



The Share Foundation

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EARTH, NATURE, AND HUMAN RESPONSIBILITIES

Christ Jesus through Virginia Essene

Beloveds of the Love Corps and light workers everywhere, It is once again my privilege and enormous joy to achieve this spiritual connection with you and to embrace your thoughts and feelings with my love and appreciation for your soul's deep commitment to this earthly experience called life.

I come joyously to infuse your being with the gold and silver radiances of our Creator's wisdom and love that you may be deeply moved and enriched by remembering both that wondrous Mother/Father and your own greater capacities as an eternal soul. As we often say, you are the light of God's glory here in an impoverished world where your growing consciousness of peace and harmony are so desperately needed.

Thus, those of us who serve you during your physical world experience are excited to have these all-too-rare moments of contact that may encourage your soul's expression and your unique ability to assist in the evolution of physical life. Indeed, it is in that mood of support and caring that I greet all peoples today, especially in those parts of the world where tragedy and suffering are being

experience, such as the recent flooding disaster in the southeastern United States. This tragedy presents a perfect example of how nature and humanity should be working together so I will return to those specifics a little later on, since it is reminiscent of my remarks about the recent tsunami terror in Asia.

Meanwhile, may I remind you that in every corner of the Earth, it is what you call "nature" that rules both the physical human experience and the experience of all living things? - Even items you call the rocks and other supposedly inanimate objects? Your earlier native and indigenous cultures were very attuned to that reality of unity and interdependence and were usually respectful of the other life forms and the elements - especially the air, water, land, animals, birds and plants - upon which their lives were dependent. Yet gradually much of this wise respect has diminished in many parts of the world and the regrettable outcome of humanity's indifference and abuse is causing many problems that all life on Earth must consequently experience.

However, since humanity's abuse does not cause every act of nature, you must not only be her good stewards, but you must be attuned to its many aspects and qualities and how these attributes on the planet can affect all living organisms. You must also seek to understand nature's many possible warning messages in advance of her needed demonstrations so

you not taken unaware of physical dangers to your painful disadvantage.

We would suggest that wisdom requires many scientific minds totally devoted to understanding the nature of your planet revolving in the vastness of space as part of a solar family within a galaxy, but also devoted to following the local activities that these myriad influences cause upon all physical life forms that are primarily an **ORGANIC CREATION OF INTERDEPENDENT RELATIONSHIPS**. Some may call nature a living organism or a unified living system in order to define their experience of what physical life offers. Whatever they call this organic creation, if they understand that divine energy is a living organism based upon an underlying essence of unity, with myriad parts working together, then they are warmly nestled in this basic truth.

THE SPIRITUAL NATURE THAT BRINGS YOU INTO PHYSICAL LIFE IS AN ENERGY BASED ON ONENESS, dear hearts, so it lacks the kind of rigid hierarchical structure that your personality selves attempt to live by. It is literally a community always seeking harmony and balance. When you reach our higher dimensional reality, things work together more harmoniously, more interdependently, which is the status and experience you desire to create here on Earth through your wisdom, free will, and passion for higher consciousness. The challenge is to understand that having dominion over something doesn't mean you can be ignorant and abusive in that guardian role without suffering the consequences if you do not fulfill your attendant responsibility to honor life.

Let me repeat that idea again even though many religions have shared this knowledge with you in their many scriptures and in the examples of their greatest mentors, teachers, and guides.

Humanity has been given dominion, or the responsibility of caring for life on Earth. You are here to protect, maintain, and support other life forms on the planet, including Earth, herself, and everything that moves outward from the planet into space.

In response to my remark that you have dominion or the responsibility for supporting nature and the planet, some might argue that there have been interferences by other unloving beings, perhaps those you call aliens or extra-terrestrials, that are really in control and you are overpowered by them...so humans aren't really in control. Yet I say to you that even if this were even vaguely true, the law of community creativity is your tool for success in overcoming anything through the use of greatly empowered higher consciousness.

As I have often shared, higher consciousness is the divine resource to overcome any variety of obstacles and challenges using the highest frequency in the universe, which you call love. Any obstacle or challenge, then, is an opportunity to expand your own soul's creative power as you work with a group or two or more in an intense thought and feeling bonding that commands a higher authority to join you in achieving your intention with clarity and resolve.

