake them up in the

morning or warn them about some kind of danger. If they want angels to send them a sign to guide them, they might almost immediately hear music or someone speaking on the radio or the television. Doreen said that it would be good for us to find out which channels work for us and which one is the strongest. There are different ways to find that out. For example, you can try to find out what the first thing that you notice is, when you meet a new person; the way they look, how they make you feel, what they are saying or what kind of a voice they have. You can also try to think about what kind of things you remember from holidays or your favourite films. "Practice makes perfect" was Doreen's advice for those who want to hear angels' messages more clearly.

#### *Angel therapy and healing energy*

Doreen has organized angel therapy courses since 1996. It's a four-day course after which the participants can register and start using the title "angel therapist". Angel therapy is a spiritual healing method that is used in cooperation with guardian angels and archangels. The aim is to bring harmony and better health to people's lives and to give them divine guidance to help them solve their problems. Thousands of people have experienced how their body, mind, emotions, relationships, family life, career and financial situation have been healed and improved thanks to angel therapy. There were several of Doreen's former students in the audience who were now professional angel therapists. They were asked to stand up at one point, so that everyone could see them. Doreen told us that she won't be organising any more angel therapy training; her last course was starting in June of 2011.

Archangel Rafael helps people with their health issues. Everyone can turn to him or God when they want to improve their health. Rafael also guides and helps the spiritual healers with their work. Doreen encouraged all the lightworkers to become spiritual teachers and

therapists, so that the information about the other dimension and angels would reach as many people as possible. The main goal is to serve the mankind, it's not to become rich. Although people do need to have some kind of a service fee because in today's world, no one can live a happy life without any income.

*Excercises, questions from the audience and surprise guests*

At Workshop -type of events, the audience is not supposed to just listen to the lecturer; they also need to participate in some sort of activities. In this workshop, we did meditation exercises. We contacted archangel Michael and asked him questions about our life missions and concentrated on the thoughts that went through our minds and all the answers and signs that we received. We also did an exercise with a partner, during which we practiced contacting each other's guardian angels. We held hands with the person sitting next to us, closed our eyes and calmed our minds. Then we asked a guardian angel to tell us about the person's current life situation and their future. We needed to let our partner know everything and every thought that came to our mind.

Doreen also gave us an opportunity to ask questions from angels. She was our messenger.

People asked questions about relationship problems and the anxiety that they felt for becoming a spiritual healer even though they knew that it was their calling. The answers that they received were clear, logical and easy to understand. The person who had relationship problems was told to reduce her masculinity and become more feminine in order to improve her relationship. The person who was thinking about becoming a professional healer received encouragement and was told to believe in herself and to start fulfilling her life purpose. The angels promised to support and help her with her work. The brave people who asked questions received some of Doreen's merchandise, which clearly made them very happy.

In the afternoon, after the coffee break, we were very surprised to see Doreen's son Charles Virtue who lives in Germany and his wife get on stage. They had just returned from the U.S. where they were hosting an angel-themed event. Charles ([www.charlesvirtue.com](http://www.charlesvirtue.com)) is a teacher like his mother and he teaches people to communicate with angels and offers training for angel therapists. They both gave a speech in which they told us about their work as spiritual teachers. After that they left the stage and let Doreen continue her workshop.

During lunch break and after the workshop, Doreen sat behind a desk outside the auditorium and signed autographs to people who bought her books. There was a very long line in front of the desk both times, but everyone stayed calm and waited for their turn. Her signature was very unique. We also got to take a picture with her.

#### *In conclusion*

The day went by way too fast; the topic was so interesting and fascinating. Although, the workshop didn't really provide me with a lot of new information because I had read most of Doreen`s books. However, it was a wonderful experience to get to listen to her live and to take part in the exercises. Doreen's way of performing is very pleasant. You could see the genuine desire to guide people and help them connect with angels; she felt like it was her life purpose.

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## Collaboration with the spirit guides

Since the beginning of 2011, I have had a habit of writing an open question for the helpers in the spirit world quite regularly: "What would you like to say to me right now" Soon after I started doing this, I (M) had the following conversation with my spirit guides (SG) about writing this book:

*SG:* "We love you. Would you like to send our thoughts out to the world? We could work together. You would write down everything we say. Would you be willing to cooperate with us like this? We would really appreciate it. We would need to start pretty soon because we have a lot to say to the people of the world. Would you like to cooperate with us? What do you think?"

