



MESSAGES OF LOVE

Trinidad Retreat Collection



Messages Received During the
2023 & 2024 Caribbean Soul Awakening Tours
San Salvador Estate, Trinidad & Tobago

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Dedication



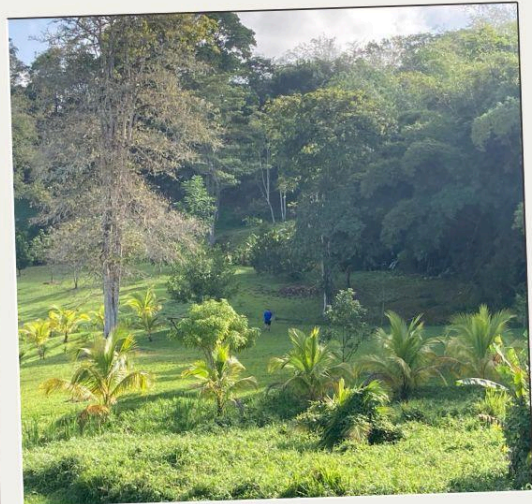
Dedicated to Karen Swanson

Founder of the Trinidad and Tobago Circle of Light

At the San Salvador Estate in Gran Couva, among the cocoa trees and the sweet scent of chocolate, Karen Swanson uses her chocolate making tours to share her truth- how Divine Love has transformed her life and how it has the power to transform those willing to embrace it. She invites visitors to learn more about the Trinidad and Tobago Circle of Light as a way to experience a deeper understanding of God's Love and embark on a journey of soul awakening.

In Karen Swanson, Trinidad has found not just a chocolatier but a beacon of light. Her efforts to infuse love into the art of chocolate-making are a testament to her commitment to bring more light to our dark world, one chocolate at a time. The San Salvador Estate isn't just a chocolate factory; it's a haven where seeking souls find solace and wounded hearts can be healed by the simplicity of Divine Love.

The Trinidad and Tobago Circle of Light takes this opportunity to celebrate Karen and her extraordinary efforts. We hope Karen's story reminds you that the sweetest things in life go beyond the material realm of taste - they awaken the soul. Through chocolate-making tours and the sharing of her Divine Love journey, Karen Swanson is creating not just chocolates but a legacy of love and light that promises to radiate throughout our communities, our country and the world for years to come.



Foreword

When I was growing up, I said to people “I feel love coming through my pores”. Who would have thought that decades later I would embark on a journey of love; Divine Love.

In 2010 I was guided to resign my job as a Business Executive. I did not know at the time why but I knew that part of my DNA was to find my purpose in life. I began a spiritual journey and in 2016 I was guided to the Padgett messages. When I started reading these messages, I felt I had come home. So many questions I had throughout my life were finally being answered! I consumed the messages with great passion.

In 2020 I was guided to join the Divine Love Sanctuary Foundation where I met Jeanne & Albert Fike and James Tudor, who profoundly impacted my journey. I began attending all the Online Circles and prayed fervently to receive God’s Love.

In 2022, Jeanne & Al hosted a Retreat in Barbados which I attended along with my friend Tara Ramroop, with whom I had been having conversations about God’s Love. This set the stage for us to host our first Divine Love meeting in June 2022 where there were (20) participants attending. This led to the formation of the T&T Circle of Light (COL), a small core group of Divine Love followers including Antoinette, Tessa, Julie, Sita, Suzette and Pearl. In-person meetings were held once per month either at San Salvador Estate or at Tara Ramroop’s residence where presentations were done on topics exploring the foundations of Divine Love and the soul.

A few months after, Al & Jeanne received guidance to host a Spiritual Awakening Tour in Trinidad which was held at San Salvador Estate on January 2023. At this event approximately (35) participants attended, including Matthew Delano and James Tudor. For many, this was the first time experiencing the gift of mediumship; receiving messages from Celestial Angels. There was a total of (19) messages received and most noteworthy was Jesus blessing the T&T Circle of Light with “An everlasting gift given to us by God”. Many received personal Tea Leaf Readings from Al and were informed of who their angels/guides were. This was a very uplifting and encouraging Retreat and cemented the commitment from a few members of the Group to further explore the

Divine Love journey. A few members began attending the DLSF Online Circles of Light and Ashley Caron was later appointed as the Secretary of the Board of LightBringers Inc.

Guidance was again received by Al and Jeanne to host a Retreat in January 2024 in Trinidad. Our foreign guests included Matthew Delano and Debra Taylor who brought tremendous Light and loving support for the Group. It was decided that a workshop format Retreat be done which included two presentations:

- “The Soul - You are your soul” by Karen Swanson
- “Divine Love and how it affects the soul” by Matthew Delano

A Meditation, How to Pray for God’s Love, was also included before the Opening Prayer. A total of (17) messages were received, most notably, blessings of Portals of Light to the members of the T&T COL and Kevin O’Neil who expressed his regrets that he could have done more while on the earth. Jesus brought The Power of Love to bless the T&T COL and Al commented on his vision of Jesus manifesting in the spirit world. Melissa Pascal, Deidre Charles, Latisha Bharat and Anna Kay Seaton and family all expressed interest in joining the T&T COL.

During the past 2 1/2 years, members have come and gone but the commitment to continue to create a platform for those needing to be uplifted, inspired, strengthened and transformed by the Love of God continues by a few dedicated and supportive members of our group.

Karen Swanson,
Founder, Trinidad and Tobago Circle of Light
March 15th, 2024

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2024 Messages Received

The Veil is Being Lifted for Trinidad Retreat

Spirit: Jesus

Medium: Al Fike

Date: January 5, 2024

Location: Trinidad

I come. I am Jesus, your brother, your friend. The veil of the human condition is being lifted from you at this very moment. As you put forth your prayers, desires and your concerns for your beloved ones and for many, so you have lifted the conditions of your circle to that of light, love, healing and peace. May you feel and know the great gift that is being offered. May you benefit from the Touch of God, the great Source of all healing and love. May you be in alignment with all truth and within you, the truth of your soul.

As you come to that place of light, that truth that lives within you, that truth that grows within you, from the gift that is given of God's Love and Essence, then you will find yourself in that place of peace, enlightenment and joy. Is this not what you long for, beloveds, to be away from the human condition and to be immersed in that which is of the Divine, giving to you what your soul's desire and need to flourish and to be in light?

Open yourselves now, beloved souls, to all that God has to give, to all that is available to each one of you. For it is given freely. You have asked and, indeed, the veil is lifted so that you are immersed in the light of God's presence and blessings. Drink deep of the Living Waters. Breathe deep the blessings that come and know that God is with us in all His glory. Light and Love shines down upon us at this very moment and gives to us the blessings that are needed and desired.

We are His children. We seek from the Source, our Heavenly Father, the blessings that are given freely. Be at peace, my beloveds, and know that we are close, we shall be close for these times together. We shall walk a distance together in the light and

blessings of God's Love. So it is given and so the benefits shall pour upon you, beloved souls, awaken you, heal you and bring peace to you.

God bless you. I am your brother and friend, Jesus. I come to pray with you today. Your earnestness and desires have gone directly to God. We in the Celestial Kingdom have come to reinforce this and add our prayers and desires to yours, so that we may all receive these blessings in the purity and power of God's Touch upon us.

God bless you, beloved souls. My love is with you. The love of many surround you. The love that you have for your families and loved ones emanate from this Circle of Light and touch many in the blessings of God's Touch and Love. God bless you, beloveds. May His peace be with you in these moments of prayer. God bless you in Love.

2024-01-05-AF-Jesus

Do Not Squander Blessings You Receive

Spirit: Confucius

Medium: Al Fike

Date: January 5, 2024

Location: Trinidad

Oh, I see the beautiful birds have come together once more to sing their praises to God. We come to uplift you, to love you. I am Confucius and I love you. I will bring healing to each one of you and many more who come. I will minister to you all along with those who assist me and other angels who are with you to uplift you and to heal you.

Our fervent desire is that when you are uplifted, as you will be and are at this moment, that you do not squander the light when you go out into the world, but keep it close to you. Make that choice to be in light always so that when light is given, when you are blessed, it adds to the light that is there, and the light grows. But if you go out into the world, as you do, and this world is not of light, then you squander the light. It sloughs off your being away from you because of choices, because of how you are in the world. Those patterns, habits and choices that you make to be in the world often do not reinforce the light. So, we come to you to help to teach you, to help to uplift you, to help you to be in the light always. Not just for the moment, but always in the light, my beloved friends. I know this is difficult, because you live in a difficult place.

The entire world is a difficult place in which to live. You must be vigilant. You must acknowledge those parts of you that are drawn to conditions that are not of light. Then it is for you to change your behaviour, how you are in the world. This has two benefits. A great benefit to yourself, and also a great benefit to those you love and those around you in the world. For they feel the soothing light that is with you. They feel the differences that are a part of you. You become a different individual. Not that you lose your personality. No, I do not mean that this is the case. But that how you behave, what you are drawn to, what you manifest in the world changes as you change. As the light grows within you and around you, you change, beloved souls.

Sometimes you are not aware, but others around you are aware. When you walk down the road and there are many brothers and sisters that you pass, there can be blessings given as you become God's instruments, channels of light and love in the world. These blessings flow to everyone. Is this not a great goal, a great ambition, to be a light for the world? To walk in the world, always in light?

My beloved and beautiful friends, we are here to help you become that light. We are here to nurture you and to minister to you so that you may be that light. Not that our efforts are made continuously and constantly, and that you negate them by your behaviour. This is not how God works. God provides for you the opportunity to be in light. He uplifts you to show you what that is. It is for you to adopt the truth, to be the truth in your life, to put aside the conditions that are not of love, to put aside the error, to put aside the thoughts that are not of love.

Beloved souls, I know we ask much of you, but indeed the world needs to change. The world is lost and it needs those who are willing and strong enough to be that agent of change for many. Are you that agent of change, beloved souls? I know that you think first you must change yourself, and this is true. But as you continue in the process of change and healing, the recalibration of your being in love, light and the Love of God, then you are, by choice, an agent of light. You show others. You are that beautiful being.

We encourage you, my beautiful, beautiful brothers and sisters, to be the agent for God, to be a change for everyone. This will grow from one to another. As you are a light and you influence others, and if they make that choice, then they will be a light, and they will influence others. So it goes in your world, one candle lighting another and another. It is the way of God. It is the truth of God. The light is love and love is the light. Be that light that shall ignite others. So, we will proceed.

God bless you, beloved souls. I'm Confucius and I love you. I wish to be a light for you. I wish for you to be a light for yourselves. I wish for you to be a light for others. God bless you. God bless you. May the grace of God touch you deeply, deeply, beloved souls and uplift you to high, high conditions of love. Flutter forth little birds into the light and be God's beautiful, beautiful creations, all that you can be and all that you are in God's

intentions and blessing for you. God bless you. I am Confucius and I love you all.
Precious birds, precious souls, I love you all. God bless you.

2024-01-05-AF-Confucius

God's Plan to Unify the Caribbean

Spirit: Bartholomew

Medium: Al Fike

Date: January 5, 2024

Location: Trinidad

Beloved friends, I am Bartholomew. I am very pleased to see you all together, this beautiful Circle of Light and the efforts that you have been making on this island, forging the way, being the example for many. Your efforts will bear fruit that will help to bring peace, harmony and love, not only to your nation but to this part of the world.

We have plans, as you know. We are making great efforts to help unite and to draw in many who are seeking light, seeking truth. Though there are many distractions in your world and in these conditions in which you live many others are drawn to material gratification, having great problems, emotionally, with relationships, with one another, with the direction of their life, and many, many are lost within these conditions.

I wish to tell you that the work is great to help unravel this great knot of error, confusion and all conditions that are not of God. You form a beachhead of light in a dark place. You feel the upliftment and the blessings that come with your efforts, with your own personal upliftment. As you receive the great gift of God's Love in your soul, so you feel the changes that are happening. The angels come close. We all come close and gather around you to protect you and to bring blessings of God to you. It is for you to open yourself to these things.

As you pray in Circles of Light so you awaken yourselves to the possibilities and the power of God's Touch to awaken you, to heal you, to comfort you, to bring His Love into your hearts fully, that you may expand in this love, that you may see through the eyes of love, that you may know the truth of love, that you may have the wisdom of the soul awakened, and many other faculties within it. It is for you to continue to strive to receive this great Love in order to awaken your soul to all its potentials and possibilities. It is for

you to practise the truth that you have come to know and to be close to God as much as you can. As often as you can, I urge you to pray, to be with God, even if it is just for a moment. You reinforce the truth within yourself. You reinforce the light around you. You draw us ever closer with these efforts of prayer.

We begin another session, another time together, a great Circle of Light to help teach, to help demonstrate the truth. This is how God will work. Bringing those who are in need, some are very lost, some are curious, some know within their heart that this is a path worth travelling. Indeed you must open yourselves to all who come in a loving embrace, accepting and bringing those together who will form this great Portal of Light that will bless and bring the healing that is desired and required.

Much will be accomplished as you are together. Indeed, you do not require these two precious souls to accomplish these things. Yet, these beautiful souls who come from far off lands have come to affirm to you that you are walking the path of love. In so doing, the support and the acknowledgement comes. God's blessings through His instruments come readily and fully upon you.

Yes, there are many more souls who are in need of this, many more who are seeking and yet know not where to seek. There are many more in need of great healing and upliftment, dispelling the darkness, creating the light around them, as you have done, beloved souls. Continue in your efforts to speak, share and be in the Grace of God. In this all will flow within the Will of God. You will know this because as you enter into the Will of God and are a part of His plan, then you feel the joy within your heart, the upliftment of light, the peace that passes all understanding, the love that flows within you, burning away all conditions that are not in harmony with love. You are engaged in this great process of healing, of awakening, of knowing the power of love.

We are with you close as you walk in this way. We are with you in love and light. We are with you because we love you. We are with you because God loves you. We are with you because you are discovering how to love yourselves, how to love one another, how to love the world. The power of love, my precious and beautiful friends, is the key to all that I speak of. The power of the Divine Love is the key to your own soul's awakening

and discovering the truth of love. It comes to you now. Breathe it in. Seek it. Long for it within your soul and say to God, "I am here to receive this great gift that You have to give to me. I am here because I love You. I am here because I want to know love, the highest love, the highest blessings of all."

God bless you, my beloved friends. I am Bartholomew and I greet you this day as we continue to gather and to be in the grace of God. So, we will speak. You will be blessed. There will be changes wrought within your being, changes that come within you and around you. This is what you seek. You will become the living testimony of the truth. For you will see what comes of the truth in your life, how it is manifest in many ways, through many others, through yourself to many others. This is God working in your life, beloved souls. He shall for all of your life. It shall grow, strengthen and become the great anchor, the great foundation for everything. God bless you, beloved souls. My love is with you. The love of many other angels surrounds you at this time. We proceed, we proceed in love. God bless you, beloved souls. God bless you.

