

"What you all want is  
love. That is encoded in  
you—to go toward love."

J E S U S  
Speaking  
*On Awakening*  
to *LOVE*

*gina lake*

CHANNELED TEACHINGS

# **JESUS SPEAKING**

## **On Awakening to Love**

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## Preface

This is the companion book to what is intended to be primarily an audiobook. The channeled messages from Jesus, which this book is based on, were part of weekly online video meetings, where my husband and I give what we call Christ Consciousness transmissions. The channeled messages from Jesus were given before the transmission to prepare, teach, and inspire those who are there to receive the transmission. Many report feeling a transmission come through these channeled messages as well.

Jesus asked my husband and me to offer these transmissions, because this is one of the ways that Jesus and the twenty-seven Ascended Masters working with Jesus intend to raise humanity's level of consciousness.

The transmission takes around twenty minutes and is done in silence except for some music which is meant to help people open and receive. During the transmission, my husband and I are simply acting as antennas for Christ Consciousness, as it streams to earth to be received by all who are willing to open to and be uplifted by divine grace. Since there is actually no such thing as time and space, these are not a barrier to receiving the transmission, which works as well online as in person. You can find out more about these transmissions on my website at:

[www.RadicalHappiness.com/transmissions](http://www.RadicalHappiness.com/transmissions)

Transmission is something that naturally happens from spiritual teacher to aspirant and from beings on higher dimensions to those who are willing to

receive on this dimension. Transmission has been used throughout the ages to accelerate and raise consciousness. In the process, emotional and sometimes physical healing also take place, as a clearing of energy blocks from the energy field is a necessary and natural part of raising consciousness.

Because this book is created from transcriptions of spoken channeled messages from Jesus, you will find the language to be more conversational and intimately directed toward you, the reader, than in some of my other books, which were intended as written works. This book is in a voice that is meant to be listened to, not just read. The audiobook is available on both Audible.com and iTunes.com.

My hope is that the audiobook and this companion book will give you the experience of having a relationship with the wise and loving being we've known as Jesus the Christ, as he speaks to you as if you were in his presence. The experience of an unconditionally loving relationship with a wise being is what I experience when I channel Jesus, and I hope it is your experience as well as you read or listen to these words. May you know greater love and peace as a result of these messages.

Gina Lake

May, 2018

## **1: Jesus Introduces Himself**

Greetings! I am the one you have known as Jesus the Christ. I am everywhere, and I am anywhere. So, wherever you are, I can be. I want you to have a relationship with me. I invite that. I encourage that. I encourage you to open your Heart to me and to the others who are there for you, for this planet. I am a guardian of this planet, I am a teacher of this planet, and I am carefully watching over it.

It is time for many of you to awaken. A boost of energy is called for. This planet so badly needs a boost. You are the ones who can best do that because you are the ones who are aware of that possibility and can open to that. Others are lost—lost in the illusion. But you are waking up, or you wouldn't be here, and I intend to help you do that.

In the transmissions, I will do whatever is needed to best support your awakening. Often that is a healing: a healing of your emotions, a healing of the past, a healing of your heart, and a healing of your mind. But you must be open to receiving that in whatever form this transmission takes for you and knowing that whatever results from it is exactly what you are needing right now.

In some other moment, you may need something else. The transmission is very individualized. It is given to you, for you, directly. I will stand in front of each of you and give you my blessing, give you the transmission. So please open to it and know that you are worthy and you are loved.

You are no different from me, and that was my message two thousand years ago. People misunderstood it. So many distortions occurred. But my message was that we are no different—we are all the same! We come from the same Source, and eventually everyone wakes up to that realization and remembers

who they are.

So that is what we are doing today: We are remembering who you are, who we are. I'm just the reminder, because in your Heart, you know who you are. That seed of knowing was planted. You were never meant to be lost for long, only for a time being. And then you were meant to find yourself, to discover your true nature, to discover the love at your core, to discover that you are beloved and cared for.

You have never been left alone. How could you ever be left alone? You are connected to All That Is. There is no separation, and the only block to knowing that is your own mind. Your mind pretends to be separate, and so it gives you the sense of being separate. But that sense is just a sense. It is a sense of being a single individual.

And that's fine, but it is time for you to wake up out of the illusion of separation and fear and doubt and hatred and resentment. You don't need those feelings anymore. You don't need your suffering anymore. You can be free. It is important to see that you can be free, to know this in your Heart, to feel this, that you can be free, as much as anyone else. It is your destiny to be free, and it is important not to let anything stand in the way of that.

But, truthfully, the only thing that *can* stand in the way of that is just a thought: a negative thought of "I can't" or "not me" or "I'm not worthy." That is how the illusion is kept in place, mostly through negative thoughts, which keep you small by causing you to think of yourself in limited ways. But those are just thoughts—they aren't you! If you dropped those thoughts, you would realize what a beautiful, radiant being you are. Nothing can actually hide or cover over that. At a certain point, the clouds part and the radiance shines through.

I'm here to turn up your light so that you make no mistake about it. I see your light. I see your Heart. I see into each and everyone one of you. I know your goodness. I know your essential nature. You can't fool me. I will lift you if you let me, if you allow me to enter your Heart. I will help the radiance shine from that beautiful Heart of yours.

The world needs this so badly now. This is why we are performing an intervention on earth—not just me, but many, many Ascended Masters and others. There is no time to lose. You are not waking up for yourself. You are waking up for the planet, for the whole, for everyone, because when you wake up, you wake up to love, and that is what is needed.

You may think, “I want to wake up because I don’t want to suffer” or “I want to have this or that,” but that isn’t really why you are waking up. You are waking up because you care. Many, many of you came specifically to this planet with a mission, and it is our mission to wake you up, those of you who are still a little sleepy. It is time. It is time.

Another thing I hope to accomplish with these transmissions is to heal some of the damage that was done in my name. I was not the founder of Christianity. And although there are so many good-hearted people following the true teachings of Christianity, I’m afraid that Christianity and other religions have done a lot of harm to people’s hearts.

So, you may even feel embarrassed to say that you are receiving a transmission from Jesus or embarrassed to say that you are drawn to Jesus or embarrassed to say that you are listening to a channeling of Jesus. This channel, herself, has had to stretch a bit to do this because there is a lot of negativity around my name. I hope to heal that. I hope to give you the true teachings. They were there in the past, and many recognize them now.

Please don’t let your religious background interfere with your open-heartedness today. It is time to let all that go. I’m not the Jesus of two thousand years ago. I’m a being who is guiding this planet, who has great love for each and every one of you. And whoever is or has been devoted to me as Jesus or in any other form, I am there for that person.

So many of you were called to this channeling and the transmissions because you sensed a connection with me, perhaps despite your religious upbringing. And I thank you for sensing that, because I am connected to so many of you and have been for a very long time. Some of you are just remembering

this connection.

So, thank you for being open to me and for being willing to receive the transmission, which is not just from me. It is from so many, and it is ultimately from the Source directly to you. So please open your Heart and allow it to come in. Allow it to change you. Dare to believe that you can awaken, that you can be free of negativity, that you can be free of the illusory reality.