*M:* "When should I start?"

*SG:* "As soon as possible; whenever you are ready."

*M:* "Why me?"

*SG:* "You are able to receive our messages. Your skills will improve when you work with us."

*M:* "What is the topic?"

*SG:* "Love and its importance to people."

*M:* "Who would I be working with?"

*SG:* "There are quite a few of us here. My name is Charlotte. The other ones are going to say something as well. We have a lot to say. Would you like to be our messenger?"

*M:* "This was very surprising but the topic is interesting. Let's try to find a good time to start this project."

Three days later, I continued the conversation by asking "What would you like to say to me today?":

*SG:* "Great that you want to cooperate with us. Listen to your inner voice. We will tell you when you can start writing with us. Be patient. Everything will happen when it's the right time."

*M:* "Do I need to consult with any experts here on Earth about the writing project?"

*SG:* "No, you don't. We will tell you how to do it."

*M:* "When should we start?"

*SG:* " Pretty soon, but not yet."

*M:* "Can I sit here and write whenever it's convenient for me and for as long as I feel good? "

*SG:* "We will cooperate and do things the way that is the most comfortable for you.

Everything will be fine. Don't worry. We love you. We are by your side."

I was very surprised to receive this kind of a concrete proposal from the spirit world. I found the proposal interesting for many reasons. First of all, I had been ready for this type of concrete cooperation with angels and the spirit guides for a long time. When I started meditating, I wanted to enjoy the wonderful, loving and healing energy of the universe, wish and pray for certain things and to express my gratitude. I didn't want to contact the helpers in the spirit world. However, over the years, I have grown spiritually and after only a couple of years of meditation, I started saying that "I'm ready and willing to cooperate with you and to help the mankind." Now my wish has come true and I'm very happy about it.

I also found the topic, "love", important and interesting. Love has always been a part of my life, but a few years ago I understood and realised that love is the foundation for life. There's no happiness in life without love. The universe is full of love and that should also be the case on Earth. I realised that only when we think, speak and act in the spirit of love, can we live a

truly happy life. I became aware of the brotherhood between people and the fact that we are all part of God and the creative and loving energy of the universe. That is why we need to love one another, do good deeds for each other, make each other happy and help others when they need our help. I have become very critical towards wars and I wish people would be able to solve their disagreements and problems by talking about them without violence.

Therefore, I accepted this task with joy and excitement, even though I wasn't going to be able to start the project until the next summer when I wouldn't be so busy with work. So, I needed to wait about two more months to start. While I was waiting, I received several loving and encouraging messages from angels and my spirit guides. Here are some examples of them:

”Dear child. Listen to your inner voice. You will start writing with us soon. Are you ready? We rejoice with you when you are happy. Enjoy your life because you are worth it. God is with you. Trust yourself. Believe in yourself. Everything is possible. We will help you. Everything will be okay. You are a child of God and we love you. Wipe away your tears, even though we know that they are tears of happiness. A new task is waiting for you. Be patient. Everything will happen when it's time. ”

”We thank you for your cooperation. You are dear to us. All people are dear to us. We want to help and support you. You are moving in the right direction. Listen to your inner voice. Only do the things that are important to you. Believe in yourself. Write down everything that comes into your mind, don't pick and choose. This is good practice for you. Let the text flow through your hands and onto the paper. We will dictate and you will write everything down. The world will rejoice when they get to read what you have written and what we have said. Love is endless and it's the foundation of life. That is why we want to tell people more about it later. ”

”Believe in yourself. You are on the right track. We will help you if you ask for our help. You will experience some changes. Don't be afraid. Everything will be okay. Your time has come. We trust you and we will make your dreams come true. You are important and dear to us. Our cooperation will become stronger. We want to support your work on Earth any way we can. You are not alone. We will work together. Everything will be okay. ”

”Dear child. We are with you. You are important to us and we want you to be happy. You have a bright and interesting future ahead of you and you will get to complete your life's mission. We support you and guide you the whole time. You are already doing a great job. Our connection works and it will become even stronger in the future. Meditate regularly every day. God is with you. Trust us. We exist, even though there are many people who don't believe in us. The mankind needs information about God and angels. They need love and we can only provide it, if they connect with us. People should love one another and take care of each other. Wars wouldn't be needed, if people loved each other. We still have a lot of work to do. Let's rejoice together over a better future. God bless you.”