2024-01-05-AF-Bartholomew

May We Be Transformed by the Gift of God's Love

Spirit: Francis of Assisi

Medium: Al Fike

Date: January 6, 2024

Location: Trinidad

May the Father's Love be with you, beloved souls, children of God. I am Francis. You know me as Saint Francis of Assisi. I am an angel of Heaven. I so appreciate the sounds of the birds, the beauty of the natural setting that we are in. I have always had an affinity toward nature and God's creation. For these things are of God, as are you of God. The difference is that you possess a soul. Yes, there is great life and reflection of God's creation all around you in the natural world. Yet only you possess a soul and have this gift that allows you to become at-one with God.

We come in these Circles of Light to teach you how you might find your way to your destiny. God has put within each one of you the destiny of at-onement that may be reached by your own volition and prayers to receive the great gift of Divine Love, this Essence of God to enter into your soul. It is an individual matter, beloved souls, for you to reach for God, for you to find God's Love with all its splendour, power and glory that may be given to you. For God's great desire is that you may desire this gift, that you may open yourself to the holy Touch of His great Soul upon you.

We pray together, beloveds. We pray for the great gift. We ask with humility that God may touch our souls deeply, filling our souls abundantly with His Essence, that we may be changed and transformed by this gift, by the empowerment of the soul that is not there without this gift. You will be changed, healed and uplifted in ways that are beyond your imaginings at this time. You will find that you will see yourselves and the world differently. A great humility will be your demeanour. A great love will overshadow you and bring you close to God and wisdom will flow. There will be great and beautiful insights of truth.

What can be more appealing, empowering and desirable than this? There is nothing in the material world that equals this. There is nothing in the spirit world that equals this, this gift given from God. This gift shown the way by the beloved Master Jesus when he walked the Earth, this gift that continues to be available to each one of you. I encourage you to seek this gift in prayer and supplication to your Heavenly Father. In this way God will give to you all that you desire, in accordance to the intensity and sincerity of your desire. Nothing is gained by sitting and waiting, by not engaging yourself with God. You must be present with God. Bring forth within you, in that innocence of soul, the desire to receive the gift, the gift that awaits you, each one of you. Everyone is worthy of this gift. No matter who you are, what you have done in the past, the present is what is important. It is allowing you to be gifted with this precious and beautiful inflowing of God's Love.

In our silence, beloved souls, as you are surrounded by angels, as the great Light of God is pouring upon you all, may you ask in your hearts, may you ask "Father awaken me in Your Love. May Your Love flow into our souls in great abundance. May we be redeemed in love, healed in love, awakened in love." It is yours for the asking, beloveds. We encourage you to ask over and over again. You will find something so extraordinary, so beautiful that it will change your life irrevocably and put you on a path to at-onement with your Creator, something that your soul desires deeply, and will be fulfilled by the asking and the receiving of the gift.

God bless you, beloveds. I am Saint Francis and I love you. We pray together. We are together. Many angels are with you. God bless you, beloveds. God bless you deeply in this beautiful peace, in this beautiful light, in the beautiful sounds of nature and the breezes of God's breath upon us. God bless you. God bless you all.

2024-01-06-AF-Francis of Assisi

I Am Redeemed by the Gift of God's Love

Spirit: Yogananda

Medium: Al Fike

Date: January 6, 2024

Location: Trinidad

I am Yogananda. You wonder, one such as I, whether I am in the Celestial Heavens where the teachings of Jesus reigns supreme. I tell you, I am a student of this truth. Even though my life on Earth taught, in many ways, something that was different and more of the mental understanding of spirituality, I now know of the soul's understanding more clearly. The mind, my mind and my soul have come together in accord with truth.

I encourage you, beloved and beautiful friends, to seek of the soul. It is different from the mind. It will take you to consciousness beyond the mind. Help you to understand that it is not of the mind, but of the soul, which is, as our dear friend has explained, a reflection of God.

Come with us now and we will uplift you beyond this Earthly plane to that place of blissful awakening and communing with the Creator of all the universe. Come with me. Come with me. We will find our way together. The angels will hold your hands. You will be lifted up, lifted up into the bliss of love. I am Yogananda and I bless you with love. Join me, join me in prayer for the Father's Love. We will know this together, part of a fraternity that lasts for all eternity. Beloved souls, God bless you.

2024-01-06-AF-Yogananda

Brings the Power and Glory of God's Love to Bless the Trinidad Circle

Spirit: Jesus

Medium: Al Fike

Date: January 6, 2024

Location: Trinidad

The glory of God is upon you, beloveds. I come. I am your brother and friend. I am Jesus. I come to affirm the truth and the power of God's Love for each of you.

I come as God's instrument to bring this power more clearly and abundantly to this place, amongst you, in the glory and wonderment of God's blessing. Open yourselves and know the power and glory of His blessings, beloved souls. It is for you, a gift. It is for you a manifestation of Love from God. The power and the glory of Heaven is upon you and shall bring untold blessings and transformation.

I acknowledge each one of you. Know that I love you. Your souls are precious to God. You shall know this in good time. You shall know this while on this Earth. You shall know this because your heart and soul seek it and wish to know in a conscious way that you are loved by God. God bless you. God bless you.

2024-01-06-AF-Jesus

Al's Comments on Jesus' Manifestations to Those in Spirit World

This is a modest group of souls coming together, but the number of spirits and angels over here is exponentially larger than what this group is. We drew, and we have a purpose of drawing many, many seeking souls in the spirit world. It spread out in all directions over thousands. Jesus came. I don't know whether anybody saw him in his manifestation, but certainly many spirits did. I was told that many who had never seen him saw him for the first time as he stood up and circled in the room.

We provided a great service to many, including many of your relatives that are beyond the Earthly plane now. They're here watching because they are curious. It's not that you go from here to truth, light and love immediately. You have to, like anything, like in your own life in the material plane, you've got to progress, you've got to work towards it. This is a blessing and a gift to your relatives, your ancestors, and many, many more. You help facilitate this and that's also a blessing for you to help you to work towards greater light.

We are all in the journey of progression of the soul. It doesn't stop ever. We have acknowledged this by coming together in this beautiful Circle of Light. I hope you have felt the touch of the Divine within your soul, maybe inspired by the words of the angels. Possibly you have seen something. I hope you have felt something, and you have come to a realisation, some understanding that might have been beyond what you had in the past.

My Love for Each of You is Great

Spirit: Mary

Medium: Al Fike

Date: January 6, 2024

Location: Trinidad

Friends, I am Mary. I come because my love for you is great. I embrace you each one, children of God, children of my heart and the hearts of all the angels of Heaven. We wish to embrace each and every child, to uplift, to heal and to show the way to God.

Can you be that child of God, innocent and open? Can you walk the path of love? You will not stumble because God has you in His grasp. The angel's protect you and show you the way that you may not falter and be diverted from the path. It is for you to be with God. We provide the ways and means that you may do so. You provide the will to walk the path and desire for the gift of His Love. All is put into place, beloved souls, that you may know your Creator. The mysteries will dissolve into love, truth and knowledge if you but seek your beloved Creator and know the way of love.

I will continue to be with you. You may ask for my presence. You may ask to know that you are loved and how powerful that love is. All this brings a gentleness, a peace to your being. You will not have thoughts of anger or fear or resentment, all manner of human thought that is not in harmony with God. Rather you will know joy, expansion, wisdom and peace. Is this not that which your soul longs for and seeks? Is this not what God means for you to have, each of you, to have this blessing? Put aside your reticence, any scepticism or doubt. Be free in the simplicity and wonderment of the innocent child, open and without any impediments.

We are here together, beloved souls. Here we are with God. May God bless you, beloveds. I am Mary and I love you. Always and evermore, I shall love you, I shall love you. Precious children of God, I shall love you. God bless you, God bless you all.

2024-01-06-AF-Mary

I am the Patron of the Caribbean Isles

Spirit: Bartholomew

Medium: Al Fike

Date: January 6, 2024

Location: Trinidad

I am Bartholomew. I am your patron. I am here to guide all of you in the Caribbean Isles. I have taken on this task. I tell you that you have accomplished much today, even though many of you are not aware. Though you feel the power, the blessings of God upon you, you do not see the details and what is accomplished. I wish to assure you that much has been accomplished. Not only here upon this beautiful island, but on the many islands, your brothers and sisters that surround you and the many who are yearning and have great need and are suffering.

The light has been spread, has dissipated amongst you all and through you to many. Be assured that your prayers are important, that you have come to a place of great purpose and blessings. I urge you to continue in these efforts, that many more blessings may be disseminated through you and amongst you with your families. As you continue to grow in this love, you will come to know that which I speak of. You will come to know in a conscious way, in a palpable way what it is that is given by God, through you, amongst you, through this Circle of Light. Be in harmony with God, in alignment and you will know much and come to experience much.

You will not doubt, nor will you be confused, but will know. Know the way. God will ensure that you will know the way. God will find a way for you to understand in the way that you may understand, in the way that is unique to you, if you pray for this, if you seek this, if you are true to the longings of your soul. My beloved friends, God does not judge you. God merely wishes to love you, love you beyond recognition, love you beyond understanding, love you forevermore. The power of His Love, the unique and beautiful blessing of His Love, will continue to touch you again and again, evermore powerful, evermore beautiful. You will come to see the glory of the Divine Path towards

at-one-ment. It is yours given freely. It is yours for the asking. I urge you, beloved souls, to ask with your prayers, each and every day, to be with God in prayer, in faith, in love.

May you be blessed, beloved souls. I am Bartholomew and I am here to help to assist you on the journey, to teach you as you continue to grow, to be your helper, your friend, your guide. May you be blessed, truly blessed, beloved souls, truly. God bless you. God bless you. My love is with you always. God bless you.

2024-01-06-AF-Bartholomew

Open Your Souls to be Healed

Spirit: Bartholomew

Medium: Al Fike

Date: January 7, 2024

Location: Trinidad

May the blessings of the Father's Love infill your souls. I come again, I am Bartholomew. I come to assure you that as you receive this great gift of the Father's Love, as your souls open to the holy Touch, the Essence of God, so the impediments of the soul will be healed and dissipate in this gift of Love.

Each of you have your challenges, your impediments and those aspects of your life that are not altogether in harmony with love. Some you have created for yourself. Some are merely the outcomes of living in this world. Yet the great invitation of God is to be upheld and transformed in love. These impediments must be released. You must find the freedom of the soul so that you will know joy, you will have wisdom, you will find yourself within the grace of God.

This is what God wishes for you. God would have you in that grace at every moment, every breath. Yet indeed, these impediments hold you from it. You must focus yourself upon that which is holding you from God. Rather than pray and feel as if you are victimised by the world and all the distractions and imperfections of the world, I urge you to have faith. Faith is truly that which is the outcome of your knowings and your efforts to be in harmony with all things and within yourself. Faith builds from this. Faith is the strength of the soul that understands the truth. Faith is the outcome of longing and receiving.

In your world it requires a strength and a dedication, persistence and desire in order to disperse the impediments and to be free. Can you imagine what being free would be like for each one of you? Freedom from worry and care. Freedom from need and want. Freedom from all the human conditions that you carry. Freedom from all that which is

not of light. My beloved and beautiful friends, we want you to be free, to know the joy everlasting of the soul connected and in relationship with their Creator. This we know. We have gone through the same journey as you. The circumstances may be different. Our lives, each unique, as we traveled in the world. Yet we had to overcome. We had to be strong. We had to be strong in our desire to be awakened by God's Love. Yet, now we reap the rewards. We feel and know the freedom and the joy of a soul released from those conditions that are not in harmony with love.

Each of you are capable of being within that condition of love, of through your efforts and prayers and faith you have found your freedom. This will come. You must desire this. Have faith in this. Indeed at times be patient and realise that it does take time. It does take effort. The incremental gift of God's Love builds. It does not dissipate ever. It comes drop by drop, day by day, prayer by prayer. As you dedicate yourself to the awakening of your soul and the ultimate freedom from all that is not of love, when you have reached this goal, a goal that is a marker of your progress, then you will look back and say, "Dear Heavenly Father, with deep gratitude and joy, I acknowledge Your Touch upon me and how you have shown me the way beyond all the impediments, all that which has caused me pain and difficulty, all that is not of love. You have shown me the way to all that is of love and all that is of You. I give You my thanks, my eternal gratitude, my love for You and all that You are."

Walk in the world with your head high, your soul glowing in love, knowing that God is with you and you are with God. That all that is beautiful and of God's creation is part of my life, the beauty of a life that knows the truth and expresses the truth with every breath. Each of you has an angel by your side always. Each of you may avail yourself of this assistance and the touch and love that they give to help uplift you and protect you. God has left out nothing to help you and assist you upon the journey. It is for you to accept and be aware of what is given and to embrace this with all your heart, with all your mind, all your soul, to embrace God and what God has for you in the bountiful flow of His Soul to your soul.

Be of good cheer, my beloved friends. You have entered upon the path, the path eternal, the path where joy is eternal and grows and evolves beyond anything you can

imagine. A path of true knowledge and true understanding of God's universe. A path where you will live for eternity in all that is of light and goodness and love. You have found the blessings of God's Touch. Never release yourself from this touch, beloved souls. Carry yourself forward to greater heights and glories, deeper knowings and feelings, greater love in all its aspects and expressions. This is given as a gift. This manifests as a result of this gift. You will know the glories of God, the glories of your own being and soul, the glories of a life in alignment with what is of God and God's creation.

You are loved beyond measure. Drink deep these waters of love. Quench your thirst of the soul. Be in the light, the great peace, the beautiful, beautiful light that is God's Presence. God bless you. I am Bartholomew and I love you so, precious brothers and sisters of the truth. Know that our commitment to you is eternal, as is your commitment to God. All of us are part of the great march, the journey to at-onement with God, Divinity expressed within us. God bless you all and your brothers and sisters, your families and loved ones. God bless you on this journey. I am Bartholomew and I love you.

2024-01-07-AF-Bartholomew

You Have Done Something Magnificent

Spirit: Faith Nyquist

Medium: Al Fike

Date: January 7, 2024

Location: Trinidad

I'm happy to see the truth expressed here in this room, in this far off land. It is a spark of hope for these beautiful islands. It is the beginning of transformation, of light touching light, of healing and hope for the world.

I thank you for your dedication, your efforts and all that you have done thus far as an expression of God's Will in your lives. Much more is coming, my beautiful friends. You will see in short order the results of your efforts. They will expand and touch others that will touch others. You will coalesce as a strong and beautiful group, a Circle of Light for God's Will and plan to bring humanity into light.

Continue to be strong, faithful and loving. Do not worry yourself over those who come and those who go. You do your work. You bring the seeds forth and plant it. That is what is required. Yet others will come and you will do your work and sow the seeds of truth. God works through you. You will touch many.

