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You know this. In your heart, you already know this. Just as you know about the Oneness of humanity, and of *all* life. Just as you know about the equality of everything, and that love is unconditional. You know all these things and more, and you hold this knowing deeply in your soul.

Ignorance is an illusion. You use the Illusion wisely when you see it as an illusion—when you know that it is *not true* that you do not know. You *know . . . and you know that you know*. This is what is said of *all* Masters.

They know that they know, and they use their knowing to live *with*, and not *within*, the illusory world in which they have placed themselves. This makes them appear in your world as if they are magicians, creating and using *all* Life's illusions easily.

“Not knowing” is a wonderful illusion, and useful. It allows you to know again, to learn again, to remember once more. It allows you to reexperience the cycle. To become a snowflake.

It is the Illusion that you do not know that allows you to know what you know. If you know everything, and know that you know it, then you can know nothing.

Look deeply into this truth, and you will understand it.

Give yourself the illusion, then, that you are ignorant of something. *Anything*. In that moment, you will have the experience of that of which you are *not* ignorant—and what you know will suddenly become apparent to you.

This is the wonder of humility. This is the power in the statement, “There is something here I do not know, the knowing of which could change everything.” This single statement can heal the world.

The call to humility is a call to glory.

And in terms of your theology, there could be no greater tool for advancement. I have inspired *it* to be said that a little “humility theology” is what the world needs. A little less assurance that you know it *all*, and a little more willingness to continue the search, to acknowledge that there may be something you do *not* know—the knowing of which could change everything.

I say again, not knowing leads to knowing. Knowing it *all* leads to not knowing anything.

That is why the Illusion of Ignorance is so important. And so it is, too, with all the Illusions. They are the keys to your experience of Who You Really Are. They open the door from the Realm of the Relative to the Realm of the Absolute. The door to everything.

Yet, as with all Ten Illusions, when the Illusion of Ignorance runs away with you, when it becomes your total experience, your ever-present reality, then *it* no longer serves you. Then you are like the magician who has forgotten his own tricks. You become one who is fooled by his own illusions. Then will you need to be “saved” by another, someone who sees through the illusion, who wakes you up, and reminds you of Who you Really Are.

This soul will truly be your savior, even as you can truly be the savior of others by simply reminding them of Who They Really Are, by giving them back to themselves. “Savior” is just another word for “reminder.” It is someone who re-minds you, someone who re-members you, causing you to be of a new mind, and to once again know yourself as a member of the Body of God.

Do this for others. For you are today's savior. You are My Beloved, in whom I am well pleased. You are the one I have sent to bring the others home.

Therefore, step out of the illusion, but not away from *it*. Live with it, but not within *it*. Do this and you will be in this world, but not of *it*. You will know your own magic, and what you know, you *will* grow. Ever larger will be your idea about your magic, until you one day understand that you *are* the magic.

Always remember that.

*You are the magic.*

When you use the Illusion of Ignorance, no longer living it but simply using *it*, you acknowledge and admit that there is much that you still do not know (do not remember), yet this very humility raises you beyond the humble, causing you to understand more, remember more, become more aware. Now you are among the *cognoscenti*—those who know.

You remember that you are simply using illusions to create a localized contextual field within which you can experience, and not merely conceptualize, any one of the myriad aspects of Who You Are. You begin using this contextual field consciously, like an artist using a paint brush, producing wonderful pictures and creating powerful and extraordinary moments—moments of grace—in which you may know your self experientially.

If you wish to experience your self as forgiveness, for instance, you could mix the Illusions of Judgment, Condemnation, and Superiority. Projecting those in front of you, you quite suddenly will find (create) people in your life who give you the opportunity to exhibit forgiveness. You can even add the Illusion of Failure, projecting it on yourself, to heighten the experience. Finally, you can use the Illusion of Ignorance, to pretend that you don't know you are doing *all* of this.

If you want to experience your self as compassion, or as generosity, you might mix the Illusions of Need and Insufficiency to create a contextual field within which to express those aspects of Divinity within you. You may then find yourself walking down the street, confronted by beggars. Strange, you may say to yourself, I have never seen beggars on this corner before. .

You feel compassion for them, and it touches your heart. You feel generosity stirring within you, and you reach into your pocket and give them some money.

Or perhaps a relative will call and ask for financial help.

You could choose to feel any one of many aspects of your being in that moment. But on this occasion, you choose kindness, caring, and love. You say, "Of course, how much do you need?"

But be careful, because if you are not careful, you will not understand how the beggar on the street, or how the relative on the phone, found their way to your life. You *will* forget that *you put them there*.

If you fall too deeply into the Illusion, you will forget that you have called every person, place, and event of your life *to you*. You will forget that they are there to create the perfect situation, the perfect opportunity, to know yourself in a particular way.

You will forget My grandest teaching: *I have sent you nothing but angels*.

You may cast My angels as villains in your story. If you are not careful, you will see your self as the victim, rather than the beneficiary, of the many moments of grace that have come into your life, not all of which *will* be initially welcome, but *all* of which will hold a gift for you.

Or you may decide to become a beneficiary in a way other than the one you had initially chosen. You may decide, for instance, that not only do you wish to experience compassion but also power and control. You may continue giving to the same beggar, going down to the same corner every day at the same time, until the two of you establish a ritual. You may continue giving to that relative, mailing a check every month, until the two of you establish a ritual.