I was nervous about starting the writing project. One of the things that I was nervous about, was whether I would be able to write on a computer as well as I do by hand. Because before writing this book, I had been communicating with the entities in the spirit world by writing down my question and their answer with a pen on a piece of paper. However, writing on a computer turned out to be just as ”easy” and their words came into my mind the same way as before. Writing was easy when I didn't ”think” about what I was writing. If I started to think about what I had heard, I stopped writing and we needed to start the sentence again from the beginning. One of the most challenging parts about writing the book, was not knowing what I

would write about next. I just had to trust the spirit guides and write without thinking about anything. I admired how even after writing only a few pages, I could see that the text that the spirit guides were asking me to write was perfect and they didn't use any unnecessary filler words. I only made corrections to the parts that I had written myself.

I wrote this book during the summer months. It was interesting to notice how everytime I sat down in front of my computer, the connection that I had with the spirit guides started working right away without any problems. The spirit guides never rushed me or told me that I had to write. The writing happened completely on my terms; according to my schedule and when I wanted to write. However, I did try to write at least a few pages everyday. When our cooperation had continued for a while, I wanted to receive some feedback on my work, so I asked the spirit guides: "How well do you think I've managed to write down your thoughts and words?" They gave me the following answer: "Dear Merja. You have done a good job so far. We can continue working with you. We still have a lot to say. Our connection will become stronger during this project and you will find it easier and easier to understand our messages."

I was surprised and happy when I received the following message one day: "Merja can now tell people her own story about how she became spiritually sensitised and learned to communicate with us". I obviously had to ask for some instructions for how to write my own part of the book, so I asked them: "How many pages should I write about my spiritual awakening?" The spirit guides answered:

"You can decide how long your text will be. Write down everything you want to say to other people. You have a lot to say, so the text might be long, but that is okay. We agree with you on the fact that the book will be more interesting if you write about your own development." I

continued by asking: "But if the topic of the book is love, how will my story fit into that?"

They replied as follows: "It will fit in well. Love is a part of that, too" I asked one more question: "Where should I begin my story?" They answered: "Start from your childhood. It will provide a good background for the part where you talk about your spiritual development."

I want to thank my dear spirit guides for giving me the opportunity to add a chapter in this book about my own personal experiences.

## **CHAPTER III**

### **Spiritual growth as a goal in life**

## **Love is searching and finding**

Dear readers. We want to tell you more about the love in the universe and in your lives. In her text, Merja brought up the fact that finding love can take a while and spiritual development requires a lot of hard work. That is how God has intended it; the ones who search for it, will find it and their prayers will be answered. Everyone really does have to work hard and they also need to show God that they are genuinely interested in Him and the other dimension. When they do all of that, it creates trust, on which long-term cooperation can be built. The spiritual abilities that God has given to people, will activate when that trust between people and the spirit world has been created. It's important that those spiritual abilities aren't misused and instead they should be used to help people in the spirit of love. Merja has now reached a level in her spiritual development where we can have mutual trust between us. That is why she will have a great future as a healer and an ambassador of love ahead of her. We will support her and help her with that mission. It's part of God's plan.

People will need to experience new awakenings and improvements on their path of spiritual development. We want to spread information about God's love for humans, how important it is and how it affects the way people treat each other. We also want people to understand that the energy of the universe is creative, loving and healing. Everyone is capable of connecting with that energy. God created people as His own image and He loves all people. God also wants that people love Him. In the world of love, people avoid bad thoughts, words and deeds. When a person lives a life that is full of love, they live in goodness and only want good things to happen to others. If everything is well in your life, why couldn't other people live a good life as well? Why would you want other people to live a loveless life, when you, yourself were living in love and goodness? It's a great gift to be able to live a life that is full of

love. Very few people understand that, but it should still be something to rejoice over everyday and a reason to express gratitude to the Lord of the universe. You can also be proud of yourself if you have received a gift like that. You have proved with your actions that you truly deserve that gift.