Be true to your guidance. Be true to yourselves. Be true to God. You will find the joy that dear Bartholomew speaks of. It will come into your heart, burn, expand and truly be a part of you. God bless you, beautiful souls. I am Faith and my love for you is great. My appreciation is even greater. For you have done something that is magnificent and beautiful. God bless you. I love you. God bless you.

2024-01-07-AF-Faith Nyquist

Individual Encouragement for Those in the Circle of Light

Spirit: Barbara Davies

Medium: Al Fike

Date: January 8, 2024

Location: Trinidad

...and I wish to speak to each one of you. Dear daughter, you are a formidable force in the world. You must accept your role in leadership and the praises given, for this is just the beginning of a wonderful journey of service to humanity and to your beautiful brothers and sisters on this island. You have humility. You are graceful in your ways, and loving. Accept the opportunities that God puts before you and be at peace, dear daughter, for you are well taken care of by our Heavenly Father. You have many gifts yet to unfold, understand and express.

The journey that you take now is a journey that few take, but is magnificent in scope, breadth and depth. Many angels surround you and bring to you the inspiration, the blessings. You are a beloved light and known in the Celestial Kingdom. You shall be a bright and beautiful instrument in the world. This is just the beginning. There is so much to do yet, so many opportunities to explore. Your gifts will thrive in the Love of God, in the blessings of the Heavenly Father upon you and your family. All is given in love and shall flow in love. God bless you.

My son, so eager and so open. Yes, it is a great gift that you and my beloved Albert are friends and collaborate together. It is important, the work that you will do together. There will be much collaboration and surprises upon the road together. It will unfold, and I assure you that you need not worry or concern yourself with the details of future endeavours. Take your day as a gift and be in alignment with God. In this, the inspiration will come and your dear friend will affirm and confirm many things for you.

Indeed, you have similar gifts and sensitivities. Thus, the attraction, the Law of Attraction works to bring you together. God has worked to bring you together. You and

his dear mate, there is a powerful purpose together. Be assured, dear beloved son, that you are loved and guided and you will find your way.

It is important that you accept the pace and flow of God's guidance and Will for you. Do not push beyond this, for this is what will cause you some problems if you do. It is a journey that requires patience and faith, and great prayer, much prayer. So, you do make your prayers, and you will find your way in this journey of connecting and being with God.

So, will flow the truth and the purpose day by day. When there are great changes that must happen, you will know it, my son. You will know it readily and you will have your friend here to help you see and confirm what you must do. This friendship and collaboration will last the duration of his life. It is a gift to have this opportunity together, to grow together, and to share together. Put aside any reticence or concern or thoughts of imposition, for when you give and you open yourself in this way, then there is no imposition, only the upliftment and gratification of love and joy and harmony.

You have made yourself a part of a family that is powerful and beautiful and has much, much to give to the world. Strive towards the highest and do not allow those who would inhibit your explorations, to do so. Be true to yourself, son, and you will know yourself in greater depth and beauty and wonderment as your soul grows and the love flourishes within. You are blessed, beloved son. You, before you even entered into this world, have made this commitment upon this path and journey and service.

So, it unfolds. You feel the impetus growing and the love burning within you, and the desire to bring truth to many others, to serve in love. You have in the past and so, you will in the future. The depth and breadth of that service, the depth of the love grows and expands and multiplies in many ways beyond your imagining. Beyond what you could plan for and implement, because this comes from God and is given to you as a gift of love as you give to God in your gift of love. Be in that harmony, dear son, and you will know your way upon the path that will be clear. Your visions and dreams will inform you the journey.

I wish to assure you since you have been speaking of your brother in spirit, that he will find his way. That you need not worry for him. He will find his way. For in your prayers and efforts, you have brought, surrounded him with many beings of light and angels of Heaven. He cannot falter, for this upliftment is powerful and will help him.

Indeed, he must clear away his own feelings of remorse and anger, confusion. But this, he will have assistance to do so and will find his way readily. It is not a long time in our time that he has passed over, so you must be patient, my friend. My dear son, you must be patient. God bless you. God bless you, dear son. My love is with you.

Dear little daughter, brightness of the soul shines through you. Seek for your own soul's awakening. Seek to be in the light. Seek to know yourself. Seek to express yourself in all the beautiful ways that you can and will in your life. You are meant to walk in the world reaching out to others in creative ways, and loving ways that will uplift and will heal and bring peace. You do not know yourself so well yet. You are young, but these gifts within you and purpose that God has placed within you, will rise up into your consciousness and you will be strengthened by it.

Healing is coming to you, dear daughter. These conditions that are plaguing you, will not do so in the future. But you must find the true source to these conditions. Through prayer and some interventions, you will be free of them. I promise you this, dear daughter, you will be free of them and free of those things that inhibit you, the fears that are a part of you.

Because of your sensitivity, because of who you are as a person, it is difficult to navigate the harsh world. So, you feel you must cloister yourself from the world. I say to you, as you grow in love, as you continue to ask God to bless you and uphold you in love, you will grow strong and you will find your way upon the journey of discovery, of expression, of purpose.

It is given to you freely by God and you will not be forsaken, but uplifted and find your true self, which is a powerful channel of light and love and blessings for others. You will find your way. Do not fear and do not fret, but be at peace and know that God embraces

you, the light embraces you, and light grows within you. Beautiful little daughter of light, God bless you.

My dear friend, I wish to thank you for the hours you have spent with me. I do not think that I was capable of truly appreciating your efforts and your love at that time. But now I see and I wish to acknowledge you in love, such a gentle soul that you are, what you give in humility and grace, and how you are drawn to God like a moth to the flame. You want to be in the grace of God and so, you shall be. My beloved friend, so you shall be.

You will write your beautiful poetry. You will join others, as you are now, in different places and be a support, an anchor for the truth for others and support for these instruments and others. There is purpose here. As you open yourself and the tears flow and the soul awakens, know that this is the beginning, and you acknowledge this. A new aspect of yourself emerges and is more vulnerable. Yet, in the vulnerability there is strength and purpose and insight and beauty and love.

Be at peace, daughter, and know that God has answered your prayers and you are finding your way upon the Path Divine. You shall find ways of service and being God's channel of love in the world. These ways and journey are for you alone. It is unique to each soul and you are finding your way in the uniqueness of your own self expressed in all its beauty and forms and ways.

God bless you, beloved daughter. God bless you, beloved friend and helper and servant of God. My love is with you. I am often close, so you may ask for me in prayer and I will be with you in prayer and in joy. I love you. God bless you.

My dear daughter, my dear daughter, we have journeyed a long way together, truly, and will continue to do so for all eternity. I know for you there have been some adjustments to understand me and to be with me. But I know that now we understand one another and we love one another. We have many conversations in our sleep states together. We laugh together and we plan together, we work together.

Even though there are physical limitations that continue to burden you, you are a very effective and powerful instrument in the world, both in the material world and the spirit

world. Do not underestimate your gifts, your talents, and your efforts and expressions, for they are many. You are working as God's instrument in many different ways. Be assured of the power and strength, the tenacity, the beauty, the light, the love that you carry.

This will continue to be expressed for many years to come. There is still much work to do and we will continue in our work together, as you will with many angels and bright spirits ministering to the world, ministering to the world of spirit. There is always something that is happening and expressed with every breath. Dear daughter, every breath you are being utilised in some way, as is our beloved Albert and his gifts. You both work as a formidable force in the world, a force for change.

I know you long to see the results, something dynamic and powerful that will change the world. But remember, that it is God's plan and for you to be humble and to be a part of God's plan to have faith in the expression of that plan through you and to know that, indeed, that expression is happening and is every moment. Be the love. Be the love, my beloveds. Be the light. That is what is required. As you continue to forge your relationship with God, you find yourself having greater insight and being inspired to deeper efforts and purpose.

This is how the ways of God work. As you grow in love, what you may do in the world as His instruments grows with the love and is empowered by the love. So, your great responsibility is in prayer, in being with God, in being that light in the world and not allowing the darkness to infiltrate and taint your light. Be the light, beloveds, and know that we who are of light are with you always.

The intensity of our rapport is determined by the efforts you make in your thoughts and your prayers, in your demeanour, in your actions. When they are in harmony with God's Laws of Love, then we are very close. Indeed, we can shield you from the dark forces of the world and all that which is not of God. Remember this.

These things are not on a whim. Your feelings and your conditions are not on a whim, that God by some way makes these things happen for you or not. You are the one in charge. You determine the condition, the day. You are in charge of your feelings. You

are in charge of what you do and the choices you make. This is the law in action, for you have free will. But we will give everything to the utmost that we can to uphold you and uplift you and protect you and to utilise you as an instrument on Earth. For you are precious, precious souls.

To be that instrument on Earth is a great blessing to many. There are very few, indeed. Yet, you have chosen to take this path, to walk this road to be God's servant and this brings many benefits and blessings to you. Be true to the light of your soul. Be true to the love of God. Be true to your purpose and your being, for this is the way and the means in which the work will be accomplished and the transformation of the world will come.

It begins with a soul seeking God and in that seeking, the light is multiplied and expressed to many others until, in time, all humanity is infected with light and becomes light. This is God's plan and you are a part of it. How blessed you are, my beloved friends. How blessed you are to know this and to be a part of it.

As I have said, each day is a blessing. Seek guidance for each day, seek to be used. Ask God to use you as His instrument for each day, and miracles and wonders will be accomplished by these simple prayers and longings and applications of truth. Desire to serve in love. You are beautiful lights, beloved souls, each one of you here. Beautiful lights.

I am happy to be with you. I am happy to have known you, some of you on Earth, some of you in spirit. But I know you and we are bonded. You are bonded deeply with one another. Be the light and be with God. This will draw the angels close and the work will proceed in accordance to your condition of light, the light of your soul, the light of your desires, the light of your gifts, the light of your love. God bless you. I am Barbara and I love you. I love you dearly. God bless you.

2024-01-08-AF-Barbara Davies

Do Not Be Concerned about Your Path

Spirit: Augustine

Medium: Al Fike

Date: January 8, 2024

Location: Trinidad

God bless you, beloved souls. Do you feel the love from your beloved mother and friend? She loves you so, and she is dedicated to your well being and upliftment. You are blessed by this dear soul who has many gifts and is, indeed, a great light.

Continue to reach ever higher upon the path of love, to be an ever more beautiful expression of a soul in alignment with God, seeking the Essence of His Soul. That you may have this gift and grow within it. We will take this journey together, many journeys together upon the great unfolding of God's plan for the salvation of humanity. You know you have our dedication, our unwavering love and support. It shall be forevermore.

May you be blessed, beloved and beautiful students of truth. I am your teacher, Augustine. My love for you is great. My love for all who seek truth is great. Truth must be found, expressed and shared. God bless you, beloved souls. God bless you.

2024-01-08-AF-Augustine

Blessings of Portals for All Who Reside Here

Spirit: Confucius

Medium: Al Fike

Date: January 9, 2024

Location: Trinidad

Dear precious children of God, may His Love find lodgement into your souls. Great abundance of this never-ending gift to be yours for eternity. That it transforms and heals you in every way. That you become the soul that God has made, created you to be.

All that you are will be touched by the great Essence of God's Soul and will bring about the alignment, healing, and manifestation of your beautiful gifts and abilities of the soul. These faculties shall shine in light, awaken in truth, be expressed in love. Come into alignment with God.

In such a place as this, where alignment and understanding of God is so distorted and distant, you have found your way. You have found your way, and the channel of light, the portal of light, is given to you. That you may be reinforced and blessed continuously by this gift of a portal to each one of you who reside in this place.

Be sure to utilise this gift. For God is giving you a special blessing. Be sure to understand and be aware that this portal of light, this beautiful cone of light that is given, a direct passageway between God and yourself, is given to protect, encourage, uplift and to bring readily the blessings of God to you.

Have faith that God will look after you. That you will be led upon the path that He has designated for each one of you. Make your time and effort to be with God. For these things do not come just from happenstance. They come from effort, from time spent, from your desire expressed, from all that you are, opened, and with your Heavenly Father.

The beautiful Creator of all things knows you intimately and personally. God is not a distant being. God is your Heavenly parent who comes to nurture you, to help you to grow, to help you to stand upon your two feet and walk in the world as a light, to know yourself as you truly are and meant to be.

In all of these ways, God gives to you many blessings and opportunities to grow, to strengthen, to learn how to truly love yourself and others. Great gifts are given by God. So many do not understand the nature of God, the loving nature that is God, the expressions of God's Soul, meant for you, each of you. God does not judge or withhold. God gives in such generosity, that if you could know the depth and breadth of His Love for you and the beautiful generosity of His blessings, you would cry a river, dear daughter, cry a river of gratitude. Blessings to you, blessings, upliftment and joy.

You are meant to be in the joy, peace and Grace of God. You must strive, my little birds. You must fly to the pinnacle of light through this avenue of light given and be in communion with your Heavenly Father in all the glory, love, peace and joy that there is awaiting you in this place of great light and Presence of God.

God bless you, beloved souls. I am Confucius, and I give to you my blessings. Yes, dear daughter, through your calligraphy, I will communicate. I will communicate. We will have conversations. You will know my presence. For I will give my dedication to you, my beloved daughter, and your efforts. This is my gift to you. My love for you, beloved soul, precious, beautiful, and yearning to be a light. We will take that journey toward light, dear daughter. A powerful journey, a journey of transformation and love, it will be given. For you desire this. Deep in your soul is a powerful yearning for this. You will find the realisation and expression of these things of the soul. They will come and flutter toward you. Precious bird, your plumage will change colours, and you will be more beautiful than you ever thought you could be.

God bless you, beloved souls. Each one of you has angels by your side, and efforts made for your transformation, education, and the joy to be placed and built within you through His Love. God bless you. I love you, each one, precious souls. Beautiful birds of

God, shall we fly to the bosom of our Creator and know the warmth and affection of His Soul? God bless you. God bless you, beloveds. I love you.

2024-01-09-AF-Confucius

Stand Strong in the Darkness

Spirit: Aaron

Medium: Al Fike

Date: January 9, 2024

Location: Trinidad

I come because I want to encourage you to stand tall in this world. To be strong, to assert yourself in light, in love, but in wisdom and strength as well. This is a very challenging place to live. It will challenge you at every turn.

Indeed, for many of you, you may be compelled to isolate yourself from these challenges and from those around you who would make your life difficult. I say to you, you must stand forth as a beacon of light to be that example, to be that beautiful light in the world and not back away, not be weak and fearful, not be hurt and afraid, but to be strong in the light.

This world, and you, where you are placed within it, need strong leaders and beacons of light. As you are challenged, you become stronger each time. You realize that the strength of your soul and the blessings of God within it brings to you a wisdom and a strength that many do not have. Many who challenge you lack and are often in the darkness.

You must show them what light is. You must express through yourself the strength of love. The strength of God acting through you in love. This is not harsh, and yet at times it is not gentle. It is direct, powerful, and filled with truth. In this way, you challenge others. In this way, others react with their challenge toward you.

