

Josef Speaks

Words from Summerland

by

Alison Irene Meyer

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Foreword

In *Josef Speaks – Words from Summerland*, Alison Irene Meyer offers readers a reflective and heartfelt exploration of the human spirit, its purpose, and its enduring connection to something greater than the physical world. This work invites us into a contemplative space where life is not merely a sequence of events, but a meaningful journey shaped by growth, awareness, and the quiet unfolding of the soul.

At its core, this book speaks to a universal longing—to understand who we are beyond our daily routines, beyond our challenges, and beyond the limits we often place upon ourselves. Through thoughtful insights and spiritual reflections, Meyer encourages readers to look inward, to question inherited beliefs, and to rediscover the power that lies within their own consciousness. The idea of “soul growth” is woven throughout the text, not as an abstract concept, but as a lived experience shaped by every thought, emotion, and action.

The author presents a perspective in which life’s difficulties are not obstacles to avoid, but opportunities to evolve. In this view, even moments of doubt, fear, or loss carry within them the seeds of transformation. Readers are gently reminded that progress is not about perfection, but about willingness—the willingness to feel, to learn, and to change.

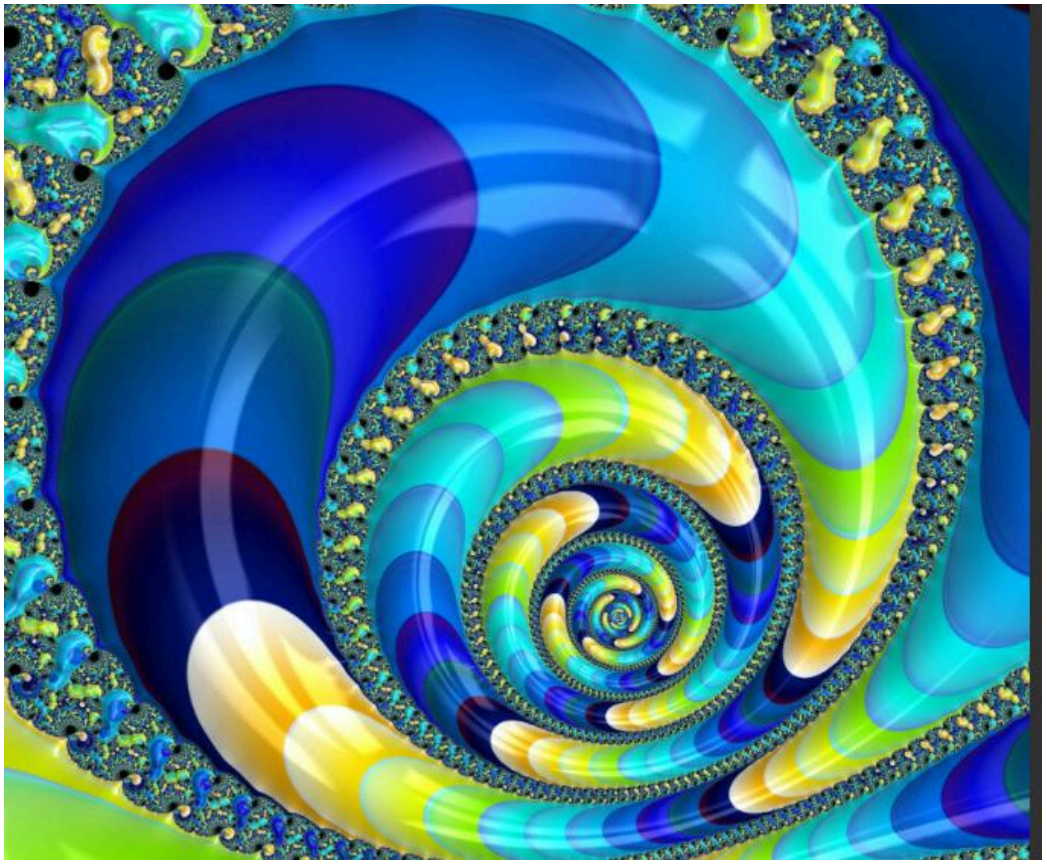
A notable strength of this work lies in its emphasis on unity and compassion. Meyer speaks of humanity as one interconnected family, encouraging a shift from judgment to understanding, from separation to acceptance. The message is clear: when we begin to see others through the lens of the soul rather than through differences, we move closer to a more harmonious existence.

The spiritual philosophy presented here also challenges conventional notions of control and destiny. Instead of a rigid, predetermined path, life is described as a dynamic interplay between free will and a broader cosmic purpose. This perspective empowers the reader, placing responsibility and possibility firmly in their hands.

Throughout these pages, there is a consistent return to one central truth: love. Not as a simple emotion, but as a guiding force—one that connects, heals, and elevates. Love, in this context, becomes both the foundation and the destination of the human journey.

This book does not demand belief, nor does it impose doctrine. Rather, it opens a door. It invites reflection, encourages curiosity, and offers a framework through which readers may interpret their own experiences in a deeper and more meaningful way.

As you turn these pages, you may find moments that resonate deeply, ideas that challenge your perspective, or insights that bring a sense of calm and clarity. Whatever your path, this work serves as a gentle companion—reminding you that growth is always possible, that understanding is always within reach, and that your journey holds value far beyond what is immediately seen.



Are you allowing yourself to achieve soul growth?

Our soul operates with our higher self. The higher self is the basis of our true spiritual potential and is related to our eternal progress. A potential that shows us our progress in life and when we continue on our transition to the spirit world. This potential is made up of our thoughts, feelings, our physical well-being and also our spiritual unfoldment all dwelling together in the physical realm.

It is the energy force of our identity. This identity is alive and ready to seize each and every challenge that comes on our life line. In our lives we have and will face various challenges and these challenges will not go away, they will not vanish until we make a choice to decide what to do with the challenge.

We ask ourselves, how can I handle this, what is the best Bay to deal with this, when we have overcome the challenge we have experienced soul growth once again.

Soul growth is based on each experience we have, even within a short period of time, an experience can touch our heart, weaken our heart, our feelings and emotions or strengthen
it to continue on our journey.

We always end up stronger.

Our journey in life is based on words, actions and feelings. All can have a huge impact on others, an impact that can be good, uplifting, loving for some and less good for others all according to each and every person's level of understanding of life at that particular moment in time.

A level of understanding of life is one's logic, the logic of a person's reality which is so unique.

We have 60,000 thoughts per day and that alone is quite a challenge to sort out and thoughts need to be sorted.

Sorted from what is important to keep in mind and what is not, what serves us and our wellbeing and what does not.

Many of our thoughts originate from someone other than ourselves, an outer circumstance from another person or experience. It can be we've witnessed the experience and it can seem as though we adopted these thoughts and experiences that actually were not ours in the first place.

Yes, we experienced it, on the side lines, it entered our mind visually and then we needed to find a way to deal with these thoughts. Quite an interesting point.

Many of our thoughts are not even noticeable, they just wander down to our subconscious mind. At times in our lives we can see a scene on the TV, see a picture in a magazine or even hear someone speaking about an episode and we can relate to it.

That is a thought travelling from our subconscious mind showing us a visual image of a past experience, it might again be good and it might bring up emotions that do not serve us in our development.

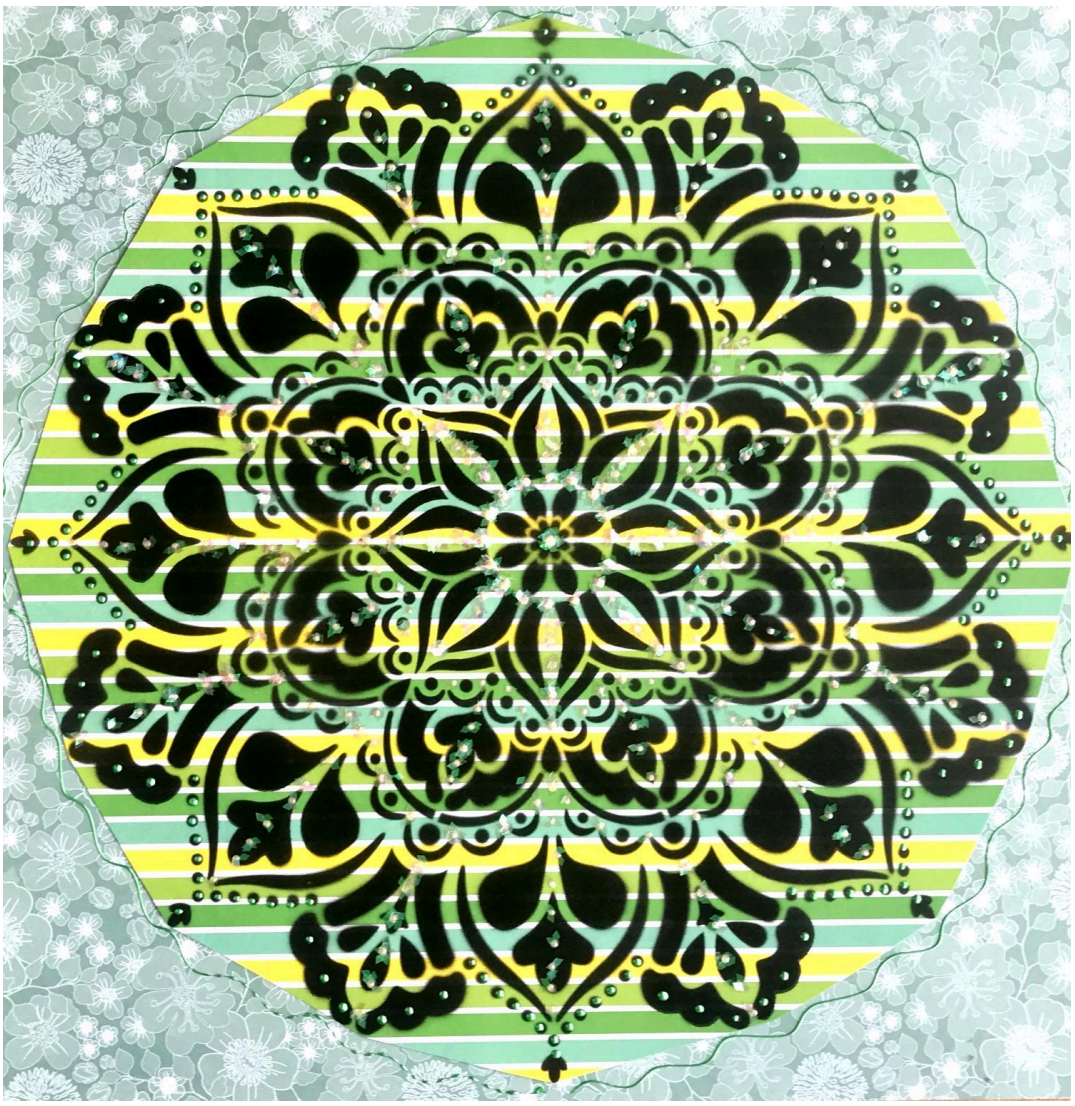
There are times when we may find ourselves struggling with our thoughts and emotions. We may feel that something must be done in a certain way or there may be some other situation that feels impossible to solve.

