

TIMELESS WISDOMS by **John-Roger, D.S.S.**
ONLINE JOURNAL

You don't need to search outside yourself for direction. You can simply move into your own wisdom anytime you choose and live your life from that reality. So always remain true to that clear center within you that tells you your direction. Listen within to the message of Spirit, your own Spirit, your own consciousness of the Beloved. All wisdom is available to you at every moment. It is your challenge and your responsibility to attune yourself to Spirit and to the God within so that you may receive the wisdom from yourself. And if you can see beyond the words written on this page, if you see and recognize the truth in the ideas expressed here, it is only because the truth in you knows the truth out here. That part of you that knows the truth, knows what is being taught.

- John-Roger, D.S.S. (From: *Timeless Wisdoms*, p. 138)

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Take Care of Yourself So You Can Help Take Care of Others

Your primary responsibility on this planet is to take care of yourself and to rise to your highest potential. As you become more aware spiritually, it's also important to maintain the integrity of this physical level, which means not only taking care of the physical body but also maintaining yourself financially, emotionally, and mentally. You cannot give up your responsibility to any level.

- John-Roger, D.S.S. (From: *Timeless Wisdoms*, p. 77)

What is an area of your life in which you could take better care of yourself and how could you do that?

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Don't Hurt Yourself and Don't Hurt Others

In all this, always remember that the Light will not violate anyone's consciousness. If your action violates someone else's consciousness, it is not a Light action. So evaluate your actions. Do they hurt you? If they do, that's not a Light action. Do your actions hurt others? If they do, that's not a Light action. If you are not found out right away or appear to get away with it, this does not change that reality at all. On this level, you can best serve your spiritual progression by expressing lovingly towards everyone you encounter. Treat people as they deserve to be treated, as the extension of God that they are.

- John-Roger, D.S.S. (From: *Timeless Wisdoms*, p. 76)

How could you express more lovingly towards yourself and others?

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Use Everything For Your Upliftment, Learning and Growth

There is a Spirit inside of you watching out for you and taking care of you, no matter what. Something that looks like your greatest catastrophe is really your greatest blessing, because it will lift you into the next level of awareness. So when things happen that may seem unfair at first glance, look for the loving lesson underneath. If you can't see it there, put it there yourself so that you see everything that happens to you through the eyes of loving.
- John-Roger, D.S.S. (From: *Timeless Wisdoms*, p. 84)

Consider a situation that challenges you. Seeing through the eyes of loving, what is the loving lesson underneath that challenge?