

Machiventa *Returning to Spirit: Learning Through Repetition and Growth*
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There are many messages available for people to read—those you’ve mentioned from the Galactic Federation of Light, and those that come from our own team. If you are searching for messages that give predictions, or those that instruct on the reformation of your social institutions, or even messages about your personal relationships, I will say this: the more personal the need, the more you must go within. Without your divine guide, you cannot truly discern the truth value of any message.

We are more inclined to stimulate your spiritual development through practices that are tried and true—building a consistent stillness practice, devoting time to connect with your inner spirit, with Father Michael and Mother Spirit, and giving time to those humans close to you. Improve your communication with one another so that your words are meaningful and heartfelt. When conflicts arise, practice the skills of listening. Ask your spirit to help you understand what the other truly needs.

These are the basic skills you will always be practicing—on this world and the heavenly mansion worlds to come. We may repeat ourselves, but we do this because you need reinforcement. The same is true of the lessons life brings. Reflect on your past—your teens, your twenties—and compare it to now. You’ll likely see great growth and realize that some experiences have been repetitive versions of earlier ones.

We don’t become solid in our spiritual stature without reinforcing our lessons. One experience isn’t necessarily enough. You will find yourself revisiting similar experiences to measure your growth and deepen your attunement to divine ways. Many of your life experiences will seem like tests to show how much you’ve grown. It’s encouraging when you notice that you no longer react the same way to a situation as you once did—that your response is more mature now.

You may still notice a few lingering negative stirrings inside—those you didn’t act upon but can still feel. When that happens, go to your spirit and ask: “What is going on in me? Why does this still bother me? What can I do to be free of it?” It is your willingness to cooperate with your spirit that stimulates true growth in your life.

My friends, you are fortunate to be on a planet such as Urantia. It offers so many diverse, challenging experiences—each one an opportunity to accelerate your growth if you make it your practice to go to your spirit and ask for the better way. We rejoice with you that you are ready for this.

And if you ever wish to hear our wisdom or receive our perceptions, all you need do is call upon us.