



LOVE CORPS NEWSLETTER

The Share Foundation

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YOUR URGENT NEED FOR HOLY NURTURANCE

Christ Jesus through Virginia Essene

Dear ones of the Love Corps family and
all beings of good will,

How joyous are these occasions when
our souls, minds and hearts can meet
across the celestial dimensions and you
can feel the radiant consciousness of our
Mother/Father's shimmering energies
loving and supporting you.

Because of the ever increasing
energies of your sun, of your solar
system's forward movement in the
photon belt, and of the current more
positive galactic time cycle, you are able
to meet more consciously with us. And
to remember the precious task that lies
before humanity at this sacred moment
in time for establishing peace on Earth.

Although I meet with many of you
light workers within the quietude of your
own meditation times, and in those
larger group meetings and meditations
that we encourage so emphatically, I
appreciate your willingness to receive
these written thoughts as updated
chronicles to Virginia's many books. It
is this need for current information that
brings me, and many teachers, to
continue our comments and sharings
regarding current vibratory frequencies

and their continuing effect on your
bodies, your lives, today.

We of higher dimensions remind you
that we are alive this very instant and are
willing to support the soulful agreements
you have made to change the destiny of

humanity here on planet Earth now. We
are not dead! We live! And humanity's
frequent referral to us in the past tense is
seriously limiting to your own conscious
evolution. In my case, those Christians
who keep statues of me as a deceased
body hanging on a cross, along with the
constant retelling of my physical
suffering and demise, keep you from
receiving the "holy nurturance" I extend
to all who accept my present day
consciousness. You are not sinners
deserving suffering and pain. Rather you
are the light of this world moving toward
the goal of self-growth and higher
spiritual vibration.

Unfortunately, many so-called
Christian churches discourage the truth
that I am with you right now as an elder
brother who insists that you are here as
members of a team devoted to the
expansion of universal Christ
consciousness in this galaxy. They resist
the truth that each of you is a member of
the biblical "two or more" needed to
shift human consciousness to a higher
level. They deny that you have come as

a divine expression of love, of holy nurturance, even as I once did.

When they deny that we can share mutual concerns this very moment from my thoughts to yours I ask you to forgive this ignorance in every person who cannot perceive the truth. And then I request that you quickly shift your focus and attention on the truth that every prior-born spiritual teacher is still alive and very active in supporting the human family at this opportune time.

In fact, we are a massive group of helpmates intending to aid your remembrance that there is no separation from any of us, or from the Creator energy that gave you eternal life. As you accept this truth, beloveds, you are retrieving your mystical selves – those who know that direct communication with higher energy sources is possible. You are those humans who accept that they are also fountains of God's truth which can be summoned forth from within their own soul nature.

Therefore, dear hearts, you are the Earth beings capable of receiving and expressing what I choose to call "holy nurturance" – that pure caring energy all humans urgently need during the current input of multi-faceted cosmic frequencies, celestial rays, and divine stimulation. Because the term is probably new to your vocabulary, let me clarify what I mean by holy nurturance. -
- This term is actually what I meant when I spoke 2,000 years ago about treating another person as you would like to be treated yourself.

Yes, I came to introduce the power of what you presently call love and forgiveness because I hoped this knowledge would help alleviate the great suffering that humanity was experiencing without support from the positive, galactic energies that are finally

available to you now. You might say it was a prior seeding for this future time when consciousness would be at a much higher quality of expression

Because your human scribes and linguists translated my teachings as being love and forgiveness, many think of my message in a very simplistic way. However, in the English language today most of you use the word love in a variety of limiting views and circumstances, so I need to explain that only if you are sharing the vibration of divine love with one another, are you nurturing each other with the sacredness of the Creator's essence.

That is what I have chosen to put the words holy and nurturance together. This kind of divine or holy support, when combined with the deepest willingness to treat another as you would be treated yourself, goes far beyond what you call loving concern. It actually becomes the love energy of the Mother/Father as it moves through your pure mind, heart, and intention to treat other people, plants, animals - even the planet herself - as **GOD WOULD TREAT THEM. Unconditionally!** And with eternal nurturance.

This holy nurturance, then, is not the passionate love experience with one's mate who may bring you great joy. It is not even your parental concern and affection for the children you birth, strong as that devoted bond can be. Nor is it the gratitude for your own physical mother and father. I smile when I say that very few of you would suggest that holy nurturance is related to your love for money and the material possessions of this world! Yet there are those who do equate love in that manner and who choose to worship before the biblical golden calf.