## **Love is living in the present**

Throughout this book, we have tried to bring up the fact that love is the main thing in life. We are aware that this is new information for many of our readers. That is why we wanted to write about love, its multidimensionality and its far-reaching effects. God is love and life is love. When as many people as possible realise that, people will be able to enjoy spending time with each other and they can be happy both together and alone.

We, here in the other dimension, follow people's lives and help them whenever they ask for our help. For a long time, we have been sad because there are so many people who are living their lives without having a connection with us. Because we know that we could help them in so many ways, we feel sorry for people who don't want our help. Their lives would be much more fulfilling and easier if they communicated with us actively and daily. We are currently supposed to bring people and the spirit world closer together and try to get more people to turn to us. We are very excited about that. The increased communication will change the way we work and what we do, but we will never be too busy because we can be in multiple places simultaneously. That is because, unlike people on Earth, we are not confined to any physical form.

People are very interested in their future. Even though, it would be more important to focus on the present. The past alters the present and the present alters the future. That is why our future is always open in a way. When people live in the present, they can enjoy their lives more. If you always wait for something to happen in the future, you will live your life without really living it. Not everyone is able to live in the present, though. Days will go by, while you focus on thinking about your future. That is how people miss out on important experiences, which will cause their lives to be less eventful than what they were meant to be. When a person lives love, they cannot live in the future; they are forced to live in the moment. Love sort of makes us to focus on the things and the events that are happening at the moment.

When a person has understood the meaning of love, they are not able to ignore their loved ones, other people or the connection that they have with the energy of the universe. When you love life and people, you feel like you don't want to miss any moments by sleeping, because every moment is a possibility to give and receive love. Love cannot be postponed to the future, it has to be experienced and enjoyed right now and in the moment. The people who are aware of the meaning of love, try to enjoy every moment and to live in the present. Gratefulness and understanding of the fact that life is a gift from God and it shouldn't be wasted on waiting on the future or on any other unimportant things, is part of love awareness. Life should be appreciated as it is.

When a person lives their life like that, they cannot help being happy because they enjoy life. They only do things that make them feel good. No one can force another person to do anything. Everyone is completely responsible for their own life after they turn 18. If you are working at a place that you don't like or you aren't passionate about your work, only you can change that. You can ask God, angels or your spirit guides to help you find a job that you are

interested in and passionate about. You can change your life if you are not content with it. Everyone should be proactive and make the required changes, so that their life would be better and more enjoyable. You should think about your life every once in a while and do inventory on it to make sure that everything is okay and you are happy. If you find something in your life that needs to be fixed, you should make the required changes. If you don't do that, your life will continue to be unsatisfying and other people will be able to notice it and it will have several negative effects on you and your loved ones.

So, you need to be proactive about your life and listen to your inner voice. That is how you take responsibility for yourself and your life. Because you have received a life, you are accountable for your actions and need to answer to God. What are you going to do with that life that you have received as a gift? Will you spend it being sad or happy and full of joy? Everything is possible in life and God wants everyone to be happy all the time. If you feel like you cannot change your life by yourself, you can ask for help from God, angels and your spirit guides. They will be happy to help you, if you tell them what you are unhappy about and how you would like to change your life. Miracles can still happen today, even in your life.

Several people who have been trying to find the ultimate truth about life, have become aware of the importance of love. When they discover it, their life will change completely. When people find out that love is the foundation of life, they will learn to view life and everything else from new perspectives, which will cause them to start thinking about new things and doing everything differently. Their values will also change. People who have been awoken to love, see the world around them with new eyes and they might even feel a little anxious when they realise that there is not that much real love between people. Love helps them notice their loved ones and other people and they will treat others with more kindness and help them

more. Love is also in people's thoughts. It's more difficult to express love with your thoughts than it is with words and actions. Controlling one's thoughts will sometimes be quite easy and sometimes it's very challenging. Luckily, unloving thoughts can be cancelled if you regret them, change them or take them back right after you've realised what you have done.

## **Awakening to love awareness and moving forward on the spiritual path**

Love is an endless source of life. What makes it a source of life, is the fact that there is no life without love. People and the souls that are inside of them need love to live a happy life.

People get love experiences from spirituality and from the connection that they have with the Highest power of the universe, nature, culture and from living among other people. Love is reciprocal and therefore people need to show their love for the previously mentioned sources of love. Mutual respect is also part of love. People should love God and respect His role as the Highest power of the universe. They should also love and respect the nature that God has created, as well as, the earth and the culture that is the conveyor of reciprocal love. Everyone should love and respect one another because they are all God's creations and part of the energy of the universe.