Now you are in control. You have the power. You have disempowered *them*—*literally*, taken their power to re-create their lives away from them—so that you may feel glorified, gratified, and powerful. Suddenly, they cannot function without you. Neither the beggar nor the relative—both of whom existed for years on the planet without your help at all—can function without you. You have rendered them dysfunctional, and have created a dysfunctional relationship with them.

Instead of helping them out of the pit by throwing them a rope and pulling them up, you have tossed the rope into the pit and jumped in after it.

Watch carefully, then, your motivation for doing anything. Keep looking at your agenda. Monitor closely what aspect of your being you are experiencing. Is there a way to experience that without disempowering another? Is there a way to remember Who You Are without inviting someone else to forget who they are?

These are some of the ways you may use The Ten Illusions, and the countless smaller illusions beneath them. Now you see, now you understand, now you remember how the Illusions are used.

Remember what was said earlier. It is not necessary to use Illusions in the present moment in order to create a contextual field within which to experience higher aspects of your self. Advanced beings not only step outside of the Illusions but away from them. That is, they put the Illusions behind them and merely use *the memory of them* to create that contextual field. Whether you use them in memory form or in physical form in your present moment, you employ them every day. Yet *if* you are not using Illusions consciously—if you do not know that you have been *creating them*, and why you have done so—you could imagine yourself to be at the effect of your life, rather than at cause in the matter. You could think that life is happening *to* you, rather than *through* you.

This is what you may not have known, the knowing of which could change everything:

*With regard to all that is happening in your life, you are at cause in the matter.*

You understand this perfectly when you step outside of the Illusions. You experience this *in your body* at the cellular level, when you experience communion with God.

It is this for which every soul yearns. It is this that is the ultimate purpose of all of life. You are on a journey to mastery, returning to Oneness, that you may know the wonder and the glory of God in your own soul, and express it through you, as you, in a thousand ways over a *million* moments in countless lifetimes that reach to eternity.

## **16.** ***Re-creating Your Reality***

As you journey to eternity, as you move to mastery, you will find yourself confronted with many circumstances, situations, and developments in your life, some of which you may call unwelcome. The first thing that most people do in such moments is the last thing that you should do, which is to try to figure out what it all means.

Some people think that things happen for a reason, and so they try to discern what that reason is. Others say that certain things are “a sign.” So they try to understand what the sign is telling them.

In one way or another, people try to find meaning in the events and experiences of their lives. Yet the fact is that nothing has any meaning at all. There is no intrinsic truth hidden in the encounters and experiences of life. *Who would hide it there? And why?*

If it were there for you to discover, wouldn't it be much more efficient to make it obvious? *If God had something to tell you, wouldn't it be a lot easier (to say nothing of kinder) to simply tell you, rather than make it a mystery that you had to solve?*

The fact is, there is no meaning to anything, *save the meaning you give it.*

Life is meaningless.

That is difficult for many humans to accept, yet it is My greatest gift. By rendering life meaningless, I give you the opportunity to decide what anything and everything means. Out of your decisions will you define yourself in relationship to anything and everything in life.

This is, in fact, *the means* by which you experience Who You Choose to Be.

This is the act of self-creation, of re-creating yourself anew in the grandest version of the greatest vision you ever held about Who You Are.

So when a particular thing happens to you, don't ask yourself why it is happening. *Choose* why it is happening. *Decide* why *it* is happening. If you can't choose or decide with intention, then make it all up. *You are anyway* You are making up all the reasons for doing things, or for why things are happening the way they are. Yet most of the time you are doing this unconsciously. Now make up your mind (and your life) consciously!

Do not search for life's meaning, or the meaning of any particular event, occurrence, or circumstance. *Give it* its meaning. Then announce and declare, express and experience, fulfill and become Who You Choose to Be in relationship to it.

If you are a keen observer, you *will* notice that you keep bringing yourself the same situation or circumstance over and over again in your life until you re-create yourself anew.

*This is the journey to mastery.*

The Master, and the student on the journey to mastery, *knows* that the Illusions are illusions, *decides* why they are there, and then consciously *creates* what *will* be experienced next within the self through the Illusions.

When facing *any* life experience, there is a formula, a process, through which you, too, may move toward mastery. Simply make the following statements:

1. Nothing in my world is real.
2. The meaning of everything is the meaning *I* give *it*.
3. *I* am who *I* say *I* am, and my experience is what *I* say *it* is.

This is how to work with the Illusions of Life. Now we shall take another look at a few "real life" examples and revisit some earlier observations, for emphasis brings greater clarity.

When faced with the Illusion of Need, it may seem to you as though your experience is very real.

Need will present itself to you in one of two disguises: your need, or the need of others.

When the Need appears to be yours, it will feel much more urgent. Fear could set in quickly, depending on the nature of the Need that you are imagining.

If you are imagining that you need oxygen, for instance, you may be confronted with immediate panic. This would follow logically from your belief that your life was at stake. Only a true Master, or someone who has had a near-death experience and is clear that death does not exist, would be likely to remain calm in such a circumstance. Others would have to train themselves to be.

But it is possible to do that.

The irony is that it is exactly such calm that would be called for. Only calm would be conducive to the thoughts and actions that could generate a peaceful outcome.

Divers understand this. That is why they learn not to panic when they feel they are running out of air, or when their oxygen is cut off. Others, too, have learned how to avoid panic under what many would call very stressful and fearful circumstances.