Please be clear that divine or holy nurturance even goes beyond your devotion to those of us Lords of Light who presently help you reach the soul's infinite remembrance and love of your Creator who births all life, asking nothing in return.

At the same time, a loving sexual relationship and the bonding love of a child - even of a special animal - may hint at the greater experience of nurturance that is possible in human life.

That said, you may now be questioning how it is possible for any human being to ever achieve that total state of the Creator's unconditional love while living in a physical body. The answer is you cannot totally express this, but by intending to do your best, you will find yourself expressing more nurturance for others than you ever thought possible. As always, it is your willingness that is paramount! From even one tiny desire to share holy nurturance with others, your own soul pulsates more brilliantly and connects more fully with the personality's willingness to bring its nobility into human expression.

Speaking for myself, you may be assured that even we of the higher realms are on that same path of learning to express holy nurturance for life. And it is this journey of soul growth and expansion that feeds our longing to be a more perfect example of the Creator's nature wherever we exist in the universes.

The way you know you are close to allowing the divine or holy energy to move in and through you as a physical body is the experience you feel within your beingness when that holy nurturing energy flows. Some writers have called this feeling "bliss" or "ecstasy" in an attempt to explain their experience. Others say it is enlightenment or an

indescribable state of higher consciousness. Still others speak of a union and unity so powerful that it brings rapture beyond the capacity of human speech.

My point here is that as far back as the human species has existed, some individuals have attained this feeling of holy nurturance once or many times while living in a physical body. A few Masters have attained it as a fairly stable state of consciousness in order to help heal those who had forgotten their prodigal state. Today, as I speak with you some 2,000 years after my resurrection, I come to assist and encourage you while these higher frequencies that foster everyone's potential for experiencing this holy nurturance energy, are available...both individually and collectively,

Many light workers have consciously anticipated a New or Golden Age for about three decades now. And today the galactic location your solar system inhabits is receiving some of those powerful rays, higher frequencies and harmonics essential for this opportunity to unfold. This decade can well bring the new reality state your soul has awaited if you are willing to understand the required process and work consciously with it. This requires discipline, of course, which is a quality poorly appreciated and half-heartedly practiced in most technological countries. Consequently, a serious endeavor will be required by those who wish to be physically healthy, emotionally balanced - yes, and safe from potential harm

Indeed, because your galaxy's positive influence is highly favorable to an evolutionary shift for life on planet Earth, it is going to be a challenging time for most living things, not just

humans. As your solar system continues its increasing speed/movement and your sun's solar flares influence planet Earth more potently than ever, your heart, unawakened parts of your brain - especially the pineal gland - and of course your cells, your DNA, and your subtle body energy fields are forced to evolve. That is the evolutionary gift of this era. However, many of you report that you struggle to stay balanced under these new energy vibrations, even if they are good for you...and request our suggestions to help.

Dear hearts, that is why I, and many others, have been explaining for years that you must take care of your physical bodies, meditate to align yourself with your own soul's wisdom and love, spend time in nature for its beauty and the negative ions, listen to beautiful music and healing sounds, and use humor and laughter to overcome challenging events. We have said many times that it is critical to frequently be with your spiritual companions in joy and creative expression. And I have repeatedly suggested that **COMMUNITY CREATIVITY** is a major tool you can all use to maintain a healthy and safe life during these inevitable times of change.

If you will recall, I have previously requested that you make a weekly journal and sketch out each hour of each day of the week so that you can see where your time is currently being spent. Then having done that, please remember this sentence. **IT IS PRESENTLY IMPOSSIBLE TO ACCOMPLISH THE SAME AMOUNT OF WORK YOU USED TO COMPLETE IN THE SAME TIME FRAME.** So if you think you can do as much as you may have done in prior years, surrender that belief, because you cannot if you try to do it in the same old way. Therefore, common

sense suggests that since you have fewer linear minutes to live your life in this lower dimension, you must make excellent use of it and constantly evaluate what is absolutely essential to do every day! For instance, when do you rest, meditate, and have recreation and joy? Please, I implore you to do this serious evaluation and then make the most vital changes that will keep you healthy while time continues to vanish.

For some years now I have explained how and why time must vanish if you are to evolve into regions of higher energy realities – so-called heavenly realms where your intention and feeling create reality. Today, I remind you again that your personal evolution relates to the quality of your spiritual consciousness and the balance you have in physical and emotional response to your life circumstances. Rather than repeat all of this again, let me give you a simple way to comprehend what time is and is not - and how you must use it today.

