## **Team Meeting notes – Sunday, August 14, 2022**

Chief Guardians in attendance: Tranquility, Quasar, Nucleous, StarLight, Ultraviolet, ArrowStar,

Aquos, Marina, Fred, Kathy, Blazar, Nova, Jarius, Zenith and spouses

**Excused:** Tricous **Absent:** Atmos, Aria

\*\*\*\*\*\*START RECORDING\*\*\*\*\*

I give you, my peace.

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\*\*\*\*\*\*MEDITATION SESSION\*\*\*\*\*

Father said: My dear Guardians and My dear children. I am happy to see all of you this evening. My heart swells each time we are scheduled to spend time together. I do not take this time for granted.

I appreciate all of you and the work you are doing. I understand how hard it is to find a natural/spiritual life balance. If you were to ask Me to help you more, I would find that balance for you.

Triland sent out emails this week about helping the countries. It only takes a few minutes to help. Do you not have a few minutes? You are the only people that can help these souls on this level. No one in the world carries the power and authority you have. I know that this is a huge burden. But I have given all of you the strength to bear it. Does everyone know how to do this? If not, please speak up and as a group you can all share once again how you carry out this task. No more excuses!

I know that you have been going through Revelations with Triland. Many of these texts are active now. Do not fear the future. Many of you are preparing by stocking up on food and ammunition. I do not have a problem with this. I would only caution all of you to not get wrapped up in all the hysteria that is taking place and that will continue to grow over the next few months and years. You have "clear sight". You see things that no one is aware of. Please remain in the center of your minds and pay attention to all that is around you.

Satan is still very active. Do not let your guard down. With that being said, do you see all the unrest in the world? Do you see how he is creating separation and anger? Do not get involved with the negativity this brings. These spirits have a strangle hold on many. YOU can help! You can destroy these spirits and help alleviate this mess. This will happen when you are cleaning out the countries. Do you see now how important this task is?

Now on to Eternity. The next Service for the Departed is three months away. What have you done for Eternity? Are you active there? Your answer would be no, not as much as I should be. Please My dear beloved, the world will keep turning with out your attention. In other words, you can step out of your natural life and go into Eternity to help at any time.

I know some of you feel you are buried, overwhelmed, and just do not have any time. Take a deep breath and let that go. Now I sound like My Son. Does that not work for you? How many of you are actually doing meditation each week? I am not talking about the "Dailies". This is *not* meditation. I am speaking about going deep inside yourself and seeing all that is affecting you. In this moment you would then "let go" of it. You would then search inside yourself and find more that you did not even know was there. It is the little things that make the biggest messes in life. They build and build until suddenly they explode in you and cause havoc in your life. You then take your frustrations out on your family, friends and at time have gone after Satan and his in anger. This is *not* how My children act! You are better than this. Stop, pause, think, breathe then act. Meditation would make all the difference in your "little world". Make the time, do it, do it for yourself and your sanity.

I will now steal one of Triland's bullet points for tonight. He was going to tell you that he listens to a "Dateline" pod cast. Almost every pod cast is about someone killing someone. The point he was going to make is that most of the time it is an act brought on by their emotions. I have told Triland so many times, "The one who controls their emotions controls their life". This is a fact! If you control what *you* allow yourself to feel and how it affects *you*, then you will never lose control. Never! Jesus is your best example of this.

I love all of you. I have told you in the past that I need you. Well, the souls on the earth and in the earth need you too. Now I hope you feel special and needed. Please be active.

Does anyone have any questions, comments, or something they would like to add?

## A DEEPER UNDERSTANDING

## **INTERESTING TIDBITS**

Why do we pray? Do we confide in Father and Jesus? (Tell someone about a secret or private matter while trusting them not to repeat it to others.)

## **AGENDA / TOPICS FOR DISCUSSION**

- > Religion: None
- > I listen to Pod casts from Dateline: Almost all deaths are because of emotions. Control your emotions. Father said, "A person who controls their emotions, controls their lives.
- > Q, POGGING
- Nova's experience
- Do we ask for Spiritual sight?
- ➤ How deep are our prayers? How focused are they?
- Change something
- > An excuse does not deflect the action or non-action
- > Being who you are or being different does not make you special. What you do to serve others makes you special.

**OPEN UP AND SHARE: ANYONE?** 

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Fred – 1st Quasar – 8th StarLight – 26th ArrowStar – 26th Lauren Pothoff – 30th

Our next team meeting will be **Sunday, September 11**<sup>th</sup>

**Prayer – Zenith**