

This comes from the 198th trance given in November of 2003.

198 131 The Council: Mankind, at this present time, exists in an ice age of the
198 132 heart. We will repeat that. An ice age of the heart. In your world
198 133 today, there are the users and the used. The common denominator
198 134 with this lifestyle is loneliness, again, the common denominator is
198 135 loneliness. Man has not learned that his only source of happiness
198 136 is in his ability to love. There is no loneliness when one chooses
198 137 to love, and if you have been blessed with a love or a great love,
198 138 where loneliness does not exist within you, you are experiencing
198 139 the best and most perfect of loves. Be ever grateful, be ever
198 140 grateful. Be sure that you are giving as much as you are receiving.
198 141 Be sure that if your loneliness has been taken away by the one you
198 142 love, make sure that that individual also is absent of loneliness.
198 143 This necessitates then you loving more than what you are presently
198 144 giving. How sad man will exist in this ice age of the heart. The
198 145 terrain will become more hazardous, more dangerous, and darkness
198 146 will become even darker. This will continue to those who refuse to
198 147 love, their hearts will be frozen to the point where it cannot be
198 148 thawed out. They will choose everlasting state of the ice age of
198 149 the heart. Those who venture forth from this dark, bleak time and
198 150 begin to give of themselves will rise above that into spring
198 151 meadows and warm sunshine. They will resurrect themselves above the
198 152 coldness of man's world. They will be reborn into the springtime of
198 153 eternity. Very well.

198 154

198 155 Questioner ***: Why would a person choose not to love?

198 156

198 157 C: That befuddles us. We should be asking man or mankind why he
198 158 chooses not to love. The reasons are as numbered as there are
198 159 individuals. There is no real answer to that question other than
198 160 selfishness which then creates loneliness which then creates
198 161 desolation of the soul. Does that answer the question?

198 162

198 163 ***: Yes. Now it is a conscious choice, right?

198 164

198 165 C: Well, whenever one does something unloving, it is a conscious
198 166 choice at one level or another or at many levels. Some people are
198 167 nasty, being so, fully conscious. Others are nasty because there
198 168 are underpinnings that surface in the conscious mind that make them
198 169 react unkindly or unlovingly towards a given situation. And that
198 170 occurs because they have not put in those things that raise the
198 171 spirit. Do you understand?

198 172

198 173 ***: Yes, thank you.

198 174

198 175 ***: You said that we didn't put in the things that helped the
198 176 spirit. Are you saying like garbage in, garbage out?
198 177
198 178 C: Very accurate. Very accurate. You can only be, you can only
198 179 reach, you can only see what you have put in to yourself. Do you
198 180 understand that?
198 181
198 182 ***: Yeah, but even then we are still quite capable of blocking
198 183 that, even all the good that comes in?
198 184
198 185 C: Put enough of it in, and you will succeed. If you think that you
198 186 can put so much in and you still do things that should not be done,
198 187 then you have not put enough goodness in. You have not pushed
198 188 yourself enough. You have not eaten of the banquet set before you.
198 189 You have chosen to eat artificial food that looks as good as the
198 190 banquet, but gives no sustenance to the soul. Does that answer the
198 191 question?
198 192
198 193 ***: Yes, but kind of brings up another one. You were talking about
198 194 the heart and how cold we are with the heart. OK, so if we want to
198 195 change. How do we develop good attitudes to start opening up our
198 196 heart?
198 197
198 198 C: Take advantage of what is around you. If someone loves you,
198 199 return that love and more, in any way that is necessary. Seek out
198 200 to make your partner happy. Seek out to make your mate happy. Seek
198 201 out to make your family happy. Is there anything else?
198 202
198 203 ***: No, Council, thank you.
198 204
198 205 ***: Any one else?
198 206
198 207 C: One other remark to what we have just said. Do not always rely
198 208 on the person you are giving this love to to be totally honest with
198 209 you in regards to your shortcomings. You may think you are giving
198 210 enough love, and you may ask that person, "Are you happy?" And in
198 211 order to be kind, they may say yes when there is great pain still
198 212 there. Keep that in mind. Make sure the love you give is a love of
198 213 quality, and we might add, to insure your profitable return, not
198 214 only quality but quantity. Very well.
198 215
198 216 ***: And this just does not apply to like a spouse or family but in
198 217 everyday life?
198 218
198 219 C: It applies to anything and everything. We addressed it
198 220 specifically to interacting with another individual, but it is a