In the end, love, light, and truth wins the day. You must be love, light and truth. My beloved friends, I will help you to be strong. I have always been strong. I was strong for my brother. I was strong for my people. I will be strong for you.

You are my brothers and sisters. You are my people. I now reside within the Celestial Kingdom. Indeed, we are all travelling toward that place in time. We must gather those willing to take the trek and to be within the promised land of truth and love.

God bless you, beloved souls. I am Aaron. I am here to help, to assist you, to be close, and to bring my strength to combine with yours to help you upon the journey. You will not falter. You will not be lost, but you will find your way on the clear path of light. God bless you, beautiful souls. Children of God, God bless you.

2024-01-09-AF-Aaron

Rainbow Blessing

Spirit: Jesus

Medium: Al Fike

Date: January 9, 2024

Location: Trinidad

The touch of God is upon you, beloved souls. I am Jesus. I come to bring you peace and upliftment, to bring the Grace of God upon you. This blessing will travel forth through you to many in this world and to this place to your brothers and sisters. Your families all shall feel the Grace of God truly.

As those who travel make their travels, you will bring the light and bring blessings to others. You are blessed, beloveds, blessed in the Holy Communion of God. I love you. I know you, and I am close. God bless you, beloved souls.

2024-01-09-AF-Jesus

The Sweetness of God's Breath is Upon You

Spirit: Francis of Assisi

Medium: Al Fike

Date: January 9, 2024

Location: Trinidad

I come in the flow and blessing of God's Love. In this natural beauty I come. I come because many prayers have been said in this place. I come because I am drawn and I love you. As the breezes waft up over you, think of the kiss of God upon you. His breath, cool and sweet, touching you. Your soul feeling the refreshment of His Essence upon you and within you. The birds sing their glories to God. The trees, their tribute to their Creator. All that is of God is at your feet, my friends. Be humble and joyful for the sweetness of God is around you and touches each of you.

May His Love continue to you to help you to see the glories of God, the wonderment of God. The Love of God expanding your souls so that you are truly awakened and appreciative in gratitude and glory of Love Divine. His blessings upon us. His blessings upon us, beloved souls, children of God. I love you. I love you. Yes, I'm close to the dear one who thinks of me often. I help to guide her upon her path. May you be blessed. May you be blessed within the peace that passes all understanding and the love eternal. I am Francis and I love you. God bless you.

2024-01-09-AF-Francis of Assisi

Expresses His Regrets

Spirit: Kevin O'Neill

Medium: Al Fike

Date: January 10, 2024

Location: Trinidad

Yes, I am not an angel either. All too human in my time on Earth, full of many flaws, indulgences, and fears, all the human things. But the gatekeepers have allowed me to come to you to speak, to encourage you. Because I must say that, since coming over to this side of life I have many regrets, that I could have done more for the work that is needed. Yes, I dedicated myself in ways that were safe and that I felt capable of. But I must say that there were many things I could have done, many gifts that were not explored and expressed.

I do have regrets. Yet the one great triumph in my life was that I understood the power of Divine Love to heal me and to bring me to God. So, in my prayers I found a measure of redemption and understanding of the truth, and this I am very happy to say I have found the light and greater truth. I have gone to speak to many of the friends that we share together that have passed over and they too have found light and truth. Like me, they have their regrets that they could have done more. No doubt when you pass over you will feel the same.

I want to encourage you to push the envelope to do more than you think you can do, to get beyond that place of comfort to a place where you challenge yourself and are in greater harmony with God and God's Will. For God has placed in you countless gifts and abilities. God has in line for you countless possibilities and opportunities. Take them up. Seize the day. Do not falter and dither about as I did. But be strong and clear and truly dedicate your life to this. For you are needed, as you know, you are needed. Do not worry about the small details, the technical things, all those things that would drive me crazy.

Instead, look at the bigger picture and know that as you progress in love, all the details will sort themselves out. The big efforts, God's plan is what is important. You will find yourself in the middle of it, working clearly and succinctly toward accomplishing this great plan that God has set forth for humanity. You well know, as I did, that many, many, many on the Earth are lost. Let's face it, many will continue to be lost. But there are many who are seeking, who are looking for light and truth. These are the ones you must open yourselves to, even if you feel you are being silly or inappropriate.

Opening to strangers is not easy, it certainly wasn't for me. Indeed, if you are guided to connect with a stranger, do so. The only one that I know that does this without hesitation sits to my right here (J). Take her as your example. You dear Jeanne are a great example to me and to many. Don't forget your gifts. Don't underestimate them. Yes, certain personalities that have their ways and their gifts makes this easier. But each of you have a way, an expression of your unique self that, if given in an elegant and sufficient way will be acceptable to others. Just to say to somebody "you are loved. You are loved." How many feel that in the world?

This is an important truth, to say to others that they are loved and that the greatest love of all, the most love that they could possibly know comes from God. And also, that you love them. Because in your heart when you have Divine Love in sufficient amounts, you love everybody. You may see certain flaws, aspects of personality that you do not find lovable, but in your heart, you love everybody. It's a different kind of love, isn't it? It is an important and powerful love that needs to be known in the world, and that people can have the choice to know this love, to feel it and to be healed by it. I was healed by it, you are being healed by it. We are taking the journey of that healing, of knowing truly how we are loved.

So, as dear Augustine, who kind of scares me, says, "you must be that light in the world, that channel of love in the world." Keep trying, my friends. Keep trying to be that light in the world. If you do so well, you won't have the regrets I have. You will be full of joy and appreciation of what you have done for God. Isn't this what it is all about? Our appreciation for being created by God and loved by God. The expression of that is to

love and appreciate others in all the ways that we can, serve others in all the ways that we can.

I have said enough, and I thank you Albert for allowing me to say these words. I know I don't do so in the eloquent ways of the angels, but I think you get my drift. Know that I appreciate the work that you do, that all of you do. You are the brave ones. You set forth in those places in the world that I would turn my nose up to and think, "oh no, I couldn't do that." But you're doing it and I take my hat off to you and I don't take my hat off for many.

So, here we are. I love you. I love everybody and I want to be a light for everyone. So do you, my friends, so do you. Blessings to you. Your friend, Kevin.

Jeanne: I love you, Kevin. You made my day.

Kevin: Jeanne, you make my day every day. Blessings to you too and the rest of you. God bless you. Love and light. Love and light. God bless you.

2024-01-10-AF-Kevin O'Neill

Powerful Message to Live the Truth

Spirit: Augustine

Medium: Al Fike

Date: January 10, 2024

Location: Trinidad

Beloved souls, I am your teacher, Augustine. You have had your times of prayers together, seeking to awaken with the gift of God's Love pouring into your souls, seeking to strengthen the bonds between you, seeking to be clear of all obstructions between yourself and God. God has given you the gift of this time. God wishes now for you to venture forth in your life and be that channel of love and light that He so wishes for you to gather those who are seeking, to help uplift those who are downtrodden, to be God's instruments, to bring the truth of God's Love to others.

There is much work to do and little time to do it in. You must be vigilant, focused and dedicated in order to accomplish the tasks that are set before you. Though with your material minds often you do not see what it is that you must do. You must go deeper within yourself and be aware, cognisant of the guidance given. You may act every moment of every day as God's instruments if you are in alignment with the Will of God. It is not that you will consciously do so or will be physically moving and acting within a certain task and time. Yet, to be in alignment with God is to be His instruments on Earth. The flow of God's blessings through you may be directed in many different ways. You may not be aware of this, but you are a part of it nonetheless.

I know that it is important for some of you to be aware, to be purposeful, to have the understanding of each step, each effort, each blessing that comes. This is only human. Yet, I say to you, as you continue to understand the capacities of your soul and soul perceptions you will know more fully what it is that you do and how these things are accomplished. Until that day comes when you are more aware and you are more developed in your awareness, you will have to go on faith and trust that God is using you as I say.

Pray to be used. Pray to be that channel of light, channel of love. Pray that God's Love continues to flow into your soul. Do so in a conscious way. For this prayer is the most powerful prayer you can make. It is the key to all other things. You must come to know God. Be aware of God's Presence. Be aware of the Holy Spirit that comes to infill your soul. When these awarenesses are true and clear within yourself, then the awarenesses of how God will use you as His instruments will come as well.

It is important that your focus be of soul perception and love. For how can you speak and teach of these things if they are not truly part of your consciousness, your reality of life? As you continue to open to these things, so the depth and breadth of this consciousness, this awareness, becomes greater. You begin to live within the consciousness of God, rather than the consciousness of man.

It is a challenge that we give to you almost every time we speak. For it is the journey you must take, the road you must follow. Those of you who are dedicated, who truly understand this journey of love, development of the soul and of oneness with God, without the effort to clear away the debris and the distractions of the human condition and truly to be with God, you will not know the depth and breadth of your instrumentality. You will not know the details of these actions. Though it is not necessary for you to know. Yet, within each one of you is a great need to know, a great need to understand and to feel that you are a part of something greater than yourself.

I speak to you in these terms and I encourage you to be in harmony with the faculties of your soul, such a vital part of yourself and so difficult to understand and to be truly a part of. In all ways, in all levels of consciousness, in all acts and expressions within you, be the child of God. So many who have spoken to you, have said these very words, "be a child of God." You have spoken of that phrase, "be in the world but not of it." Yes, to enter the new phase, to enter that new level these things must be attained to some degree, at least. If you dilly dally about, at times very much engaged in the material world, and other times making a haphazard effort to be with God, then you will only know frustration and disappointment. For without true and clear commitment, a vital expression of yourself, a longing clear and intense to be with God, you will know the lukewarm feelings and experiences of a mind only engaged in half of what could be

within its consciousness, those things of the spiritual, and a soul that is buried under conditions of the mind.

Some feelings rise up. Some warmth is attained, some vague sense comes to you. Yet, for many of you who are very intent on being spiritually awake and attuned, this is not enough. I speak to you about what you must do. These are simple matters, simple indeed. Yet, you are easily and readily distracted. You enjoy, indulge in and are a part of the human condition that you tolerate and cultivate. It is time to grow beyond these things. I know I have said this many times. I have also said that the time grows short. It is time to act, to truly dedicate, to be in alignment and attunement with your Heavenly Father.

For all that you do to open the floodgates, the doors, to God's ministrations upon you, you then will develop in your gifts swiftly, powerfully. Much will be accomplished before that time comes when you are asked to be God's instruments in a serious way, in a dedicated way. The depth and breadth of your efforts as God's instrument in times to come will very much be determined by the depth and breadth of your dedications in this time, in the times that are near.

I give you this invitation, this very plain description so that you are not confused. That you may know what it is that is important for you to do. You always ask, my friends, "what must I do?" We have told you countless times what is necessary. Yet you wish more elaborate and exotic details as to what you must do. This would be a fabrication, and as you well know, angels do not fabricate truth. We live truth. We speak truth. We give you truth, beloved souls, in the way that you can understand it, know it and live it. As you live it more fully and are in greater alignment with the truth and Laws of God's Love, then more will be given.

We do not hold back because we enjoy watching you struggle. This is far from the truth. We hold back because if we feed to you the richness of the food of truth, you become fattened and crave this richness rather than the lean and better truth that is simple and necessary to feed upon, to express and understand and incorporate into your life. Know

that we love you. We speak these things in love. We speak these things because we love you. We are together in this beautiful time of enrichment, blessings and truth.

May God bless you, beloved souls. May you truly be that instrument of light. May you truly know the Laws of Love and live them. May you truly shine in the love. God bless you. I am your teacher, Augustine. I love you dearly, beloved and precious souls. God bless you.

2024-01-10-AF-Augustine

2024 Image Gallery



2023 Messages Received

Preparations for Our Prayerful Gatherings

Spirit: Keea Atta Kem

Medium: Al Fike

Date: January 11, 2023

Location: San Salvador Estate, Trinidad

Beloved souls, I am Keea Atta Kem. We have prepared this place, we have prepared those who are coming, we have prepared all of you for a time of regeneration and light and love as you gather together. Indeed, the gentle Touch of God will touch every soul, awaken those yearnings within the soul. You will find yourself in the peace and the upliftment of our Father's Touch. You will find that all will flow in accordance to His Touch and Will upon your gatherings and prayers. Drink in the nectar of His Love, the beauty of His grace, the peace that comes with His Presence, for all of this is given freely and abundantly for you to absorb and be refreshed and to grow and awaken the great and beautiful power of His Love.

Oh my beloved friends, know that we are close, know that all that is with you has been a gift from God, that you will find great nourishment here, great upliftment. Allow the conditions of the world to flow away, and as God washes you with His blessings of Light and Love, may all these conditions be released, find yourself in the purity and the innocence of the Light and Love; the beauty of His great Soul ministering to you through the Holy Spirit and through the many avenues that God uses to heal and uplift. Open yourselves to this gift. Allow the cleansing to wash through. Be uplifted in Love.

I am Keea Atta Kem. I pray with you, as do many, and I love you, as do many, and God loves you always. In His great Love, expression of His Soul, all is healed. All is given to those who desire, to those who wish to be awakened. To those who are in need of

healing and peace, it is given. It is given in prayer. It is given in peace and abundance.
God bless you. I love you, beloveds. I love you.

2023-01-11-AF- Keea Atta Kem

Prays with Us as We Seek to Prepare for Trinidad Gathering

Spirit: Mary

Medium: Al Fike

Date: January 12, 2023

Location: San Salvador Estate, Trinidad

Dear sweet souls, I am Mary. I come to pray with you as you seek to be prepared in light and love for your gatherings, as you seek the fellowship together, as you seek to open your souls to the great inflowing of God's precious Love. This Love comes to you like the breeze that surrounds you now. God's Love comes to you to envelop you. Open yourself so that your soul may drink in these Living Waters, beloveds, that you may be elevated in Light, that you may know the peace that passes all understanding.

My beloved and beautiful friends, we gather together in Holy Communion, for it is our souls that know the way. It is that which is deep within us, that seeks the way to at-onement with God, may you come to know this way clearly and powerfully so that with each moment of each day, there is a longing that goes forth to God, and that longing will be answered by God so that there may be a constant inflowing of this Love into your souls that you may grow in light, greater and greater, expansion and light, and be truly those souls that God intends for you to be.

My beloved, beloved, brothers and sisters in the world, you form a light together, a light that will draw others, a light that is powerful, a light that heals and brings peace, a light that introduces the great Truth of God's Love, a light that is beaming within you, a light that beams through you to many others. Your world is in need of this light. Your world hungers for this light. But so many hunger and know not what for, what draws them, why it is that they feel this hunger, that in their minds cannot be sated. And you must tell them about the food that they require in their soul, that they will be sated by love, that they will be replenished in love, transformed in love.

My beloveds, we embark upon a beautiful time together in loving harmony, in truth, in prayer, as we seek out God and God seeks us out in this communion of souls, with the great Soul of God. We come to retreat from the troubles of the world, we come to find comfort and peace with God, we come to nourish our souls. We are in alignment with God and know that He is with us. Open yourselves fully to the grace of God's Love and be in the fulfillment of His Truth, His Light, the way of love. God bless you, I am Mary. I love you all, beloved souls, beloved lights in the world. God bless you.