There are other less extreme, but also life-threatening, situations that could produce fear. News of a terminal illness, for example. Or an armed robbery. But there are those who have discovered that they could face a potentially life-ending disease, or even the possibility of violence to their person, with extraordinary equanimity. How did they do this? What is this about?

*It all has to do with perspective.*

And that is what we are talking about here—your perspective.

Seeing the illusion of death as an illusion changes everything. Knowing that it has no meaning except the meaning you give it allows you to decide what it means. Understanding

that all of life is a process of re-creation creates a context within which you may experience Who You Really Are in relationship to death.

Jesus did this and astonished the world.

Others have done it as well, moving through death with a peaceful grace that astounds and inspires everyone around them.

Beneath the level of life-threatening experiences, Need has much less power as an Illusion.

Beneath the level of physical pain *it* has virtually no power at all.

Many humans, but not all, have a great deal of difficulty with physical pain. If someone were to say “this is an illusion” during a moment of pain, they might have something different to utter.

Indeed, for many, pain—and the possibility of it—is more fearful than death.

Yet this illusion, too, can be dealt with. Earlier in this communication *I* spoke of the difference between pain and suffering. Masters know this difference, as do all people who see the illusions of Life for what they are.

The illusion of Need would suggest that humans need to be pain-free in order not to suffer, in order to be happy. Yet pain and happiness are not mutually exclusive—as many women who have given birth can attest.

Freedom from pain is not a need, *it* is a preference. By moving Need to the level of preference you place yourself in a position of extraordinary power over the experience you are having.

You can even have power over pain—sufficient power to virtually ignore it, and often to actually make it *disappear*. Many people have demonstrated this.

Dealing with Illusions of Need that are beneath the level of physical pain is even easier.

You may think that you need a particular person to be happy, or a job to be successful, or some other emotional or physical gratification to be content. That is when you may wish to notice that you are here, right now, without it. *Why then, do you think you need it?*

Close examination *will* reveal that you do *not* need it, not to survive, and not even to be happy.

*Happiness is a decision, not an experience.*

You can decide to be happy without what you thought you needed in order to be happy, *and you will be*.

That is one of the most important things you could ever come to understand. That is why *I* am revisiting this point.

Happiness is a decision, not an experience. You can decide to be happy without what you thought you needed in order to be happy, *and you will be*.

Your experience is the *result* of your decision, not the *cause* of it.

(The same is true, incidentally, of love. Love is not a reaction, love is a decision. When you remember this, you are approaching mastery.)

The second disguise of Need is that of the need of others. if you do not see this Illusion as an illusion, you could trap yourself into constantly trying to meet the needs of others, especially others you love—your children, spouses, or friends.

This can lead to quiet resentment, and then, boiling anger—on the part of both you *and* the person being helped. The irony is that by continuing to meet the needs of others, including (and perhaps especially) children and life partners, you may do more to disempower them than to help them— another point that was made earlier.

When you see others in “need,” allow yourself to use the *Illusion* to express the part of your self that you choose to experience. Perhaps you would choose what you would call compassion or generosity, kindness or your own abundance, or even all of the above—but be clear that you are never doing anything for another. Memorize this statement: *Everything I do, I do for myself.*

That is another of the most important things you could ever come to understand. I will, therefore, repeat it.

*Everything I do, / do for myself.*

That is God's truth, as well as yours. The only difference is that God knows this.

There is no interest other than self interest. That is because the self is all there is. You are One with everything, and there is nothing that is not you. When you are clear about this, your definition of self-interest will change.

When faced with the illusion of Failure, it may seem to you as though this experience is very real.

Failure will present itself in one of two disguises: your "failure," and the "failure" of others.

When faced with what appears to be failure, immediately make the three statements of ultimate truth:

1. Nothing in my world is real.
2. The meaning of everything is the meaning I give it.
3. I am who I say I am, and my experience is what I say it is.

This is the triune truth—or, the Holy Trinity.

Decide what your experience of failure means. Choose to call your failure a success. Then, re-create your self anew in the face of this failure. Decide Who You Are in relationship to the experience you are having. Do not ask yourself *why* you are having it. *There is no why except the why you give it.*

So decide that "I have had this experience in order that I might move one step closer to the success I seek. This experience has been given to me as a gift. I embrace it and treasure it, and learn from it."

Remember that I have said *all/earning is remembering*. Therefore, *celebrate failure*. There are enlightened companies on your planet that actually do this. When a "mistake" is made, an "error" is discovered, or a "failure" is experienced, the boss invites everyone to cheer the event! That boss understands what I am telling you here—and his employees would walk off a plank into icy cold water for him. There is nothing they would not do, for he has created an environment of safety and a climate of success in which they can experience the grandest part of themselves, and of their creativity.

When faced with the Illusion of Disunity, it may seem to you as though this experience is very real.

Disunity will present itself to you in one of two disguises: your "disunity," and the "disunity" of others.

You may feel terribly disconnected from God. You may feel totally separate from your fellow humans. And you may feel that others are completely separate from you. This could create the smaller illusions of loneliness or depression.

When faced with what appears to be Disunity, immediately make the three statements of ultimate truth:

1. Nothing in my world is real.
2. The meaning of everything is the meaning I give it.
3. I am who I say I am, and my experience is what I say it is.