TIME IS NOT A LINEAR EVENT BUT A CONSTANT & INSTANTANEOUS FLOWING OF CREATIVELY CHARGED COSMIC PARTICLES IN WHICH YOU EXIST. THESE ENERGY PARTICLES ALLOW YOU TO CREATE YOUR LIFE EXPERIENCES (REALITY) BY YOUR FOCUSED INTENTION (THOUGHT) AND BY YOUR DESIRE TO HAVE IT ACCOMPLISHED (FEELING).

Some writers and teachers have called this focused intention as being in the “now” moment. Whatever you call it, here is the formula. Please remember it. **REALITY IS CREATED BY THE PARTNERSHIP OF THOUGHT AND FEELING.**

Yes, reality is created by thought and feeling. So each thought you formulate and place into the cosmic particles is either accompanied by a desire to have your thought manifested into form or it is not vitalized energy. If the thought lacks the passion or feeling that propels it into reality, then your thought will be less likely to occur. Passion and desire for something greatly empowers the likelihood of its creation. Since there are an infinite number of things to think about and want, being selective and focused is critical to their creation.

So the more intensely you picture what you want and the stronger you empower that intention with desire, the greater your chance of achieving that reality. Because my message today is about holy nurturance, I recommend that you intend/choose and desire/want to have it in your life. Indeed, I suggest you seek to experience the highest level of heavenly bliss and to do whatever it takes to move toward that reality. At the least, seek to experience wisdom and love and to share this reality whenever and wherever you can. It is time to identify and claim what you want and release the many wasted opportunities that can lead to fear, pain, and disappointment.

My beloved ones, you can either understand and deliberately use these fractions of change (time) to create your life as you would like it to be or you can continue to be the victim of world events and outward circumstances over which you have no apparent control. Your free will allows you the opportunity to practice making whatever choices you wish. So the question reappears again and again – What do you choose?

What do you choose about having a healthy life in which you sleep enough hours, eat nourishing food, breathe

enough negative ions, and find time for relaxation that brings you joy whether in nature, meditation, music, exercise, or sharing time with those you enjoy such as your spiritual family? That is why I suggest you write out the ways you are presently spending your time so you can notice how time/intention can be better used to make positive changes to achieve the balance these incoming energies require.

If I repeat myself many times about your entry into this new life and the powerful creative consciousness of higher dimensions awaiting your discovery, I do so to clarify the great advantage the energies of these potent realms offer. Simply put, you can accomplish much more with less effort every instant you remember to direct these creatively charged particles constantly available to you. Some of you call this “working smart in the 4th or 5th dimension,” recognizing that the old 3rd dimensional energies are dense and limiting.

Haven't you had those exciting synchronicities when everything seemed miraculous? When everything flowed? Of course you have because you were working smart! It requires far more energy and effort to create what you want using 3rd dimensional thinking than it does when you deliberately choose to enter into higher realities and dimensions by merely intending and desiring with clarity and passion what you wish to create. And, of course, successful creation is greatly amplified when there are at least two, not to mention the exponential strength of larger numbers and groups.

Dear hearts, as you begin to utilize these higher frequency particles of creation more consistently, you will enjoy life more fully. Furthermore, when

you become more proficient in your own creative prowess, all of us here will be able to achieve easier and more frequent communication with you than ever before. We can consequently offer to support your own creative soul purposes and provide a greater sense of safety and love for you while you reside in a physical body...even as we encourage that creativity and higher consciousness in you.

As you begin to use these higher vibratory frequencies to serve yourself and your own needs, you will naturally use this ability to assist others. We absolutely trust that humanity and all life on Earth will be greatly aided by your nurturing intentions and activities! Also, it is not unlikely that some of you presently close to us in thought, or through your clairvoyance or clairaudience, may one day actually see us in a more etheric but recognizable form. Meanwhile, as evolution continues, it is our goal to keep you safe and healthy as we encourage your self-growth and expanding consciousness.

Let me give you an example to demonstrate how we try to serve each of you individually but also in groups. I will use what Americans call the September 11th Terrorist attack as an example that may assist you to understand how essential it is to be unified with us in thought - especially when there is possible danger.