2023-01-12-AF-Mary

Be Gentle for Many are Vulnerable and in Pain

Spirit: Augustine

Medium: Al Fike

Date: January 12, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

I am your teacher Augustin. Many in this place are in deep pain, this island that has suffered greatly, an island of hope and yet often, hope is dashed by the conditions that prevail here. It is good that you come to this place. It is good that you pray for this place and all who dwell within it. For many are in need of deep prayer and God's intervention and Touch upon them. Yet, they are confused and resistant because they have built a shell around them to protect themselves so as not to be vulnerable to the hurt and pain that exists in this place.

My beloved and beautiful friends, be true to your soul's desire to serve in love, for this is what you must do: serve in love, give love, embrace those who come, touch the souls of many through your instrumentality, being a channel of love in the world. For there is much sorrow here, there is much to be healed, and your work, my daughter, is great. It begins with humility and simplicity and grace, a sensitivity to those who come and do not wish to feel vulnerable. Many come in fear, but curiosity and the longings of their soul are more dominant than the fear. Be gentle, beloved souls, be gentle with these precious souls that come, so tentative yet desiring to be uplifted and healed and in peace.

My beloved and beautiful students, every opportunity brings its challenges and its rewards. Be open to your guidance, be strong in love, put aside any judgments, any reticence. Rather, be joyful in love, embrace your brothers and sisters, welcome them to a sanctuary of light that this shall truly be for them and for you. For God blesses all as He brings together His children in prayer in communion, in light. May His Love continue to flow into your souls, my beloved and beautiful students of truth. May you find your

way beyond the obstructions of the human condition and be in the purity of love, the grace and joy of love.

Be true to your souls, your soul's desires, your soul's inclinations, your soul's gifts, your soul's wisdom, for we will utilize each one of you as you gather together. When you feel inspired, when you know the calling is upon you, act accordingly, do not shrink from these opportunities to serve, for each of you will touch other souls deeply. Tell them your story, help them to be comfortable and to accept themselves as a child of God, for each is a child of God, each soul upon your world is a child of God. It is for them to discover this truth and it is for you to help them to discover this truth, that they are deeply loved, each one. No matter their life's experience, no matter what conditions they carry, no matter the pain that is a burden upon them, they are loved by God ,and in this they may be healed in love, they may be uplifted in love, they may find the way beyond this crucible of pain that is so common in your world. Beloveds, be strong and able, be willing to serve and to express the true light of your soul.

God bless you, I am your teacher Augustine, and I too will be with you in your gatherings and prayers. Indeed, we relish the opportunity to be servants of God, to bring light, to bring healing and peace to those who are willing to accept the gifts of God to them. God bless you, God bless you all. My love is with you, beloved souls.

2023-01-12-AF-Augustine

There is Much Work for Us All to Do in the Caribbean Islands

Spirit: Bartholomew

Medium: Al Fike

Date: January 12, 2023

I am Bartholomew. I have been assigned the task of bringing those in these islands together in harmony and love, to bring the truth to many, to utilize those of you who are willing to be servants of God. Your task is great, my beloved friends, yet each of you have within you the seeds of knowledge, the strength of soul, the light of love, that you may carry out these tasks. Indeed, we are all brothers and sisters upon this world, yet it requires great strength, tenacity, even the capacity to be organized and effective in order to reach others. For this is a material world in which we live, it is difficult to penetrate the barriers and the biases of those who live upon this world. So it is important that you are keen within your soul to serve, wise and able to communicate and to reach out to many. So we come close to assist you, to reinforce your efforts, to be by your side, and so we will be, my friends, always.

Our commitment will not waiver, and it is our wish that yours as well will not waiver, because there are many conditions and resistances that will challenge you. Yet, you must be persistent and consistent in your efforts. To walk in faith, my friends, gives great strength. To speak with wisdom gives power to your words. To be a soul that is a channel of love will draw many to you. So be wise, tread softly but firmly upon this path of service and light and truth. Know that I, Bartholomew, will be with you as you journey forward.

God bless you, beautiful and beloved brothers and sisters, seeking to serve God, seeking to uplift humanity, seeking greater truth and greater light in love. God bless you, beloved friends.

2023-01-12-AF- Bartholomew

Invitation to Develop More Mediums

Spirit: Seretta Kem

Medium: Al Fike

Date: January 13, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

I am your brother and servant, Seretta Kem. Today I wish to speak about the subject of mediumship, for there are several in this room who have the potential to exercise this gift in the world. Indeed, to have more channels, more individuals who are willing and able to be a conduit for communication between ourselves and those of you upon the Earth plane is a great benefit and asset in the coming days and work that is to be expressed in the world.

Every individual has the capacity to communicate with us, given the right conditions and the right desires and motivations to do so. The greatest impediment to this is the mind that is often very entrenched in certain patterns of thought and conditions which inhibit this communication, so that to do so as I'm doing now would be almost impossible. Yet, there are those who have certain patterns of the mind that allow this communication to take place more readily. It is a clear flow that is expressed through various parts of the brain, it allows for us to communicate, to influence the thoughts and speech patterns of the individual in such a way that rather than the predominance of their thoughts and intentions, they give way to our thoughts and intentions. It is a sort of relaxation of the core motivation or mind of the individual that allows us to step forward in our presence and overshadowing of the individual medium, thus allowing words to be spoken that do not originate from that person but from those of us who are speaking.

As one practices in this way of communication and expression, then the channel for this communication is cleared and becomes more readily expressed, and there is an ease of communication that is almost as if it comes second nature to the individual. This is the case with this medium who now has no trouble connecting with us, this merging of mind. Although, the difference is that our mind is not of the material it is of the soul, and

we are connecting mind to mind, soul to soul, as well as our soul mind with his material mind. In many respects, the effort is made by those of us in spirit to communicate. The individual whom we are communicating through is only required to relax and allow us to come through in this way, that he or she may not have the impediments of mind that I speak of that inhibits such communication. They have come accustomed to this way and have allowed the flow to take place in accordance to their personal condition at the time and at times, their mental condition.

It is a form of meditation so to speak, this communication between us and the medium, a relaxation of the mental busyness that you are so accustomed to upon this earthly plane. As the rapport grows between us and the medium, they've become accustomed to certain signals, feelings and sensations that indicate our presence with them. They feel the Divine Love within our soul warming the individual so that they feel enveloped by this love. Indeed, this is the primary signal that is given with our presence that that individual and hopefully those who are surrounding that individual in prayer, will feel the power of this Love infuse the room, envelope each individual. Without this signal, I dare say that the spirit that is communicating is not a Celestial spirit, rather, it may be a high spirit and one who has a measure of Divine Love within their soul. But the power of the soul of the Celestial spirit is so great that it will infuse the room with this light and condition which is unique to God and His Touch upon the individual soul.

It requires desire within the medium to be an active participant in this process. And when I say active I do not mean willful, I mean that that individual is willing to open themselves readily to the influence and the overshadowing of the Celestial spirit upon them. Rather than that individual controlling the words, the flow of thought, they are releasing, relinquishing their control to us. This does not mean that the individual loses themselves in this process, for this medium is well aware of what is happening, is fully conscious. But there is a state, a condition of trance that is developed and that condition of trance is unique to each individual medium. Some relinquish their consciousness to such a degree that they are not aware of the physical realm, they have retreated into their spirit, and in this way it is like they are sleeping. There is a gradient of conditions that are that of complete unawareness to full awareness. It is not that the individual wills

this level of awareness, it is a matter of the function of the brain and the collaboration of the individual in the process of mediumship.

I will not go into the details as to the functionings of the brain that allow mediumship to take place but indeed, there are several parts of your brain which need to be in alignment and connected together in such a way that the synaptic information is conveyed along a corridor that is rather unusual for human thought and function in the purely material sense. There must be an amalgamation of will, of mental functioning, of thought, of development of the soul in Divine Love, and the deep desire of the soul to serve.

All of these things come together in an eloquent way so that speech and communication may be realized. Those who aspire towards this gift must realise that they carry the responsibility for it, that indeed the free will of the individual is strong and can influence and determine the quality of the mediumship. So the individual must be humble and willing to take that leap of faith towards being used in this way. Indeed, for many of you to experience this form of mediumship may be a daunting task in the beginning, for there is a distinct difference and quality of consciousness for the individual when mediumship is active and expressed.

When this gift is opened, then there is more sensitivity and vulnerability to the conditions of the world, to the presence of spirits, to understanding both worlds and living in both worlds, as this gift opens the psychic connection to the spirit world. Of course, when the individual's motives are pure and they desire protection, then they are not so vulnerable to the lower conditions of the spirit world. They may draw these conditions in with their thoughts, but there again, it is their responsibility to keep their thoughts elevated.

Some are so intensely mediumistic that they cannot discern between their own person and that of a spirit who is with them. This is the most difficult condition and situation for a medium, for that individual must live their lives in the material world and experience what life has to offer in this material world. Yet, if that individual is so caught up in their relationship with spirit and the many spirits that are around them, then they begin to lose themselves in this close rapport and cannot discern between their own will and the will

of this spirit. This is not a desirable situation, for it leads to a myriad of problems and vulnerabilities.

This particular medium through which I am speaking, has a great capacity to set boundaries and limitations in his communication with spirit, and this has made him a strong and effective channel for us. I would urge any who are interested in such capacities and gifts, to have a conversation with him regarding the process, the limitations, and the expectations of mediumship. Our utmost desire is that the medium will reach for the highest and will come to work with us in the Celestial Kingdom so that we may communicate readily. In so doing, we will protect and guide and come close and speak, all of these things which the individual wishes to be in the flow of and in service for his brothers and sisters.

As I say, it requires a considered decision to be that individual, to open that gift of mediumship, to take on the responsibility and the dedication that is required for the consistency of these communications. It is our hope that other mediums will open to this form of communication and be dedicated in such a way that it is exclusively communication by us through that individual. Yet, we cannot circumvent the free will of the individual, it is for them to decide. But when that decision is made, when the individual is fully entrenched within and knowledgeable of the Laws of Love, their souls brimming with the great gift of Divine Love, then it is likely that they will make such a commitment easily and readily. It is for them to decide, it is for us who are here to serve, to assist that individual accordingly.

Yet, I must say that there are those individuals who are more readily opened as mediums than others, and this too must be determined. Some communication may take place with each individual upon this world, given the right circumstances, but to open a channel such as this that is consistent and readily available to us to communicate through, is not an altogether common gift. Yet, there are many who have such a gift, and if they wish to explore this gift and wish to make this commitment, then we are all too willing to assist them upon the journey of opening this gift and utilising it for the benefit of their brothers and sisters. The power of Divine Love is great. It is the key to

opening all of these doors. It is a necessity, something that must be part and parcel of opening this gift to we in the Celestial Kingdom.

So I say these things to you for consideration and for your education, and for those who may listen to this message, that they may see that it is not a choice that is made in a casual sense, but one that is serious and requires deep dedication. And if one prays to be shown whether this gift is possible and desirable within them and through them, then God will show them at the right time, in the right condition, so that they may proceed with opening this gift.

I thank you for listening to me today, my beloved friends, for I know the issue of mediumship is somewhat contentious for peoples upon the Earth, for they do not understand what it is and what it can do. So, we give what information we can through various instruments in order to educate you and to educate the world. Yet, there is great suspicion in the world regarding these gifts and indeed, this suspicion is well warranted since there are many who claim to have this gift but do not, and there are many who utilise their gifts for common communication with dark spirits and spirits of lower planes. I do not mean to denigrate those who do so, but the knowledge of this activity has created a reticence and a suspicion amongst those in the world who have considered these things.

Yet, all things come together for good in time, and so you must persist in allowing your angel friends to communicate with you and through you, to be present in prayer, to be filled with joy in our presence, and to help others understand and see that indeed God sends His angels into your midst. Given your expression of the Laws of Communication and the Laws of Love, seeking the highest gifts, that of the Divine Love, these things activate the laws and bring us close. When the individual comes to truly recognize and feel and know us, how can there be fear or reticence? Rather, it is a joyful thing, something that is inspiring, something that inspires the soul. So we continue on, do we not, my beloved friends, in our efforts to reach many in the world, to help raise the consciousness of the world, to help bring the Truth of God's Love to the world, all of these things that the souls of humanity thirst for and yet they know not for what they thirst. So you must tell them, so you must lift the cup to their lips and say drink deep,

drink deep, beloved and beautiful brother or sister, for we are all children of God and this gift is given to all.

My beloved friends, we will continue to pray and speak and long and be with God, for this is how the world can change and be healed and uplifted, utilising many gifts, not just the gift of mediumship, the gift of healing and insight and perception, the flow of love and compassion and joy, the embracing of your brothers and sisters in this light, speaking of truth, demonstrating the laws. There are many ways which the individual may serve God and serve humanity. May you come to know and find the many gifts within each of you. Each carries many gifts and may express it as they unfold in the great transformative Love of God.

God bless you, I am Seretta Kem. I thank you for listening to that which I have said. I love each of you. I love humanity, and I wish to serve humanity in whatever capacity and way that God deems is the way and flow of His Will for me. So it is for you my friends, so it is for you. God bless you, my love is with you.

2023-01-13-AF-Seretta Kem

Extends a Deep Blessing of Gratitude for Karen's Efforts

Spirit: Elizabeth

Medium: Al Fike

Date: January 13, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

I wish to thank you for the efforts that you have made to bring the souls together, to bring the Truth, the glad tidings of His Love, available to all. And we in the Celestial Kingdom will be there in force, surrounding you all. There is no need to be concerned or worried about details, for all will flow in love. All will be given in love. Indeed, a great Light will be formed in this place of gathering for the benefit of your nation.

Your peoples will be a gift that will be widespread and will bring comfort and peace to many. Whether they attend these circles or not, they will know the benefit of your efforts, beloved souls, and your collective efforts, my brothers and sisters. Know that this meeting has great purpose and many blessings associated with it, and it will continue to build, the momentum will build as you continue to draw others together in prayer.

Be joyful, my friends, be joyful, for there is much to bring joy as you gather in love. My love is with you, dear daughter, and with you all. We shall pray together for the upliftment of humanity, the gift of God's Love that may penetrate many souls as he pours within them the desire to receive. God bless you, I am Elizabeth. I love you.

2023-01-13-AF-Elizabeth

Blesses all Our Efforts for Trinidad Retreat

Spirit: Jesus

Medium: Al Fike

Date: January 13, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

I am Jesus. I come to bless you in your efforts, beloved souls, as you venture forth together, serving God, bringing love. So you are blessed, beloveds, so you are blessed, and you do my work as my disciples.

May the great blessings of His Love pour into your souls. May you know the upliftment, the protection, and grace of His Touch upon you. May the Light expand and expand and bring comfort and relief to many. May you be blessed in the Truth and Light of God's Love.