Once you experience reality as it truly is, you will see that it has always been beautiful, it has always supported you, and it has always been based on love. Nothing else. And so, until you get there, you maybe have to trust a little. Trust that life can feel bountiful, beautiful, wonderful, delightful. Life is a precious gift, and you are so lucky to be here, in this world, on this planet. We thank you for being here, because you are lights in this world. So, let us go forward and brighten up your light. Let's brighten it up a little. Thank you.

## 2: A Message About Love

My message to you today is about love, not the emotion of love, but the sense of *being* that is love. Your beingness, your very being, is the experience of love. When people hear this, it confuses them, because they think of love as an emotion. And so, it is; love does manifest as an emotion. You could say that the emotion of love is an octave, aspect, or expression of the deeper love that is your true nature. What I mean by this is that love is a knowingness of your unity with All That Is. Knowing your unity with all results in the natural experience of what you would call love.

Another word for love might be gratitude. In your Heart, there is a deep gratitude for creation, for existence, and for the opportunity to simply experience life just as it is. This great gratitude is the essence of your being, and it is love. There is a love for life, a love for existing, a love for all creation, a love for all experience. Every experience is embraced by this that you are: the difficult experiences and the easy ones. They are all loved equally by the being that you are. They are all seen as precious, as meaningful, as holy, as part of the Whole.

The experience in this world of duality is one of both ease and non-ease. It is not possible to experience ease without non-ease. You can't have one without the other. Duality allows you to experience both. Therefore, each is valued; each is recognized as necessary, as equally important and, therefore, equally beloved. There is no "wrong" experience. There is no "right" experience either, you could say. The mind defines things as good or bad, right or wrong, but your being understands that all experience is necessary to evolve in this life, because that is how it is here.

It simply is the way it is. The deep acceptance of this is a deep love for the

way it is just as it is, because there is a deep knowing that it is exactly as it is meant to be and that it cannot be any way other than the way it is—for now. And then it changes. Life is an ever-unfolding journey toward greater understanding, greater love, and greater acceptance, as the human aspect of yourself comes to see the truth of what I'm saying.

Most of you have seen the Truth to one extent or another. The Truth is not really that difficult to see. It is just difficult to accept for the aspect of yourself that is attached to its desires, its preferences, and its ways of being.

A duality exists within you. There is the human self, which is primarily (until you awaken) run by the ego and manifests as the voice in your head. And then, there is your divine self, which is here, right now, listening to these words, taking them in, and willing to receive the truth in all its forms: as transmission, as understanding, and as knowledge. You are willing to discover the truth about life.

Your ego is not willing to do this. Your ego is going along for the ride, rather kicking and screaming while you make the choice from your deeper self to go in the direction of love and acceptance. This is not the way the ego would go. The ego is not interested in going toward love and acceptance. Its nature is to resist life. Its nature is to desire something else, something different than what is showing up. It has its ideas of how life should be.

These ideas about life, however, will never really match life—how could they? They are just ideas, and they don't come from any place of wisdom. They come from the programming, from the conditioned self. There is no wisdom in one's egoic desires. There is no Truth in them. They don't reflect the truth about life, the truth about what would make you happy. In fact, desires often take you away from what would make you truly happy.

To be truly happy, you have to look to deeper desires, ones that arise in you on a daily basis but on a subtle level, not as a thought of "I want" or "I need," but as impulses to move in directions that will fulfill you and develop and utilize your talents. These subtle impulses are something everyone is familiar with.

They are not mysterious or even hidden. But it is up to you to choose to follow them.

What is it that chooses to follow the deepest impulses over the ego's desires? That is the mystery isn't it? There is something here that is able to be aware of both and able to choose—if there is sufficient awareness. When there isn't sufficient awareness, then the conditioning chooses, and behavior moves in the direction that the ego intends. When there is sufficient awareness, however, you are aware of these subtle impulses and their importance—the truth about them—because you have seen the falseness of the ego's desires.

These deeper impulses come from love and move you toward love. What I mean by this is that they are always for the greatest good. They are for your individual good, and they are for the greatest good. So, in following these impulses from your divine nature, you can never harm others. Others might not like your choices, but they will not be harmed by them. So, any choice you make in response to these deep impulses will also be in everyone else's greatest good, because you cannot move in alignment with the Whole without it also being aligned with the soul's plans of others. What is in your highest good is in other people's highest good as well.

When you act from love and wholeness, there is a natural sense of fulfillment, happiness, joy, peace, and contentment. These are signs of being aligned with the Truth as well as the reward for that. Being aligned with the Truth feels good and produces good results for yourself and for the Whole. Your goodness seeks expression in the world, and when you express that, you feel good, and that goodness spreads.

That is where true happiness lies. There is nothing more rewarding than that. There is nothing that will make you happier than that. This is the simple truth about life: Love is what drives you, love is what makes you happy, and love is ultimately what will fulfill you and the plan of the Whole, for you are not operating alone.

Although you may not be aware of it, each of you is playing a particular

part within the Whole, and the Whole needs you to play that part. It is easier for you to play that part when you are aligned with the truth of your being—with these subtle impulses—than when you are involved with the egoic mind and your ego's desires. The Whole functions much better the more that people are aligned with the truth of their being.

This is how the evolution of a society or of a people can be promoted—by bringing people in touch with the truth of their own being so that they act on the basis of those impulses and drives rather than on their egoic drives. This makes for a very different world, and this is the purpose of raising consciousness in this world in whatever way that comes about.

Within each of you is an evolutionary impulse, which you are following to one extent or another, that is bringing about an evolution of consciousness, and there are things that can facilitate this evolution. There have always been guides and helpers who are facilitating the evolution of a society, of a world, and we are part of that evolution. We are sending the love, inspiration, and energy you need to evolve, but you must receive it. You must open to it. And you must pay attention to those subtle impulses of your true nature. Then, we can work most effectively through you.

The transmission is designed to bring you into greater alignment with the truth of your being. So, we thank you for being here, for participating, for opening to this transmission, for we wish to raise your energy. And when you also wish to raise your level of consciousness, we will have much greater success. So, thank you for being here and thank you for opening to us.

### **3: Help Is Available from Other Dimensions**

I'm happy to be here with you today. I am with you all. I am with each and every one of you, by your side, because you have called me in. You have opened to me. You have made an intention to connect with me. So, I am here for each and every one of you, right now and whenever you call upon me.

It may seem an impossible task for a being to be present in so many places at once, but I assure you that it is not at all impossible for me or others like myself to be present with all of you wherever you are whenever you call upon me. So, please know that I am here. I am here, right now, and always.

Some of you have a strong connection to me in your Heart. Others are quite ambivalent about this individual known as Jesus, and I would like to address that a little bit today, because it seems important that you understand that I am not the Jesus that so many of you imagine or believe me to be based on the beliefs you have been given in your childhood and beyond.

The ideas and beliefs most people have about me today are distorted and not at all representative of who I was, what I taught, or what I would teach today. What I taught then and what I teach today is not very different, but people were very different then.