This invokes the triad process:

- A. See the Illusion as an illusion.
- B. Decide what it means.
- C. Re-create yourself anew.

If you are feeling lonely, see your “aloneness” as an illusion. Decide that your loneliness means that you have not reached out enough to the world around you—how can anyone be lonely in a world full of lonely people? Then choose to re-create your self anew as one who touches others with love.

Do this for three days and your whole mood will change. Do this for three weeks and your loneliness of the moment will end. Do this for three months and you will never be.

And then you will understand that your loneliness was all an illusion, *totally controllable by you*.

Even people who are in jail cells or in sick beds, completely isolated from others, can change their outer experience by altering their inner reality. This can be done through communion with God, the very experience to which this book is leading you. For once you have a meeting with the Creator within, you will never again need anything outside of yourself to avoid feeling lonely.

Mystics and monks, religious communities and spiritual devotees throughout all of time have proven this. The inner ecstasy of spiritual communion and Oneness with all of creation (that means Me!) is unmatched in the outside world.

Indeed, Disunity is an Illusion.

So, too, will you see *everything* as illusory, and as a blessed gift, allowing you to choose and experience Who You Really Are.

Let us take a few more examples, using a few more of the Illusions (any of them could be used, the formula is the same).

When faced with the Illusion of Condemnation, it may seem to you as though this experience is very real.

Condemnation will present itself to you in one of two disguises: your “condemnation,” and the “condemnation” of others.

When faced with the Illusion of Superiority, it may seem to you as though this experience is very real.

Superiority will present itself to you in one of two disguises: your “superiority,” and the “superiority” of others.

When faced with the Illusion of ignorance, it may seem to you as though this experience is very real.

Ignorance will present itself to you in one of two disguises: your “ignorance,” and the “ignorance” of others.

Do you see the pattern? Are you beginning to calculate, before I even tell you, some good ways in which you may use these Illusions?

Confronted with the condemnation of others, you will be tempted to condemn. Confronted with your condemnation, others will be tempted to condemn you.

Confronted with the superiority of others, you will be tempted to think of yourself as superior. Confronted with your superiority, others will be tempted to think of themselves as superior to you.

Do you see the pattern? Are you beginning to calculate, before I even tell you, some good ways in which you may use these illusions?

Seeing the pattern is important. This is the pattern which you have overlaid upon the fabric of your own cultural story. This is what has caused you to experience your collective reality as it is on your planet.

You do not need Me to give you any more examples of how to step away from these Illusions and use them. Indeed, if I continue to give you specific examples, you will become dependent on Me. You will feel that you cannot understand or know how to re-create your self anew in the face of “real life,” day-to-day experiences.



Thus, you will begin to pray. “God, help me!” you will call out, and then thank Me if things work out well, and curse Me if they do not—as if I were granting some wishes and denying others... or, worse yet, *granting the wishes of some people and denying the wishes of others*. I tell you this: *It is not God’s job to grant or deny wishes. On what basis would I do so? Using what criteria?*

Understand this, if you understand nothing else: God needs nothing.

If I need nothing, I therefore have no criteria by which I would decide whether *you* get to have something or not.

*That decision is yours.*

You can make that decision consciously or unconsciously. You have been making it unconsciously for centuries. Indeed, for millennia. Here is how you can make it consciously.

- A. See the Illusion as an illusion.
- B. Decide what it means.
- C. Re-create yourself anew.

Use the following statements of ultimate truth as tools in accomplishing the above.

1. Nothing in my world is real.
2. The meaning of everything is the meaning I give it.
3. I am who I say I am, and my experience is what I say it is.

The communication that I have been having with you here is your attempt to place into human words the complex concepts that you intuitively understand at a deep inner level of awareness.

These ideas have come to you, and through you before.

If you are not careful, it will look as if they came to someone else, through someone else.

*This is an illusion.*

You have brought this experience to your self, through your self, repeatedly. This is your process of your remembering.

The opportunity now is to transform these words into an experience of the flesh by replacing your Illusions with a new lived reality. This is the transformation of life on your planet of which I have spoken. Thus, I have inspired it to be said, “And the Word was made flesh, and dwelt among us.”

## **PART III**

### ***Meeting the Creator Within***

#### **17.**

#### ***Taking Control of Your Body***

For the words here to be made flesh—for them to become more than mere sounds but physical reality in your physical world—you must pay attention to the part of your self that is physical in the world.

Your communion with God, your meeting with the creator within, begins with knowing your physical body, understanding your physical body, honoring your physical body, and using your physical body as a vehicle that is meant to serve you.

In order to do this, you must first understand that you are *not* your physical body. You are that which controls your body, lives with your body, and acts in the physical world *through* your body. But you are not the body itself.

If you imagine that you are your body, you will experience Life as an expression of the body. When you understand that you are your soul, then you will experience Life as an expression of the soul. When you acknowledge that your soul and God's are one, then you will experience Life as an expression of the One Spirit.

This will change everything.

To know your body, to understand your body, to experience your body in its fullest magnificence, seek to be with your body in a quality way. Love it, care for it, listen to it. It will tell you what is true.

Remember, the truth is what is so right now—and this is something every body knows. Therefore, listen to what your body is telling you. Remember *how* to listen. Look at what your body is showing you. Remember *how* to look.

Do not only observe other people's body language, observe your own.