God bless you, beloveds. I am with you in your efforts and shall be with you as you continue on in this great effort to uplift those of this place and the world. God bless you. My love is with you, my love is with you. I am with you, I am Jesus. God bless you.

2023-01-13-AF-Jesus

Comes to Correct His Errors While on Earth

Spirit: Augustine

Medium: Al Fike

Date: January 13, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

Beloved souls, souls who are seeking, souls of light, I am Augustine. I believe that you know of me from history, that I was once the Bishop of Hippo, and I have been enshrined within the Catholic Church as one of the founders. You might wonder why I come to Earth to speak to those upon this Earth. A great motivation within me is to correct the errors which I taught, to neutralise the actions of my life on Earth that have brought about much error and pain and suffering to many. I will not belabour this point and speak about things that are of error that I endorsed, rather just to give you some idea of my motivations.

I am an inhabitant of the Celestial Kingdom, I am a Divine Angel, but I did not come to this place through the beliefs and thoughts that I had while on Earth. In fact, much of what I believed and thought did not bring me much benefit when I passed into the spirit world. But indeed, because I was a seeker, I drew to myself those bright spirits and angels that made an effort to teach me of the truth, and indeed in time, I began to put this truth into action and it changed me. This is why we come to you, beloved souls, to help instil truth that is actionable and verifiable rather than myths and ideas that are made of man and the imaginings of men.

The truths of which I speak and many other angels speak of, are the truths of God. Of course, we can only speak of these things, and to a limited degree we can demonstrate these things, but it is for you, each of you, to go deeper in your inquiries and prayers and efforts to understand these truths of love. By the Law of Attraction you have drawn together, and not only you in the material world, but also you have drawn many angels and bright spirits into your midst because you seek the truth, my beloved friends.

You seek to know, you seek to experience, to understand and to apply this understanding into your lives. In many ways the truth is simple and it is applicable in every moment of your life.

You have spoken together and spoken of your ideas, your commitments, your dedications, and this is good. To seek for the highest, my friends, is to seek the Will of God. It is not to give credence to the will of man, for this will has been distorted so very thoroughly that in the case of spiritual matters, it is not of good use or service to your life. Yet, within each one of you is the capacity to know truth, to be in alignment with God's Truth. Whether that comes with a spoken word, a book, an idea, or whether it comes into the heart by longing and desire, it must start somewhere, it must be a part of your journey in a conscious way.

So you will find yourself challenged by old beliefs. You will find yourself having difficulties with those things within you that are not of love. You will find yourself to some degree, dissatisfied with your life. Not because God wishes to sow disharmony into you or anyone, it is merely because in order to live a spiritual life and that which is in harmony with God, it requires an adjustment in your thinking and actions. It requires an activation of faith, of truly going to God with innocence and vulnerability and desire, so that when you and God are together and you have an inkling, an understanding of this, then it is a real and powerful experience that shall motivate you and inform the next steps upon the journey of truth.

We speak of seeking the great Love of God, His Essence flowing into your soul. This is the highest gift that can be given. This is the truth that shall transform. This is the message that our beloved Master Jesus gave when he walked the Earth; a message that has been lost, that has been distorted, and yet if you look within the words of the holy book, you will find it there, not emphasised, but still it survives within those scriptures. And there are other sources and means of finding this truth. It depends upon the efforts that you make, it depends upon the desires that you have and the commitment towards seeking truth. If you truly seek truth and you pray to God to help you find truth, God will answer your prayers. God wishes for every child upon the Earth

to know truth, and that is a truth that will come to you personally and will be a powerful addition to your understanding, your experience of life.

You may be assisted by others, you may find words and passages that will inspire you, God works in many ways. But the true journey to truth is that of the soul longing to God that has been stripped of its impediments and its vanities and conditions that are all too human, laid bare to God, laid bare and vulnerable yet seeking and humble in this way. God can penetrate the conditions within and come to you in the wholeness of His Being, in the beauty of His Love and Touch you deeply, awaken you powerfully.

My beloved students, seek ye the truth of heaven, seek God in your life, seek all that is of God and release all that is of man, and you will find the wonderment, the power and the glory of the Love of God infilling your soul, a gift that shall never diminish but will set you upon an eternal journey towards at-onement with our Creator. It is that simple, my friends. It does not require great study, it requires great feeling and truth and honesty within. To be a humble child of God is to be innocent and full of grace.

May you come to that place, my beloved friends. May you come to seek God as God truly is, which is pure Love magnified beyond comprehension. This is God and this shall be your God if you would seek him, seek him out in prayer, seek him out within your mind, your soul, your longings, your desires.

The grace of God is with you, beloved souls, and shall be with you, provided you are pure in your desires, you are open within your mind. You seek for the highest truths and the highest truths shall come, it shall be yours. Jewels beyond price, given freely by God, jewels beyond price that shall set you upon a course of light and enlightenment. It is greater than anything that the material world can give to you, it is deeper than anything your mind can comprehend, for it is your soul that will know. It is your soul that can understand, and you will discover the wonders of your soul, my friends, the wonderment that is your soul in relationship with God's great Soul.

These things will come, these things are readily available to each of you, provided you are open and willing to take that step, to embrace the truth. The truth is love, Love Divine, love everlasting, love greatest and highest of all loves. It is the Essence of God

and it can be yours for the asking. May you ask diligently and truly and deeply, so that you may receive abundantly and truly understand the words of which I speak and share with you today.

I am Augustine, your teacher. And my love and appreciation for each of you who are making the effort and are stepping forward in a desire to learn and to know the truth. I am here with you, as are many from the Celestial Kingdom. For the days to come, we will journey together in loving harmony, in revelations and insights and true understanding. These things shall come to those who are penitent and those who desire.

God bless you, beloved souls, God bless you in the glory of His Love. May it be yours within, a light that shall burn for all eternity and shall lead you on the path to at-onement with your Creator. The true redemption of the soul comes in this way and shall be yours for the asking. God bless you, beloved souls. My love, my support, is with each of you. God bless you.

2023-01-13-AF-Augustine

Comes to Pray with Trinidad Retreat

Spirit: Mary

Medium: Al Fike

Date: January 13, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

I am here, Mary, Mother of Jesus. I come to uphold you, beloved daughters and sons. I come to be with you in love and that the Light of God may infill this place, bless this country, this island in need of the grace of God. I come because you have asked me to come. I come because I love you. I come to be with you in love and I am with you in love, my beloveds. Know the peace and grace of God, be comforted by God's Touch upon you, be sure of His Presence with you and be at peace, my beloveds, be at peace. The peace that passes all understanding comes with His grace and Love.

God bless you. I shall be with you as you pray and wonder and experience the bounty of God's blessings. God bless you. My love is with you. God bless you.

2023-01-13-AF-Mary

Do Not Squander these Opportunities

Spirit: Confucius

Medium: Al Fike

Date: January 13, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

Blessed earnest souls, I am Confucius. I come, for I too am an Angel within the Celestial Realms. I come to bless you little birds, beautiful little birds of God, seeking truth, seeking love, seeking companionship, as you flock together for this time in the Light of God that is a gift given to you by God's Hand, as He orchestrates your gathering and brings His Touch upon each of you.

Be innocent like a child. Be loving to one another, and know as our dear brother has said, this is an extraordinary opportunity for each of you to come to know the true longings of your soul, to come to know the true desire of your Creator. When these two things come together, sparks shall fly, light shall pour within you, and blessings shall be a great boon to your soul.

Beloved, beloved children of God, do not squander these opportunities, but come with humility to this Sanctuary of Light that has been created for you so that you may truly know for yourself, how much you are loved, how much love can truly heal you and bring to you grace within your life. Beloved souls, beautiful birds of God, may your plumage, the plumage of your soul, be bright, exquisite in the Light of God's Love.

God bless you, I am Confucius, my love for you is great, precious souls. God bless you and keep you in Light forevermore, children of light. God bless you. I honor you all with my love.

2023-01-13-AF-Confucius

Who and What God is and What You Are

Spirit: Andrew

Medium: Al Fike

Date: January 14, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

I am Andrew. I was and am a disciple of the Master. For our beloved leader, teacher, Jesus, taught of this love, this gift that these dear souls speak of, when he walked the Earth, and they too are disciples of Jesus. This truth that is so elusive yet so powerful, a truth that can awaken you to the wonders of God's Creations, a blessing that can transform you completely, so that all that vexes you as a human, all that is a barrier and brings difficulty to your life may melt away with the gentle Touch of God.

It requires your prayers. It requires true honesty within yourself as you reach from the very depths of your being with longing to seek God's Touch. To truly be in the Grace of God's presence, to understand from that place so deep, who and what God is and who and what you are. For, many do not know the answers to these questions and yet they must come to all of you in time. Whether that be upon the earthly plane or in your travels in the spirit world, the truth must come.

Yet you have a great advantage here on this earthly plane, you may start this journey with a strong and powerful foundation in truth. In this way you sidestep many trials and tribulations, not only in your life here but in the life to come. I urge you to seek truth and to seek the truth of the soul and to answer to the longings therein. For God is Love, waiting to pour into your soul and awaken you in Love.

God bless you beloved souls. I am Andrew, and I am with you in prayer. May we rest now in the Grace of God and open ourselves to His great Love. Seek it, beloved souls, seek it now, breathe in this Light, allow God to envelope you with His Love. Be in grace, be in the Light. God bless you. I am Andrew and I love you. God bless you.

2023-01-14-AF-Andrew

Blesses and Prays with Trinidad Retreat

Spirit: Jesus

Medium: Al Fike

Date: January 14, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

I come, I am Jesus. I come to be with you in this prayer. My beloveds, I have never left you, I shall never leave you, for I am (unintelligible) and I reside within the Celestial Kingdom, and that I come to Earth to uphold my brothers and sisters for you are in great need. All of you upon this Earth plane are in great need of spiritual sustenance, of the awakening of the soul, of the understanding, the true understanding of life.

For in this will come the joy that you seek, the relief from your pain, the awakening of truth and true peace upon you, beloveds, true peace. For it is in God's Touch that these things shall come to each of you, and they shall come and be with you evermore. Beloved souls, be within the Grace of God, feel the Touch of God, be uplifted and cleansed and blessed by the Touch of God. This is the key that shall bring joy everlasting, shall bring all that you desire within you to be reconciled with God and in peace, in peace, beloveds.

I come to you as God's emissary of Love and I come to entreat you to be with us in the joy and Touch of His Love. God bless you. My love is with you all. Know that I am close, that each of you who longs for the Father, I am there longing with you, loving you, uplifting you. God bless you. I am Jesus and I love you. God bless you.

2023-01-14-AF-Jesus

God Does Not Seek Power and Control

Spirit: Bartholomew

Medium: Al Fike

Date: January 14, 2023

...Bartholomew. God does not punish you, God does not send you to war, God does not carry you into jeopardy and darkness. These are all things of man, what man has created in the world to satisfy his desires, his needs for power and control, to be puffed up within himself. This is the epitome of all that is the trouble in your world and indeed the antidote is humility. Why cannot so many allow humility to be their talisman, their expression? For, with humility comes love and with love, there is often humility.

The state of your world, my beloved friends, is extreme, putting pressure on everything within it. The natural order is stressed terribly. The way in which humanity treats one another lacks light and grace and yet, these things are possible. These things are truly within each individual, but they do not know the way or the means to express them. It is often said in your world there are many good people and indeed this goodness is a measure of light, but it requires, as this here instrument has said, more than this. It requires action. It requires expression of true goodness and true light. Are you those individuals? Are you willing to walk forward in light, to challenge yourself to walk beyond the mediocre conditions that are often a part of your life, to that which is extraordinary and beautiful, full of love and joy? It can be yours. It is offered freely by God. It is given to you personally. It does not require payment of any kind, whether it be material or spiritual, it is given freely. All that is needed is your acceptance, your willingness, and your desire to open to this gift.

Many do not trust God and most do not understand God, but God is working with every soul upon this world of yours, every soul in Creation, to help establish a relationship, one of love and acknowledgement between you and your Creator, so that you may know the way towards light and harmony, that the truth of it, the harmony of it may come instinctively through your soul. My beloved friends, it is time to seek God. It is time for

humanity to seek God, and in order for humanity to do such a thing, they must seek themselves. For, so many do not know who they are, they only know what they have contrived within their minds by their actions and thoughts.

This is not who they truly are, for within them is the soul that is yearning to be activated and expressed freely, that love may pour into their soul and pour through their soul. We speak of this soul because this reality, the reality of soul is not known in your world to any great degree. The word soul has become a cliché. It is not used well and yet the most powerful part of you, the most wonderful part of you, the most talented part of you and capable part of you is your soul. Imagine what you might do in your life if you choose to activate your soul, to have a conscious relationship with your soul, to be an agent of God with your soul. How your life will change and how life around you will respond in positive and light-filled ways.

My friends, we beseech you, we beseech you to follow the way of the soul, to find the answers, to glide within the soul, to grow your soul in love, the Divine Love, to be awakened, for so many are asleep and are content in their slumbers. I say to you, as the negativity and danger builds all around you, you must wake up. You must come to your senses. You must come to the truth. In this way, you may be an active agent to counteract these terrible forces of darkness, and to be an agent of love, a channel of healing and light and peace for your brothers and sisters. You must awaken them and they in turn must awaken others. And so it will go until the entire world has come to joyful awakening, to true understanding and to God.

May you come to that place, my beloved friends. I am Bartholomew. I am a Celestial Angel, an inhabitant of the Celestial Kingdom. I am happy to come to you tonight to speak to you of important matters, matters that can truly change your life and change your perspective. May God bless you on that journey and may you come to hear the faint cries of your soul seeking its onement with God, its expression true, that God has placed within you and must at some point come forth in each of you. God bless you, beloved souls. God bless you in His Light and Love.

2023-01-14-AF-Bartholomew

Represents Feminine Aspects of Strength and Compassion

Spirit: Mary

Medium: Al Fike

Date: January 15, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

May the Father's Love infill your souls. My beloved sisters and brothers, I am Mary. I come to pray with you this day and to encourage you upon your journey of light. It is said that I represent the feminine aspects of love, the nurturance, the gentleness, but also strength and beauty. And this I see amongst you who are in this Circle of Light together, these feminine qualities that offer strength and perseverance and nurturance and love in the world.

The world needs more of this perspective, this gentleness, this acknowledging of one another, this uplifting of children and those in need. There is so much need in your world, so much that needs to be uplifted and indeed, you together, arm in arm, create a great light as you pray together and work together in the world. My beloved sisters of light, I honor each of you, I am with you in your efforts. I have prayers for each of you, so that you may be blessed and uplifted.

I am your sister in love, and together we shall help transform the world from that of the harshness and darkness of the human condition, to peace and love, where we will embrace all and include all in this great light that is God's blessings shining down upon this circle, this place, that it may expand and cover all that is here, bring peace so that those who are angry and lost and violent, confused, may feel the influence of this blessing of love and neutralize these conditions so that they cannot act upon them, but be at peace.