It bears noting that humankind was much less evolved two thousand years ago. Their intellect was much less evolved and so was their conscience, which is something that evolves in a species and in a soul over many lifetimes. So, when humanity was very young, it didn't have very much of a conscience, generally speaking. Of course, there were individuals who were very evolved back then, as I was, who understood Truth, lived Truth, and expressed Truth, but they were few and far between, much less so than today.

You are greatly blessed now because there are so many who are awakened, who are walking among you and available to you. This greatly accelerates your evolution and the possibility for a truer understanding and for eliminating the distortions and misunderstandings many of you were given.

Two thousand years ago, there wasn't much Truth around. I came to break the orthodoxy and to question it and the hierarchy, which was so prevalent. It was not for me to create hierarchy, orthodoxy, or dogma. I came to push those aside and be a voice for the Truth.

Some could hear this truth, while others misunderstood it. Most, I would say, misunderstood what they were hearing. Once I was no longer on earth, there was little opportunity for me to correct the misunderstandings and distortions, so they were inevitable. This couldn't help but happen, and I knew that. We knew that—those of us who designed this incarnation of mine. We knew what would befall the teachings, and yet, that wasn't reason enough to not give the teachings.

The option was to leave humanity in the darkness, so we had to try to share the Truth with the people. Even if it would be distorted, there would be those who could see the Truth, know the Truth, and pass it on. It was always for those relatively few people that we shared the Truth, for those few who could understand the Truth and pass it on.

So, here you are, two thousand years later, and the Truth has been passed on, not just by me, of course, but by so many other enlightened Masters. Although we have been able to do little about the distortions, those who are living who know the Truth have tried to clear them up. They do the best they can, which is all anyone can do.

Those who believe these distortions will likely remain entrenched in their beliefs. But it is not to them that we speak today. It was not to them that we gave our teachings two thousand years ago. It is to people like yourselves who are open, ready, and willing to see the Truth.

What I mean by Truth is simply seeing reality as it is, without the distortions created by the egoic mind, by the primitive aspect of yourselves that

distorts the Truth and casts the illusion—this very compelling and believable illusion that humanity is caught in.

We are here to dispel that illusion. We dispel it by pointing to the Truth. The Truth two thousand years ago is the same truth today. And the greatest truth is something I've spoken about before. The greatest truth is that love is behind all life. No matter what it looks like to you, it is love that is behind creation, guiding creation and holding it, keeping it going and nurturing it.

You and all of creation are deeply, deeply loved and deeply supported. You are never left alone. You are connected to so many who are carefully guiding your life. They speak to you through your intuition. And they stir your courage, they stir your patience, and they stir your kindness. They activate these innate qualities. They make it possible for you to be the best human being you can be.

You are always being guided to be the best human being you can be. And you all know what that means. To be the best human being is to be a loving and peaceful human being. You know that in your Hearts, because your Heart knows the Truth. The Truth is something you all want.

What you all want is love. That is encoded in you—to go toward love. But you misunderstand how to get love. Your ego misunderstands how to get love. It doesn't even believe in love. That is the distortion, the great lie, which holds the illusion in place. The lie is that love is not behind creation, that life must be feared, that life and God are unkind and cruel, and that it is a dog-eat-dog world.

Then, if those are your beliefs, that becomes your experience. These are not true beliefs, but they can certainly seem true. So, it is for you to discover that love is the truth. You discover this by choosing love instead of hatred and then experiencing the result. The result is always good. Love, giving, is always good, when it is done in a balanced way, because you must give to yourself as well, not indiscriminately.

Giving is quite an art. Sometimes not giving is the most loving thing to do: withholding something that would not be good for someone. That is what also happens in life. Sometimes life withholds something you want because it is

better for your growth to experience not having that. Life is always kind and very wise this way. It gives you what you need, not always what you want. But it does give you what you need, and that is the truth.

Life is designed for you, for your growth, for your evolution, for your learning to love. It is designed to point you toward love and away from negativity: When you go in the direction of negativity, it hurts. When you go in the direction of love, it feels good. That is the great, good guidance system you have been given. It is an inner guidance system you can rely on. Follow your joy. Do not go in the direction of suffering.

Look at what causes you to suffer. The Truth will never cause you to suffer, only lies, the lies your mind tells you and the lies other minds tell you—things like: “I’m not good enough,” “Life isn’t good enough,” “I don’t have enough.”

When you believe these lies, you suffer. And that is the right experience, because you are not meant to believe a lie. Go in the direction of joy and love. There is no fulfillment in living for yourself, your small self. There is only fulfillment in love and unity. That is the Truth.

The truth is also that you are a divine being. You are a spiritual being. You have a spirit that is eternal. You are not going anywhere but toward greater and greater goodness, love, happiness, and joy. You will not go backwards into more pain. Life is that benevolent that you only have these difficult lifetimes until you are finished with them. Then you go on to serve love, to be in love. That is the nature of life, and that is the experience you will have throughout eternity once you get through these more difficult lifetimes on this plane of existence.

There have always been beings who have come to earth to tell those who live in such dense dimensions the Truth. There is pain here, but there is a way out of pain, and there is help to relieve the pain, not just words but also a transmission of energy. This transmission is our gift to you, but you must open to it.

Please understand, and I will underline this one more time, that I am not the Jesus of your imagination. I am here now to serve you, love you, and support

you. Every good and imagined idea that you may have about Jesus as love, you can keep. And every other idea that doesn't lead to love, that might take you away from love or create separation between you and others, is not of love and therefore doesn't belong to my teachings.

You are here to become free and to learn to live in peace and love. That is the goal of life. When you have learned that sufficiently, you will no longer come back to this difficult level of existence. Many of you are ready to move on, ready to experience love as an ongoing experience. You do not have to suffer even within this realm, but you surely will not suffer beyond this realm.

That is where you are all headed, and so you might as well get on with it now. Get on with making love the cornerstone of your life, the guiding light. Follow your love, follow your joy, do what is loving, do what is joyful. Create more love, create more joy. That is what you are here to do.

My words and transmissions are all about changing your consciousness so that you can move in the world with greater love, greater peace, and a sense of unity with All That Is. That is what I want for you. And if that is what you want for yourself and others, then fully give yourself to the transmission now. Thank you for being here. Thank you for your openness. Thank you for your love. I am with you now and always.

## 4: Breaking Attachment to the Voice in Your Head

I'm happy to be here with you today and to serve you in any way I can. Please know that I am here to help you awaken. What I mean by this is awaken out of the false self into the realization of your true self.

The divine self, which is what you are, has been living your life all along. It is right here, right now. It is listening to or reading these words. It is sitting where you are sitting. It is experiencing what you are experiencing. It is what is alive. It is what exists. It is what experiences. It is not some higher self that is off in another dimension. Who you actually are—your divine self—is right here, right now. It gets covered over by ideas about yourself, which create a sense of a false you. You believe yourself to be this false you, so you overlook the divine self, which is colorless, genderless, nameless, and formless.

The voice in your head tells you who you are, or it tries to. It tells you what to do, what to think, what to like, and what to believe, and that becomes who you *think* you are. That is the false self—simply thoughts about yourself: thoughts about what you like, what you don't like, what you want, what you don't want, where you have been and where you are going, thoughts about *my life*: my life in the past and my life in the future. Even thoughts about the present are not the *experience* of the present.

