

Reflections with Peter Smith

During this time of great uncertainty and worry, let us take time to learn the art of loving each other and healing and take time to reflect upon our lives. We do not need to be physically in the same place as another person to give love and healing. We can speak by praying and asking our loved ones in spirit to pass on our healing thoughts and messages.

We must never underestimate the power of spirit just because we cannot see or touch it; it is there with us at all times. Moreover, in the present uncertain times we all find ourselves in spirit want to draw even closer to us and help us along this unknown path.

Give love freely and you will receive back love from both the physical and spirit world, this love will strengthen you and help to see you through this difficult time.

When we are able to give love to all, be it family, friend or foe we will find that love overcomes hatred, greed and jealousy and that love will create life and bring god and spirit even closer to you.

It is not by accident we find ourselves where we are now or where we have been at any part of our life. It is easy to question the pain and suffering some of us may have been through, more so than others we may think to ourselves. Nevertheless, this is just a small snapshot of a much bigger picture, the reasons we may never understand in this physical life but are preparation along the spiritual path for a more evolved spirit when we pass over.

We will all make mistakes along the path we are taking now, spirit cannot give us all the answers, if they did how would we ever learn, it is from our mistakes and experiences we learn and evolve. Like children, we also learn by our mistakes but it is having that trust in spirit to ask them when we do make a mistake to forgive and help us back onto the correct path that makes us a better person and spirit.

So trust in spirit, ask for love and guidance but love spirit as you would your own child and enjoy the light and happiness it will bring to you. Never feel you are alone, as you trust in spirit you will walk in light and not darkness and as that light increases so will your wellbeing and strength. Spirit wants to work with us but you must trust spirit and listen to what it says to you. This may seem difficult at first but like a child learning to walk, the more you practice the more spirit will bring light and happiness into your life.

Nothing will be the same in anyone's life, and change will always happen whether we accept it or deny it. However, change need not be painful but a joyous new path on our never-ending journey of learning.

Peter Smith

June 2020