Life is not that way, it is the way we are looking at our experiences that are causing the turmoil inside of us. When we become aware that the struggle we are having is with ourselves, we can turn our attention to the source in order to solve the problem, but we must be willing to look where we need to and feel emotions that may make us uncomfortable at first.

Then we can choose to really open ourselves to understanding all the options we can imagine. Instead of having a limited understanding we can open ourselves to willingness.

We are willing to look at all possibilities. We also become willing to accept that there is room, loads of room for more than we can imagine, which is direct progress.

We can release ourselves from the ties, the grip we had on our emotions and stop limiting ourselves.



At times in our lives we may have been unwilling to experience feeling loss, feeling confusion, feeling fear or even joy for some reason but when we realise that our understanding was limited by ourselves we allow space, we give space to progress and to move on in our lives.

Opening ourselves to willingness, it may feel like we are surrendering or abandoning all that we believed in. But at the same time it is an act of power and courage because it is a conscious choice that we make about how to apply our personal will.

Being willing is to be in a ‘state of willing something into creation’.

We create, we progress, and we are taking action in our own lives. It is allowing ourselves 'To Be' while choosing to direct our energy in a clear and focused manner.

It is being and doing from a state of openness where we can work with our progress rather than resist it.

When we take a step forward in willingness, we open ourselves to truth, possibility and the movement of eternal progress in and through our lives.

In order to make our dreams come true we must take action rather than simply wishing for what we want.

When we set our focus on what we want, we are initiating a conversation with the Divine Spirit. Our desires bring out valuable opportunities which we can respond to by either taking or leaving them.

Many of us are afraid to step out into the world and make things happen, so we hang back, we dream, we wait, we watch.

Waiting for everything to be perfect before we act or waiting for what we want to be handed to us leaves us waiting forever. No one expects us to be perfect, therefore take action for your dreams, make them come true.

In our lives we need to progress, we need it for our own well-being, to feel alive and worthy, to feel wanted and respected.

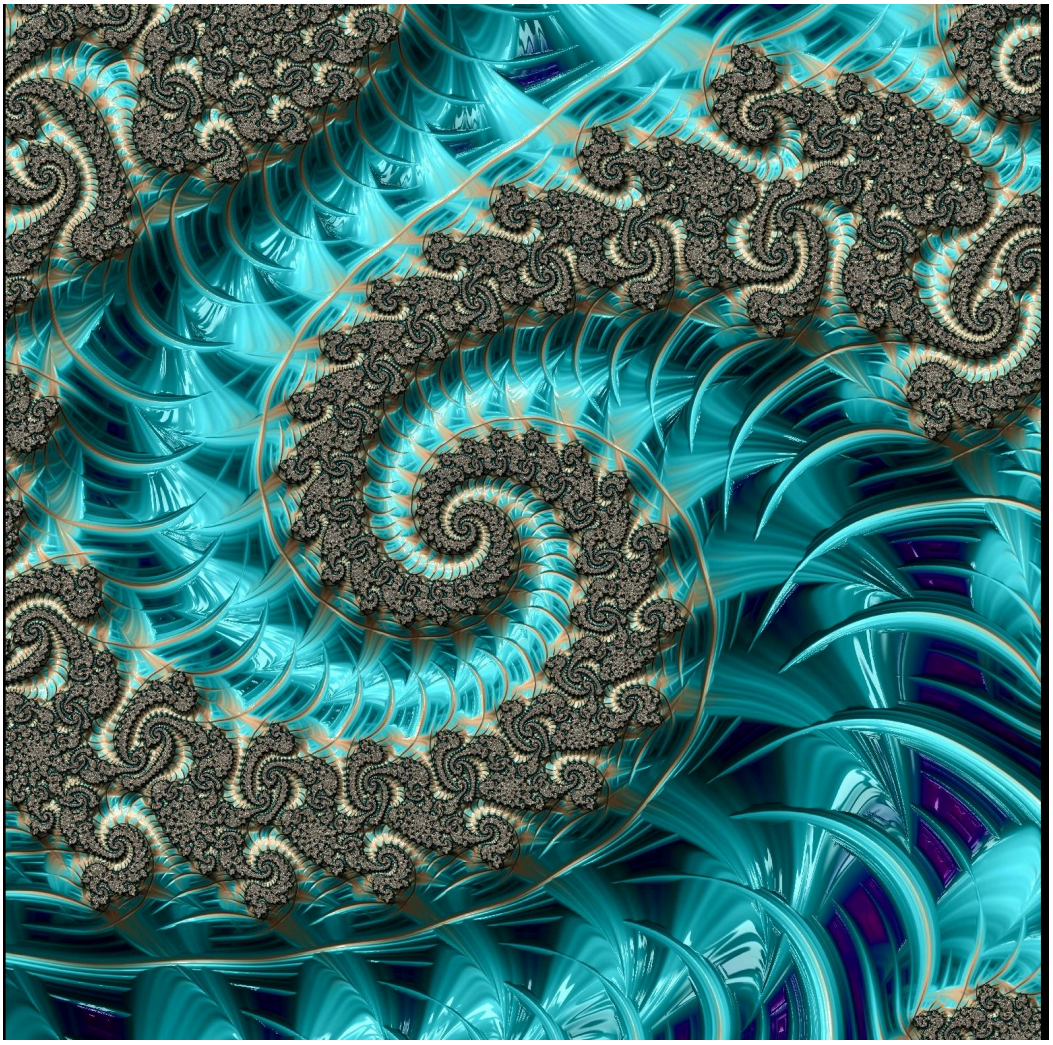
We are a result of the divine creator, the god force, this energy created us from love and knowledge, and this love and knowledge is within you.

Remember progress is open to everyone and we become more aware of our spiritual self when we explore our life purpose. Remember your true spiritual potential, allow yourself to grow, to progress, be willing to do it.

You are learning every day, and each time you learn, you gain soul growth, and that in itself will give you eternal progress.

The following quote is from Emma Hardinge Britton

"That which we do is truly greater than ourselves"