You are dual creatures: You have a voice in your head that describes to you who you are, tells you how you feel, what you want, and what you are afraid of. And the divine self is also here, without a voice.

The divine self doesn't speak to you through the voice in your head. You don't receive its wisdom and guidance by listening to the voice in your head. Instead, the divine self communicates with you via your intuition. The intuition

is subtle. It is not as loud as the voice in your head, and the intuition is more difficult to attend to. If you don't believe intuition exists or you don't trust it, then it is easily overlooked.

Understanding the duality of your nature is important, because at a certain point in your evolution you become aware that you have a choice to believe the voice in your head or not. What an amazing moment that is when you discover that you don't have to believe what the voice in your head tells you about yourself, about life, about others, and about God and that any negativity that it asserts is not your negativity. It is humanity's negativity. You don't have to own it. It means nothing about you.

Your negative and unkind thoughts and your judgmental, angry, and hateful thoughts aren't your thoughts. They aren't your true self's thoughts. They are the programming. They are humanity's thoughts. They are the same thoughts everyone has. The ego's voice, the voice in your head, is similar in everyone. Everyone has the same negative thoughts, the same hateful and judgmental thoughts and the same limiting beliefs.

It is not your fault that you have those thoughts, and they mean nothing about you. They don't describe you. They aren't what is true about you. They are the false self, and the false self looks very similar in every human being.

It is no wonder you don't love yourselves when you believe that you are responsible for those thoughts. What a wonderful discovery it is to realize that you are not to blame for your negative thoughts. They don't mean that you are a bad person. They don't mean that you are unworthy or unkind. They are the same thoughts that every human being has by virtue of being a human being, by virtue of having an ego. They are not your fault.

You don't even need to fix or change or do away with these thoughts, which no one can do, really. Thoughts come unbidden by you, unwelcome. They are not in your control. The only thing that is in your control is your awareness of those thoughts.

Once you are aware of your thoughts, you can begin to make choices

around them: whether or not to believe them and whether or not to give voice to them. That is where your power lies, in your awareness of the thoughts in your mind. That awareness gives you the potential to be free from those thoughts, because with awareness, comes some choice around them.

If you give your attention to those thoughts, you will remain caught in the false self, in believing what it says to you. If you learn to not give your attention to those thoughts, you will begin to experience who you really are more fully. Thoughts keep you from experiencing the divine self as fully as you can. So, you must turn your attention away from those thoughts onto the experience you are having here and now, the experiencing your divine self is having here and now.

The here and now is a simple experience, not nearly as dramatic and exciting as the virtual reality created by the mind. But in this simple experience of life, there is peace, there is love, there is wisdom, clarity, gratitude, and an embracing of life.

That simple experience of being in love, in peace, in gratitude, and aligned with the wisdom and knowing that arise from the moment is all anyone really wants. This is what will make you happy. This is what will give you fulfillment in your life. The only thing that stands in the way of that is your love affair with the mind.

One of the aims of the transmissions is to help you break your attachment to your mind, and many of you are experiencing that effect. Detachment from the mind is not to be underrated. It is profound when you begin to experience a greater distance from your egoic mind, when you begin to be free from it and experience yourself as the experiencer, as the one who is experiencing life, who is drinking life in and enjoying it. This is what everyone wants, and the key to this is breaking your addiction to your mind.

It is not your fault that you are or have been addicted to your mind. That is the setup, and that is the challenge in this life: to overcome the addiction to the false self, to false beliefs, to the mind. This can be overcome, and it will be overcome, because that is the direction of humanity's unfolding.

Because it is very important that this evolution come about as quickly as possible, we are bringing you help in breaking your attachment to the mind. But you also have to be willing to let go of your attachment. You have to have the will to awaken, the will to move beyond the mind. So, we ask for your cooperation, your willingness, and your intention to loosen the attachment you have to your mind.

Your intention is the first step and the most important step. After that, everything becomes easier. Once you know who you are, staying in the experience of who you are and not returning to the false self becomes easier. What's hard is breaking that attachment. Many of you are ready to receive some help with that, so we are here to give you that help. Thank you for being here. Thank you for your openness. I am with you always.

## 5: You Are What Experiences This Moment

I'm happy to be with you again today, to give you some very good news about awakening. Awakening is much easier today than ever before on the planet. So much help and support are being given to you from other dimensions and in other ways that it is much easier for people to awaken and detach from the egoic mind, which is what keeps people trapped in the illusion.

It is only your thoughts that create the illusion that you are a separate person who has problems, who wishes life were different than it is. This false self, which is created by thoughts about yourself, is an unhappy self. There isn't a person alive who has a happy, content false self.

Any discontentment and unhappiness come from believing that you *are* the false self, that you are what your thoughts tell you about yourself and about life. This false self is unhappy and discontent because that is the nature of the ego, which is behind the construction of the false self.

The false self is constructed from thoughts, and what produces those thoughts is conditioning. Much of that conditioning is based on the ego's perceptions of life. It perceives that life is not good enough and that you are not good enough. In the egoic state of consciousness, there is a perception of lack, of a problem, and a desiring and longing for what *isn't* here and what will never be here, and then suffering over that. That is the essential nature of the false self.

That which is content is not the false self. When you experience contentment, you are experiencing your true self, your divine self. The being that you are, which is reading these words, is supremely content, supremely happy, and supremely at peace and in love with life. Whenever you feel that way, you are experiencing your true being and the truth about life, which is that life is a

miracle, a gift.

The being that you are rejoices in this miracle of life. You know what that feels like. There isn't a human being alive who doesn't know what it feels like to rejoice in life, to be happy. For some, this is felt only very briefly, and yet, it is there, since the divine self is what is living everyone's life.

The divine self can never be completely covered over. The divine self is not such a mystery really. It is not so hidden. It is here. It is what is content. It is what feels peace, joy, gratitude, acceptance, kindness, and compassion. Those experiences are real and true. They are the ongoing experience of your true self.

The false self doesn't experience these feelings or any other feelings. The false self is just thoughts, and thoughts don't experience. There is no false self. There is no entity that is the false self that could experience anything. But when you believe you are the false self and you believe the discontentment and unhappiness of the false self, then you experience those feelings.

What experiences these feelings is your being. Your being is not *having* those feelings. It did not create those feelings, and yet, it is experiencing them. It is so accepting that it allows the experience of negativity to be its experience, all the while knowing that those negative feelings are not the Truth.

That's interesting, isn't it, that belief in thoughts creates a certain experience, and yet, there is no false self that is experiencing anything? There is only the experience. There is actually no being here either, but language requires that we speak about the divine aspect of your nature as a being or as if it were an entity.

The divine self is not a being, but "being" is a good word for the divine self because the divine self is actually an experiencing. It is what is experiencing life. It is what is *being* in life. It is what is existing in life. It is what has life. But it is not an it. And that is difficult for the mind to understand because your language is structured as subjects and verbs. There is no subject in the usual sense. It is more like who you are is a verb. It is the experiencing of life. It is the existing. It is the isness, the beingness, but it is not a being and it is not a thing or an entity.