Forgive us for repeating these ideas so frequently but the mass of humanity needs to hear the message in many ways, times and places and we consequently ask all of you to do your best in modeling and spreading this truth to as many people as possible who may listen and then incorporate the ideas into their own positive actions.

Before continuing, however, I want to be certain that I have shared an absolutely clear understanding of what the responsibility each of you should be

honoring as you evaluate current humanity's activities in any of these three subject areas. The listen to your heart as I discuss these vital categories so there is absolute clarity about what your dominion role is and is not!

First of all, humanity is altering the planet with a vast array of chemicals and toxins that are deleterious to the soil, air, and water – and that consequently and inevitably harm both plant and animal life, which affects almost every living thing, including your own physical body. Why would you allow corporations to despoil a beautiful planet, endanger your health, and not recognize and utilize your responsibility to maintain the best of life?

Secondly, in addition to this chemical toxicity which comes from waste products and chemicals of myriad types, there is also a deliberate corporate movement to transform agriculture into an unhealthy, unnatural form of food using what is called bioengineering.

Why would you want to create unsuitable strains of food rather than eat natural food designed to keep you healthy. Why would you risk mutant forms of sustenance that are unsuitable for cellular growth and support? Do you really want pig genes mixed with your tomatoes or other foods? What is the purpose of these experiments? Surely the organic foods that nature has always provided for life, when well-tended, are better than artificial substitutes.

Recent evidence by your own news agencies shows that the diet in America, especially, is becoming more based on advertising and less on what the human body requires. Half the nation is fat to obese and we are very concerned that even many children are not being playful and creative in natural outdoor activities that the human body needs. Do you want to lose robust health in your own body

experience and live with the pain and suffering of disease?

By eating and living unnaturally, by resisting physical activity and recreation, you are quickly opening the door to chronic, life-threatening diseases that are measurably destructive. You have only to notice how many hours you spend each day with mechanical devices such as computers and TV's that deprive you of human contact, of sharing heart energies of love, to realize why so many people are unhappy.

And then, dear ones, there is a third responsibility of controlling genetic engineering experiments where animals are created in laboratories, and as you are but learning, so also are human bodies being engineered – though lacking souls, of course. Many scientists and corporations use many excuses for doing whatever they wish, usually making it sound as if they are actually helping people. However, there are too many seeking personal success, notoriety and power, not social responsibility and interest in the well-being of all life. So may I suggest that you carefully monitor what these scientists without discipline and concern for life are doing so they don't bring you into an experience where there is unmitigated calamity?

It is truly your health we are concerned about which is why I am simply attempting to clarify these challenging social and spiritual issues so that you can focus on attaining both your own personal needs for a joyful and healthy life... and those of your human species. Kindly remember my comments do not mean to exclude the possibility that responsibly considered genetic engineering can play a helping role in achieving human health as you safely learn to utilize more of its greatest potentials.

Now please take your seven deep breaths because these reminders of your present challenges may likely bring up the feeling of fear, even though I only share our concerns so you may evaluate your own life habits - and possibly use some energy into becoming more responsible citizens of an exquisite planet. If you did notice some fear arising out of my sharing, please use your 7 Breaths process to relax and later re-focus on how you can wisely deal with current societal problems regarding human health. As you learned in prior newsletters, taking seven calming breaths to better relax in times of stress or upset is a fast and easy way to dismiss a worrisome thought. - Since I have not repeated the half-page of the 7 breaths practice in this year's newsletters, but some new subscribers have asked to learn it, here is a little review practice now for them – and possibly you.

7 Breath De-stressing Process

1. Simply pause whatever else you are doing and relax your body. Choose to disengage yourself from the outside world's activities and just be with your own true self. Dismiss every personal thought by intensely focusing only on your breathing.
2. Now deeply begin to breathe in breath number one and when your breath runs out, sigh into an exhale. Notice the beginning physical relaxation and then pause until you need another normal breath.
3. Continue in the same way by breathing in a second breath that you hold and then sigh into the exhale as before to enjoy the calming feeling begin.
4. Now you will choose to do at least 5 more deep breaths followed by sighs and relaxation pauses, as before. Some people find it so relaxing that they will do more

breaths than seven. The important thing is to notice that you are able to relax very quickly just by choosing to quiet yourself by deliberately pausing to breathe anytime you wish to regain your feeling of peace and calmness.