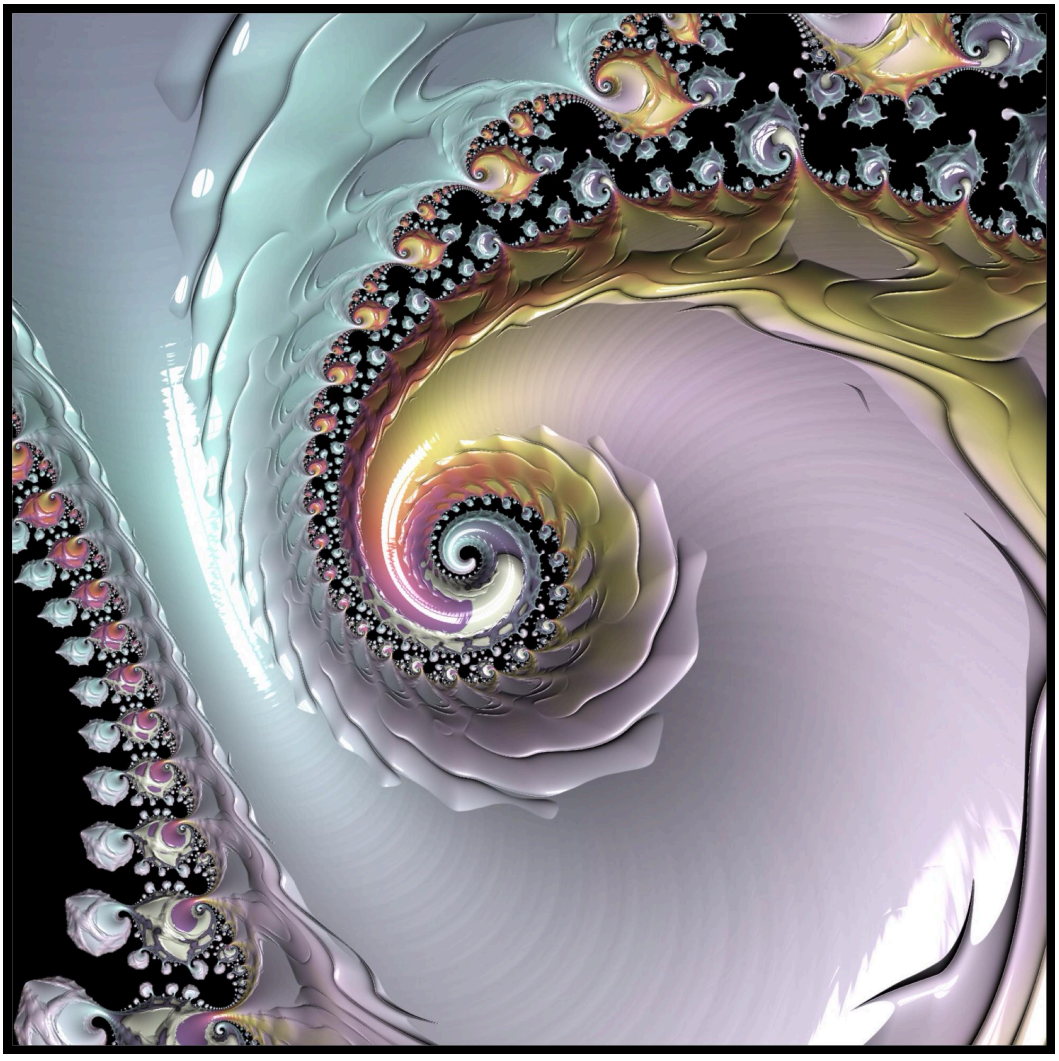


To Live To a Ripe Age

To live to a ripe age and have all the experience and wisdom that it has unveiled onto our life is similar to a treasure chest of golden coins.

The golden coins represent the roundness of our personality, the value of our soul and the feeling of self worth.

It is with self development we can see our life in another perspective, we start to live it through and with love, respect and a gentleness that surrounds our life, a calming, gentle energy of an age-long life surrounded by memories.



God, The Great White Spirit, The Observer, The Planner, The Divine Intelligence

Have you thought about how the word God relates to all of creation? All of us, every living creature and also our wonderful family and friends in the spirit world are a part of this creation. If we use some time to think about it, it can be a bit overwhelming because every creature is so intricately made, all with its own uniqueness.

Some of us also use the words The Great White Spirit, The Observer, The Planner,The Divine Intelligence. It is a force more powerful than we can imagine and how we would love to know more.

Have you ever thought about if our family and friends of the spirit world know more about The Divine Intelligence than we do?

We are a species that love to question our existence. When did it first start, how did we get here, are we alone in the universe as living and breathing human beings amongst the beauty of the animal kingdom and all that grows beautifully in nature?

We do find it sometimes challenging and interesting to relate to the word God.

Maybe the only reason is because we can not completely comprehend all the miracles of living here on earth. Even though we tend to forget, we are amongst a great deal of miraculous healing.

We might not completely comprehend all the miracles of the spirit world, the communication we receive, the support and understanding we receive, the times when we feel vulnerable, tired of life itself, worrying what the future will bring and then we can feel our spirit family close by wiping a tear from our cheek.

We know we will live throughout eternity, that we are an infinite energy. In some ways we want to be in two places. Can we not just knock on a door and visit once in a while like the spirit world visits us?

We tend sometimes to forget that we are eternal and we get caught up in the moment of thinking otherwise. It happens and it is fine, we just have a yearning to know more, we wonder, we read books, we ask questions.

We receive messages, we are grateful, we wonder about this bridge between the two worlds that The Divine Intelligence created, why we are not together as one.

We just want to see for a few minutes what the spirit world looks like, what it feels like. If or when we have been in the spirit world before it seems as though many of us can not remember.

We are here in this physical world together learning everyday about the force of creation that is within us. That is oneness.

We use our daily life coping with challenges, trying to stay intact with our spiritual side, sometimes actually feeling the power within at moments in our life when others react and say, you are strong.

That is the force within.

We use much of our days to learn about many diverse subjects.



Just think of all the knowledge that humanity has, that is also overwhelming.

We also can get a bit worried or desperate thinking how can I learn all of this; history, arts, math, science. There is so much, what happens to you when you transition if you have not learned everything? We continue to receive knowledge. We continue to evolve and learn.

It is fair to say not everything we believe in can be seen, heard or felt with our physical body.

Why can we not see this Divine Intelligence? Is that the reason behind all the mystery of creation?

We are here living a physical material life and it does stop us in our development at times.

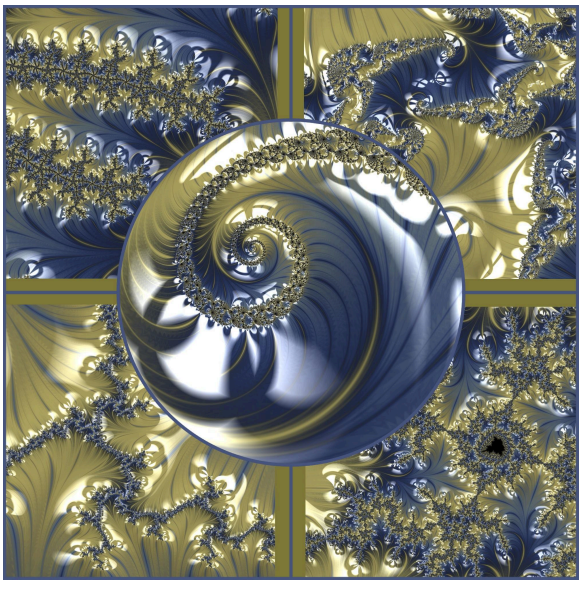
Our development is the primary goal we tend to think of on a daily basis.

For some of us we look back at the year and notice we have developed. If not within a year maybe we can see a difference within the past 5 years. Some of us do not understand where time goes, the years come around and we get older and we have also become wiser and more experienced.

We understand that we are here to learn and to understand ourselves. That is our primary goal.

Living here in the physical world means that we have practical chores to take care of and there are so many practical chores compared to living in the spirit world. These chores take up a vast amount of our time during the day.

Divine Intelligence had its reasons for us to be born here in the physical realm, preparing us for our transition to the higher world. It is based on preparing us to understand humankind, to understand how to relate to others, to learn that difference unites, colours unite, words unite, and we learn how to relate with respect, love and tolerance.



I truly feel the words of the Divine Intelligence means, a team embracing together as a family the power of the universe as a whole.



When we go about our daily life we might think we are being judged by the Divine Spirit, we are not. The Divine Spirit does not control, it does not judge, it creates and continues to create.

What is important for us is to realise when we feel judged when we are alone, when we are thinking and speaking, when we are acting in a way that makes us feel that we might be judged in a negative sense, that is our pure conscience speaking to us saying you could do better next time. That is your self, your true self having a dialogue with yourself trying to make you develop into a better human being, a better you.

If we are a part of this force that is created from The Divine Intelligence, how can we do anything wrong, we do not, we only live and breathe according to our logic built on our personal reality. We are a moving energy form living with ups and downs, trying every

day to do the best we can for ourselves and the environment around us.

When we finally can hear our inner voice, we then have the opportunity to correct ourselves.

We can look at past experiences and know that the force is within us, working with us and making a true bond within to make us realise we are here for a reason.

Remember there is no good or bad, there just is. We are all working through our own level of understanding life. We grow and we fall back into old routines and then we realise we do not want to be where we are and then we gain yet more soul growth.

Even when we realise we have made a mistake we have gained soul growth, we are aware of the unaware. A mistake is just a word based on a possibility to change oneself into a better person.

Think of this Divine Intelligence as a part of us, yet we are still individuals in a physical body, but most of all we are a spirit and a soul.

We are created through love. If we could think, feel and act through love which is our creation, we would find ourselves in a much brighter light for ourselves and for everyone we meet in our lives.

We can lead, we can show others the light dwelling inside of us. The light is the true self. The guiding light of the soul shining so bright yet sometimes darkened by only one person, our self. Allow your light to shine, listen to your true self, your feelings, your words flowing to you and tell you that you are a part of The Divine Intelligence.



You are just as valuable as any other creation known to the universe. What a feeling to know this, to walk in truth, to walk in love and know that what you give out to the world will come back to you tenfold.

When thinking about The Divine Intelligence it truly means unity combined in total respect and love for all creation.

We need to see beyond thinking as a people person and think as a spiritual person living in the physical realm. We know we are here for one life with this identity. We know that we have the responsibility to lead this life in a manner that will affect our fellow man.

We try everyday to do just a little better than yesterday and some days we feel we do not. Embrace it, embrace every feeling and embrace every thought.

Ask yourself when in doubt of a certain situation regarding yourself and how to react, what am I feeling now, why do I feel this now, is this who I want myself to be?

You know the answer of how you feel, deep down inside, it is shining its light towards you. It is waking you up and it is making you look at yourself in an objective sense.

