

Subject: Newsletter From Ruth. Part 2 of 2.

From: "John Winston" <johnfw@mlode.com>

Date: 01/12/2011, 06:15

Newsgroups: alt.conspiracy.area-51

Subject: Newsletter From Ruth. Part 2 of 2.
Nov. 30, 2011.

This shows one way that we might find peace.

.....
.....

How does one access this Inner Peace? The heavy clouds of daily cares, appointments, schedules, car repairs, computer breakdowns, keeping the kids in line, problems in relationships, etc., etc., keep the mind in many different focuses at once, all trying to command the primary attention. Emotions that spring from the daily round of thoughts engulf the nervous system, the heart, muscles, and the digestive system. Constant television commercials publicize certain diseases or common ailments, blowing them up to encourage the mind to accept the premise that the listener must certainly need their high-priced drugs to ease their suffering. Millions of dollars are spent each day for drugs that are not needed and do tremendous damage to the bodies they are supposed to be helping. Listen to the very quiet and rapid recitation of side effects that go with the ads for drugs. One even admits that the drug might bring on the flu as a side effect! Listen carefully!

All of these things keep the mind and body in a state of tension that forbids the conscious mind to relax and set aside a few minutes every so often to tap into the Inner Peace. Indeed, how often do most people even think about communication with their Creator through a few moments of prayer during their day? Would you believe that even a short Hello! to the spiritual sources of all things is welcomed as the acknowledgment of the reality? A few Thank You; to your Angels for making things easier is very welcomed, too. If you cannot do this, accessing Inner Peace is impossible. You must know that it IS there! You must know that it takes the determination on your part to put your mind into a state of stillness in order to find that Peace. One does not have to sit in meditation for an hour to find it, although many people find this is the only way to train their minds to be still.

Inner Peace is not just a state of mind, but the very profound connection with universal energy and Creative Power. When that connection is made, even if only for a few minutes, it suddenly becomes apparent that all of the spiteful thoughts, all of the anger, all of the tangled webs of humankind, are simply of no real importance. The answers to problems become simplified, the blocks of memory or thought suddenly become clear again. You can see and understand the confusion behind all of the rhetoric of fear and annihilation that is produced by minds denied the clarity of Inner Peace.

European and Eastern nations who have been killing each other over the acquisition of ancestral lands, trying to erase those who think, speak and worship differently than they, continue their thoughts of hate and retaliation. Revenge for the terrible wrongs that have been committed is creating more terrible wrongs. This part of the world will not see a peaceful world for themselves and their descendants for a long, long time. The enlightened few are struggling bravely to turn this kind of thinking around, but it will not be easy. Where and when will it end? Worse yet is the infection of bias and bigotry that has been part of the human race for centuries.

When Inner Peace has been accessed, the realization of absolute unity with all humanity comes into view. One understands that the outer appearance is only a facade that spiritual beings use to experience a lifetime in matter. Yes, there are differences between spiritual beings, too, for the Creator saw to it that each created being is an individual, with its own thoughts and goals. That is why personalities differ so drastically. All of the experiences each being undergoes through the eternal stages of their lives, both in spirit and in matter, molds the spiritual personality just as much as the human personality, affecting the thoughts and goals of the incarnated soul. It is the Inner Peace, that connection with the Mind of God, that directs the beings towards wisdom and knowledge of the highest order. It is the Inner Peace that fuels the recognition of each person you meet as a part of yourself in

some way. All of the qualities and characteristics of humanity are mirrored in the people you associate with every day. This realization is a beautiful relief from all of the little petty attitudes and resentments that are carried in the heart and mind they hold you down and keep you from the joy you really desire! You realize you are no different from those you thought were either not as good as you, or so much better than you! All expressions of life are different as each individual reacts to them in different ways, echoing many eons of experiences. Inner Peace brings all of the Creator's children together in simple, perfect Love.

Peace on Earth can be accomplished in your own home when both parents recognize the harmony and clarity that comes when peace is part of the thinking process, a part that remains close to the surface of the conscious mind, regardless of the many problems that surface each day. Disagreements can be quickly solved because of the clarity of mind that sees both sides of a question without the ego interfering. Negative outside influences can be explained to children from a universal, spir-itual point of view instead of letting emotions run wild. This clarity of mind helps to avoid dangerous situations and/or to react without the mind turning to mush. The inner connection, when used constantly, eventually brings one to a point where the lies or misconceptions of others are seen without effort. Commercials or other methods of mind control are no longer of any effect. Inner Peace is a clarifier of thought and a kind, loving touch to the heart and the emotions. If humanity had never discovered this, your world would not have lasted this long!

The Inner Peace we are speaking of is NOT some namby, pamby, weak emotion that invites the scorn of others! It is an extremely powerful force, drawing upon the energy of the universe! As one dwells within the influence of this Inner Peace, it is like standing on a mountaintop, able to command all that you see, hear and feel in perfect harmony, a place where the personality has the feeling of supreme self-confidence.

Please help others to realize what a wondrous piece of creation they really are. They are partially a spir-itual being that has all the knowledge of the universe at its fingertips, and partially a human being who is trying to understand life at a physical level, bringing a lifetime into real focus.

As this year comes to a close, it is apparent that the world is changing rapidly, bringing new experiences and challenges never even thought of in prior years. Finding your own Inner Peace will bring the realization that it is humanity itself that will bring world peace to perfection.

You are the catalyst that will turn humankind's concept of life and living completely around. As you live within the inner light and by the loving laws of the Creator, a new world is coming into play, just as planned. You are its Creators!

Peace on Earth WILL become a reality, for this is the Plan of Go-.

This free E-mail Newsletter is being distributed, without charge, through the Yahoo Group system. In order for new readers to have their e-mail addresses added to the distribution list to receive the Newsletter every month, please do the following:
Send a blank e-mail from your own e-mail address to:

ruth_ryden_newsletter-subscribe@yahoogroups.com

Then just send. No message necessary. Yahoo will send confirmation.

To access a current or previous Newsletter after you have subscribed, go to your internet browser and type the following address in the address space at the top:

http://groups.yahoo.com/group/ruth_ryden_newsletter

All of the Newsletters I have sent with this group are archived and available to print out.

Please contact me at my e-mail - rydenruth@yahoo.com

Or to my mailing address:

Ruth Ryden

2806 N. Apple Lane

Payson, Arizona 85541-7328

Part 2 of 2.

John Winston. johnfw@mlode.com