Learning to use a quick and satisfying process from which you benefit can be achieved in other ways such as silent meditation, contemplation, or specific techniques from other teachers, of course. I offer this short breathing experience just because the human emotional energy field moves very quickly into stress and imbalance and we wish to help you retain a smoother day with fewer extreme moods.

Now let me change to another topic because so many of you have been praying for the dead and surviving humans and animals connected to the flood in New Orleans and the South Coast region which your media have dramatically reported. You have questioned why this has happened, and are trying to identify those you can blame. Many citizens are feeling anger and embarrassment and have called for our help in making sense of it.

Because you have asked, and because you want to do the right thing, let me remark on this drama from our own perspective as guides to the human family. To be truthful to your need, this comment requires that I remind you of the individual and group responsibilities of many people and the free will choices that every physical human must make.

So let me begin with the word responsibility as an individual or personal virtue before discussing group responsibility. I'm certain you will recall how I keep repeating the need for each of you to have contemplative or meditative times every day – an experience in which you remove yourself from the clamor of

everyday habits and practices that command your attention. These quiet times are more and more essential because the Earth's needs, often expressed through climatic events, will occur more frequently - such as the tsunami horror and now this latest U.S. catastrophe.

Do you wonder why I, and many of your heavenly helpers, constantly advise each of you to listen within and be prepared to follow your intuitive feelings about supporting your body's safety? Can you understand why I am always telling you to be prepared for the unexpected, especially if you live in known areas where earthquakes, tornadoes, hurricanes, flooding, and other such dangers are clearly identified locations?

To live in dangerous country and not have sufficient rations of emergency food, water, light and heat, is at best highly irresponsible and could also be deadly.

Many people would be alive today if they had simply been paying attention to the facts that the weather was heading for a major storm which could cost them their physical body's life. That was their free will choice over which we have no control even though we were sending warning messages from our vibratory level to yours through dreams, meditations, prayers, flashes of insight, and so forth.

We make no judgment about why many did not take the physical and spiritual warnings being offered and therefore perished, either quickly or slowly, but it required us to bring many angels and guides to help them make a safe transition into the light. I need you to understand that for those people who died with an awareness of God or divine goodness, or whatever higher power they believed in - all those who had just tried to live a moral life -- were far better able to accept our support and guidance than those who had no trust in the hereafter.

Dear ones let me expand this a little bit more. Any thoughts held about a loving place, especially a future home based on a broad universal spiritual existence of compassion and love, carries a very helpful energy frequency for the departed. The deeper their love of God and the gratitude they have to their Creator, the more beneficial it is for them to energetically reach their best future experience. Especially helpful is a broader understanding and appreciation of the many religions and teachers who have taught humanity over time without limiting their consciousness to just one Lord of Light or one angel's name.

There is nothing wrong with thinking of me, or Archangel Michael, or whoever you have found a good teacher in this life. But if you focus only on me, for example, ALWAYS ASK TO GO TO THE HIGHEST LEVEL OF MY SPIRITUAL LINEAGE BECAUSE YOU MAY HAVE HAD MANY LEVELS OF PAST RELATIONSHIPS WITH ME, AND OTHER TEACHERS. SO FOCUSING ONLY ON MY EARTHLY LIFE OF THE PAST 2,000 YEARS COULD BE CALLED A LIMITATION.

Now, beloveds, why would I make that comment? I say this because even as you are reading messages carrying my earthly name as Christ Jesus/Jeshua, I have higher energy identities that infiltrate even these words you receive from me now. Many call me Sanada, for example, recognizing a higher energy identity I have had, yet there is far more to my being than you realize - and the same is true for you.

You also have higher names and energies spanning eons of time. So my true recommendation for everyone is this. At your time of physical death, ASK TO GO TO THE HIGHEST AND BEST SPIRITUAL LEVEL YOU ARE CAPABLE OF ACHIEVING. (Or words

similar to this from your own heart.) It is your way of acknowledging that you know you have known higher spiritual places and identities and you want to be joyously rejoined with that loving enlightened identity once again.

Now returning to the South Coast horror, let me comment upon those who remained trapped for many days awaiting help - which never came. There were several different occurring patterns of human behavior we observed that are worth relating to you should you ever be in such a frightening situation. First, your human emotion of fear occurs automatically so you may choose what you call the “fight or flight” response. In emergencies, it is generally the desire to flee that is immediately present and generally controlling. Many people immediately go into emotional shock which paralyzes their ability to react in a positive thinking mode. Fortunately, if there are adults who can work together toward assessing the danger, various helpful solutions may be quickly noticed and the best one(s) applied.