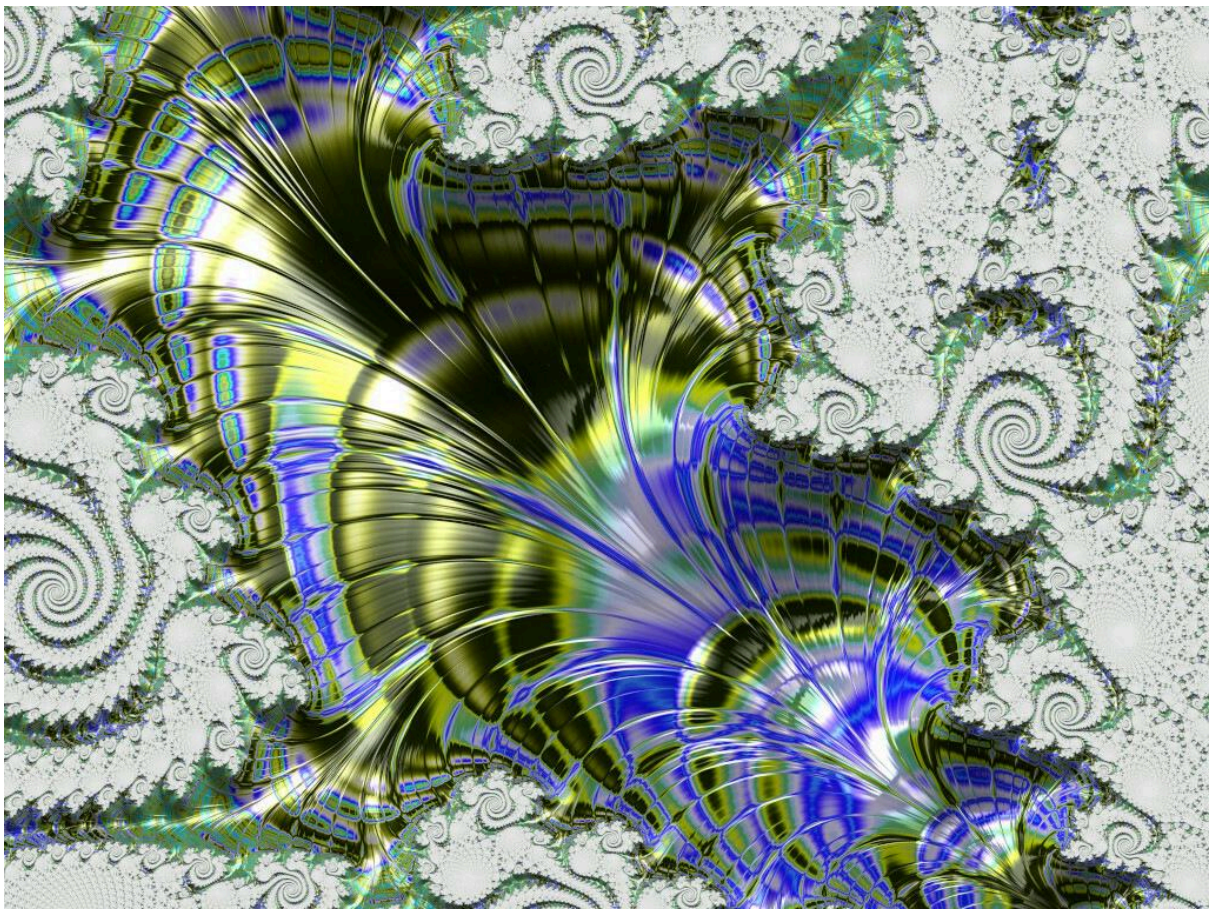
Remember by being both physical and spiritual you form yourself into balance, into a whole living being, that is the creation behind The Divine Intelligence (The Divine Spirit, The Great White Spirit, God).

The True Spirit of Humanity

W H Evans pointed out that the Darwinian theory is built on the struggle for life, also called the Jungle law, "Let him keep hold, and let him keep who he can". Evans also believed in a deeper law told by Henry Drummond, written in *Ascent of Man*. Instead of using competition we can live with co-operation and exchange resources and services which will benefit everyone. That is the true spirit of Humanity.

To be selfless is the practice of concern for the welfare of others, in a true sense of loving all of mankind.

We are all living influences on each other, we are here to uplift, inspire and exchange ideas that can better our lives as well as unfolding our spiritual growth.



We can see progress in ourselves and many others we have relations to. Nothing is at a standstill. Who we were yesterday is a thought in the past, we have changed and are willing to take the big leap to progress further in our lives.

Then again, there are stages in our life when we are in a state of doubt, an emotional state of what we feel as stagnation is to be embraced as a "time-out" to be able to heal, reflect and consider a new way of looking at our lives.

A new normal day is what we receive every morning when we wake up.

Allow your life to be filled with moments that will make you happy and full of joy. Your joy can spread to others and make their day a little bit easier to get through.



Love is the fulfillment of all laws. The rule of fulfilling all rules.

There is no need for so many laws if we lived in and for love. How can such a simple act be so complicated by so many?

Because many need to find their own identity first.

They need to find who they are as a person.

They need to find how they work from a level of communicating with others, interacting with others and how they treat others as well as themselves.

We need not have any rules if love comes first to our mind and heart. Love is the supreme gift given to us, it can not be taken away, only added to our infinite light that can be shared.

We have the personal responsibility in our life to learn that we are here to observe and not to judge others actions. We are here to interpret our own actions and consider to advance in our own light.

Speak and act with love in your heart and you will see life is filled with the power from spirit.

Love connects the soul with our God force.

It reveals the true identity of ourself and how we choose to live our life according to being a part of the supreme gift.

We all have an outlook on our life, what is your outlook on life that concerns you?

Is your light shining? Can you feel your spirit unfold and see the light in others?

Or are we blinded by others' opinions and beliefs systems not knowing what is right or wrong. We do know what is right, we can feel it, through love and understanding as well as having a concern for others.



The more we learn and understand each other, the more we can live our life fully and completely for the cause of spreading power and joy of spirit.

We create ideas, thoughts, and wisdom everyday. We inspire others and they inspire us. That is the true Law of Love we have for each other.

To be happy and thrilled for others that succeed, that is a spiritual unfoldment in itself.

Belief is from this world, faith is from the world beyond.

We need to take a closer look at our beliefs and notice the change they have with us or not. If they are just taking up extra storage in our mind, allow them to be released and start a new life based on new beliefs that enhance our balance on all levels.

Pure balance is a place of bliss, a place where we understand why we are here, what we are doing in our lives and how to approach it on a daily basis.

It offers balance within as well as with our external world of living. Both of them are just as important in being able to regain the power we have within us to change the world and make a difference.

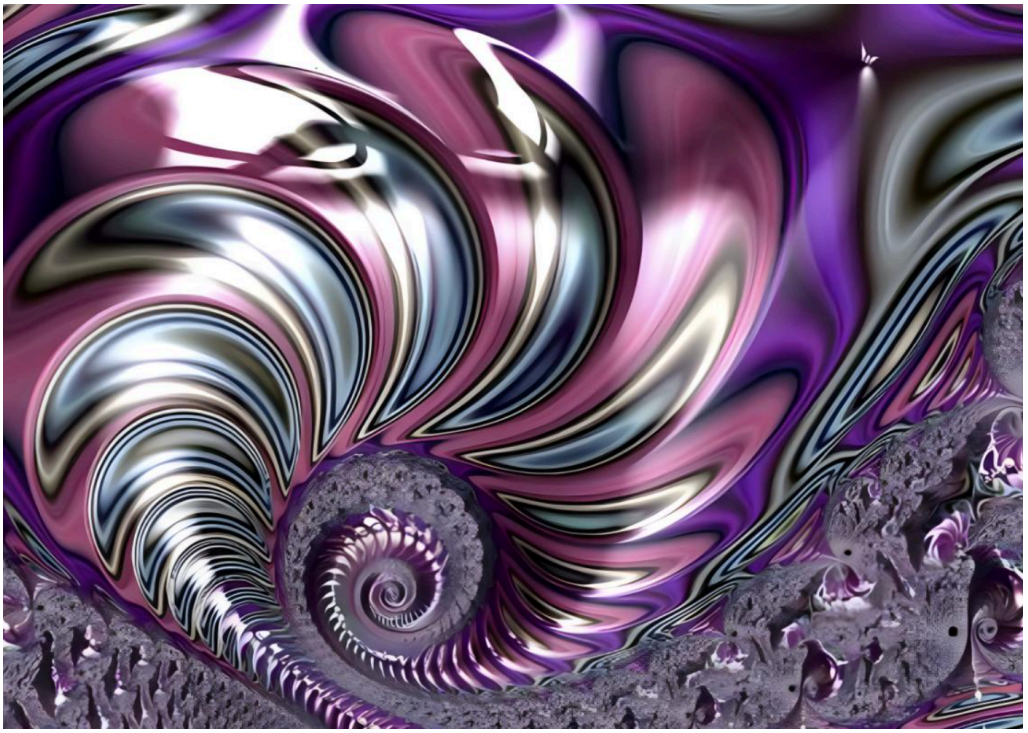
Therefore, we have the potential to be whoever we want to be. We need to put aside thoughts of struggle and admit to the Law of Love.

We have the knowledge to do so, just apply it and you will see a difference and your light will shine in the true nature of your truth.