Your language fools you into thinking that the false self is real and that there is an entity behind your thoughts, when there is no such entity. Your thoughts are simply programming. Just as there is no entity behind a computer, there is no entity behind your thoughts, only programming. So, even though your thoughts speak to you, like Siri or Alexa might, there is no Siri, there is no Alexa. Your thoughts are just programming.

You think you need your thoughts. That is the lie that keeps you involved with them. You believe you need your thoughts, and so you continue to listen to them as if they were wise, as if they were who you are. But they are neither wise nor representative of who you are.

This is very good news, because you don't have to suffer any longer once you see this, since there is no suffering without believing your mistaken thoughts. You only suffer when you believe a lie, and the only lies you could possibly believe are the ones that come from your own mind or from other people's minds.

The Truth doesn't exist in your mind. The Truth cannot be comprehended by your mind, and it doesn't need to be. The Truth is here, now, in the experience that you are having. The Truth is this simple experience that you are having, and there is nothing to say about it. There is no right or wrong. It is just this, just this simple experience.

Can you stay in this simple experience? Are you willing to stay in this simple experience? The mind doesn't want you to stay. It wants to pull you out of this simple experience. It tells you: "That's nothing. Nothing's happening. Let's play in the imaginary reality."

If only this imaginary reality were free of suffering, it wouldn't be such a bad deal. But the imaginary reality is created by thoughts like, "I wish" and "I want," and there is suffering in those thoughts. There is suffering in wanting something that isn't here, in wishing for something other than what is. There is suffering in that, and wanting never gets you there. It never gets you to the peace and happiness that it promises. All the imaginations in the world don't add up to

anything at all. In the end, you are left with just this. Just this.

Even in calling it “just this,” it is minimized by your language, as if just this isn’t enough, when it is everything and it is all that you have. From just this, comes all of life. Every inspiration, every bit of courage, every bit of love, every bit of goodness, kindness, and wisdom about how to live your life come from just this. If you are attending to just this, you will be happy, you will be wise, courageous, and strong. This is who you are: just this, just this simple existing, this simple experiencing.

Within this simple experience is a knowing about how to move in this world, how to live your life. It is a deep knowing, which doesn’t come to you through thoughts. You all know what I’m talking about. This deep knowing is your being living this life, unfolding your life, if you let it.

Your being will let you follow your thoughts, and it will let your ego lead you through life if that is the experience you want. But you don’t have to have that experience. You can be done with that now.

Many of you are ready to be done with that. You are ready to have something else lead you through life. Many of you are already letting that mysterious something lead you through life much of the time. Awakening is about living from this place of deep knowing, of simple existence. And that is what we are about here: to help you learn to live from this place instead of from your programmed ideas about what you should do and who you are.

We know who you are. We see you, and we are reflecting that back to you. That is our job, to show you the Truth, to point it out. But you must choose this over your thoughts about yourself. Let your thoughts about yourself go. You don’t need them. They are the false self. Then listen deeply within yourself for the knowing that is meant to inform your life, and live accordingly. Thank you for being here today. Thank you for your openness. Thank you for your willingness to receive. You have our blessing. I am with you always.

## 6: Now Is All You Have

Since it is New Year's Eve, I want to say a few words about the New Year. There is actually no such thing as a new year. This is true of so many of your words. The word *year* is a concept, a useful one, and the word *new* is a concept, also useful. But new implies not new, and that is the problem. It separates life into past and future, when there is no such thing; there is only now. You could say that the now is new in every moment; that is one way of speaking about it. But, in fact, the now is not new or old. It just is.

It is important to see this about words. They create the illusion; they create duality. And yet, words are necessary to move in this world. To have a society and relationships, language is necessary. There will come a time when you won't need language and you will just understand each other, as we understand you and as we understand each other in our realm. But for now, language is necessary.

It is important, however, to understand that language plays a role in holding the illusion together. Language expresses duality, when the truth is nonduality. There are two things going on in your life: The experience of duality, which is a reality of its own sort, and Reality with a capital R, which is nondual, nonseparation, oneness.

The Oneness enjoys the experience of duality. It is playing in duality. It is playing in illusion. In the same way that you enjoy your novels and movies, the Oneness, which has created it all, is enjoying its creation immensely.

Without duality, there could be no creation. There is a creator and creation—that is duality. But within creation, lives the Creator, and that is very different from your own personal creations. When you create something, it is an expression of you, but you don't animate those creations. You don't bring them

to life and live a separate life through those creations. But this is what the Oneness does. It creates and then it lives through those creations.

What an amazing thing it is that you are God's creations come to life! But you are not puppets of this Oneness. It has given you the ability to make choices and to choose to align with love or not. So, in some ways, you are on your own in this life, but never really. You are made of God. You are made of the very same substance, so you can never be far away from God. You may choose to move away from God, but you can never be separate from God.

You are the very same substance as God and, deep within you, you know this. You know that you are God. You know that you are not separate, and yet, you have been given a mechanism—the ego—which allows you to experience yourself as separate and different from God, as alienated from God, as less than God.

You are meant to discover the falseness of that. You are meant to discover that you are the same as God, that you are not separate. But it is not so easy to discover that in this realm. The illusion that you are separate is very, very convincing. The illusion that you are inferior, that you are weak, that you are less than is very, very convincing.

That very belief prevents you from tapping into your God-given divinity: all the divine qualities that you have been given in this life to return Home. You have been given all the courage and all the strength and all the wisdom you need to discover the Truth. But as long as you believe the lie, it will be difficult to discover that truth.

We are here to dispel this lie, this distortion. You are made of love. At your very core, you are love. And at your very core, you know this to be true, because all any of you really want is love. All of your actions, even the ones that would be termed unloving, are done out of love for something, perhaps only self-preservation. Nevertheless, these actions come from love: the love and desire to survive. The ego distorts love and turns it into self-interest, but at its core, it is still love.

The love at your core drives each and every one of you to do what you do. Your actions come either from the divine self, from a pure sense of love, or from the distorted sense of love and self-preservation of the ego. This is not a problem, for eventually, everyone discovers the pure love of their divine self, since pursuing self-interest is ultimately unfulfilling and doesn't bring the love that everyone deeply desires.

Eventually, you tire of going after the things that don't really satisfy, and you begin to discover what really does satisfy, which all come from love. What deeply satisfies is learning, growing creating, loving, sharing, connecting, and serving. All of these give the deepest satisfaction, and they also bring about a life that is fulfilling and safe, for there is no danger in following love or joy. These will only take you to greater love and joy.

You are divine beings. You are in the process of discovering, or rediscovering, your divinity, your connection with the Oneness. This is a marvelous journey full of all sorts of twists and turns, difficulties and victories. As a result of these difficulties and victories, you learn which way to go. The difficulties tell you: "Don't go in that direction. Don't do that again. Don't believe those thoughts. Don't hold that attitude." And the victories show you what works.