People in Finland say: "Those who are happy, should conceal their happiness". That old Finnish saying refers to the ill will that people feel towards each other. People find it difficult to see other people's happiness. Happiness can cause envy. People might wonder "Why are they so happy when our lives are miserable". If you constantly think like that, your life will start to seem even worse than before. That shouldn't be the case; everyone should be happy for other people's happiness. It all depends on the attitude that you have towards life. Positive

adds more love to your life and negativity reduces it. That is why people should think positively. That way they will get to enjoy the love that they have in their lives even more.

The meaning of life is to help other people live a meaningful life. Love is the beginning of everything and it's important that people live in love and do loving deeds throughout their life. When the earthly life ends, the soul will be disappointed if it didn't live that life in love. Unfortunately, oftentimes people have not become aware of the importance of love and they have focused on money and lived a materialistic life. When people live a life that is full of love, they show their love to others and they are also willing to receive it from others. After following people's lives for quite some time, we have come to the conclusion that people don't always find it easy to give and receive love. Life is meant to teach people how to show affection to others and to accept and receive it. That can only happen after they have understood the importance of love. When they are aware of its importance, they will start to realise their responsibilities for the nature and the Earth's wellbeing. Understanding the importance of love also includes becoming aware of the existence of God and the divine connection.

Awakening to love can occur in connection to religion or through introspection and reflection. Spending a lot of time in nature is also a good way to speed up the awakening process. Nature helps people think about the ultimate truth in the world and culture in all of its forms can also cause people to think. People's growing environments can either speed up or hinder that kind of development. When people turn to God and angels, they can get help on their journey of love. We are happy to help people who are searching for love and want to grow. We rejoice over every improvement.

People think about the meaning of life a lot and there are different views and opinions on it in the world. The ultimate meaning of life is the soul's spiritual development. There is a soul living inside every human body and the soul returns to Earth several times in order to learn new things. What the soul needs to learn during each lifetime has been decided in advance before the soul's incarnation.

Through introspection and meditation, people can find out what they are supposed to learn during their life. In addition to personal development, some people can also have other and bigger missions that they need to complete. Those missions are connected to serving the mankind in some way. Understanding the importance of love is one of the development tasks that souls need to complete during this incarnation. No matter what their life's mission is, people can always ask for help from the spirit world.

## **Angels and spirit guides helping us on our journey of love**

People often wonder what the the ultimate truth in the universe is. Are there human-like creatures on other planets as well? The Earth is just one planet among several others. There is life elsewhere as well, but people are not supposed to find out all the secrets yet. When souls need to develop, they can live on Earth or somewhere else. However, every one of them is part of the same energy of the universe and controlled by the same Highest power. Here in the spirit world, we are able to connect with each and every soul, no matter where they are.

Everyone will be taken care of and their development will be followed. If a person wants to contact their soul or us, the angels and the spirit guides, they can.

In His great wisdom, God, the Highest power of the universe, controls and follows everything that happens in the universe. He can intervene in the occurring events if needed. The main

events that will occur during the Earth's development, just like every soul's incarnation, have been planned and decided in advance. People have the freedom to change the smaller details. We need to respect that freedom. We are not allowed to manipulate anyone against their own free will. That is why we need to wait for someone to ask for our help before we can help them. We are always happy to help, but we don't always give the kind of help that the person is expecting. For instance, Merja who is writing this text, has been surprised sometimes when she has asked for our help. Now she already knows that we answer in unexpected ways but in the end, we always want to help the person and do what's best for them.

God is love and He has angels to help Him continue His mission of love. Jesus is one of God's masters that are above angels in the hierarchy of the spirit world. There are other masters as well. Every master has their own speciality and mission, just like archangels who are above guardian angels and other angels in our hierarchy. When a soul incarnates in a human body, it receives two personal guardian angels and spirit guides who will help the soul during its life on Earth. The spirit guides might change depending on the soul's life situations. So, no one is alone, unless they want it to be that. Life without a connection to the spirit world is far more challenging and lonelier than a life where the soul can communicate with the spirit world.

