



Dear Reader,

Welcome to a sample issue of the "*Dear Guides*" Journal. We two sisters – Minda and Julie – channel simultaneously each week on a selected topic to see what the guides have to say! An excerpt of the weekly channeling gets posted to our *I Listen to Spirit Blog*, and the full channeling gets published through this "*Dear Guides*" Journal.

Today's special channeling for you is called: **The Guides Speak on How to Be Happy.**

We hope the *I Listen to Spirit Blog* - and its expanded form, the "*Dear Guides*" Journal - give you inspiration and an influx of Spirit to brighten your day and help you to hear your own inner voice and pulse.

You may submit a question for the "*Dear Guides*" Journal and learn more, find past issues, or subscribe, at www.ilistentospirit.com/journal.html.

Sit back, relax, and enjoy a loving message and painting for you from the other side!

Sincerely,
Minda Bernstein, Channeler
and Julie Bernstein Engelmann, Artist
www.ilistentospirit.com
www.ilistentospirit.com/blog

Special Channeling:

The Guides Speak on How to Be Happy

Channeled by Minda Bernstein

Dear Guides,

So many of us have low-grade unhappiness with our lives. Others have crises of unhappy situations. What is it that people really want and need to live happy lives?

Dear One,

Above all, people seek confidence that what they are doing each moment has a purpose in the grand scheme of things, as well as feels good in that moment. They long to see the connection between their power to feel, think and act and the greater good, their greater vision of life on this Earth. It is a search for meaning, and for knowing and finding satisfaction in the fact that their every action and part played in their lives contributes to that meaning. More simply put, it is that each of you matters. What you do matters. What you feel matters. Who you are matters. You contribute to the whole, you are appreciated for who you are.

If each person feels they matter, and what they do contributes and they are on the right path and each tiny step on that path is of value to them and to the whole greater system, depending on their belief, their family, their society, the Earth, the Universe or whatever, then there is an inner contentment that begins to grow. That is the birth of a sense of fulfillment and belonging. When people feel fulfilled by the contributions they *choose* to make – rather than by fulfilling those imposed upon them by society or family or others’ expectations - they have the opportunity to taste the nectar of true happiness.

We say “opportunity” because not everyone will allow themselves to feel their own great accomplishments. In other words, there is healing to be done on that level. Because all we have said above, about the concept that each person matters, is already true in the Universe. But most people can’t *feel* it, believe it. So the healing is not on the level of changing behaviors or improving skills or clarifying one’s purpose – although these are wonderful and intriguing and compelling projects that *can* have the power to increase joy tremendously. No, the greatest healing is on the level of appreciating what already is – that you each do matter and every step and thought and feeling do play such a part that you cannot imagine, most of you.

So the greatest healing is to invite, in any way that you can, to understand and accept and be open to know your own greatness, the importance of your own vision of your purpose – as it is now – even if it isn’t “clear” or “new and improved” – and that who you are **RIGHT NOW**, with no further polishing and improvement, is as precious as any jewel or treasure you could imagine ever desiring or owning.

This is self love, self appreciation. To have this and cultivate this is the greatest gift you can give yourself, your family, your community, your society, your Earth. This is the balm that soothes the soul, while it is also the oil that lubricates the entire system.

We are not speaking of “self-satisfaction” of the sort that excuses behaviors that go against inner knowing. We are not speaking of an external egotism or pride in actions that take away freedoms and opportunities from others. We don’t mean a sense of “I’m better than you are” or comparing oneself to another – where putting one’s self up puts another down. We are not including behaviors that require you to convince your inner self that they are okay or right, when you know that you don’t feel whole with these choices.

We are speaking of the part of you that is underneath all the choices, the judgments, the confusion of whether what you choose to do is good, or the best it can be, or wrong, or broken, or if it needs fixing. We are speaking of who you are, with all the foibles and seeming imperfections. This inner being is pure and always moving towards greater self-awareness and expansion and growth towards divine light and love. And the more you can appreciate the divine spark at your core, and give it the room to move and grow into its own glory, the more happy and fulfilled you will feel.

Each soul is perfect and is here to express that perfection. Each is part of the whole, reflecting some part of the light that is needed by the whole. If each person can see this beauty that they and only they possess, and imagine it as an irreplaceable piece of the puzzle, that without them being in the picture, there would actually be a hole, a gap, and it would remain incomplete, then they would begin to see how important in fact they are.