In these sudden emergencies, there is often little time to make decisions, and practically no inclination to stop and pray, or invite spiritual help. As the rushing water smashes your body off balance, or your building is rattling all around you, you are much like a frightened animal looking to escape. That is the usual human reaction and you must try to understand, not blame, that fear. It is your deeply embedded nature to want to survive and it is just too much to ask of some humans to be prayerful at such a frightening moment. Yet I suggest to you that as quickly as possible, asking for spiritual guidance prior to, or during the horror you feel, is vital.

Dear ones, focusing on a power greater than your circumstance often helps people

assess the situation and quickly clarify helpful solutions for safety more easily. Perhaps you can remember an occasion when you just knew what to do while you were under pressure and feeling stress? For many, there can be a kind of wise awareness within you that is quick and decisive - possibly life saving. At other times there can be a noticeable calmness in the midst of what is happening that seems to protect and soothe you. And being the unique person you are, you may have had other moments in life that were very different than your everyday reality, and therefore difficult to explain.

Having shared these two examples of finding ways to feel more secure during emergencies by either taking quick, positive action - or letting the comfort of calmness surround and guide you, will you kindly take a pause here for several minutes and just let your memory take some time to reflect upon any such experiences in your own life? I ask you to contemplate this because these are very likely samples of your own soul’s wisdom or the presence of angelic guardianship and protection in your daily life. And these examples, even once noticed, confirm that you belong to a caring spiritual family and that you are guided and protected.

Having spoken of spiritual support, however, remember that because you are living in a physical body, you should **ALWAYS CALL ON ANYONE WHO IS THE NEAREST AND MOST IMMEDIATELY AVAILABLE PHYSICAL HELPER. THIS IS ESSENTIAL.** You would be surprised at how many people forget to do just that or don’t want to bother people they don’t know. Remember this. In everyday life, if you are in dire circumstances, begin with the most local and immediate source of human help. **ASK FOR HELP.** Use your

own “common sense” at the physical world level even as you request our spiritual guidance.

I suggest you begin by knowing in advance the names and contacts of your closest physical helpers for a wide variety of personal and family needs. **BE PREPARED FOR EMERGENCIES.** Tap into the physical help around you first and always remember to ask people for help when these emergencies occur. Kindly recall that people trained to do emergency work are usually your first level of support, but anyone with a settled mind may be able to quickly examine the problem and select positive solutions.

As always, we are attempting to support your application of your own soul’s wisdom in everyday life. We want you to develop your talents to your own highest level of consciousness and divine expression because it is through many of you that other people see models worth emulating. You are then the available helpers and teachers on Earth as you continuously strengthen and express your own beautiful spiritual nature for people to emulate. Nonetheless, you are all very unique personalities and we know there may be moments when you may need support from us. So our intention is to help you be your very best spiritual expression without interference and yet support you when you ask. Your golden rule of earthly life is simply to keep birthing your spiritual consciousness and to fulfill more of the glorious essence you already are.

Beloveds, above all, our goal is to keep you alive in order to enjoy life even as you share your own special gifts of loving service to the Earth, humanity, and all of life.

That said, please note how vital communication systems are in time of peril. In the South Coast event, many

people did not listen to their radios and TV’s in advance of the storm and then couldn’t listen when the electricity suddenly went off and they didn’t know what was happening. Others who had TV’s weren’t watching the news in time to plan and, like the radio owners, couldn’t watch when the electricity suddenly ceased. Few in the area had battery operated radios which we highly recommended years ago at the time of Y2K and have continued to recommend ever since.

With the failure of most telephones almost immediately, people who had not taken the local advice to leave the area were isolated from official news and communication, and unfortunately from reaching out to family and friends, as well.

It was shocking to see how few people had flashlights in working condition, and were without candles and sufficient matches as a substitute when trapped in upper levels of their homes. Without communication, heat and light, many individuals panicked.

Some individuals with automobiles dashed for safety only to discover they didn’t have any roads left to drive on, and some escaped initially only to discover they didn’t have enough gas in their tank to get as far as they needed to go. Problems compounded as the hours passed.