A truth based on affection, sharing and a belief of knowing that being spiritual is a way of life and should be treated with care and dignity.

Do not only talk the walk, walk the talk as well and you will see a difference in your life, you will create a person that has been longing to be seen and heard because that person is you and you have the potential to shine your light as bright as you want.

Take the leap.



Human thoughts

Human thoughts are much more entangled than the mind of spirit.

Said in another way, human life is much more complicated than spirit life.

We are brought up to believe pre-conceived ideas, the same beliefs as our family we lived with.

Either it be our biological family or a family that took us in at our most vulnerable age. Many times as a child we would agree with the beliefs of others for the only fact that we wanted to be accepted.

Acceptance in a family without love can feel like love for a child.

An acceptance to belong. Therefore a child can easily be coaxed to moral, religious and political beliefs that are not theirs but belonging to others.



As time goes by a child will be able to see clearer what belief systems appeal to them and break the inherited belief systems to set them free and then make the right decision according to their own personal responsibility which is built on cause and effect.

A young adult is very observant and can notice the difference between facts compared to theory. Theory compared to beliefs.

Then they can begin the process of finding their own personal identity.

We all have a responsibility for our actions and our choices.

The way we communicate can touch the lives of others on a greater scale than what we can possibly imagine.

We can all plan quite a bit of our daily life and work on improving ourselves to the best of our ability.

We do have free choice to make our decisions and we can change others by being a better spiritual person. Naturally, it is a far better approach to inspire others than to advise others.

Communication is built on dual respect and we need to think calmly and quickly when in the presence of others. Be our true self.

Accept others for who they are and always see everyone in a bright light, through their soul.

That is the purest part of an individual's identity and can be seen and heard if we are open to it and if we are mindful enough.



What is the Divine Cosmic Plan?

What does that mean? What does that entail? How does each person's plan work?
Is it planned prior to birth? Did we create this Cosmic Plan with God, with our soul and spirit to achieve what we have of knowledge and wisdom as of today's date?

Many have questioned their lives due to an enormous amount of suffering and sacrifice.

They have a deep belief that in order to do well in the world, we have to suffer and sacrifice.

This is a commonly held human path of thought that originates from a belief, inherited from others who may have experienced this as true.

We must all live our own lives and learn what is true for us, because very few truths prove valid for all people all the time because we are all unique dealing with our own reality.

Keeping our minds clear of false notions is not an easy task, because we need to recognise our beliefs first. Very often, these beliefs have settled deep in our subconscious minds where they simply sit and we do not question them.

Even though they do have an effect on our hearts, our minds, and our reality. These beliefs act on us, creating situations and relationships that we regard as fate, when they are, in fact, simply our subconscious mind manifesting to the external world.

We may not even be aware that we are carrying the burden of a belief and we may wonder why we are not manifesting abundance, especially if we know we deserve it.



If this is the case, it may be time to look deeper within to see if we can discover the obstacles inside ourselves.

In order to evolve, it is important that we examine the contents of our mind and figure out what we believe about our own reality. A reality that includes everything that has existed, exists or will exist. Our thoughts can be trusted to guide our questions.

If we are not manifesting and maintaining the abundance we know we deserve, then this issue is calling us to look into the hidden corners of any remaining inherited beliefs that tell us we must suffer and sacrifice in order to do well.

Our efforts will take us one more step away from this belief that we no longer need.

Many believe this is a part of their Divine Cosmic Plan. Maybe it was, maybe it is and can afterwards see their life as a learning curve even if the positive intention behind the suffering and sacrifice is only one word, one feeling: Patience

When we learn the development of self in its entirety, we can see our path of human thought. We can have an even balance between the path of facts and the path of beliefs.

Through being spiritual we are able to see this difference and embrace the structure of the two paths of human thought.

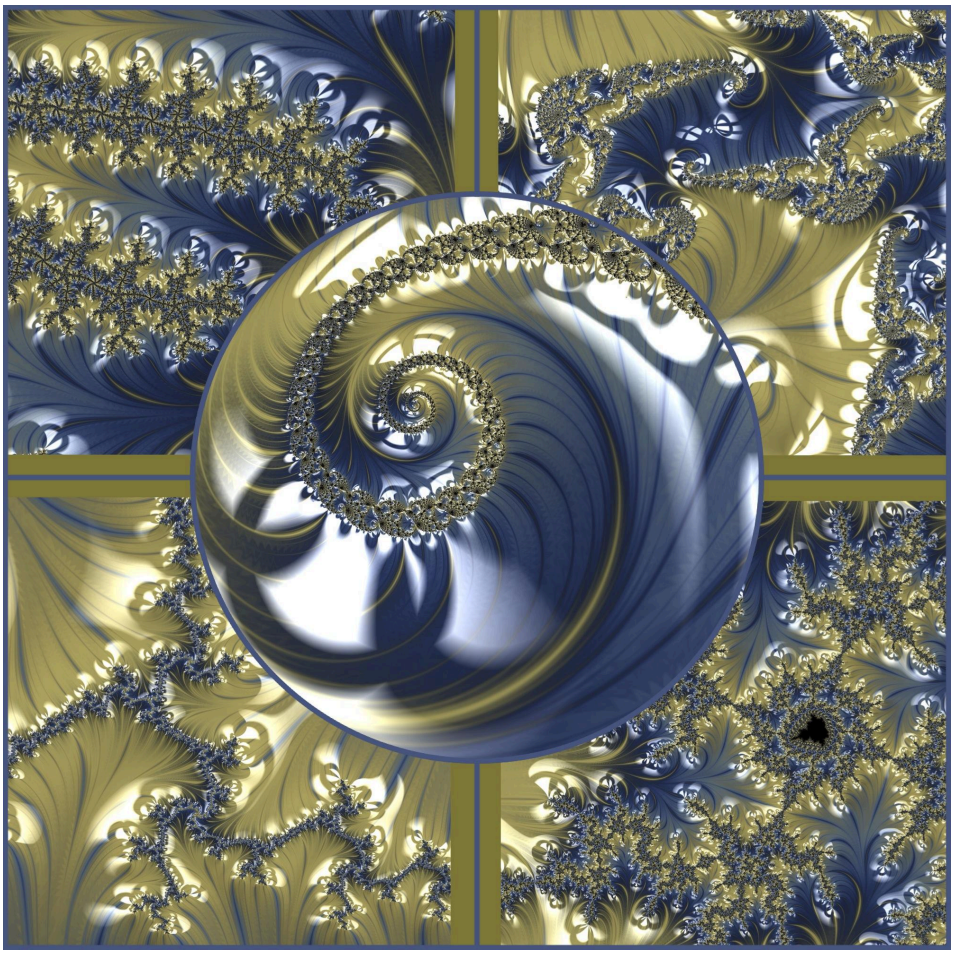
Through the inspiring words of philosophy comes the unified spirit that works in perfect harmony. It is then, our heart and soul are complete.

A wonderful spiritual healer and teacher, Harry James Edwards once quoted:
"we must teach our children to dream with their eyes open".

Our True Personal Identity

We decide ourselves what decisions we want to make that will show our true personal identity.

Applaud to yourself that you have the willpower to change and make your life as unique as you are.



It is with our eyes, with our observations through life, through our experiences that we are able to grow.

We are able through feeling with our heart what changes we would want to make to be able to have a fulfilled life of happiness.

Through our life we can experience many challenges and these challenges are there for us to validate, appreciate and to get through the challenges that, at the time, can be seen as a negative action.

An action that can be through outer circumstances, an action that can be through a physical challenge that we have, through illness, through feelings of anxiety or sadness, or low self esteem. The way to get through them is to see that we can through the power within us, to feel our spirit and to know that our spirit is guiding us everyday. If we look through these changes that we have had throughout our life we will see a pattern of development that gets higher and higher on the mountain of achievements, just like with a garden of flowers, they do grow higher and higher and can look down at the ground and say 'yes, I have done it', 'yes, I have achieved this' and 'yes, I can do it'.



It is a matter of change, it is a matter that is connected to eternal progress open to every human soul and we are given that opportunity from the time we are born to the time we have our transition and also further on in the world of spirit.

We have the opportunity to change, we have the opportunity to make progress through our life and also have the knowledge that we are not perfect. Also knowing that we need not get finished at a certain time or a certain date because we know we are eternal.

It is a lovely thought to have, it is a secure thought to have, it makes one think that we do not need to rush all the time. That we have time to take care of our body, the vessel, the temple where our spirit and soul dwell.

Take care of your temple. Feed it with positive thoughts, feed it with good food, feed it with motion. We can take care of our mental thoughts by thinking positive affirmations, by saying to ourselves that I can, I will and I am able to change. I see this, I can feel it in my heart that I can change for the better. I will be a better me.

Soul Growth

When we realise that we do have soul growth day in and day out even though we sometimes do not notice it, we can see by the past that there is a pattern of excitement, that there is a pattern of happiness and achievement and when we live in the now, we are sometimes so much involved in it that we forget that we had done quite a good job handling life's ups and downs.

This acknowledgement all depends on how we felt from our heart and from our soul. If we are able to accept the change.



Therefore, it is important to have change, to seek within and to listen to our soul, our spirit and to hear ourselves say:- "what am I trying to do for myself"?

"What is important for me to experience, to accomplish"?

"What will be my legacy.....what will I leave behind as a spirit, not as a body”?

