

You're awake late again this day. I'm sure you would benefit from a better sleep routine, not that it's any of my business. I was always an early to bed and early to rise person. I used to enjoy the freshness of the morning air filled with the sounds of the birds. Each to their own, that's what I believe.

Yes, you've been catching some of my prompts about what I wish to speak to you about tonight. But please, only write my words and don't let your own thoughts penetrate mine.

Humans have lots of habits and traits that serve no purpose in their being, many of which will delay their programs.

You've been using a lot of your thoughts concerned about what others think of you in the way you choose to work with us.

This is a dangerous trend, my dear friend. You should live yourself in your light and not in the light of others. That is how shadows of darkness are cast. Your first and only concern should always be about how you interpret what you do to program your path through

life. Following others foot's steps, is not always wise. What if those footprints were left by someone who was themselves lost?

Create your own path and use your wisdom you're learnt from others to navigate you forward.

Always remember that your uniqueness is your strength and power.

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Thank you for erasing that last sentence. It was your words, not mine. This illustrates the challenge we sometimes have, when talking to you about a topic that animates your mind into play.

There are no perfect humans. There never was and there never will be. Even in my world, people are not perfect. We are all flawed by the very nature of our design. That is the result of unholiness. Had you never realised that?

Your speaker yesterday talked about betterment and hindered on how to measure it. To achieve that betterment you should realise

Great betterment is a result of actions taken. These actions are little things at first, that when repeated consistently, become habitual. Habits that serve to increase your betterment, your long term path towards the eventual light of God.

You must surely realise that opposites of betterment, in other words, those habits and traits formed of a negative thinking serve only to dilute your betterment. As your teacher once told you, you cannot call yourself 95% honest. Honesty is 100%. Anything less doesn't count.

Humans choose to close their eyes to some things they do in the hope that all the good things they do will counter the bad things. Sorry, it doesn't work like that.

Betterment is a deliberate and continuous state of being. Remember what I said though, nobody that ever lived on earth was perfect. Everyone is flawed, as I am too. But working harder, living with purpose, in a deliberate state of improvement leads to a greater

betterment. A greater achievement from the life given.

The easiest achievement for people is to be imperfect. Everyone will achieve imperfection without any effort. The hardest achievement is to fulfil life with habits and actions that lead to a state of betterment.

One of the lines in the Lord's prayer covers this very well.

"Lead us not into temptation, for thine is the power and the glory, forever and ever."

The Dharma way is not one where negative traits serve purpose. And when I talk about traits, they often start with thoughts. Thoughts that serve no good.

Humans have been relishing in these negative states for far too long. Emotions such as jealousy, anger, greed and lust. Often only thoughts yet serving only to hinder the betterment from progress.

I do enjoy sharing this philosophy with you. You have a mind that listens and absorbs the words we share.

Life is enjoyable, more so if it is one fulfilled with love and light.

Time you rested on my words now. I hope they serve you, and whoever reads them.

Let the light of the Divine light up your soul as it shines brightly through your heart and your spirit.

Goodbye for now.