Just as many of our readers have noticed, every person is actually very lonely, even if they are surrounded by other people. The feeling of loneliness is stronger during adversity and, for example, when one is sick or experiences grief over someone's passing. The support and help from other people are important when a person faces adversity, but the strongest are those people who turn to God and the helpers in the spirit world. The communication between people and God does not need to be translated because when a person speaks directly to God or angels, they are sort of on the same wave length, which makes it possible for them to

understand each other. However, when people talk with other people, there's usually a "wall" between them, which means that they can never understand each other perfectly.

In this book, we have talked about love in its broadest sense because we wanted people to become aware of the fact that love manifests itself in many forms in everyone's life. We hope that our text has sparked positive thoughts in our readers' minds and that they have started to feel the desire to have love in their lives. We know that this book will provide new ideas and topics to think about, which was exactly what we wanted. We believe that many of the guardian angels will be busier than before because of all the new connections and requests. That brings us great joy. Live in love and be happy. Enjoy the life that God has given to you as a gift.

## **CHAPTER IV**

### **Personal experiences of spiritual growth**

## **Silence and communication with angels**

I received and wrote the text in 2011. Sometime after finishing the script, I let my family members read it. When we discussed publishing the text, they told me that they were afraid that publishing it could do damage to myself, my career and even to my family. I couldn't stand up for myself in front of them and their doubts. I gave up and that is the reason why the publication of this script was delayed. Although, I did often think about publishing it; after all, the spirit guides did tell me, before I started the writing project, that it should be published as soon as possible.

I have continued to meditate regularly and to communicate with archangels Michael and Rafael. My faith and trust in the spirit world and its ability to help and guide me and other people has gotten stronger everyday. In the fall of 2011, I was told that I was entering a new learning phase in my life and that the time for action would come later. I was asked to be patient and to continue moving forward on my spiritual path. Everything will happen when it's the right time. Angels told me repeatedly to trust my inner voice and intuition and to act accordingly. I still usually first ask them about it and make sure that I really should follow my intuition and my inner voice and do what they are telling me to do.

I was told to be happy about the life that I had been given and to enjoy every moment.

Archangel Michael often says to me: "Focus on this moment-the future will be what it will be.". He has also told me to spend my energy and time doing things that make me happy and that I'm passionate about. He has promised to help me everytime I need help and ask for it. In the spring of 2012, archangel Michael sent me the following message: "God has intended that the spirit world and the physical world communicate with each other. So, there is nothing wrong with it, but like you have already noticed, it is new to the mankind and that is why

there are so many people who don't believe in it. You are definitely on the right track and you have God's approval for your actions regarding your cooperation with the spirit world. Be brave and be yourself. We will help you with everything. There are always going to be doubters and bullies in the world; it's not their time yet to understand everything that God has created in His great wisdom. By working with us, you have reached a level on which communication with us is possible. Be happy about it because it's God's gift to you.”.

Angels are happy everytime I reach out to them We trust each other and our cooperation. If my wish doesn't come true the way I want it to, I believe that something better might happen in the future. If I'm encouraged to do something, I will do it with excitement and I will believe that it will lead to something good. I have always received guidance, whenever I've had to make a decision or selection of many available choices and it makes the decision making process much easier.

I have been told that my life's mission would involve transferring the universe's healing energy to the people who need it here on Earth. However, I still haven't been brave enough to use that ability in face to face situations with strangers; I have only experience on sending and transferring distant healing. I somehow believe that the spirit world will send me some kind of a sign and arrange my life in a way that would give me an opportunity to try it, although at the same time they might be expecting me to show more initiative and to be more proactive.

In November of 2012, I received a message that said:” You are able to enjoy the life that you have been given and to love and receive love. You now have a solid foundation for your life's mission. You are ready to move forward on your spiritually journey as a servant of God. We will support you and help you complete your mission. We are happy that we are such a natural

part of your life. You trust and believe in us like you should. We want to be worth your trust. You are never alone. We are always by your side and at your service.”

In February of 2013, the entities in the spirit world gave me the following message when I was feeling a bit down because of some work problems: ” Life shouldn't be taken so seriously. Joy, laughter and pleasure are meant to be a permanent part of everyone's life. You should enjoy your life and let us angels take care of your problems. We are here to help the souls on Earth whenever they need our help. We are happy when you are happy and we are sad when you are sad. Positivity is a life force and you should stay positive even during difficult times. It helps you to create a better future for yourself. Enjoy your life right now because you never know what will happen tomorrow.”