We are all unique individuals and all of the spirit world is unique. We all have different fingerprints, just like all the different flowers and fruits in the garden. There is no need to compare, it only makes us think in a different way that will not be anything that we are able to accomplish by trying to be someone else. Be yourself. Dream your dream.

Change is good and change is also a place where we can feel that we would rather not go there. Because it is scary, it is unknown, and when we can take that step forward to change we can feel a lightness, we can feel like a ton of bricks have come off our shoulders and we can say we have done it, we actually have done it. Sometimes as a team and sometimes as an individual.

As Socrates said to his student Plato on his death bed, 'do not point at my grave and say Socrates is laying there. Remember my physical body will be there, but me, Socrates, will live forever as a spirit'.

We are here to allow ourselves to be unique on a spiritual level who can live through the heart, see ourselves in a new light and know that we are eternal.

We Are All One Family

How can we look beyond the veil towards all races and see our brothers and sisters in one light?

Can we use our awareness as a spiritual being to act with kindness to all ?

Humanity is based on the creation of that spark of light given by The Divine Intelligence of all that is.

We are all part of the original family that has been created and we all have united feelings and thoughts that we consider our own.

Seeing we originate from a common ground, we sometimes forget that, and tend to lean on what culture we originate from leaving out the aspect of being united as one.

Through the divine light, we are one race unified together in love.

It is not as much the person or group we do not understand or accept, it is the action behind the person or group that we relate to. Mostly because we come from different cultures.

We need to expand our way of thinking about the world and not put each culture in a box with borders and label the box a certain country, creed, race, but expand our awareness to look at our fellow man as an open field of flowers in various hues and heights and some being of a thick stem and others very gentle to handle.

If we can look upon humanity as doing as well as they can according to their understanding of self, their understanding of life at that moment in time then we can easily see that the difference between us becomes much smaller and much easier to understand.

After all, if we use our life trying to understand each person we meet we would use a great amount of energy rather than accepting them in their process of soul growth as being theirs through personal responsibility.

Every time you feel you need to understand a situation, would it be an idea to ask yourself if it matters, why does it matter, do I need to have it matter and is it because I want them to change their opinion and for what reason?

The understanding of self has a much more important role to fulfil than trying to understand another person's points of view.

That is why we are here in the physical realm, to learn to join together as one. What we can do is promote understanding by allowing their actions and light shine when we all believe and know the actions are done for love and tolerance.

Unconditional love is an easier way to look upon life because it lives and breathes without conditions made on our part.



We do not want to have everyone think, live, feel, be the same identity as we are, then our lives will serve no purpose.

What we want is to see every human being through their soul, through their heart and spirit, because everyone is created from the same divine source and then everyone loves each other as they are, with all our faults and imperfections. Are there faults and imperfections?

Every fault and imperfection is a learning curve to a better improvement of living. We learn to acknowledge all of the experiences we have had both good and bad through love.

Without judgement, see the love in an action, in the adversity we hold and yes we are all diverse beings living together with ideas and thoughts that are so different. Are we supposed to see the difference in everyone, yes, but how are we supposed to act to the difference?

The difference is to understand and embrace all with the dignity they deserve. We can disapprove of a behaviour, of an action taken by another human being or even by ourselves.

By observing not by judging because his or her way of behaving is not up to your standard of life. By observing and reflecting on giving each other respect and accepting others as they are.

As you know an act of kindness is much more useful to another person when trying to understand themselves than an act of denial and judgement.

We are here to understand that they who hold the blade are sometimes less fortunate. We might be living in areas of the world where they want to be a part of our unified family or otherwise that we want to feel a belonging to their family.

Many times the bully is the person that needs more acceptance, love and compassion than we would think.

Kindness to all, unconditional love to all, compassion to all even when our thoughts dwindle us down to observing the person rather than the action.

We are evolving every day, we are in a continuous changing room of emotions, feelings, thoughts and habits. One day we might look upon something as being important and then we can feel certain things are not important any more as they used to be.

Try to observe your thoughts and feelings in regard to a unified world. The Divine Spirit knew and still knows what it has created, a diverse mankind that deserves respect for being exactly that, diverse, yet still one.

When walking the field of flowers with love and respect we will see the diversity of the creator. Each single flower so different and unique in its form, in its opinion, in its way of living and thriving that all we can do is respect each other and wish everyone well on their life path towards finding peace within and then we can create peace throughout.



Stars

Are we meant to shine like stars? We all have the personal responsibility to shine like a unique star all according to how we see the world around us, where we were born, who took care of us when we were young, who gave us confidence to make a life for ourself and become the independent person that we are today or are we meant to look like a uniqueness of a daisy?

A single daisy is made up of two separate flowers, almost like ourselves when we have our transition to the spirit world, we shed our physical body and continue to survive as a spirit.

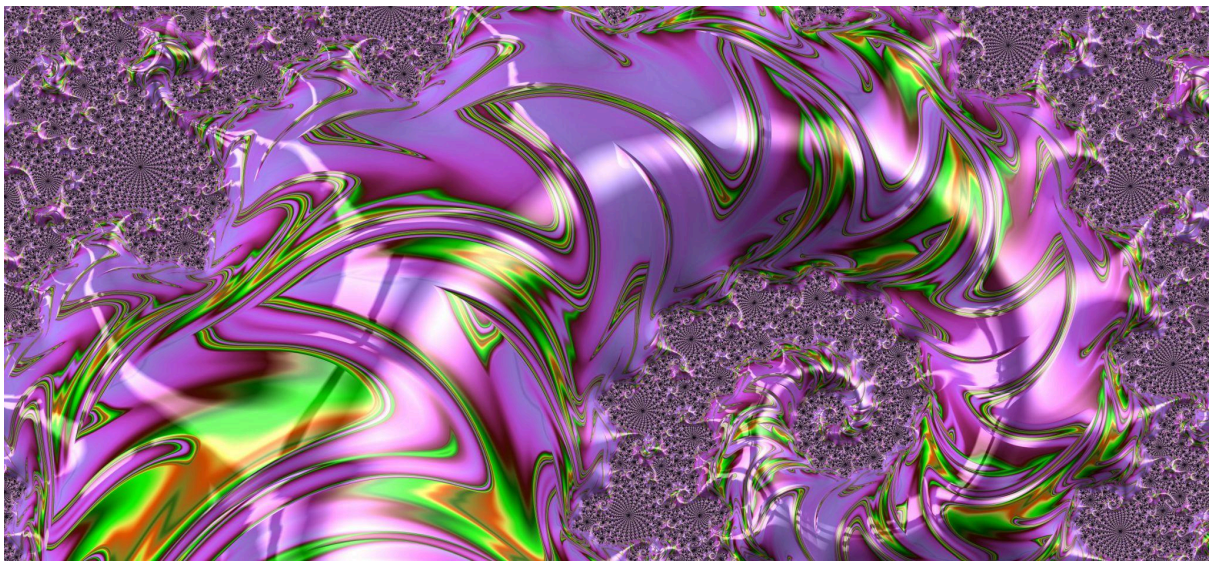
A daisy brings innocence and purity, it symbolises new beginnings which we experience with every sunrise. It symbolises true love blended together in harmony or are we meant to be a branch on a tree?

The trunk of a tree is the central portion where the branches grow out from. The branches can symbolise all of the people we are related to, the family tree?

When leaves fall off a tree it is called foliage - are they considered past experiences that we need not hold onto any longer, giving way to new growth, unfolding ourselves to a higher level of understanding life?

Simplicity is the knowing that we do have eternal progress open to every human soul.

As the years go by we learn to appreciate the simple life and become more spiritual with time - realising this is the goal we have intended to accomplish, to realise that the truth, the light and nature are the gifts given to us, easily attainable and so easy to keep close to our hearts.



Truth

What is the truth about your life, your existence, what you have gone through, going through and will go through?

All of our experiences hold a clue, a thought, a word of value or feeling that helped you come out of the experience with more knowledge than when you entered into the experience.

Are you a gentle soul? A gentle soul has found peace within and reacts to daily situations in a calmer more peaceful way because they have achieved the knowledge from past experiences that have made its imprint on life and slowed us down, knowing what is important and what is not.

Love is the most important value one can achieve in any space or time. Love gives us strength to persevere, and love can be felt and seen by many, a kind word to a homeless person, a gentle touch and a listening ear to an elderly person, caring for a baby, a young child, giving them the support and the feeling of being safe in a world that is so vast with emotions. Spirit says love can be given to any soul without categorising.



Soul to soul, spirit to spirit, the feeling within of the divine unconditional love that exists in every living species that has ever been created.

When we sit in the stillness of our soul that is when we become a person of patience, of endurance and can find strength in any situation that is handed to us. Many times during our life we do not have the choice when illness is upon us, we need to accept what is and stay strong. We have no choice when the telephone rings and we are told one of our young family members has passed away.

We have no choice, we need to accept what is and stay strong, as well as giving the love and support that is so strongly needed to the other family members.

We can see the light in every experience, we can decide ourselves how we are going to approach the feeling of despair, of hopelessness, of loss and instead feel the following words "do not be sad because it is over, be happy that it happened", feel the light within, the pure feeling of closeness to the divine source of the creator. It mends, it helps and it heals a broken heart.

Many creative souls are very sensitive spiritual beings and they reflect on their physical existence by using their power to develop their natural talents.