And then they would begin to judge themselves less harshly and begin to enjoy the entire play of this puzzle of creation, rather than seeing it as a constant struggle and “vale of tears and sorrow” and pain. Then they would benefit from and be connected to the ever-present waves of love and joy that pulse throughout creation. This is the nourishment free for all. It is the manna, the bliss, the stuff of creation which allows us all to live in joy, peace, harmony, love, appreciation for the life experience we have. And when we have that inner nourishment, we relax and flow and release the frenetic struggle which causes a whole lot of fight for nothing.

Think of the baby who is fussing and fidgeting and struggling, tense and flailing around, screaming for milk, when the nipple is right there and the mother is patiently waiting to fill its need, to satiate its hunger. The baby need only latch on. Of course, the mother's patience and calm and direction of the baby create the bridge for the baby so that it can just taste enough – some drop of milk – to begin to believe that the exaggerated fear of lack can perhaps be let go and that relief can be found and satisfaction will come! Then the baby begins to taste the milk, and to believe that comfort will come. When the baby begins to relax and really take in the milk, finally it enters the state of contentment and fulfillment. It has allowed itself to receive the bounty of the Universe through the milk of the mother. All the needs of the moment have finally been met.

This is the struggle constantly facing you. The bounty is there. Your frustration and fears abound. All that is needed is the bridge, this way to get a taste, a drop, which will help you begin to believe that the bounty could be, will be, yours. Gradually, learning to accept it and taste it can bring a deep inner relaxation and finally you begin to truly become nourished inside and realize that you have access to all the love and greatness and joy and sense of fulfillment in this life that you could possibly desire. This sense, the knowledge that you can receive what you need, allows you to have deep



The Guides Speak on How to Be Happy, by Julie Bernstein Engelmann

inner peace. Being at peace with one's own self and with one's own lifetime, in turn, allows you to dare to take powerful and fulfilling action in daily life. The struggle, the sense of disconnection, the frantic action-for-the-sake-of-action, slowly falls away.

What replaces it is deeply inspired action which comes from an inner sense of knowing, of contentment, of having that which is most valuable to share and to give. The sense of abundance flows from the Universe through you to all those around you. You become a bridge, an agent of transformation, helping others to gain this same awareness and self-love that you have gained. This multiplies the effects, creating the precious ripple effect, which resonates in harmony through the Universe.

Inside, your harmony creates your joy and the joy resonates outside of you.

This is what each of you truly wants. To manifest the tremendous joy inherent in your life here on Earth. To feel it, to live it, to share it, to be a link in the chain of light and connection, a drop in the ocean which transmits from one to the next, to create the waves of love which soothe every shoreline, which nourish every thirst.

In this way there is an intimate connection between the discovery of this self love, finding inner fulfillment, creating life meaning and the success that you desire manifesting from it, knowing the impact this can have on the greater community and feeling any contributions you wish to make - all happening automatically, all in a harmonious flow that seems to be absolutely natural. A cycle of love and happiness and inner peace, when you are truly plugged into the divine current.

That is what each of you wants, your deep desire.

And the simplicity of how you can have it - this is the beauty of it. We are here to help you see just how simple it is and how you can find this state at every moment of your life, with the tools you already have. If you seek help, if you want to discover these truths, and to open your eyes and your hearts and your lives to living this kind of connection, we are here to help you. Please take the steps to benefit from Divine guidance to arrive at the happiness you desire and deserve. This is your birthright. Find out how to claim it, either through your own inner connection and resources or through the guidance which can help you develop that within yourself.

Go in peace and be filled with your inner purpose and the love which surrounds you, just waiting for you to serve yourself of it!

Blessings!
Your Guides

The *"Dear Guides" Journal* is co-produced by:

Writings © 2010 Minda Bernstein, Channeler, Montreal, Quebec, Canada

minda@ilistentospirit.com - www.ilistentospirit.com

and

Painting © 2010 Julie Bernstein Engelmann, Artist, Indiana, Pennsylvania, USA

www.julieengelmann.com

Minda and Julie are two sisters who channel simultaneously each week to bring you this visual and written message from the guides.

To learn more about Minda and Julie, see www.ilistentospirit.com/scrapbook.html