Health is an announcement of agreement between your body, mind, and spirit. When you are not healthy, look to see which parts of you disagree. Perhaps it is time for you to rest your body, but your mind does not know how. Perhaps your mind is dwelling on negative, angry thoughts, or worries about tomorrow, and your body cannot relax.

Your body will demonstrate the truth to you. Simply watch it. Notice what it is showing you, listen to what it is saying.

Honor your body. Keep it in good shape. It is the most important physical tool that you have. It is a magnificent tool, an extraordinary instrument. You can subject it to untold abuse, and it will continue to serve you as best it can. But why reduce its effectiveness? Why abuse its systems?

Even as I have told you to meditate every day so that you may quiet your mind and experience your Oneness with Me, now I tell you to exercise each day.

*Exercise is the meditation of the body.*

It, too, allows you to feel Oneness with all of Life. You will never feel so alive, and so much a part of Life, as when you exercise. Movement of the body will bring you a natural high.

That high feeling has been aptly named. You *are* high when you are connected with the Creator! And you are connected with the Creator when your body is healthy and in tune with Life.

You are in a very high place!

Your body is nothing more than an energy system. The energy that is Life is coursing through your body. You can direct this energy. You can control it.

This energy is called by many names. Some call it *chi*. In some languages it is *ki*. There are other names as well. It is all the same thing.

When you remember how to feel this energy, its subtlety, its power, you can also remember how to control it, to direct it. There are Masters who can help you do this. They are from many disciplines, many cultures, and many traditions.

You may also do this on your own, with nothing more than your inner determination to help you. Yet if you seek the guidance of a Master, a teacher, or a guru, it is important to know how to recognize one.

You can know a Master by the way he or she teaches you to get in touch with God, by the way he or she shows you how to meet with the Creator.

If they shout at you, scream at you, exhort you, and entice you to find God outside of yourself—in their truth, in their book, in their way, in their place—then watch out. Take your “watch out,” and remember that this time, it’s an illusion.

If they quietly invite you to find God inside of you, if they tell you that you and I are One—and that you do not need their truth, their book, their way, or their place—then you have found a Master, if only because you have been led to the Master deep inside of you.

However you do it, by whatever means or program, keep your physical body in the shape that will most effectively support you, given what it is that you are trying to do.

Know that what you are seeking to do in this life is to express and experience the grandest version of the greatest vision ever you held about Who You Are. If you do not experience that at a conscious level, if that is not what you seem to yourself to be trying to do, then nothing in the communication I am sending you now will apply. Very little of it will make any sense.

If you *are* aware at a conscious level that this is what you have come to this life to do, it might seem, reading this communication, as if you are talking to yourself.

Which is exactly what you are doing.

So it will be no surprise that exercising the body is suggested. And a diet that serves your intention, as well. You will know exactly what that diet is, and even as you approach various foods, if you *listen to your body*, you will know instantly whether it serves you to ingest them.

You can come to this knowing by simply moving your hand slowly over the food. Your body will know at once all you need to know about whether that food is in harmony with your innermost intentions for the body and the soul. You will be able to pick up the vibration. You do not need to read diet books, you do not need to take courses, you do not need to seek outside counsel or advice. You simply need to listen to your own body, and then follow *its* advice.

## 18.

### ***Taking Control of Your Emotions***

After taking better care of your body, the next step in achieving communion with God through meeting with the creator within involves the controlling of your emotions. This is a simple matter of understanding what emotion is. Emotion is, simply, energy in motion.

You can take this energy and give it a pro-motion, or a demotion.

When you demote this energy—that is, move it to the lowest level—you produce a negative emotion. When you promote it—that is, move it to the highest level—you produce a positive emotion.

Exhilarating exercise of your physical body is one way to promote, or raise up, your energy. You literally increase the vibration of this ki energy, which turns it into a positive emotion that is expressed through you.

Meditation is another way to raise the energy of Life that is always present in your body.

The *combination* of exercise and meditation is extremely powerful. When this combination becomes part of your spiritual discipline, you create possibilities for enormous growth.

Using this combination reminds you that you can control, and therefore experience as you choose, both your body and your emotions. For many—indeed, for most—this is a startling remembrance.

Emotions are experiences that are chosen, not experiences to which you are subjected. This is not something that is widely understood.

The exterior circumstances of your physical life need not have anything to do with the interior experience of your spiritual life. It is not necessary for you to be pain-free in order to be free of suffering. It is not necessary for there to be a lack of disruption in your life for there to be peace.

Indeed, true Masters experience peace in the *face* of disruption and conflict, not because they have found a way to avoid it.

This inner peace is what all beings seek, because it is the essence of what all beings are. And you will always seek the experience of Who You Really Are.

You may achieve this inner peace in the face of any exterior condition or circumstance simply by understanding that you are not your body, and that nothing you see is real.

Remember that you are living The Ten Illusions. And then understand the truth about those Illusions that you created them, and all the little illusions beneath them, so that you might decide and declare, express and experience, become and fulfill Who You Really Are.

I have said to you many times before, and I will say to you again: All of Life is a gift, and all is perfection—the perfect tool with which to create the perfect opportunity for the perfect expression of perfection itself, in, as, and through you.

When you understand this, you will remain in a state of continual appreciation. That is, you will be growing. Growth is the meaning of appreciation. When something appreciates, it becomes more than it was.

It is true that not only are you able to choose, and therefore control, your emotions in the face of any circumstance, you may also do so *before* you encounter a circumstance.