Many live a simple life, working on sharing their love for music, dance, the arts to one and all. They continue to create and share, they live in a world of feelings and emotional values rather than materialistic values.

The value that exists is the willingness to share, to feel and hear the emotions of others when they react to their work of art. A dual feeling of being in oneness with the divine.

Therefore, are we meant to shine like stars? Yes we are and we are all here to do our best according to our daily understanding of self, knowing that we are in a continuous shift of energy.

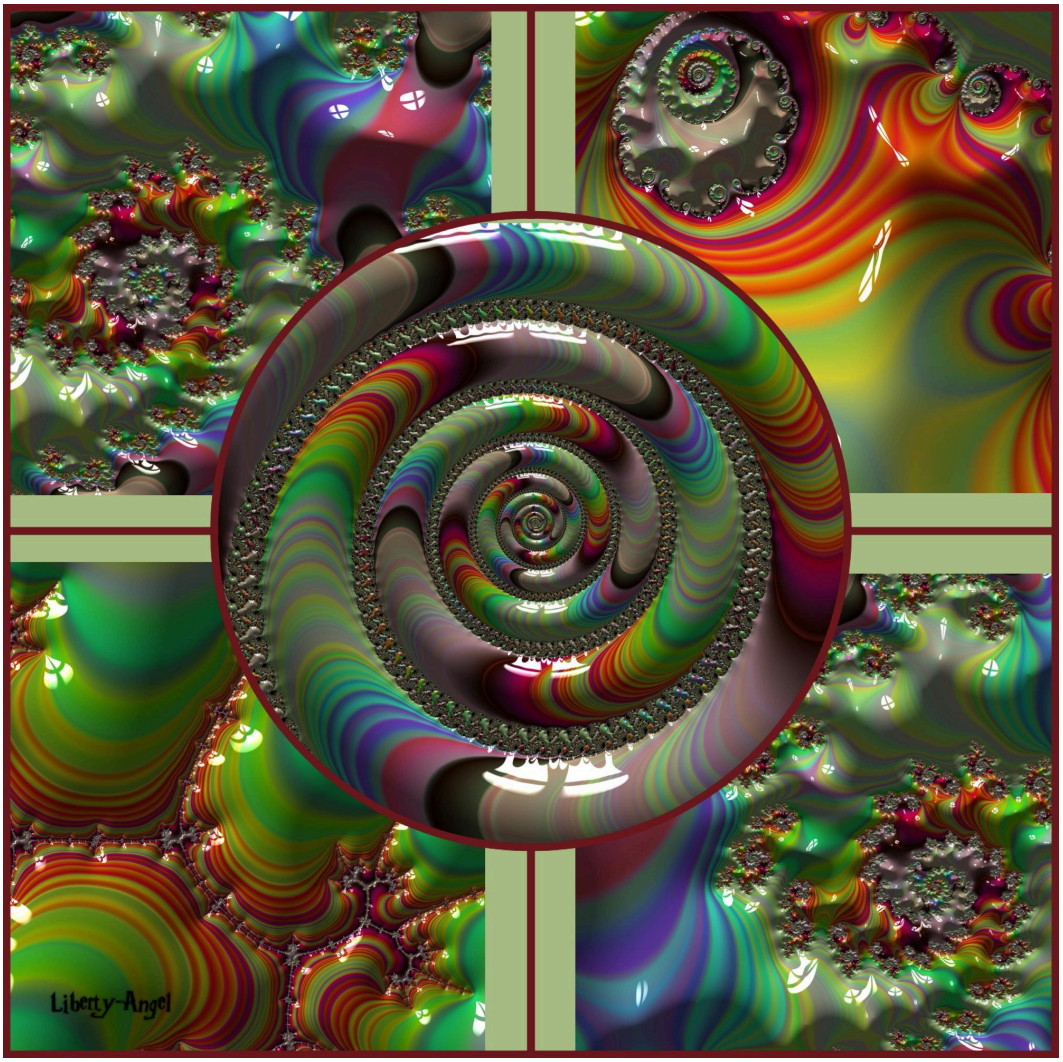
Are we meant to look like the uniqueness of a daisy? Yes we are, because we do know that we are living a physical / material being and that we are here to develop and unfold spiritually, excited about every sunset and every sunrise that brings us the strength to start all over again.

Are we meant to be a branch on a tree?

Yes we are, because the person we are supposed to learn and love first and foremost is ourselves, we are the observer in our life to look back and notice how we have grown, how we have shed past experiences by embracing them with love, how we are able to feel our physical body both when in harmony and when in dis-ease.

We do and can understand each and everyone's soul, the uniqueness, the quality, the strength, the unfolding of our hopes and dreams.

Be your own observer and raise your head with the power within, you hold the key to your unfoldment and it shines on you like a unique star in the sky, look at it, feel it, it is yours to keep and embrace.



Diverse Levels of Understanding

We have the ability to live relatively freely in our life. If you think of your past experiences, how many choices did you make that were of free will and you gained soul growth by doing so?

'Compensation and retribution hereafter for all the good and evil deeds done on earth'.

What does that entail? Done on earth, not done when we make our transition to the spirit world, what happens then, we observe our life through the eyes of our own positive consciousness.

We can observe then and there what we did and how we fixed it or how we didn't and then we continue our spiritual journey.

We can do the same now. If we can feel it in our conscience that we have done wrong, said something to offend someone else, hurt someone's feelings, we are able to correct that by saying we are sorry and becoming a better person.

Each and every deed we do can have an effect on another person as well.

We can often think about this when remembering a personal tragedy that affected us and the lives of many of our family members.

It can happen, we are not protected by evil deeds. Then again, it is important to be reminded of the word 'retribution' and what that entails; punishment or reward distributed in the spirit world based on performance in this life?

Who does the punishment, do we want this individual to be punished, it is not up to us, it is up to us to do good deeds.

I hope and pray we can understand that the actual retribution is done by how much soul growth they have gone through after the incident, because we do not know.

They know how they have tried to correct their wrong doing, they know if they are still concerned only with their own material desires and welfare or not. It is also based on greed, on the negative ego living a physical life not caring about others.

We all have a hope that we will change and others will change also for the better or for the worse.

Spirit helps us in their own way to give us the enlightenment to gain spiritual, mental and physical needs.

We gain knowledge from every event we are a part of or even an observer to.

When we hear a spirit message say compensation and retribution is now being done we can finally understand that this particular person is facing their own pure conscience and can then be asked to continue their soul growth or through free will stay as they are.



We can be overwhelmed by the spirit messages, especially when we question a life event, why did this happen, what will my life be like now, how can I go on?

Spirit hears our thoughts and they can comfort us as well as make our continuation of our life journey possible due to the fact that we know every action is being recorded through our memory and the divine spirit.

How can we be grateful for the good if we have not felt, seen and experienced evil?

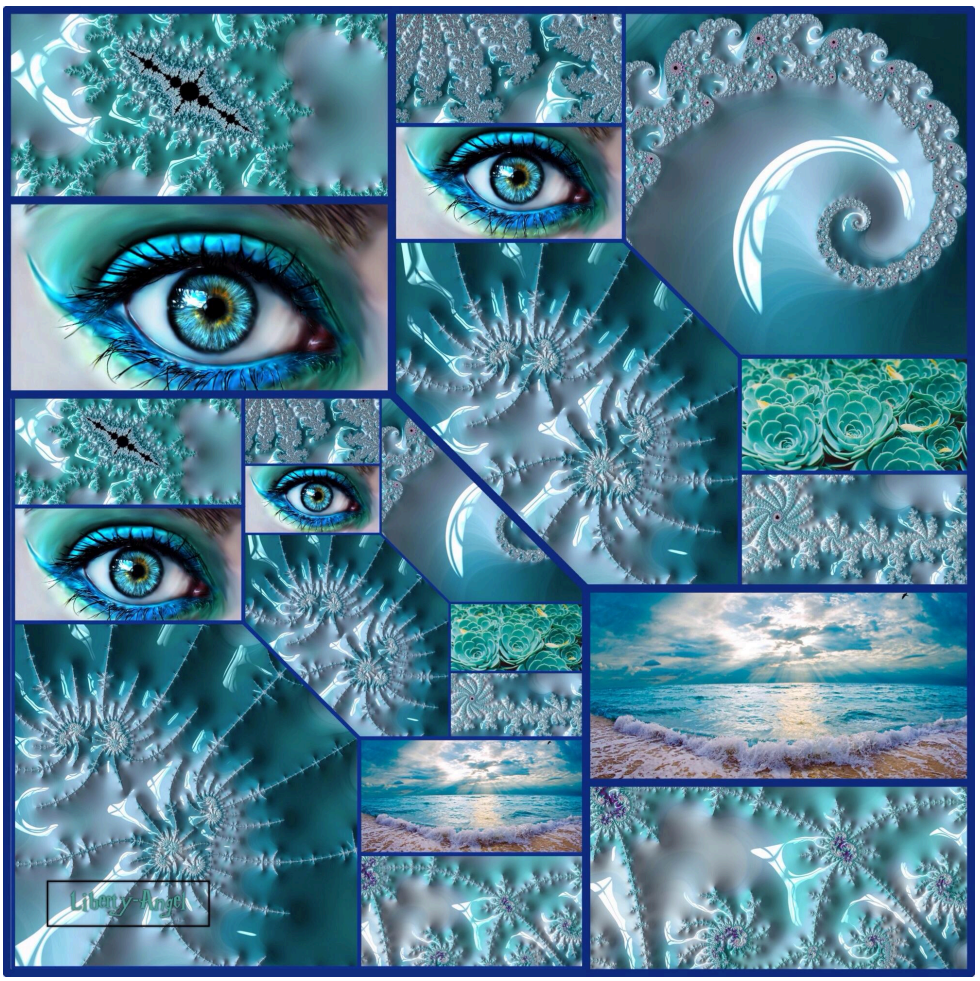
Why do people do acts of evil, what was their childhood like, were they loved, is it a belief system that has been carved into their mind believing what they do is correct, do they have a level of understanding life that is ego based? Will they some day be able to change and be a better human being? Many do and many are sorry for their actions, and they are, whilst being in the physical life learning soul growth and are willing to compensate and retribute their evil deeds now prior to their transition to the spirit world.