When we of heaven learned that an attack was truly forthcoming upon America, it was our intense desire to warn as many people in the target areas as possible so they would be safe. But how could we warn them without access to an earthly TV or radio station, or even an internet at our disposal? We could only do it by sending out early warning thoughts days before the planned event

in the hope that someone who meditated or had psychic abilities could pick up our warnings and share them with others.

Can you imagine our frustration when millions of our messages weren't noticed? Only a few highly sensitive individuals seemed aware of our warning thoughts and while some of them spoke to others about their feelings, and a few called some of your local psychic reporting organizations established for this very purpose, there was no clearly defined pattern of urgency that developed among humans as a group. That meant we had to focus on individuals who might be open to our messages and willing to make changes in their usual daily routines.

Fortunately, as news reports would later show, a few hundred people did suddenly make quick personal trips they hadn't planned on or had to change airline reservation times that kept them from harm's way. A last minute business meeting change saved one group and a few other people were too sick to keep their daily routines.

I want you to know that several nights before the chilling events were planned to occur your guardian angels, teachers and guides began an urgent program of sharing during the dream state that we hoped would create uneasiness and shift people's actions from their usual routine activities. Nonetheless, only a small number seemed affected as the morning of the event began. We watched thousands of people proceed in their daily routines of bathing, dressing, eating, rushing to drive a car or catch their usual train, oblivious to our communications.

One of the very touching scenes that happened that prevented the death of a father preparing to leave for work is

something I would like to share since it shows the sensitivity of children. ... During the little child's dream state she translated our information as a nightmare in which she was torn from her father's arms. Consequently, on the morning of the attack she ran to her father as he was preparing to leave the residence and grabbed him around the legs, refusing to let him go. "Daddy, daddy," she cried. "Don't leave me. I'm scared."

Because this was unusual behavior, and because he loved her very much, the father put down his brief case and quickly scooped the 5 year old up in his arms to soothe her. She began to sob and seemed so inconsolable that he spent more time trying to calm and console her. By this time the father realized he was running late to catch his train into N.Y. City but thought he could still get there in time once the child was calmed.

To keep the story short, I am delighted to report that the frightened child's expression of fear delayed the father long enough so he missed his morning commuter train – and lived to tell the story to friends and family. Indeed, beloveds, children's consciousness is closer to the divine in their youthful years than that of most adults – especially adults who haven't been meditating and who don't believe in telepathic communication.

Also, if it is a matter of related things like earth changes, please remember that animals are especially sensitive to earthquakes, volcanoes, tornadoes, hurricanes, and such, because they can hear sounds not registered by the human ear and feel energy changes most humans cannot detect. Therefore, watch the activities of wild – and even domesticated – animals for unusual behaviors if there are physical changes

announcing themselves in advance. In your recent sudden tsunami event some farmers were alerted to the incoming deluge by farm animals and elephants that behaved very strangely and began to rush toward higher ground...away from the water.

Now I want to clarify that when we know there are likely to be a number of sudden deaths at one time the angelic realms are already busily preparing to help the souls make a safe transition into the highest vibrational level they can handle once they leave their earthly bodies. And, we also provide immediate support at whatever level is needed by each injured or distraught person left behind. Of course, the children are always attended whereas adults must use their free will and ask for support.

Some of you reading this message have been guides and helpmates to others in previous experiences so you are more trusting that upon physical death you will be well attended when you reach your higher destination. And you are also remembering how important it is to leave your physical body with a purposeful intention and desire to reach the highest spiritual level possible and not be focused on problems in your current life, even temporarily on the dear ones you are leaving behind. I strenuously urge you to have all your important legal decisions and papers in order right away so your heart and mind are free to reside in balance wherever you reside in the many dimensions – without the emotional stresses that create the potential of future unpleasant karma.

When Virginia was doing hospice work she always tried to have her clients clean up any "unpleasant emotional energy" before they died so they could reach a higher level of celestial reality. We still recommend that you end every

relationship you have with yourself and others each day before the clock strikes midnight. That way you complete and release any negative feelings before they compound, thus keeping you free to focus on positive spiritual purposes and goals, not negative things.

Purity of thought and feeling while using the creative process consciously is very important! Many a person gets caught up in their intense emotional feelings of anger, fear, guilt, regret, or judgment while trying to make good decisions and has learned the hard way that "what you think and feel is what you get." I hope you grasp the importance of this process and begin to use it consciously on a daily basis!

In order to end each day on a positive note, or at least be in a state of peace with yourself, some of you may discover you need body work and massage, energy treatments, even counseling where you can speak freely about what is bothering you... and to help you organize your daily life to include the healthy activities your body requires.