That is, you can decide *ahead of time* how you are going to put your energy into motion—what your emotion is going to be—in response to any anticipated situation in your life.

When you reach this level of mastery, you will also become able to make these same choices in your response to any unanticipated situation in life.

In this way you will have decided Who You Are in concert with the exterior illusions of your life, rather than in conflict.

I have explained in detail in this trilogy, which includes *Conversations with God* and in *Friendship with God*, as well as through many other sources at many other times, how this may be done. This is merely a reminder of what is so.

After remembering how to care for the physical body and control your emotions, you are ready to move to the next step in meeting with the Creator within.

## **19.** ***Cultivating Willingness***

Now you have prepared the way, and all that is left is to move into willingness to have your meeting with the creator within, to experience communion with God.

This can be an encounter that you experience physically or mentally—or both. You may weep with joy, tremble with excitement, or rock in ecstasy. Or you may simply and quietly move one day into a gentle awareness that you now know.

You know about The Illusion, and The Reality.

You know about your self, and about God.

You understand the Oneness, and the individuation of the Oneness.

You understand it all.

This experience of knowing may remain with you, or it may come and go. Do not feel exalted if it stays, and do not feel discouraged if it goes. Simply notice what is so, then choose what you next wish to experience.

Even Masters have been known to occasionally choose not to experience their mastery—sometimes for the joy of reawakening to it, and sometimes for the purpose of awakening others. This is why things can happen to Masters that you, in your place of judgment, do not think should or *could* be happening if they were “really Masters.”

Therefore, judge not, and neither condemn. For you may meet your Master this very day—as the bag lady on the street, or the mugger in the park, and not only as the guru on the mountain top. In fact, rarely so. The Master who appears as a Master is seldom acknowledged, and more often rebuked. Yet the Master who walks among you, appearing as one of you, is often the Master who makes the most impact.

So be alert, for you do not know at what hour your Master may come. He may even come as what you choose to call a criminal, disobeying the most sacred laws and customs of your society, and be crucified because of it.

Yet in the aftermath will you seek to remember every word he ever spoke.

Should you achieve mastery, or rise to that level even part of the time, you, too, may be judged, condemned, and crucified by your society. For others may be afraid of you, because they may be worried that you know something they do not know, or because you are challenging something that they think they do know. And it is fear that turns observation into judgment, and judgment into anger.

It is as I have told you. Anger is fear, announced.

The anger of others will be part of their Illusion about who they are, and who you are. And so the Master in you will forgive them, understanding that they know not what they do.

This is the key to expressing and experiencing the Divinity within you: forgiveness.

You will not see that which is Divine in you unless and until you forgive that which you believe is not. And you will be unable to behold the Divinity in another unless and until you do the same.

*Forgiveness is the expander of perception.*

When you forgive yourself for that which you and others are not, then you will experience that which you and others truly are. In that moment you will understand that forgiveness itself is not necessary. For who would forgive whom? And for what?

We Are All One.

There is great peace in that, and great comfort. My peace I give to you. Peace be with you.

*Forgiveness* is just another word for *peace* in the language of the soul.

This is something that you deeply understand when you awaken from the dream of your imagined reality.

Your moment of awakening can come to you at any time, and through any person. Therefore, honor all times and all people, for the moment of your deliverance may be at hand. It will be your deliverance from The Illusions the moment when you can be with it but not within it.

There will be more than one such moment in your life. Indeed, your life has been created to bring you just such moments.

These are your moments of grace, when clarity and wisdom, love and understanding, guidance and insight are brought to you and through you.

These moments of grace change your life forever, and often, the lives of others as well.

Just such a moment of grace brought you to this book. That is why you are able to receive and deeply understand the present communication.

In one form, this is a meeting with the Creator.

It has come upon you through your willingness, through your openness, through your forgiveness, and through your love. Your love of self, your love of others, and your love of Life.

And, yes, your love of Me.

It is love of God that brings God to you. It is love of self that brings awareness of that part of self which *is* God—and therefore knows that God does not come *to* you but *through* you. For God is never apart from you but is always a part *of* you.

The Creator is *not* separate from the created. The lover is not separate from the beloved. That is not the nature of love, and that is not the nature of God.

Nor is it the nature of You. You are separate from nothing and no one, least of all God.

You have known this from the beginning. You have understood this always. Now, at last, you are giving your self permission to experience it; to have a true moment of grace; to be in communion with God.

What is it like to be in a state of such communion? If you are even at the edges of that experience now, you already know the answer. If you have made that connection only momentarily in meditation, you already know the answer. If you have experienced the incredible high of the most exhilarating physical experience, you already know the answer.

In a state of communion with God you will temporarily lose all sense of individual identity. Yet this will occur without any sense of loss, for you will know that you have simply realized your true identity. That is, you have *real-ized it*. You have, quite literally, *made it real*.

An indescribable bliss, an elegant ecstasy, will envelop you. You will feel merged with love, one with all. And you will never be satisfied with anything less.

People who have had this experience return to the world and their lives in a new way. They find themselves falling in love with everyone on sight. They experience Oneness with all others in surprising moments of Holy Communion.

A heightened awareness and deep appreciation of nature can bring them to unexpected tears of joy at the slightest provocation. And a new clarity about everything they are seeing in the world around them can render them transformed. They often begin moving more slowly, talking more softly, acting more gently.

