

Are You Afraid to Die?

Hi Mary. It's good to see you again. We will reflect today about your fears about dying, as death is approaching.

You told me that you have fear about facing God because of what you have done in the past – sexual infidelity, dishonesty, harming another good reputation, not being a good enough mother and daughter. Also your fear for the ones you love. Will they be okay? How much you will miss them.

As we meditate let us be quiet and be aware of the great, infinite, compassionate, merciful love to whom we give the name God.

Remember what you felt when you held your newborn baby in your arms close to your breast. Remember the tenderness, the wonder, the protection you felt. Remember your willingness to do everything you could to help your child become good and happy. No thought of punishment – only of nurturing.

Mary, that love that you felt is a hint of the great Love (that we name God) that is holding you at this moment. The Love (God) from which you, I, everyone and everything comes is a million times deeper and more merciful than the best of our human loves.

The prophet Isaiah tells us that God is like a good mother. Isaiah ch. 66 v. 12b-13a. "As nurslings, you shall be carried in her arms and fondled in her lap; as a mother comforts her child, so will I comfort you."

That Love (God) holding you and living with in at this very moment. You can be totally honest because Love (God) is only about healing your wounds and drawing you into deeper goodness and happiness.

Let yourself be aware of your spiritual wounds that we call sins. Compassion Love (God) is smiling at you and saying I understand. Just be open to me and let the Love that I am heal you. The Love that I am will draw you into love. That is the healing. Because sins are our choices of turning against love (Love).

Just be quiet and be willing to surrender to Love (God). I (Love/God) will do the rest.

Remember that I (Love/God) will be with those you leave behind. They will not be alone. I am on their side just as I am on yours. As you are drawn more deeply into the Love that I am, you can send your love to them.

You will miss them and they will miss you. But you will not be separated forever. For I am drawing them into me (Love) just as I am drawing you.

Mary, surrender, let go. I (Love) will catch you.

Are You Afraid to Die?

Hi Joe. It's good to see you again. We will reflect today about your fears about dying, as death is approaching.

You told me that you have fear about facing God because of what you have done in the past – sexual infidelity, stealing, stepping on others to advance yourself, putting money and prestige ahead of family. Also your fear for the ones you love. Will they be okay? How much you will miss them.

As we meditate let us be quiet and be aware of the great, infinite, compassionate, merciful love to whom we give the name God.

Remember what you felt when you held your newborn baby in your arms close to your heart. Remember the tenderness, the wonder, the protection you felt. Remember your willingness to do everything you could to help your child become good and happy. No thought of punishment – only of nurturing.

Joe, that love that you felt is a hint of the great Love (that we name God) that is holding you at this moment. The Love (God) from which you, I, everyone and everything comes is a million times deeper and more merciful than the best of our human loves.

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Joe, surrender, let go. I (Love) will catch you.