Life is set up for you to be victorious. It is not meant to be a never-ending struggle. You are meant to be victorious over your difficulties and to find your way out of suffering to freedom, joy, and happiness. That is meant to be your experience. There is no one who wishes anything else for you but complete joy, love, happiness, and peace.

Life is designed to deliver joy, but you must pay attention to what leads to that and what does not. If you have a belief that leads to suffering, then let go of that belief. If you have a belief that leads to joy, then hang on to that belief. If you have a belief that leads to separation from others, then let go of that belief. If you have a belief that leads to unity and love, then hold on to that belief.

You will find that you will be left with very few beliefs and that you need

very few beliefs. You only need the ones that take you in the direction of love, peace, and true happiness. This happiness comes from alignment with your divine self and its plan for you.

Yes, there is a plan for each of your lives. It is a general plan, and it can be fulfilled in many different ways. You are meant to discover this plan. You can hardly not discover it, for it is in your bones, in your DNA. It is encoded in you very deeply to go in the direction of fulfilling this plan. Although there can be ways that this plan is interfered with or changed, for the most part, each of you is fulfilling your plan to some extent, for it is very difficult to not fulfill your plan in some way.

So, know this. Know that your life is on track. So many of you say that you feel you are not on track or lost, that you don't know what your life purpose is. But you are living your life purpose. Whatever you are experiencing is part of your life purpose. It is best to understand this so that you can gain the most from your experiences, so that you embrace them and not run from or resist them and say: "This shouldn't be" or "I'm flawed and wrong for having this experience."

Your life is unfolding as it is meant to, and you are having the experiences you are meant to have. If you believe that you shouldn't be having those experiences, you will suffer. It is best to assume that you *should* be having those experiences—because you are. Then, it is possible to get on with learning what you need to learn from them and blossoming in the ways you would naturally blossom as a result of them, for you cannot have an experience and not learn from it. That would be impossible.

The fact that you learn from your experiences is one of the great, good benevolences of life. Whether you are aware of what you have learned or not, you are learning. Life is benevolent, indeed. It is always teaching. It is always nudging your growth. It is always allowing you to make choices and learn from them.

Life is a school, and the more you embrace this and the learning entailed in every one of your lessons and experiences, the more you will blossom, and the

more you will find the love at your core and the love at the core of the universe. Then you will rejoice rather than resist your experiences, and that is what you are meant to do—rejoice in your experiences.

The idea of a new year is an idea of some better experience in the future, which will never come to pass. Now—this moment—is the experience you have. It is all you have, and it is what you are meant to learn from and what you are meant to enjoy. This moment is the only reality. This moment is what is true. There is no past. Everything you have experienced in the past is gone. Don't reliven it with your thoughts.

Now is the only moment you have. There is only one moment. There is just now, the ever-present, ever-unfolding, ever-changing now. Learn to love it. Learn to embrace it, accept it, live with it, be with it, allow it to shape you, allow it to be as it is.

You are gifted with this very precious moment, with this precious life. Align with that which has given you this moment, not with that which is trying to control this moment and make it be something different. This moment doesn't need to be any different than it is. Whatever experience you are having is exactly the right experience, because it can't be any other way than the way it is. Why evaluate it? Why call it good or bad? It is what it is.

You are on this ride. Enjoy this ride. Allow this ride to be as it is. You will naturally grow and evolve from it, and you will evolve more quickly as you relax into this moment and let it have its way with you. Let it be what it is meant to be for you. Relax into this moment.

Allow whatever you are experiencing to just be here, for that will soon change, and then allow that experience. That is your only job. Your job is not to evaluate your experience; your job is to fully experience what you are experiencing, to be with what you are experiencing. Love what you are experiencing and learn from it.

You are being helped and guided to do all that. You are being helped to see the Truth, to live the Truth, to experience the Truth. You are being shown what is

illusion and what is Truth. It is a great blessing that you are being shown this now.

The Truth is right here, right now, in whatever you are experiencing, not in what your mind tells you about your experience or what it tells you about the past or future. Your life *is* this very moment, nothing else. Live as if this is all there is, for that is the truth. This is all there is. Life is a precious gift. We are deeply grateful for being here today and for sharing our energy and our Truth. Thank you for receiving it. Thank you for being open to us. We are with you always.

## 7: Pay Attention to the Subtle Realm

I'm happy to be here today and talk with you about a little trick of consciousness, which will help you tune in to Silence, the Stillness at the core of your being. Listening is the trick. Listening is a very simple and easy way to tune in to and discover who you really are.

By listening, I mean moving into a receptive mode in which you are listening, not only with your ears, but with your entire body—listening for what is arising in this very moment. Listening in this way brings you into the present moment. Just as listening to a bell, a mantra, a sound, or someone's words brings you into the present moment, simple listening, with no goal beyond just listening, also brings you into the present moment.

Whenever you listen this way, you will hear things with your ears, but you will also hear things on a more subtle level: communications from your deeper self, which arise to guide you and give you the information and knowings you need to unfold your life as intended. This listening is not only listening for sound; it is listening for whatever is arising here and now on a subtle level. Yes, sensations and other sensory experiences are arising, but on a more subtle level, *experiences* are also arising.

If you are lost in thoughts or even in a sensory experience, you'll miss out on the more subtle experience of life, which is your being's experience of life and also how your being expresses itself to you in this life. Your being doesn't speak to you in words in your head, like the ego does, not usually. It expresses itself through intuition, which is a subtle form of expression.

Attunement to this subtle realm is developed as you evolve spiritually. Some develop it more strongly than others, but this attunement does naturally

develop as you evolve spiritually. You learn to turn your attention away from the grosser, mental realm of the ego to the realm of the here and now, the realm of your divine self.

At a certain point in your evolution, you realize that there is something else here besides the mental realm and the physical experiences you are having, and you begin to be curious about the subtle realm. So, you tune in to it. You learn to listen to it, which is what I'm talking about: learning to "listen" to Silence, to the sounds, but also to Silence.

In this Silence, everything is born. This Silence is not just silence; it is not just the absence of sound. Silence is the ground of being from which everything arises. The mind doesn't see it this way, though. It disregards Silence, the experience and expressions of your being—the communications it sends to you.

If you listen to the mind, you won't be looking for anything beyond the mind, because it doesn't encourage you to look to the subtle realm. It tells you: "There's nothing there. There's nothing of interest. Nothing's going on. Let's go back to the imagination." But it is wrong. There's a great deal going on. Life is going on. Life is arising from the Silence, from Stillness, which is not actually all that still.

In every moment, there is something new being born from this Silence. It might be an intuition, an inspiration, an idea, an excitement, or joy. Or it might be a drive to do something, pursue something, or learn something. This is how your divine self speaks to you, in subtle inspirations, urges, drives, joy, and excitement.

This is not the excitement of the ego when it imagines success or getting what it wants. It is a different kind of excitement, which will lead to your ultimate fulfillment and joy. It is a deeper joy and a deeper happiness than the happiness your ego wants.

Once you know that your divine self is communicating with you on a moment-to-moment basis, you can turn your attention to that and see just what it is communicating. It takes some skill and development to be able to catch the

subtle arisings from your divine self. But many of you catch these communications without even being aware you are catching them or where they are coming from.

