

A Lesson from Spirit

by Margaret McElroy

One of the most profound teachings I received from Maitreya, my spiritual teacher for whom I channel, was in 1996 when I was accused of blackmailing a personal friend to get her money! This friend had offered to give me, with no conditions, a sum of money to use for the spiritual work my ex-husband and I were doing.

We were just about to launch a website and we knew this money would be able to help us with the cost of setting it up. In the beginning we told this friend we did not need her money. She insisted on giving it to us and even went as far as to place it in our bank account. Three months after she had deposited the money, I received an email informing me that she wanted the money back, and she told me I had blackmailed her!

I was so shocked; I knew I had not done what she was

accusing me of. I did not know what to do. My ex-husband and I could not pay her back as we had used the money for the website and for other things we needed for our work. Apparently she had been told by someone who professed to channel that she should not have given us the money.

I had been channeling Maitreya for four years at that time and was just becoming well-known as his channel. I was devastated. What could I do? I worried myself to the point of illness and could not sleep because of the scenarios going through my head each night of what could happen to me and to my ex-husband if she did as she threatened and took us to court. I could not eat because my stomach was knotted with worry, and this was made worse when I found out she had written to all of our friends and told them we were thieves and blackmailers.

I justified myself right, left, and center to our friends. All but one of them told me not to be concerned; they knew I could not do what I was being accused of. It was at this time, when my health was subjected to all of the stress and I had become quite ill, that Maitreya came to me in my meditation and asked me "Can you stand in front of God tonight and know you are innocent and have not done what you are accused of?"

I told him "Yes."
"That is all that matters then." He said. "You do not need to justify yourself, or become concerned. If you can stand in front of God and know you are not guilty, it is between you and God, nobody else. God is the highest authority. If you give it no energy, and hand it over to God, whatever you imagine God to be, justice will be done."

As he said those words it was as if a great weight had

been lifted from my shoulders. I had a big cry and released a lot of energy which had been bottled up inside of me. After the crying session I felt wonderful.

The recurrent emails arrived every few days, threatening us with dire circumstances if we did not pay up. I ignored them and said out loud, "I can stand in front of God tonight; God knows my truth." Suddenly, after months of onslaught; the emails stopped and were no more. I had, in a way, stopped the energy by not giving it any energy.

Two years later, I was asked to speak to a large spiritual group at the United Nations in New York. After everything had been arranged and we had advertised it on our website, I received an email from the organizer of the group. Why,

she asked, had she been sent an email accusing me of being a blackmailer, liar and cheat?

I wrote back and with a few words as possible. I spoke my truth. I told them I could stand in front of God and know I was not guilty of what I was being accused of. That was all that mattered. It was between God and me. The return email looked forward to my being in New York to give my speech in June of that year.

Since then there have been many times where I was accused of things I had not done. Each time I practiced what Maitreya taught me and let it go.

I wonder how many of you are like I used to be and worry yourself into the ground over things you are accused of doing? You don't have to do that anymore. Just

ask yourself, "Can I stand in front of God and know I am not guilty?" Just think of how much energy you will save by not worrying and beating yourself into the ground. Then just let it go.

Use all the energy you save by not justifying yourself to everyone for something positive. It is a far better way of using it. You will also be amazed at how the situation disappears once you give it no energy.

Margaret McElroy, with her husband Alan, is co-founder of the Maitreya Educational Foundation in Redmond, Washington, and has been the channel for Maitreya for 15 years. She and Alan co-host *The Sixth Sense* radio show on KKNW 1150 AM and *Contact Talk* radio (www.contacttalkradio.com).

Community News

Do you have an item for Community News? Send it to *New Spirit Journal*, attention editor, 14911 Chain Lake Road, #431, Monroe, WA 98272 or e-mail it to editor@newspiritjournal.com.

Meditation temple in Bothell will be dedicated this month

The Ananda community ("ananda" means "joy" in Sanskrit) will dedicate its newest meditation temple on June 23, in Bothell, Washington. The celebration will begin on Friday, June 22 and continue through the weekend, highlighted by the dedication itself

on Saturday June 23 at 11 a.m.

Swami Kriyananda (J. Donald Walters), who founded Ananda's worldwide network of intentional communities, retreats, and churches in 1968, will give the keynote address. The weekend will include a concert, a play, refreshments, displays, products, information, and a Sunday service. Honored guests of the dedication ceremonies will include B.S. Prakash, Consul General of India from San Francisco; and Rosemary McAuliffe, Washington State Senator from the First District.

Everyone is invited to this weekend's activities and to the dedication. The Ananda Meditation Temple is located at 23305 Bothell-Everett Highway, Bothell, WA 98021. For more information, call (425) 806-3700 or visit www.anandaseattle.org.



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