It is an act of freewill, it is an act of their original divine plan to find compassion of life, compassion to all and to acknowledge that the life to live in order to do good deeds is the life built on truth.

We know truth is freedom, truth is built on free will but we also know we live in a world with diverse personalities. Diverse levels of understanding what real truth is and that is why we need to believe in the truth of humanity.

If we can touch the heart of one person, we can build a bridge of people acting in goodness, in kindness and in love rather than seeking evil.

Try to be the key to the path of knowledge built on free will, try to build your life on truth and goodness, on being a patriot to your fellow man, humanity and let us hope that we can make a difference in the lives of others to walk in peace and enrich each life by being grateful for the time we had together.



We are Spirit

We all have one common power and it is that we are all spirits, in the two worlds.

Yes, in our world we carry the physical temple as well.

We learn from the divine mind the knowledge that is brought forth in ways and means of difference, of union, of reflection and of a deep depth of understanding the world of matter.

We have a willingness to expand our wishes and dreams to manifest in a delightful understanding of life. The divine mind which is within us, wishes to learn and absorb as much information as we can to be able to enjoy our existence to its fullest.

We reflect on the past, we give way to the future, having dreams that we want to explore, some coming true, others left behind, still acknowledging that we tried and every time we set a goal it is a success from the soul. Even having a thought of a goal is a goal well achieved.

We have a vitality that keeps our energy at a peak.

This vitality is known to accompany us on our transition to the spirit world and can be related to the spiritual elements of nature such as the element of motion, known in our world as muscles. The element of thought and intelligence, known in our world as the brain. The element of life, known in our world as the heart and lung function.

The element of feelings known in our world as the nervous system.

The power we have can feel at times a bit distant, sometimes we are complicating the life we have instead of simplifying life. The creation of life is related to simplicity based on love, reason, understanding, and truth.

These are the main sources of feeling the true power within rather than the lack of power from the outer circumstances of life which can not be controlled.

Seek the beauty that you have seen and felt, seek all beauty in life, start to unveil the constant stream of happiness that life sends out to you. You can feel it.

All situations can be relished with positivity or neglected to a downfall of feeling powerless. Perfection is not the key to a valued life, a fulfilled life, perfection is felt when we feel The Divine's closeness, when we feel the support from the spirit world.

We are living in a world of body and matter, also a world of spirit and soul.

The more we live life through love the easier life is to absorb situations that can be seen by others as difficult but seen by you as a miracle in disguise.

All situations are showing a living light guiding us in the direction created by The Divine Intelligence and your own individual cosmic plan.

Your cosmic plan might be coloured in beautiful shades of divine colours and hues showing you visions of the universe and your plan and pattern of life.

Be able to understand The Divine entwined with your Higher Self, by knowing your own spirit, by believing in yourself and your life. Do not doubt what is wrong from others standpoints, but by standing your ground on your life path with the guidance and love that you have a knowing that spirit, the angels, The Divine creation is close to you throughout all your endeavors.

Just reach out and always believe in yourself. If you feel you are a true loving light of the divine, stay on that path, develop your role to unfold and be proud to be the person you have become.

You have worked hard and continue to work hard not only for yourself but for all creations, because we are all one together existing in parallel thoughts. Loving in a continuous flow of knowledge, expanding our energy, our vibrations to learn and absorb all the vital information we receive every day. Because we know the understanding of the divine mind, the vitality of our power flowing throughout the universe.

Our life in all of its fullness, is happening right now. Our thoughts are sometimes elsewhere and we can miss wonderful opportunities and moments that can be lost to the flow of time. We can not fully realise each experience, each thought we have to gain contentment from endeavours we would like to be a part of through our free will or can we admit to our limited access to freewill? By noticing this thought we can embrace it and move on.

Sometimes we can get so attached to reaching our goals that we might not see the world outside of our goal.



For each step we make towards our goal we will arrive at our destination. Then another piece of knowledge will approach us and we will have the opportunity to decide to take on yet another challenge.

There is so much to be enjoyed and appreciated that we need to remember to pay attention to the present moment, because it is the only space in which we can experience being alive and grow spiritually.

We learn from our past, we acknowledge that it was what it was and then we can change our route - our decisions by experiencing new events in our life that can change us. We are constantly evolving and learning. Living on earth and in the spirit world is the school of infinite learning. Eternal progress open to every human soul. We create our lives with our thoughts, we can focus on our dreams and ambitions in the future, allowing ourselves to live our dreams as they manifest.

Life must be attended to, and when we are wise, we can enjoy it at the same time.

We can awaken ourselves to the moment we are living right now by taking a deep breath and simply observing the world around us.

In doing so, we refocus our attention on our own life, our wants and needs, what we can leave behind and what we can keep close to our hearts. Then we can learn to appreciate the process of working toward our goals as much as appreciating that the goal was an opportunity given to us.

Through free will we decide ourselves if we want to take it or not. What an opportunity! Balancing ourselves between the present moment and a knowing of eternity is an art. When living in balance we can experience and enjoy the full range of reality available to us as spiritual beings living on earth.

We are able to open our minds and our hearts to this knowing that we are able to prepare ourselves now for our future life.

We can be in a state of total acceptance and bliss when we have challenges in our daily life, if we observe them in a spiritual context.

It all depends on how one wants to live their life. Being in control and in balance is being alive, in an awakened state of being which can serve a person's self development on all levels.

We do have free will to decide ourselves how we want to approach life. How we can either emphasize the importance of loving relations or the importance of materialistic happiness.

Loving relations become eternal.

Materialistic happiness is only temporary. We do not have any pockets when we enter our new realm of spirit life. So true and also something we should reflect upon.

This life is just a temporary playground. A place where we learn to know the most important being in our life. Our self.

As the years pass we can look back at our experiences, both good and less good.

Every word, action, thought produces a result that can be a learning process like an apprenticeship for that which is to come in our next life.

We should remember through our life when considering judging ourselves that we are human and we will make mistakes.

Can we see our mistakes as done according to our level of understanding at that moment in time? Can we see our mistakes of the past as a learning curve and embrace them with gratitude?

Can we feel that the purpose was to help us achieve our true spiritual potential? That potential is there for us to embrace, to live it to its fullest and to breathe in all of life. Either we can allow it or not.

Life itself is challenging and sometimes quite complicated. It is important to live the quality of life that fits our wants and needs, then true happiness can be achieved no matter how stormy it is outside. Our inner peace can be achieved by our own thoughts and what our spirit and heart desire.



Epilogue

Every journey eventually arrives at a resting place, though not an ending. So it is with the thoughts shared in *Josef Speaks – Words from Summerland*. These pages have not been written to provide all the answers, for life itself continues to unfold long after the final word has been read. Rather, they have been offered as stepping stones—gentle reminders of the eternal truth that resides within each one of us.

Throughout this book, we have explored the nature of the soul, the power of love, the importance of personal responsibility, and the magnificent reality that life extends far beyond the physical realm. We have reflected on our thoughts, our actions, our relationships, and our place within the great tapestry of creation. In doing so, we are reminded that we are never truly alone.

We are spiritual beings, temporarily clothed in physical form, learning through experience, challenge, joy, and even sorrow. Each day presents another opportunity to grow, to heal, and to become more fully aware of the divine spark that lives within us. Our mistakes do not define us; our willingness to learn from them does. Our struggles are not punishments, but invitations to discover our own strength.

Josef's words encourage us to trust the unfolding of our lives. Even when the path ahead seems uncertain, there is wisdom guiding us, both from within and from the unseen realms beyond. Our loved ones in spirit remain close, offering comfort, inspiration, and unconditional love. The bridge between our world and theirs is built upon thought, memory, and the eternal bond of the soul.

Perhaps the greatest lesson is this: love is the foundation of all existence. It is the language of the spirit, the purpose of our growth, and the legacy we leave behind.

When we choose kindness over judgment, understanding over fear, and compassion over separation, we align ourselves with the highest truths of the universe.

Life will continue to present us with choices. Some will be simple, others profound. Yet in every moment, we possess the power to choose who we wish to become. We can choose to shine. We can choose to forgive. We can choose to walk forward with courage, knowing that each step contributes to our eternal progress.

As you close this book, may you carry its message into your daily life. May you honour your own journey, trust your inner wisdom, and recognise the beauty that surrounds you. May you see yourself, and others, through the eyes of the soul.

For we are all travellers on the same great voyage—learning, loving, and evolving together.

And when one chapter of life closes, another begins, both here and beyond the veil.

The journey continues.

Always.

— *Alison Irene Meyer*