As often as you follow the ego's desires, you also follow the divine self's so-called desires: its drives, urges, and intentions. There isn't a one of you who is not following your divine self's intentions and unfolding your life accordingly to some extent. It is just a matter of to what extent you are doing that.

Progress on the spiritual path means that you follow the divine self's intentions more regularly, consistently, and completely. Progress is marked by not allowing your thoughts about yourself and your life (the ego's thoughts) to determine your actions, speech, and direction but allowing the divine self to determine your actions, speech, and direction. This is a process, and it takes time to develop this ability and the willingness to move out of the ego's realm into the divine self's realm and have that be what operates in your life more fully and completely.

The difference between these two modes of guidance—the ego's guidance and the divine self's—is the difference, you could say, between heaven and hell. The ego's guidance doesn't bring happiness but suffering and a never-ending lack of contentment. The divine self's guidance, on the other hand, brings the unfoldment of your talents, the expression of your potential, the fulfillment of your gifts, and the great love and peace of your divine nature.

This is what you want. The egoic mind's commands, demands, opinions, perceptions, and *shoulds* will not bring you happiness. So, learning to move away from those demands—changing what master you march to—will change your life.

It will change your life, because you aren't meant to find happiness by following the ego. When you do that, you will have lessons and difficulties and discover that that is *not* the way to go. And you will learn to look elsewhere for guidance. You are meant to discover that you have been following a false master and that you no longer need to do that, that you can trust this deeper, more subtle

guidance.

Yes, this guidance is more subtle, but it is more trustworthy. It is the only thing that *is* trustworthy. And your life will run much more smoothly, much more easily, and you will draw to you what you need. You will draw to you the people, opportunities, support, wisdom, clarity, and guidance you need to live the life you were meant to live.

It is intended for you to be happy, and you must find your way to happiness by discovering what doesn't make you happy and looking elsewhere for what can make you happy, what will make you happy, and what does make you happy.

As we have said before, it is learning, growth, love, peace, creating, connecting and sharing with others, and service to others that will make you most happy. Each of you has talents, abilities, and a certain personality, all of which are meant to be expressed and explored and further developed in this lifetime. That will bring you great happiness. And there is a greater plan that intends to use your talents, abilities, and unique personality to improve the world, to bring goodness to the world.

You all have gifts, but they won't be adequately utilized or used in a way that will bring fulfillment if you are listening to the mind's version of how to live your life and use those talents. So often, the ego discourages people from using their abilities and talents if it is perceived that those talents and abilities won't bring the person money or power.

Money and power are what the ego is looking for, and if following your Heart and fulfilling your life plan is not perceived by the ego to be worthwhile in terms of money and power, then it will take you in another direction, away from your soul's plan. If that happens, you will not be happy, because your happiness depends on fulfilling what you came here to do.

When you feel unhappy, that might be a sign that you aren't fulfilling that plan, that you are following the wrong guidance and not going in the direction of your soul's deepest desires.

The ego has its own ideas about how you should live your life. Those ideas

are based on how much money, power, comfort, and superiority you are likely to get when you go in certain directions. This is a very limited formula for happiness: Go toward money, go toward power, go toward safety, security, comfort. There are so many people in your world who would never have accomplished great things if they had followed that formula. They would never have done the things that ended up changing the world.

This is what following your Heart means. Following your Heart doesn't mean following your emotions. Most emotions come from the conditioned realm. If following your Heart to you means follow your joy and your deeper excitement, then by all means, follow those feelings: Follow love, follow the deeper joy of your divine self. But do *not* follow your feelings of anger or frustration or hurt or guilt.

Do not follow your feelings of guilt. So many miss the mark when they do that. You will never be happy if you let guilt or fear rule your life. Those feelings belong to the ego's realm, and you are meant to discover that they do not yield good results.

You will be happy when you follow your joy, your love, and your peace. Those are your birthright. Those are what you are here to experience and know deeply. Allow those to move you. Allow your love to move you. Allow peace to move you. Allow wisdom and clarity to move you. How could you possibly build anything but a happy life if you do that?

These deeper feelings, or qualities, of the divine self are completely trustworthy, and they are meant to guide your life. But they are subtle. They are more subtle than the ego's emotions and more subtle than the words in your head.

The love we are speaking of is not a gushy love. It is not an ecstatic love. This love is a subtle experience of being aligned with the goodness within you and the desire to share that goodness. This love that is your divine nature is subtle, but it is profound. It is the nature of the universe, and when you align with the nature of the universe, the universe will support you. It will love you

back.

This is very important for you to know—that following your Heart and attuning to this subtle realm is entirely trustworthy. It will bring you nothing but more love, nothing but goodness and support. That is what you are here to experience.

You are not meant to suffer. Please know this now. It is so important that you know this so that you can claim your good and live the life you are meant to live, which will no doubt be of service to the Whole. That is what you are here for. As you serve your own Self, in the deepest sense of the word, with a capital S, you serve the Whole.

So, make this your goal—that you serve the Divine by giving your attention to your divine self. Listen to it. Be receptive. See what you can find out. Be curious. Turn away from the noisy mind and look into the Silence of your Self. I thank you for being here. I thank you for your openness. I wish you all love and peace. I am with you always.

## 8: About Peace

My message for you today is about peace. You all know what peace is, since peace is a quality of your divine nature, and so you inherently know peace and want peace. All of you desire the qualities of your divine nature. These are divine desires: to desire peace, to desire love, to desire joy, wisdom, clarity, strength, and courage.

These divine desires are inherent and they are potentials you can tap. These qualities are with you always, although sometimes it seems that they are not available. But that is an illusion, for they are always available if you but turn your attention to them. Then, there they are.

So today, I will talk about peace. Peace is so important, because it is what your world so badly needs. But peace will never come unless it comes first from within, from alignment with your divine nature. Until a certain number of people or percentage of the population is aligned with peace, or at least desires peace, it will not arrive. This desire to align with peace is a desire to join with your true nature, which would have nothing but peace.

When you or a number of people choose peace over conflict, anger, revenge, and fear, that is a very good sign, because that is, in fact, what you choose peace over. You cannot have your anger, you cannot have your fear, you cannot have your revenge *and* have peace. There is either the potential for peace *or* the potential for fear, anger, and hatred. These are two very different states of consciousness.

These different states of consciousness are evident in your world. There are some who are very aligned with divine will and divine order and with the qualities of the divine self, but the majority of human beings are not. They are

caught in their fear, anger, and hatred.

There is no possibility for peace in the outer world when the inner world is not peaceful. The work of creating peace on this planet is an inside job, as you say. It starts with you and your own peace of mind, which is an interesting phrase, since the mind is the last thing to produce peace.

It is by moving out of the mind that you can discover peace, because peace is not a concept. Peace doesn't come from an intellectual understanding. It comes from moving out of all thoughts to just *being*, to aligning with the divine self, which is an experience of being and accepting, of loving and allowing and exploring. This being that you are is naturally at peace because it loves all of life, so how could your being be at war with life? If you love all of life, you can't be at war with any aspect of it.

