

December 26, 2017

My dear child,

It gives me great pleasure to know that you are gathering this week with friends who will share in your personal and spiritual growth. I am sorry not to be there in person to experience each of you and share in your unique experiences. However, I wanted to share my knowledge and send you my thoughts for your consideration as you step out into this journey.

First of all, I want all of us to acknowledge the miraculous beings we are. God created only one of YOU!! Many scientists have spent their lives exploring the intricacies of the Human Being, and yet, no one can say for certain how exactly each human being expresses their uniqueness physically, intellectually, emotionally or spiritually. Contemplate this thought for just a moment...

You are unique in all the world. Your self-knowledge and self-awareness are key to being a discerning adult, experiencing the life God has created for you. What is required of you is that you know your self and your SELF. There is a part of you (self) that simply reacts to life experiences. There is also a deeper, interior SELF that is guided by the Holy Spirit and responds to life experiences in a "knowing" way, leading you to live a higher calling, an authentic life, that provides you the opportunity to share your unique gifts with the world for a higher purpose, guided by the Biblical concept that, "He that is in you is greater than he that is in the world."

Let me briefly direct your thoughts to several aspects of yourself that require your attention and continued consideration as you live your life, especially as a young adult assuming responsibility for choices and actions you will take throughout your life.

1. Take care of your body. It is where you live and have your being. Your body is the vehicle for your very existence. It is the temple where your soul lives on this earth. Therefore, you must know your body so you can recognize what you, in your body need for a good life. For example, eat the rainbow of fruits and vegetables. Rest. This means sleep but it also means withdrawal from stimulation to rest the mind, and emotions from persistent reaction to stimulation.
2. Pay attention to your mind. Remember that, "As a man [woman] thinketh so shall he [she] live." What is your "self" talk? What is your "SELF" talk? Where does this self/SELF talk come from? How does your body respond to your thinking? How do your thoughts influence your emotions? What kinds of things influence what you are thinking?
3. How is your emotional life? There are a broad spectrum of emotions that we experience a hundred times a day. What do you know about your own emotions? Which ones dominate your life: joy, anger, anxiety, envy, love...? How do your emotions influence your thoughts, perceptions, reactions, choices? Pervasive emotions like sadness can lead to depression; fear can lead to anxiety, such that these emotions become a state of being requiring professional intervention to improve your overall quality of life.
4. Know your "heart". Within your being is your heart as a place of responding to yourself and the experiences of other people. It is the seat of compassion. It is *here where the Spirit speaks* to us so that we can understand another's experiences, practice forgiveness and recognize that we all share in life's joys and struggles.

My dear children, enjoy the discussion of these ideas. Get to know your self and your SELF. Take notes. Collect quotes. Begin a journal documenting your journey. Make choices that expand your perceptions of possibility. Become the magnificent being you have been created to BE!

Yours in the LOVE of CHRIST,

Suzi Cekarmis Schoon