These and other changes may last for several hours or several days, several months or several years—or for a lifetime. The length of the experience is purely the individual's choice. It will fade of its own accord if it is not renewed, just as the brightness of a light fades the farther one moves away from it, the bliss of Oneness fades the longer one has been away.

To stay in the light, one must remain close to it. To stay in the bliss, one must do the same.

That is why you are urged, while living with your present Illusion, to do whatever else it takes—meditate, exercise, pray, read, write, listen to music, whatever you find that works—to ignite your awareness daily.

Then you will be in the holy place of the Most High. And you will feel high, and think highly of yourself, and of others, and of all of Life.

Then, too, you will create and contribute to Life as you have never contributed before.

## 20.

### ***The Message of the Creator***

After one experience of meeting the Creator within, you will remember the message of the Creator, because it is the message of your own heart.

It is no different from the message that your heart sings every time you look into the eyes of another with love. It is no different from the message that your heart cries out when you see suffering anywhere.

This is the message that you bring to the world, and that you would leave with the world, when you are your true self.

It is the message that I leave you with now, so you may remember it once again and share it with all those whose lives you touch.

Be kind to each other, and good.

Be kind to yourself, and good, as well.

Understand that these two are not mutually exclusive.

Be generous with each other, and share.

Be generous with yourself, as well.

Know that only as you share with yourself can you share with another. For you cannot give to another what you do not have.

Be gentle with each other, and true.

Be gentle with yourself, and true, as well.

To thine own self be true, and it must follow as the night the day, thou canst not then be false to any man.

Remember always that betrayal of your self in order not to betray another is betrayal nonetheless. It is the highest betrayal.

Remember always that love is freedom. You need no other word to define it. You need no other thought to comprehend it. You need no other action to express it.

Your search for the true definition of love is over. Now the only question will be whether you can give this gift of love to yourself and to another, even as I have given it to you.

All systems, agreements, decisions, and choices that express freedom express God. For God *is* freedom, and freedom is love, expressed.

Remember always that yours is a world of Illusion, that nothing you see is real, and that you may use the Illusion to bring you a grand experience of the Ultimate Reality. Indeed, that is what you have come here to do.

You are living in a dream of your own creation. Let it be the dream of a lifetime, for that is exactly what it is.

Dream of a world in which the God and Goddess in you is never denied, and in which you never again deny the God and the Goddess in another. Let your greeting, both now and forevermore, be *Namasté*.

Dream of a world in which love is the answer to every question, the response to every situation, the experience in every moment.

Dream of a world in which Life, and that which supports Life, is the highest value, receives the highest honor, and has its highest expression.

Dream of a world in which freedom becomes the highest expression of Life, in which no one who claims to love another seeks to restrict another, and in which all are allowed to express the glory of their being in measure full and true.

Dream of a world in which equal opportunity is granted to all, equal resources are available to all, and equal dignity is accorded to all, so that all may experience equally the unequalled wonder of Life.

Dream of a world in which judgment is never again visited by one upon another, in which conditions are never again laid down before love is offered, and in which fear is never again seen as a means of respect.

Dream of a world in which differences do not produce divisions, individual expression does not produce separation, and the greatness of The Whole is reflected in the greatness of its parts.

Dream of a world in which there is always enough, in which the simple gift of sharing leads to that awareness—and creates it, and in which every action supports it.

Dream of a world in which suffering is never again ignored, in which intolerance is never again expressed, and in which hatred is never again experienced by anyone.

Dream of a world in which ego is relinquished, in which Superiority is abolished, and in which Ignorance is eliminated from everyone's reality, reduced to the Illusion that it is.

Dream of a world in which mistakes lead not to shame, regrets lead not to guilt, and Judgment leads not to Condemnation.

Dream of these things, and more.

Do you choose them?

Then *dream them into being*.

With the might of your dreams, end the nightmare of your reality.

You can choose this.

Or, you can choose the Illusion.

I have said to you before, through the words of poets and leaders and philosophers: There are those who see things as they are and say, "Why?" And there are those who dream of things that never were and say, "Why not?"

*What do you say?*

## 21.

### ***Seizing Your Moment of Grace***

Now is the time of your deciding. Now is the hour of choice. You have come—as has your species—to a crossroads.

You will select, in the days and weeks, months and years immediately ahead, how you want life to be on your planet—or if you want life to be on your planet at all.

You will choose either to continue living the Illusion that you have created as if it were real. Or you will choose instead to step away from the Illusion, to see it as an Illusion, and to *use* the Illusion in order to experience heaven on earth, and the Ultimate Reality of Who You Really Are.

This is My message to the world:

You *can* create a new kind of civilization. You *can* seek a newer world. The option is yours. The moment is at hand. This is your moment of grace.

Use this moment.

*Seize the day*

Begin as you awaken, by seeing yourself as Who You

Really Are, by praising all that you have ever been, and all that you have become. And begin by choosing, in this moment of grace, to become more than you have ever been or ever dreamed of being; to reach beyond your own reach; to remember that nothing is beyond reach.

See yourself as the light that will truly light the world. Declare yourself to be so. Announce it to your heart, and then, *through* your heart, to everyone. Let your actions be your announcement. Fill your world with love.



Know that you are the savior for whom all have waited, come to save everyone whose life you touch from any thought they may ever have that would deny the wonder of who they are, and the glory of their eternal communion with God.