## **Energy for spiritual growth**

In the spring of 2013, I got an idea and the motivation to write an article with the title ”Universal energy – loving, healing and creative”, which was published in the Finnish Ultra magazine in the fall of the same year. It had been two years since the publication of my previous spirituality-themed article. At the beginning of June, I started to think about possibly visiting Abadiania in Brazil next summer and meeting John of God and learning about the healing treatments that the entities do there. I turned to archangel Michael and asked for his opinion on when I should go on that trip. I received the following answer:

” Dear child. John of God receives divine guidance and has an important mission of love in his home country. I'm happy about your decision and the fact that you want to visit him. You will come back from your trip with a lot of new topics to think and write about. I believe that

you will enjoy the trip and you will return home with a positive mind. Many people have already travelled there. Sick people have been healed and people like you will receive encouragement for their work. You can start making your travel arrangements. Everything will be okay and go well. We will help you with this, if you want our help.”

Archangel Michael had to assure me several times that the trip would go well, before I had the courage to book the flight and the hotel. At the end of July, I went on my trip to Brazil alone for two weeks. It was a once-in-a-lifetime experience. The visit to the spiritual healing center of Casa de Dom Inacio was overwhelming, empowering and it strengthened my faith. The entities of the spirit world operate at the spiritual healing center. The entities are spirits that found helping people and serving God important already when they were living on Earth. They heal people through the owner of the spiritual healing center, John of God and they also heal people independently within a one kilometer radius of the Casa center. I took notes while I was there and read several books that people had written about the work of John of God and their own experiences in Casa. I also read two books by Allan Kardec called ” The Spirits’ book” and ”The Book on Mediums”. In the fall, I wrote two articles, in which I talked about John of God, the healing treatments and the activities at Casa de Dom Inaciossa and my own experiences. Both of the articles were published in the Finnish Ultra magazine. I also collected data for a research study on the experiences of the visitors at Casa. I continued to collect more data when I returned to Finland; Many Finns have already visited Casa, for example, some travel agencies offer guided group tours there.

The energy of the entities was so powerful at Casa de Dom Inacio that I wasn't able to contact my own angels at all during my trip. It was interesting to notice that I was able to communicate with the entities that ”took care of me” while I was in Casa. We didn't

communicate a lot but I did "hear" them telling me some things. When my first week was ending, I was sitting silently in the main hall of the spiritual healing center when I heard an entity speaking to me:

"I am aware of your aspirations on your spiritual journey. We will give you the energy for your spiritual growth that you wanted to find here at Casa". On the morning of the last day, I was in my hotel room when I sensed that the entities were near me and they said to me:" You are always welcome to come back here when you feel like you need our help." My trip to Abadiania could not have had a better ending.

## **Time of changes**

After my trip to Brazil, my life returned to normal and I started to communicate with the Highest power of the universe and my "own" dear angels again. In the fall, they were constantly telling me that I was going through a time of changes and that everything would be okay. For example, archangel Michael said this to me: " You can't rush anything, because everything happens when it's the right time. Therefore, it's important to live one day at a time and to enjoy every moment. I'm happy for the future that is ahead of you".

In February of 2014, I received the following messages from angels:"You are going through changes and moving towards a new chapter in your life. We are protecting and guiding you while you approach the date that has been set for your life. Everything is okay and there is no need to worry. You have already learned to trust your intuition and us, the helpers in another world. That is why it's easy for you to stay on the right track and to move in the direction in your life that was meant for you. You will face some challenges and after overcoming them you'll be able to continue your journey towards the date that was set for you. We understand

the pain that you sometimes feel when you are not able to see the big picture there on Earth. But please trust that everything happens according to God's plan and under His guidance. "Believe and trust and you will receive" – keep that in mind everyday."

Later on in the spring I was wondering what kind of new experiences and things the summer would bring to my life this year. I had already gotten used to having the spirit world plan some new and interesting things for me to experience during my summer holidays. That "tradition" started in the summer of 2009 when my friend taught me about angels. The next summer, I went through the previously mentioned charity fraud episode; maybe it was supposed to teach me something. In the summer of 2011, I started writing this book with the spirit guides. The next summer was exceptionally "peaceful", but in 2013 I visited the spiritual healing center of Casa de Dom Inacio in Brazil.