Make this your prayer, beloved souls, for there are many who act in darkness because they are lost and unloved. So, even if you cannot embrace them physically, I suggest

you embrace them spiritually, you embrace them in your prayers, you embrace them with forgiveness and love, you embrace them in light. For, as you ask God to embrace all your brothers and sisters in this place, and you do so as a channel of light and love in the world, so it helps to lighten this place and to neutralize the darkness. God may use His instruments in many ways. God may have a great plan for each of you and for this place. It is for you to know and understand and embrace that which God intends, that which is designed to awaken, to uplift, and to bring peace. As time continues on in your world and you grow and embrace more fully, the work that God intends for each one of you, so you will see how God will send you forth in the world, send you as His emissaries of light and love so that you may help to bring light and peace and love to this world. Have faith in what God intends, have faith in the potentials of your own soul and your capacity to love, to be a light.

Release all conditions of darkness and those things that trouble you. Lay them at the feet of God, lay them with all humility and sincerity at His feet and say "Dear and beloved Father, I come to you with the faith and understanding, if I reveal all to you and let this go to you, that you will uplift me and heal me." For God can do such a thing. God can heal all things, given the strength and depth of faith within you and the desire to release these things. Darkness may stick to you, may burden you, but indeed, God may put His Hand upon you and release this darkness from you. All burdens and pain may be released and healed.

Harmony will come to each of you with prayer and faith and trust in the Hand of God and in the power of love to heal you, to bring you to that place of wholeness and light pure and joy expansive. Beloved, beloved sisters and brothers, be in the Light of God's Touch, seek His healing Touch, seek the Holy Spirit that touches your soul and infills it with His Essence, transforms you with this gift.

My beloveds, I am with you and I shall be close as you continue to pray together, as you form these bonds, this sisterhood, this great Circle of Light, with the intention of being God's instruments, channels of peace and love, setting forth in service to humanity. So you will be blessed beloveds, for those who truly do the Will of God are blessed by the Hand of God. Continue to seek your relationship with your Creator. Continue to seek to

be guided, to allow the flow of love unimpeded through you to many others. Continue to honor your life and yourself in love. Continue to be uplifted and to release all things that are not of love.

God's blessings and Hand are upon each of you, beloveds. You have angels surrounding you. You have all that you require to be healed, to be whole, to be in the light. Utilize all that has been offered, for God is generous, God is abundant, and what you receive from God does not diminish God, but uplifts and heals you, my beloveds. Feel worthy, be worthy, be strong, be of great faith, and know that you are loved truly and deeply loved by God, by we in the Celestial Kingdom, by many bright spirits, all who work together to uphold you and to guide you and to help develop you upon the path intended by God, upon the journey which is the fulfillment of your purpose, your beautiful gifts and all that is of light within you expressed in the world, expressed in love and humility and grace.

My beloveds, my beautiful sisters and brothers, we take this journey together. You are never alone, you are never alone, and when you feel alone, reach to God and seek His blessings. In this flow and response from God, His blessings raining down upon you, you will know that you are comforted and not alone, but the peace and Love that God has for each of you will be palpable and powerful with you. Even in your darkest hours, know that when you beseech God and His blessings that you will be uplifted, you will be healed, you will be blessed. My beloveds, we are with you. God is with you. What more could you ask than this great benediction of Light and Love and Truth that is offered to you. And it will strengthen and grow, brighten, and bring great joy to each of you, beloveds.

May God bless you deeply. May you know the joy and freedom, expansion, that comes with the Touch of His Essence into your soul. Seek this, seek this earnestly, and you will find the path to freedom from all that is of burdensome darkness and pain. These things shall be lifted and healed and transformed into strength and perception, insight and compassion for many others.

Beloved, beloved children of God, know that we love you. Know that God loves you, and that in this love all things come. In this love all things are healed. In this love comes great harmony and Light. God bless you. I am Mary and I love you dearly, beloveds. Beloved of God, beloveds, I love you. God bless you.

2023-01-15-AF-Mary

Bestows a Circle of Light that Shall Remain Unbroken

Spirit: Jesus

Medium: Al Fike

Date: January 15, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

I come; I am Jesus. I come. I give to you a gift, Circle of Light that shall remain unbroken, solid, and a comfort to each one of you, uplifting you in your prayers and your circles. It shall remain, for I decree this. It shall remain unbroken. And as you come together in your Circles of Prayer and Light beseeching God for His gift and blessings, so you will feel the strength of this circle. So you will know the power of this circle to protect and uphold, to bring the angels forth, to bring the blessings of God more powerfully into your midst.

I give you this gift in acknowledgement of your efforts and encouragement for what is to come, and for your circle to grow and know the strength, consistency, power and blessings that shall come. As you gather together in prayer, so this light, this circle, this band of light shall envelop you always, beloveds. It is yours, a gift from God, a gift that shall be everlasting amongst you.

May God bless you, beloved souls. I come to love you, to acknowledge you and to be with you in prayer. I come because we are all disciples of the Truth and practitioners of love, the Love Divine, flowing through you all in the Grace and Touch of God.

I am your brother, I am your friend, I am Jesus and I love you. I love you dearly, beloveds. God bless you all. God bless you, beloveds.

2023-01-15-AF-Jesus

You Must Take Responsibility for this Gift from God to Uphold You

Spirit: Bartholomew

Medium: Al Fike

Date: January 15, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

God has given you a great gift my friends, it is for you to honour this gift and to be in alignment with this gift, and to allow yourself to grow within the light that has been established and the gift that has been given. Each of you must take responsibility for your own progression, spiritually, soulfully, even mindfully, so that you may help to expand the light and fulfil the prayers of which you beseech God to bless this place, your home, families and country. These things are possible, this prayer can be answered, but it will be answered through you, your dedications and your efforts and your willingness to step forward and be true channels of light in the world.

May you grow in the Father's Love and acknowledge the power of this gift that is the Father's Love, and this gift that is given to uphold you and sustain you in the light. You are deeply blessed, beloved friends, you are deeply blessed. May you come to know this blessing in a conscious way. May you come to utilise what is given for the benefit of all and for the upliftment of all.

My beloved friends, I thank you for your dedications. I thank you for your efforts. I thank you for opening your eyes to the needs and requirements of your own soul and for the souls of others, those around you. For this is the first step of many that shall unfold for each of you as you continue upon this journey of awakening the soul in love. So it shall be and so it shall be determined by your dedications, your will, your desires, your efforts. It rests upon you, beloveds. Where much is given, much is expected. And my beloved sisters and brothers, you have been given a great deal. The angels have penetrated the dark conditions of your world, to bring to you Divine blessings that shall be permanent and shall rest upon each of you.

May you come to know the changes and benefits that have come with these blessings, may you feel this every moment, every breath. May you know that you have been changed, that you have been uplifted, that you are now called to service, service by God, through God, and blessings to many. May the great Hand of God continue to guide you forward. May you see yourselves as you truly are, beautiful souls infilled with light. May you come to know that with these gifts and blessings and light within you, that you are capable of much and that much may unfold through your lives as you are willing to serve and to be compliant with God's Will.

Be humble, beloved and beautiful souls of light. Be true to yourselves and be true to the Will of God, and all will fall into place harmoniously. Harmoniously and beautifully in the light and grace. We shall continue to travel together, for I have been given the honour and the blessing to oversee you, my beloved friends, to protect you and to guide you. You will come to know me. I am Bartholomew and I shall indeed dedicate myself to your upliftment, your development, and the fulfillment of God's Will through you.

Much is coming. You are required to spend effort and time in prayer and development, in anticipation of the work that shall manifest and unfold as you grow and are ready to take on the tasks that God has waiting for you. There is much to be done, there are great efforts to be made, and great blessings and inspiration will come so that you are able to take on the tasks, the mantel of leadership, of service, of light that shall touch many, many souls. The need is great and the workers are few and yet those who are dedicated shall be powerful and effective channels of love and light in the world. You shall see yourselves changing, evolving, attitudes and ideas transforming into higher truth and purer lights within you. Allow this transformation of thought and attitude and willingness to serve, come to be as a response to the blessings upon you and the Love that is flowing into your souls.

My friends, we shall work together, and with me are a whole group of angels who shall accompany you and shall be dedicated to help you and uplift you, to inspire you. In many ways, God provides the ways and means for your upliftment and growth, for the preparation of that which is to come.

May God bless you, beloved and beautiful souls, eager to serve. Such desire for truth and love, all these things will be fulfilled in the truth and name of God, who is your Heavenly Father, your Heavenly Creator, your great and beautiful One who loves you so.

May God bless you. May God bless you. My love is with you. I shall come again and speak to you. You will have the ways and means for this to be, and you will be given guidance, both within your own minds and through instruments who are able to speak. God bless you, beloveds, God bless you.

2023-01-15-AF-Bartholomew

Establishing a Foundation of Truth, Humility, Love and Grace

Spirit: Bartholomew

Medium: Al Fike

Date: January 16, 2023

Location: San Salvador Estate, Trinidad

I am Bartholomew. As you take count of your efforts, I see that you are well pleased, and I wish for you to know that so are we. The work that you accomplished in the last few days is important work. Remember that when you plant seeds, it takes time for them to grow. But now that your work and what you have to share upon this island is going to become well known, and you will establish for yourself a reputation and a foundation of truth, humility, grace, love, those beautiful aspects of the soul expressed through you dear daughter, and your cohorts, and my beloved friends who come from far off. We have great appreciation for your efforts and indeed, you will be well blessed and are well blessed for your efforts.

In the time of Jesus, he travelled from place to place bringing his message, the message of Truth, the message of Divine Love, and so you are doing the same. You are his disciples, and so you will be compelled many times over to bring this message to others, to demonstrate the truth to others. This is your purpose. This is what you must do, and this is what your souls will compel you to do. For, God will guide you thus, and you will find your way on those avenues that God will provide; to serve, to connect, to speak, to share, to be a channel of love and blessings for others. It will grow, more avenues will be established, more opportunities laid before you. For the time is ripe for these messages of truth to come forth, this experience of receiving God's Love, to be had by many.

Do not worry for the numbers, the size of these groups of seeking souls, do not worry for your own replenishment, for when you do God's work, so you shall be replenished. Do not worry for those who reject your message, for that is merely the mind saying "I believe in this, I see the situation from this perspective". But within the soul there is a

resonance, and many who may disagree with you have trouble recognizing the capacity to acknowledge and know the truth of the soul. Yes, your world is full of those who are blind and deaf and cannot see or know or feel. They are numbed by the conditions of the world. And it is for you, my beloved souls, to help them to awaken. For, are we all not chained to God, one to the other to the other, bringing God's blessings forth? So you touch and embrace and be with your brothers and sisters, being part of that chain. As your condition improves, as the love within your soul grows, as the light around you grows, so you will find yourself as a formidable channel, an instrument for truth and love, reaching out from too many who are seeking, who are lost.

Each time you put yourself forward in this way as you have done together, so you build upon this flow and intention of God, His plan to bring this Truth to many. So the angels come closer, so your understanding of the truth becomes more expansive and deeper, and in this way, as a teacher, then you are more informed, more powerful with the word, with the demonstration of the truth.

As you continue to travel from one place to another, meeting others and praying with others, do not have the expectation that those whom you pray for, those whom you reach out to, will respond as you have or in the way that you expect. Rather, be humble, be in the grace of God, and allow God's workings, administrations upon that individual to unfold in the timing that is often at the behest of the individual's desire and intention. For, God would have all His children healed instantaneously, but indeed, that is not a possibility. The road to healing, to truth, to awakening, is a gradual road. For some, it is interspersed with great revelation, an opening, something that inspires and compels the individual forward in a dramatic way. But for many, it is one tentative step at a time until a pace is gained and a confidence in the direction is understood and felt, then they move forward quickly.

You have found your pace, my beloved friends, and those who are close to you are finding theirs. Allow yourself to be at peace with the process, the unfolding of this great work, and know that you are well on your way, that many many blessings, actions, the Touch of God, the outpouring of love, the light, the healing, the grace, are pouring forth around you and through you and touching many; certainly many in the world of spirit

who are eager, seeking truth. Remember this, it is not only those of you upon the earthly plain that are a part and being included in this work. Exponentially so, it is those who are within the world of spirit who are being touched, who are being changed by your efforts. For it is easier for them to reach you than it is for them to reach us. So you are our intermediaries, our channel. You are God's channel. We are all God's channel. And so the process and the work deepens, expands, and you will see in times to come how that expansion will ripple forth, wave after wave into the world, creating a response, awakening the children, awakening many. As you continue to seek to be God's instruments in the world, to seek His grace, His Love, above all else, and in this, all else will be manifest.

God bless you, I am Bartholomew, and I am happy to have been with you for these days. I shall continue to travel with you, my friends, and we will continue to work together along the many avenues of God's making as He invites us forward to serve, to be a part of this great plan for the salvation of humanity. God bless you, my beloved friends, keep you in His Love, protection, His Light, His Truth, the peace and grace that comes from Him. God bless you, God bless you my friends, in peace, in joy, in love.

2023-01-16-AF-Bartholomew

Affirms AI's Instrumentality

Spirit: Jesus

Medium: Al Fike

Date: January 17, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

God bless you, beloved souls. I come, I am your brother and friend, I am Jesus. I come. I reiterate my commitment and message that I utilise this instrument as my spokesperson upon the earthly plain and that in this relationship between this instrument and myself, comes the flow of truth, the expression of love, the commitment to bring the Truth of God's Love to the world. It is not he who deems this to be the case, it is I who declare it to be the truth, and we shall not waiver. Together, we walk upon the Earth as brothers in this commitment and this dedication to bring the truth forth for all to hear that my declarations and teachings and words of comfort, the blessing of love and light that come with this shall be present when he is present, this instrument is present. And so it shall be beloved souls, so it shall be.

If there are those who gather and are followers and are dedicated to the Truth of Divine Love, and so I shall be there. I shall be there with my brethren. If there is a need to speak, I shall speak. If there is a need to bless, I shall bless. If there is a desire to hear the words which have been spoken many many times, but yet need to be reiterated, and so it shall be. My beloved, beloved brothers and sisters, I come to this world to help uplift and heal, I am God's instrument in this regard. And there are those who are with me in this mission and ministrations, and so they shall be respected and honoured and chosen. This is a law in action and I have deemed this child, this man who is truly humble and faithful, to be my instrument.

The power and glory of God shall manifest upon the earthly plain, and so it shall be. Yes, there are other instruments and other ways to manifest the glory and Truth of the Father's Love, and this is not an exclusive situation where only he and I may work

together, but it is one that is Divinely ordained, a gift given through this instrument, through my instrumentality to the world.