Know that you have come to the room to heal the room. You have come to the space to heal the space. There is no other reason for you to be here.

You are on a journey to mastery, and now it is time to get on with it. Embrace the holy moment. This is My message, and there is more.

Be in the world, do not ignore it. Spirituality does not have to mean finding a cave and hiding out forever. Be in your world but not of it. Live *with* the Illusion, not *within* it. Yet do not abandon it, do not retreat from the world. That is not the way to create a better world, and it is not the way to experience the grandest part of you.

Remember that the world was created *for* you so that you might have a context within which to experience yourself as Who You Really Are.

Now is the time to do that. The world you have created may soon be *uncreated* by the lot of you if you ignore that world much longer, allowing it to go its way while you go yours, involved only in your own day-to-day experiences, and playing little part in seeking to co-create the larger experiences around you.

Look at the world around you. Feel your passion. Let it tell you what part of the world around you that you wish to recreate anew. Then use the tools you have been given to begin that recreation. Use the tools of your own society: the tools of religion, education, politics, economics, and spirituality. You can make *statements* with these tools, statements of Who You Are.

Do not imagine that spirituality and politics do not mix. Politics *is* spirituality, *demonstrated*.

Do not imagine that economics has nothing to do with spirituality. Your economy reveals your spirituality.

Do not think that education and spirituality can, or should, be separate. For what you teach is who you are—and if that is not spirituality, then what is?

And do not imagine that religion and spirituality are not one and the same. Spirituality is that which builds a bridge between the body, the mind, and the soul. All true religions build a bridge, not a wall.

So be the builder of bridges. Close the gaps that have formed between religions, between cultures, between races, and between nations, join together what has been put asunder.

Honor your home in the Universe, and be its good steward. Protect your environment and save it. Renew your resources and share them.

Give glory to your God by giving glory to each other. See God in everyone and help everyone see God in themselves. End your divisions and your rivalries, your competitions and your battles, your wars and all your killing forever. End it. *Put an end to it*. All civilized societies finally do.

This is My message to you, and more.

If you truly desire to experience the world of your highest imagining, then you must love unconditionally, share freely, communicate openly, and create cooperatively. There can be no hidden agendas, no limitations on love, no withholding of anything.

You must decide that you truly are all One, that what is good for another is good for you, that what is bad for another is bad for you, that what you do for another you do for yourself, and that what you do not do for another you do not do for yourself.

Is it possible for you to act like this? Are human beings capable of such splendor?

Yes. I tell you yes, and yes, and a thousand times, yes!

And do not worry that then there will not be enough of “what you are not” left to create a contextual field within which to experience Who You Really Are. The whole Universe is your contextual field! All of your memory, as well.

The elders and the wise among you often exhort you to erect monuments, to create special days and solemn rituals to commemorate your past—your wars, your holocausts, and all your moments of dis-grace. Why commemorate these? you may ask. Why keep bringing up the past? And those elders will say, “Lest we forget.”

Their advice is more sound than you know, for in creating a contextual field in memory, you make it unnecessary to do so in the present moment. You truly can say “Never again,” and mean it. And in declaring this, you *use* your moments of dis-grace to create moments of grace.

Can your species make such a declaration? Can the human race remember itself as it was when it reflected, in every thought, word, and deed, the image and likeness of God? Are you capable of such splendor?

Yes. I tell you yes, and yes, and a thousand times, yes!

This is how you were meant to be, this is how life was designed to be, before you lost yourself in the illusions.

It is not too late. No, not nearly too late. You of such glory and wonder, you can do it, you can be it. You can *be love*.

Know that through all, I am with you. This is the end of the present communication, but it can never be the end of our collaboration, our co-creation, or our communion. You will always have a conversation with God, you will always enjoy a friendship with God, and you will always be in communion with God.

I will be with you always, even unto the end of time. I can never not be with you, for I *am* you, and you are Me. That is the truth, and all else is an Illusion.

So journey on, My friend, journey on. The world waits to hear *your* message for its salvation.

That message is your life, lived.

You are the prophet whose time has come. For what you demonstrate is true about your life today is an absolute prediction of what will be true about your life tomorrow. This makes you a prophet, indeed.

Your world will change because you are choosing to change it. Your work is healing more than you know, and your reach extends beyond tomorrow.

All of this is true because you choose to allow the wonder of your communion with Me to be demonstrated in, as, and through you. Choose this often and bring peace to My world.

Become an instrument of My peace.

*Where there is hatred, sow love;*

*Where there is injury, pardon;*

*Where there is doubt, faith;*

*Where there is despair, hope;*

*Where there is darkness, light;*

*Where there is sadness, joy*

*Seek not so much to be consoled, as to console;*

*to be understood, as to understand;*

*to be loved, as to love.*

For love is Who You Are, and who you have always been. It is all there ever was, is now, and ever shall be.

You have searched for a truth by which to live your life, and I give it to you here, again.

Be love, My Beloved.

Be love, and your long journey to mastery will be over, even as your new journey to bring others to mastery has just begun. For love is all that you are, all that I am, and all that We were ever meant to be.

So be it.

*More than 7000 pages of texts and 5000 pictures about Cosmic people  
– Angels from Heavens – can be found on the Internet:*

[www.universe-people.com](http://www.universe-people.com)

[www.cosmic-people.com](http://www.cosmic-people.com)

[www.angels-light.org](http://www.angels-light.org)

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