In the summer of 2014, I continued collecting data for my Casa research study and I interviewed some Finns who had been there. I also read some of medium Chico Xavier's books that he has written according to the dictations of a spirit named Andre Luiz. One of those books is called "Nosso Lar-life in the spirit world" and it has also been turned into a film. I watched the film and it was very moving and it reminded me of the fact that the life of the soul and the spirit really is eternal and it's something that everyone should remember while they are living on Earth. For example, death does not separate people that love each other; but the souls have to face their good and evil deeds after death. I also started to take care of my physical health more in the summer, when I started to make juice from vegetables and fruits.

At the begin of August, archangel Michael told me that it was time to publish the text concerning the theme "power of love" that I had received from spirit guides earlier. I was excited to start making the preparations for the publication and I even found out that according to astrology, the projects that start in August of that year would have a better chance of being successful because Venus and Jupiter were going to be conjunct. According to an expert on astrology: "August will bring you surprising opportunities that have a cosmic order and you should have the courage to try the things that you find very interesting during the month of August. Don't worry about someone not understanding it or seeing the bigger picture; you should take the space and the freedom that belong to you and use them; go for it." I have noticed that the guidance that I receive from the spirit world and the astrological expertise often stress the same factors and things in my life at the same time. The book was published in Finnish in early 2015. It had a pretty big impact on my life; I started to get invited to different spiritual events to give lectures and I also began to go to different spiritual fairs and conferences to talk about spiritual things and to sell my book there as well. They were both very interesting new experiences and tasks.

In early 2016, I published my second book in Finnish "Henkiparannuksen ihmeet-kävijöiden kokemuksia kuuluisassa Casa de Dom Inaciossa" (Miracles of Spiritual Healing-Experiences of visitors in famous Casa de dom Inacio), in which I shared the results of my research study on the experiences of the visitors at Casa. In the fall of that same year, Mr. Timo Tahvanainen from Shadow camera-company interviewed me and it was published as a youtube video (in Finnish). The name of it in English is "Merja Sankelo on the Way to Casa de dom Inacio". I talked about my experiences and my story of spiritual development and we also discussed my new books on the video. I'm very happy that so many people have watched that video interview because I felt like I was able to share the knowledge that I had with people who

were searching for the truth. In (2019) the above mentioned book was published also in English in collaboration with Austin Macauley Publishers. I also created an English website for my international audience (<http://www.merjasankelo.com>) soon after the book was published.

In early 2017, I started writing a book in which I would talk about my communication and conversations with archangel Michael and the guidance that I had received from him. Archangel Michael also dictated some texts about different topics for that book. I have included them in their authentic form as part of the book that was published in early 2018 with the title "Arkkienkeli Mikael-rakastavaa ohjausta elämään ja henkiseen kasvuun" (in Finnish). / "Archangel Michael-loving guidance for life and spiritual grow". In that book, I analysed our messages and interaction that occurred within a six-year time period and I brought up some of the most important pieces of advice that I had received from him. It was easy to write about them because our communication had happened mainly in written form, which means that I always write down my questions and the answers that archangel Michael gives me. Nowadays, we communicate a lot also during my meditation sessions. If something important comes up I will write it down on my notebook afterwards and I also keep a diary of our conversations.

In the year (2018) I received some dictations from the wise guides that live in the spirit world and they were mainly about the life in the invisible spirit world after the death of the physical body. I was very busy with my full-time job at the time, so I had to stop receiving messages for a few months and continued after that. In August of 2019, I felt like it was the right time to publish those messages on my webpage in pdf-form (in Finnish and in English)).

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After everything that I have experienced, I believe and know that I have received guidance the whole time I have been moving forward on my path of spiritual growth. It's clear that I'm very curious about my future. I'm looking forward to finding out what happens next in my life, what kind of challenges I will face and how will I overcome them. It's wonderful to think that I'm never alone and that, besides my loved ones, I also have the helpers of the spirit world with me. I believe that everything will be okay and that my near future is full of positive changes that will make me even happier than I already am.

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## Websites:

<https://www.merjasankelo.com>

<https://www.nordictrainingconcultation.com> (in Finnish)