Do not give any quarter to those who doubt this, who prefer not to acknowledge it. Rather, have compassion for those who have within them these doubts. In your world there are many many ideas and perspectives and thoughts regarding these issues and many more. It is understandable that all is not clear sailing and that minds are not clear in themselves to understand this relationship that I carry with this instrument. It is a reflection of the condition of the world and the condition of those individuals who doubt. For those of you who are close but still harbour doubts, I would suggest that they go to God in prayer and ask this question: "Is Jesus my brother, truly manifesting in the world through this instrument and other instruments?" And I assure you that the answer will come, that indeed I do manifest in the world, I am manifesting in the world and shall do so until all the souls upon this world know of the gifts that God presents to them, know of the choice that is given to them. My work is not done until this is the case, and so I must use instruments such as this and others, so the message must be repeated again and again so the truth must manifest and be demonstrated to all upon the world.

And it shall be, it shall be. I shall not cease in my efforts and my work. There are those upon the Earth plane who clearly understand and recognise the need for these communications and manifestations and demonstrations. It is the blessing of God that allows these things to be upon the Earth. In such a dark place, great light may manifest because of God's blessing upon it and God's Will that humanity may be redeemed from the darkness, the sin and error that so proliferates upon this world. These manifestations and blessings will come in many forms. It is for those of you who have asked God to be His channel and instrument in the world, to help facilitate these blessings, that you are clear in your mind and you are present with God in the efforts made. Doing so without fear of judgment, doing so with faith and a clarity that is unmoveable. This is what is required at this time. You cannot falter beloveds, you cannot falter, and you will not, given great faith, given the continued redemption of your soul in love.

All shall manifest in good time and in accordance to God's Will and plan. Be patient with yourselves, my beloved brothers and sisters. Be true to God's Will. Listen, listen to His guidance. Absorb the ministrations that He makes so diligently and powerfully upon each one of you.

For those who are fearful to move forward, and I say this to you dear daughter, do not fear your travels, for you are travelling and doing God's work. Merely ask God to uplift you that you are not in pain, that you will not experience pain, but travel and be in faith, dear and beloved daughter, for you are God's instrument, are you not? God shall provide every way and means for you to be in the light and harmony of His Love. Ask for His healing and breath upon you, beloved daughter. Ask to be uplifted, and so you shall. Rather than move forward in fear, move forward in faith, trusting in God's Will.

My beloved son, you know of your destiny, you feel the power of it as you move forward and you are eager to move forward. Remember that you must be patient and that within you is being built a mighty structure of truth, a powerful light of love. So you must acquiesce to the need of time and effort and prayer to become the man that you are meant to be, the channel that is a great seed within you, sprouting forward, sprouting forth, and shall become a beautiful tree of life, resplendent in gifts, resplendent in light, compassion, insight. You shall speak my son, you shall speak of the truth from a man who has experienced the transformation of love. So God gives you every opportunity to become that man. May you see what God lays before you, a bounty and cornucopia of blessings, of opportunities to release all that is not in harmony with love and to be in the purity of love.

My beloved brother, you have done much already to help others, but that which you have done in the past is merely a faint reflection of that which you will do in the future. Allow yourself time to transition from that man of the past to that man of the future. So it shall be, my beloved brother, and you will know me, for I will be close, I will be with you as you journey forward in the world as God's instrument and light. God bless you.

And you my daughter, how far you have come in such a short time. How you are a quick study in learning and knowing and experiencing the Truth of God. So you are becoming

a great example, a manifestation of the truth burning within, expressing itself through the clarity of your thinking, through the purity of your intentions, through the love that grows within you. Know that I am close, that there are times when you pray by yourself that I stand with you, my beloved daughter, and pray with you, that angels are always by your side, and all dilemmas and conditions that are difficult in your life shall be resolved and are in the process of finding harmony and peace. Your beloved mate is quiet and observing but yet a shift has already taken place within him and he is beginning to understand your motivations and your desires and he shall honour this, beloved daughter, he shall honour this as you honour him. And your beloved daughter shall find her way, shall become strengthened as she moves forward and indeed, she will be guided by the angels and guided through you, her mother, to find her way and her footing upon the Earth. She has a deep sensitivity and she is fearful of the harshness of this world, but yet she shall be protected and within her is deep wisdom. Have faith in her decisions and her efforts to move in the world and in time, she will come to join you in this truth. She will be by your side as she will come.

And this beloved son who is my true brother, we shall carry on in the world, seeking out avenues and opportunities that God will provide in order to bring this truth to many. There is no need to be offended or concerned by the musings of others, for truly, do we not walk within the flow and will of God? And in this, what power can touch or redirect this mission that we share? With each day the mission is strengthened, the ministrations become more powerful, the love flows more readily, and so it shall be, my beloved son. Be of good cheer and know that we continue upon a wondrous path together and shall carry the Light of Truth, that torch, together into the world, into many corners of the world. The ways and means will be provided. You are not to worry of these material necessities, you are to be in the harmony and truth of God's Love and Will, and in this you are guided and will know your next steps. There is still very very much to do, and we will continue to work together with your mate. We will work together to form a solid and powerful contingent of channels of love in the world. You spearhead this effort and you shall continue to work towards these goals. Be cognisant of the needs of your body, be cognisant of the needs of your soul, and in this, harmony will ensue.

Beloved son, know that I love you and we are truly brothers upon the Path Divine. I love each and every one of you, my beloved brothers and sisters. Those who will hear this message of which I speak, know that indeed God provides the ways and the means to bring the Truth of His Love to the world, and each and every one of you who have faith in this and who believe in this shall be utilised as His instruments in order to bring this to fruition.

We are a contingent of bringers of light and truth. We are channels of love for God, and this shall be evermore as we continue in the world together. We in the Celestial Kingdom and you upon the earthly plane shall find your way upon the path designated and designed by God in accordance to His plan and intention. We are His children, His servants, His channels of love. Acknowledge this within yourself, brothers and sisters all, acknowledge that you are indeed touched by the Hand of God and shall be guided thusly. As you travel in your daily life, as you travel in this world you are being utilised in many ways and that the truth of love shall manifest through you, each one who is truly and surely dedicated to this path.

God bless you, beloveds. I am with you. I shall never leave you. I am with you in my heart, in my soul. I envelop you all in love. God bless you. I am your brother and friend, Jesus, always within the flow and need of Light and Love and Truth. God bless you.

2023-01-17-AF-Jesus

Trinidad: Another Pearl in the Necklace of Caribbean Islands

Spirit: Bartholomew

Medium: Al Fike

Date: January 18, 2023

Location: San Salvador Estate, Gran Couva, Trinidad

...His Love pour into your souls. My beautiful friends, there is much room within you for this Love to grow, and so I encourage you to seek, to be infilled to overflowing with this great gift from God. I am Bartholomew.

My beloved friends, you have done good in your efforts and you will continue to spread the truth of God's Love through each one making their claim to being a redeemed Child of God, expressing that truth and being within the flow of truth, the light of truth, the blessing of truth.

If you think of these islands as a great necklace, now we have two that are pearls, pearls of truth. And indeed there is much more work to do, to incorporate all of these islands, all of these peoples and nations so that they may understand and have the opportunity, the desire to pray for the gift of this Love. There are many yearning souls on these islands, souls who have a measure of this gift but do not understand from whence it comes, other than a vague idea that it is of Jesus and God.

Maybe someday, you my friends will be missionaries to these places, teaching this Truth, gathering souls about you, giving the Truth of God's Love in the clarity and brightness that It is. Others understand, come to experience this gift through the declaration of others who come to be with them in prayer. This you have done in this place, this you have started, the momentum that may roll through this island of yours, dear beloved souls, so that many will know of it and will have the opportunity to choose. This is the work. This is what you must do, to continue to speak of this truth, to demonstrate, to express it in your lives. Many have observed you. Many in spirit have observed the efforts and prayers that you have made, so these spirits are often

connected with others on this island and other islands, and so the word may spread in this way, this implanting of inspiration, of communication.

For as you well know, spirit communication with mortals is very common, though not necessarily in the formal and overt way that you call mediumship. Rather, it is the influence of spirits upon mortals. This influence is constant and is present always. When you influence these spirits, when these spirits witness the beautiful blessings that came in your Circles of Light, then they are in turn inspired and wish to seek more truth and information to understand these events, these manifestations. And when they are educated and make that decision and affirm the truth within themselves and their efforts to reach their Creator, then they will move forth amongst men and help influence their thoughts, help inspire them forward.

But indeed the most effective tool or channel to help uplift humanity are those in the flesh who affirm the Truth and carry it with them. But indeed, God's plan manifests in many different ways, through many different means and avenues of communication. So do not discount those in the spirit world who are making great efforts, those in the higher spheres who are working diligently to help humanity come to a place of greater light, and of course the Celestial spirits of which I am one, who make great effort to come to this place. For, this is the meeting ground of the lower spheres. This is the common denominator of communication and connection amongst many spirits in the lower spheres. They are very much connected to Earth, connected to the happenings of Earth and the peoples that have been a part of their lives upon Earth, or those who are their ancestors who continue to observe their progeny. So indeed, this interconnectedness between mortals and spirit is great and may bring fruition of higher influence, higher thought, higher action in the world.

When you gathered in your larger circle, there were hundreds of spirits present. When you gather as you do now, there are many spirits present, many who are observing you and listening to your conversation. So be aware, my beloved friends, what you speak, what you think, is not just of your own but it is shared out and broadcast out into the world, into the world of spirit. You are never alone, you have spirits with you constantly, and because you are a light, so you draw many to you. Indeed, you are protected so

they do not influence you as I have suggested, because you have a higher protection and light around you. But still, they are listening, they are observing, and there are many many lost souls, not only upon this material plane but in the planes of spirit as well.

How many sources of truth are there in the world? And can they be seen and heard? These lower spirits often cannot see us or hear us, yet they hear you and they see you. So you carry a responsibility, and when you say I want to be a channel of truth, I want to be an instrument of God in order to do the work of bringing the good tidings of God's Love to humanity, well a great portion of humanity is not in the flesh and indeed we utilize your instrumentalities, your being, your physicality in order to influence many spirits. For we are close to you indeed, and so in this rapport, this closeness, we are able to use you as instruments for the benefit of many spirits. Often this is done in an unconscious way, you are not aware, but indeed when you are in a state of wakefulness and move in the world, know that the angels move with you and utilize your gifts, utilize your presence upon the Earth plane to do the work.

And indeed when you are in your sleep state, you travel, you gather, in fact much more so than you do in the flesh. In this way, we utilize your astral bodies, how you are in the material world and yet not in the fleshy bodies, so that you may also communicate with many. These gatherings that you attend and are a part of are great, far greater than those on the Earth plane, and we come together with you in conversation and prayers and development to help you awaken to truth. In fact I am sure many of you, when you are speaking the truth and you know you are doing so, and yet the words come easily, flow readily. This is because you have been learning these truths in many different ways, including when you are in your spirit body, and so the flow of these words come readily, because you are well educated. You have spent much time in this education.

As we have told you in other communications, that your being is a multi-layered, multidimensional creation of God, and so I have taken some time to explain some aspects of this, some facets of this beautiful diamond that is your soul shining forth, shining forth, in this world and in the world of spirit. How precious you are, how wonderful it is to have channels such as yourself, to be working with beautiful individuals who aspire towards the truth in the highest, who have deep integrity and

desire to serve. This is a great boon to our world, this is a great boon to God and his world, to bring the truth to humanity. So we will continue to utilize all the layers and aspects of your being in order to bring truth to many.

And I dare say, when you transition from your material body to your spirit body, there will be many many souls who will come to you and thank you for the work that you have done. For you have helped to save many more souls in the world of spirit than those in the flesh, exponentially so. It is a wondrous journey, is it not my friends, how God has created within each being, a multiplicity of gifts and capacities to express light and truth, to be a teacher, a healer, a channel for God. So you are discovering these things within yourself, so you will continue to come to understand and to know how God is using you, how your desire to be an instrument moving in the world is being realised in ways you are not even aware of. How perfect is this, God's Creation, God's plan, God's Will manifest in the world and through you? How perfect and wonderful! And we give our love and acknowledgement and appreciation for all that you are and all that you do. Indeed as you continue forth, you will touch many upon the earthly plane and they in turn will touch many until there is an awakening, until the world comes awake, so that the great choice is given in a conscious way to many in the flesh and many in the spirit.

I thank you, my friends, and we will venture forward, we will continue on, we will add many more pearls to this chain of light in times to come. I thank you, my love is with you. I am Bartholomew and I pray with you, I stand by you, and I love you. God bless you. God bless you dear ones.

2023-01-18-AF-Bartholomew

2023 Image Gallery



Testimonial

I am thrilled to share my enchanting experience at the Divine Love Soul Awakening Retreat held January 4-10, 2024, a celestial journey that transcended the ordinary and left a lasting imprint on my soul. Hosted at the idyllic San Salvador Estate, this retreat was a harmonious blend of natural beauty, spiritual rejuvenation, and delightful chocolatey indulgence.

Nestled in the heart of nature, the San Salvador Estate provided an oasis of serenity, fostering an atmosphere conducive to meditation and self-reflection. The tranquil surroundings became the canvas for our spiritual exploration, creating an environment where inner peace and profound transformation could unfold.

The retreat was graced by the wisdom and insights of exceptional speakers - Karen Swanson, Jeanne and Albert Fike, and Dr. Matthew Delano. Their presence added layers of depth, making each session truly enlightening and inspirational. These esteemed speakers shared a wealth of knowledge, diverse perspectives, and personal anecdotes, creating an atmosphere of profound introspection and individual growth.

Karen Swanson and her team played a pivotal role in crafting a warm and welcoming atmosphere. Their kindness and hospitality made every participant feel like a cherished member of an extended soul family. I had the pleasure of connecting with Jeanne, whose fun-loving and approachable nature added an extra layer of joy to the retreat. Her thoughtful gift of Guardian Angel pendants, handmade in Germany, now graces my daily wear, serving as a beautiful reminder of the soulful connections forged during our time together.

Lunchtime at the retreat was a sensorial delight, transcending mere sustenance. The curated curry meals by Sita Ramsaran and her team were both delicious and wholesome. The communal dining experience became a sacred space for connection and camaraderie, fostering meaningful conversations and deepening bonds among like-minded souls.

The personal testimonies and transformative stories shared by the speakers acted as beacons of inspiration, igniting a renewed vigor within me to embark on my spiritual journey with purpose. The Divine Love Soul Awakening Retreat was more than an event; it was a divine tapestry woven with love, wisdom, and shared experiences that will resonate within my heart for years to come.

Latisha Bharat

February 11th, 2024

Videos

Here is a recap video of the 2024 Caribbean Retreat created by Lani Domaloy

<https://youtu.be/Fk4tZxMTI18?si=bmPdzNUd9pX9zdol>

Here is a recap video of the 2023 Eastern US and Caribbean Retreat created by Lani Domaloy

https://youtu.be/IV5zKEiO0ZU?si=vEitP9g2HZVGGN_v