



## **Seeking Answers in a Different Way**

You have so many questions and We know you are anxious to have the answers. Oh, you so desperately seek the answers and you want them now. We realize without questions there can be no answers. But to minimize your anxiety you must learn to seek answers to your questions in a different way. The issue is not to have fewer questions, but instead to be more content with the questions. Not to be anxious. Not to anticipate the answers. Not to judge the questions or the answers when they come forth. To learn to be at ease with questions and that is when the answers will come more easily and somewhat effortlessly.

It is the struggle that you choose to have with Life that causes many of your problems. What if asking questions could occur without struggle? A question comes up – you search for the answer, you wonder, you ponder, you think, you reflect. You allow the question to percolate in your mind in and out of consciousness. And then as if, miraculously, the answer comes to you. That is the real search for Truth that has gone on for eons, but many of you do not practice this way of asking questions.

There is nothing wrong with asking questions except when you choose to make it difficult. When you fuss or worry or fret. Is this the right answer? Are you sure? Maybe not? Should I search more for the answer? Maybe when the answer comes I should ask another question. And then another. Should I continue to ask questions? Are these answers right?

Doubt. Wondering. Searching. Pushing for answers. The more you want answers, the more questions you ask. Over and over again until it feels like a struggle. But what you don't realize is that Life does not have to be a struggle.

It is because you seek and search too much. You make your searching and seeking obsessive. So much so that your mind gets tired of being driven to always think. Here is the question, now go find the answer. Don't get Us wrong the searching for answers in life is important. Very important. It is part of the design of the human being. To search for answers within the Duality of Life on planet Earth.

It is just how you choose to do it – it's your process that confuses Us. Your method does not always make you happy or content and yet you continue to use it.

What if you allowed questions to simply pop into your mind, like inquiry with no concern for when the answer comes, or even if the answer is correct? What if you simply allowed yourself to wonder, to ponder, to reflect on the puzzling things in your life and in Life in general? What if the questions did not have an urgency to them? What if they were merely inquiries to something bigger than you? What if you asked questions in a calm, non-urgent way? Then waited patiently for the Answer.

What if you began to believe that you need not be responsible to both ask and answer your questions? What if you merely asked them and waited patiently for Us to send you the answers. You would have to surrender the need to come up with your own answers. You would have to let go the need to know. You would have to relax and allow the answers to come forth in their own time. You would have to Trust, yes trust that the answers would come to you.

What if that was an easier way to live life, to allow life to expand? Ask a question and instead of using your mind to seek or search or figure out the answer, you simply quieted your mind and opened your Heart and waited patiently for answer to come. Do you think life would be easier for you? Do you think you might have fewer struggles? Why not give it a try. You may be surprised to see that much of your struggle dissipates and that the answers you get are far more profound and meaningful than doing it your way.

We are here for you anytime you wish to converse with Us. Simply enter a state of stillness and peace and We shall appear. Our love for you is everlasting and unconditional.