198 221 principle that can be applied to all, all relationships.
198 222
198 223 ***: So, for example, when you continue to be kind, as another word
198 224 for loving, to someone say at work and they just continually hurt
198 225 you or don't return it or just nasty. How do you keep it up?
198 226
198 227 C: Well, if someone is just a sour apple, you try to sweeten it a
198 228 little. In a case, in a situation like that, if they are not
198 229 willing to accept the sweetness, then take your energies some place
198 230 else and allow them to indulge themselves in their own negativity.
198 231 Now there is a situation with individuals that you work or casual
198 232 acquaintances where yes, make an effort, but do not allow those
198 233 people who are negative to draw you into their own negativity by
198 234 occupying all your energy and time so that you cannot give it to
198 235 others that will benefit from it. Let them stew in their own sour
198 236 grapes after you have offered to help, to give. Do you understand?
198 237
198 238 ***: Yes.
198 239
198 240 C: All you can do is offer charity, we are using "charity" now in
198 241 the strictest of Biblical senses which incorporates all the forms
198 242 of love, not charity as far as necessarily as just giving to the
198 243 poor. Do you understand?
198 244
198 245 ***: Yes, I do.
198 246
198 247 C: Be charitable to all individuals, but those who do not
198 248 appreciate that charity, then shake the dust from your sandals and
198 249 move on. Sometimes that is the best you can do. Possibly in the
198 250 future they may remember that kindness and seek it out again. Very
198 251 well.
198 252
198 253 ***: Council, you said you should try to seek out or seek making
198 254 your loved ones happy. Is there an order to that, an order of
198 255 responsibility? For instance, me, my mother would be the first
198 256 order and then on down the line. Is that the way you should
198 257 approach it?
198 258
198 259 C: In all life there is an order, there is an avenue by which you
198 260 must travel, that which is most important to what is least
198 261 important. Do you understand?
198 262
198 263 ***: Yes.
198 264
198 265 C: One has to decide priorities and hope that their decision is
198 266 appropriate or correct. Those who truly love and in your case, as

198 267 an example, those who would truly love you will understand the
198 268 order. Do you understand?
198 269
198 270 ***: Right. So, if I had to tend to somebody else's needs first,
198 271 the other person, who also loves me, should understand, if I am
198 272 doing it right, the order of responsibility?
198 273
198 274 C: That is right. You see, it is a matter of loving and then loving
198 275 in return. Do you understand?
198 276
198 277 ***: Yes.
198 278
198 279 C: It is giving both sides. Those who love, the ones that are
198 280 giving them love, must understand that there is a priority in life,
198 281 and if they truly love the one that loves them, then they
198 282 understand this priority and will encourage that priority. Unless
198 283 the priority is the individual who is to encourage, then that
198 284 individual should step aside as an additional act of love, allowing
198 285 that individual then to give more freely in other areas. Is that
198 286 clear?
198 287
198 288 ***: Would that be like an example of parents letting their child
198 289 go out into the world when they really don't want to, they want to
198 290 protect them, but they kind of push them out into the world because
198 291 they know it is better for them or they know they have to learn?
198 292
198 293 C: Yes. That does not mean that your parents love you any the less.
198 294 They are giving you your freedom, and that is the same with loving.
198 295 If the person who is priority on your list to love, if they
198 296 willfully step out of that position, it is an additional act of
198 297 love on their part. Do you understand?
198 298
198 299 ***: Yes.
198 300
198 301 C: Not a rejection. There a dilemma may rise up. What do you do?
198 302 Well, if you are lucky enough to be in a situation like that, you
198 303 will be in a situation to love more than just one priority. So you
198 304 cannot lose when you are dealing with love. Very well.
198 305
198 306 ***: Any one else? Then let us go on to the first question. (***)?
198 307
198 308 ***: How do you protect yourself from evil in today's world,
198 309 especially in the work place where everyone is out for themselves,
198 310 trying to get ahead at any cost, and you are there with these
198 311 people for so much of the day, nearly everyday?
198 312

198 313 C: The simplest way in your world today, is do not react in like
198 314 manner. You know what the appropriate attitude and actions are. Be
198 315 steadfast. In some cases, that means one must be somewhat withdrawn
198 316 from the individuals they work with or have to deal with. This does
198 317 not mean that you are uncivil, of course, you are civil, and you
198 318 are appropriately kind when the situation calls for it. But to
198 319 become personally involved in their pettiness, you are only
198 320 allowing them to drag you into their own negativity. In the world
198 321 today you must stand tall and strong. If you do not, you will lose.
198 322 Only the strong and the brave will succeed. Does that answer the
198 323 question?
198 324
198 325 ***: Yes, it does. Thank you.