As you learned, many without cars started off on foot hoping to be rescued along the way. Because it was nearly payday for some poorer people, they didn’t have money for food and water, and in some areas the stores were too badly damaged to sell these needed items anyhow. Where there were necessary items available, of course, looting was bound to happen for both survival and greedy purposes, and it did. You and an international audience surely saw

humanity at its best and worst whether you were part of the experience or just watching the drama from afar. But the ending is yet to come and you may be delighted to see that how the sacred aspect of human nature that lies within each of you may yet become the crowning glory that brings a sacred conclusion to this opportunity of working together for God.

What I want to suggest to you as I leave this topic is that it actually takes an enormous amount of planning just for your own family's safety and welfare on an everyday basis. It also takes enormous focus to plan your life, each day, in perfect clarity about what you must do to be healthy and safe at all levels of consciousness. That is why we ask you to meditate and try to listen within for the words of your own soul's guidance, and possibly ours. Learn to identify your feelings because intuition and soul talk often express themselves with profound, or at least noticeable, feelings.

Then, dear hearts: prepare. Prepare for physical life that requires change and may have many surprises ahead. In being prepared, you free yourself to enjoy life. Once prepared with the necessities required in an emergency, you can relax. I ask that you make this preparation a family plan in which all are informed about where to go and what to do if there are unexpected earth changes.

In this message I have indicated that your exquisite planet Earth has needs and purposes beyond those of humanity, and that what you call nature generally has final power over the species residing upon the planet. It is wisdom to remember this and work with nature, rather than trying to plan against it. Watch how the animals, birds, and other living things relate to nature. They will usually be more aware of the early danger warnings that humans generally ignore. Climate changes will

happen; storms will come that will affect many human beings. Therefore, humanity must be responsible for identifying what those natural needs are and wisely accommodate to them with constant attention to the greatest good for all concerned. This requires both wisdom and love.

Know that we support your unique opportunity to exist as an integrated physical/spiritual being who can learn to honor Earth and nature's grand design for life.

Please do your part to demonstrate that honor for your physical world and use your community creativity to support the most well-balanced life for all species everywhere.

And always remember, beloveds, that I am eternally your concerned elder brother and helpmate in times of need!

CHRIST JESUS

MESSAGE FROM VIRGINIA

Greetings dear Love Corps friends and everyone interested in peace,

Well, to put it bluntly, this has been one heck of a challenging year! Closing the publishing office, cleaning up the moving mess, and trying to get the newsletter out on email has not been easy for this 77 year old gal. So I thank you for the infinite patience and kindness that some of you have shown me through these unexpected computer events that had snags which inconvenienced you... (and embarrassed me, I might add). Because of certain health challenges, I've found it very hard to deal with running the Share Foundation at home with too little help and figuring out how to have the newsletter sent email rather than by postal mail as we always did before. Again, my thanks & gratitude!

If you are also “computer limited,” you know the stress that my minimal knowledge about computers causes me and can imagine I often wanted to just quit the whole change over to email and web site. Right? But of course, my soul wasn’t going to allow that! So at some future time I will hold a U.S. conference call for Jesus and probably share a web site audio message, also, as I learn how to do this more technical stuff. The plan for, and time of, a phone conference call with his spoken message would be announced in advance, of course. And I really welcome any helpful suggestions you have as I learn more about these 21st Century communication devices.

I am happy to share that this July/August newsletter will reach you in two ways. Email and also the web site at www.sharefoundationnetwork.com/newsletter/lovecorps.htm where you can read any of this year’s issues on line or print them. It is essential that you type in the user name JOYOUS... and then the password DISCIPLE... both in CAPITAL LETTERS. Please use these two words for the remainder of 2005. -- And incidentally, these words were deliberately chosen by Jesus with an enormous smile in his eyes and heart. Now let’s all be a JOYOUS DISCIPLE! IF THERE ARE ANY ERRORS OR PROBLEMS USING THE NEW WEB SITE, write to Kat@sharefoundationnetwork.com

If my health allows, I plan to be in New Mexico Sept. 20th for a Tom Kenyon event on the Mesa land near Belen, NM and to co-lead an Equinox gathering on our new charitable, spiritual-community land: Harmonious Earth Community Foundation. (located several miles from Tom’s own tax exempt land called the Celestorium.)

I’m hoping to be healthy enough at that mile high altitude to remain in NM until Oct. 15th. so will not be available by email or CA home phone. However, for any URGENT matter only you may phone me at a friend’s home in Albuquerque...505 890-5994.

Lovingly your spiritual sister, Virginia