It is recommended that families approach this daily cleansing and evaluation together and work as a team to fulfill the various personal needs in an appropriate way for all concerned. This means that all but the very youngest child is a part of planning and honoring the needs of everyone involved.

It is critical that you evaluate how many hours each one is using electronic items such as TV's, computers, video games, etc., for much time is being wasted in these so-called entertainment activities. Please hear me. **YOUR BODIES ARE STRUGGLING TO STAY HEALTHY IN THIS CRITICAL HOUR OF HUMAN EVOLUTION!** Therefore, you really must take care of yourselves because we are powerless to

enforce what is good for you to experience. As light workers we need you to be experienced in making positive creative choices of value to human evolution.

Of course we can suggest, recommend, encourage, remind and inspire you to take responsibility for making the necessary adjustments needed to stay physically, emotionally and spiritually balanced. Yet you are the creator of your life experiences and we cannot interfere in your choices, even when they are harmful. I may be standing one foot away when you decide to smoke, drink and take drugs. Your angels and guides may be whispering useful and supportive ideas everyday of your life. We may be urging you on in your meditation times and helping you during your dreams but you are the master of your attitudes, choices, and the actions you take that flow from these.

The hardest human challenge is being disciplined about making the changes that need to be made; therefore, I stand with you to assist in whatever changes you know you should make. If you will sketch out your present life schedule, as requested, and identify at least one change you really want to make, we of heaven will fervently support that new behavior you desire if you repeat the following process for ten successive days in a row without faltering. Empty platitudes do not bring results but disciplined sincerity does!

When you are in meditation I request that you do the 7-step breathing process we did all last year. Then after breath 7 immediately picture the change you want to accomplish. Feel your heart's passionate commitment to this goal and immediately see yourself as you will look and feel when this change is achieved.

Beloveds, you now exist in the powerful cosmic energies that will bring you what you intend and empower with feeling. This demands you shift out of old ways of thinking and behaving or you will have to suffer the consequences of any negative thoughts. The rewards of beginning to claim the creativity of 4th (or higher) dimensional reality are great indeed but you must understand them and agree to practice this new and higher consciousness reality as consistently as possible. It is time to raise yourself up closer to holy nurturance as a daily experience and we will help you along this sublime return to the Mother/Father if you but ask.

I leave you only through the aid of this particular channel while reminding you that I am your elder brother who holds you sacredly in the truth of your true celestial identity. During this earthly journey I willingly assist anyone in remembering and claiming your true identity with its soulful quality of holy nurturance.

CHRIST JESUS

MESSAGE FROM VIRGINIA

Dear friends and Love Corps family,

I must apologize for the belated arrival of this second newsletter issue but since the office closed I have been beset with many personal health problems and computer difficulties. Also, many of you have changed email servers or have blocked the newsletter, so things keep coming back that have to be attended to - primarily by me.

Because I really don't have the strength to deal with many office responsibilities, I have been advised to establish a web site and put the Love Corps newsletter

directly onto it so subscribers can download it when they wish rather than using the email process.

I am also advised that our Lord would like to use our future web site for an occasional spoken audio message to you – through me, if I can work out the details. This type of sharing is all new to me so if you have used this process yourself or have useful knowledge to share about it, please email me ... Lovecorp@ix.netcom.com or call me at home ... 408 248-8244.

We may be changing our own email address in the next month or two with a newly acquired domain address but I will keep you advised as to when that will occur.

We had previously expected to do a conference call for our subscribers but the international Love Corps members were concerned about the phone charges to the U.S.

Anyhow, there will be a newsletter one way or the other and I will keep you apprised of how you can expect it to be issued in the future.

The one thing I am certain of is that our Lord Jesus wants to have quick access to the Love Corps subscribers, including spoken channeled remarks, so I am doing my best to find an effective way to provide that service. Kindly send me your supportive prayers for that mission, won't you? And please take time to sketch out how you spend the hours of your life, which I must also do. Most of us Americans are under considerable stress and it's really important that we stop to evaluate ways to help our bodies be healthy. Since Christ Jesus has specifically asked me to do my own time evaluation this month I know he sincerely means business so I hope you will join me in being sure to notice how you are spending what we call time.

Closing with gratitude for your support during our nearly twenty years of service, I am your appreciative spiritual sister who sends many heartfelt blessings and love always,

Virginia