You may wonder, "But how do I love my neighbor who is not so loving, who is a jerk?" Well, it isn't necessary for you to love a jerk. It is only necessary that you have compassion for the person who is caught in negativity, which causes him or her to be unpleasant.

These two different states of consciousness are not so much in your control. If they were, you would all choose to be aligned with peace and love. Those who are not aligned with peace and love but caught in the egoic mind are aligned with the negative thoughts and feelings of their egoic nature, and they don't see a way out or know an alternative. So, they deserve your compassion. They don't understand: "Forgive them, for they know not what they do." Those words are as true now as ever before.

All you can do is have compassion and forgive those who do not understand, those causing the problems and trouble in the world. Then, from that place of alignment, true wisdom, insight, and inspiration naturally arise within you about how to be in your life and what you might do in relationship to the so-called evils in the world, the harm that is being done.

So, your job is to be aligned and stay aligned with your divine nature. That is the only hope for this world. Without that, conflict, hatred, anger, and fear will

predominate. The only way out of that state of consciousness and its reflection in the world is to change your state of consciousness and help others change theirs.

You might think: “How can changing my state of consciousness matter? I’m only one person in seven and a half billion.” But your state of consciousness does matter. Everything you do matters. Everything you say matters. How you *are* matters! Your energy is broadcast to everyone, whether you are aware of that or not, and that affects others. So, your state of consciousness does matter.

The more you are broadcasting peace, the more possible peace is. And doing this is just a matter of choosing peace: You choose a different state of consciousness by choosing to move out of the state of consciousness that produces the opposite of peace. That state of consciousness is produced by the thought-stream, by your ongoing mental commentary, which creates all the suffering and all the so-called evils in the world.

Evil is just a word for what happens when people distance themselves from their divine nature, from love, from Truth. When people are ignorant of Truth, they do harmful things. The answer is not to change your egoic mind, your thought-stream, because you aren’t in control of that. If you were, that could be an answer. You could just change your thoughts. And some of you have managed to improve your thoughts by making them more neutral and more positive, and that is beneficial for everyone.

But, ultimately, the answer is not to change your thoughts to more positive ones, but to move beyond your thoughts to being what you really are and allowing that to inform your speech and actions. That is how the world will be changed and peace will come about—by not being involved with your thought-stream, by setting it aside, by seeing it for what it is: irrelevant and unnecessary to your wellbeing.

This being that you are will handle your wellbeing. This being that you are has your best interests at heart. It will supply you with all that you need to survive and be happy. Your wellbeing stems from your being, not from your thought-stream. You can disregard your thoughts and move out of them very

safely, very happily. Your life and the lives of others will be so much better for it.

This is the only path to peace—to move out of what is disturbing the peace, and that is your very own mind. Your very own thoughts disturb your peace. They take you from your natural inner peace.

Once you have discovered this, it is up to you to do something about finding peace in your own Heart, to learn to relate to your thought-stream differently, from a distance, and say: “Ah yes, that’s the ego talking, and I’m not the ego. I’m what is beyond all thoughts, all feelings. I’m what is wise, intelligent, and able to choose what to believe. I’m what is able to see the Truth, know the Truth, and spread the Truth. I’m what is meant to live the Truth.”

So, now you have the Truth. The truth is that peace cannot be found by manipulating your thoughts or by intellectually understanding the concept of peace. Peace can only be found by moving beyond all thoughts about peace, all opinions about peace, all feelings about peace, and all beliefs about peace to the *experience* of peace that is in your being—that *is* your being. One of the goals of the transmissions is to bring about an awareness of and greater alignment with the peace that you are.

Once you experience that you are peace, you will want to return to that experience, and that will help you move beyond the lure of the egoic mind and the lies it tells you, which keep you at a distance from all that is peaceful and aligned with your highest good.

So, please take some time to get to know the peace in your Heart by simply sitting and being and noticing the peace that is there. Give your full attention to the peace that exists in the moment. Be with this peace. Stay with it. Use your will to choose it. By choosing it, we mean give your attention to the subtle experience of peace in your body.

When the mind is quiet, it is easy enough to experience peace. So, learn to quiet the mind if you need to, but go in this direction. The world needs you to go in this direction. You are the ones we can speak to because you are the ones who will listen. You are the ones open to the Truth, so you must carry it forward. You

must do this work and make this choice, not only for yourself, but for the whole of humanity.

Please do this, and we will help you. We are here to assist you in your transformation so that you can be beacons in the world and transform it one person at a time. There is some hope for this world, but it won't come about by sitting around doing nothing. There is only hope if enough people choose to align with the truth of their being, with peace and love. There is only hope if you make a choice to stand with the Truth and live the Truth.

We are counting on you, but please know that you are not alone. We are legion. There are many, many beings here who are working to transform consciousness on planet Earth. We love you all very much. We love the earth. We want it to be at peace. So, please, each of you do your part. Transform yourselves in order to transform the world. We thank you for being here. We thank you for being open to this message. Thank you for taking it in. Thank you for caring. We are with you always.

## **9: Beliefs Shape Your Life**

Today, I'd like to say something about desire because it is so important in your lives. Desire is the engine that drives your activities. But what is the engine that drives desire? It is thought. Thought drives desire, specifically, beliefs: If you believe you need a new car to be happy, you will desire a new car. If you believe you need a new mate to be happy, you will desire a new mate and begin looking for one and be open to one. That openness, that intention, will likely create a relationship.

Your thoughts—your beliefs—are very, very powerful. The problem is that you are either unaware of or unconscious of so many of your beliefs. To have such a powerful thing driving your behavior but not be aware of that is bound to cause difficulties in what you create in your life.

You are meant to be conscious creators of your life. So, you are meant to become conscious of your beliefs. But how can you become conscious of them if you are identified with them? Being identified with your beliefs, meaning believing your beliefs, doesn't necessarily mean you are aware of them. When you are identified with your beliefs, you do their bidding, without being aware of what is causing you to take action.

It is important to be aware of what is causing you to take action. It is important to be aware of your desires and the beliefs that create and drive those desires. Awakening to your true nature is essentially about becoming aware of what you are thinking, believing, and desiring and also gaining enough distance from your thoughts and desires to be able to evaluate if something is a worthy desire, belief, or pursuit.

So many of your beliefs and desires are not worthy of your attention or

action. So much time and energy are wasted by following desires that are not that worthwhile or fulfilling on a deeper level. These are the ego's desires, which won't bring fulfillment, although they will give you a sense of doing something and being somebody. So, they do give you a sense of identity.

However, pursuing the ego's desires will not fulfill you on the deepest level, because those desires are superficial—so, how could they? The ego desires power, security, specialness, prestige, recognition, and popularity. It wants to be on top, above others. How can that be fulfilling when that is so far from the truth of your unity with all?

You are not meant to be separate. Although you are meant to explore your uniqueness, you are also meant to discover your unity with all. You are not actually separate, so when you behave in ways that make you more separate, like trying to become more special than someone else, that will not fulfill you, because you are not meant to be fulfilled by specialness. You are meant to be fulfilled by unity, love, service, growth, and peace.

You will never find true happiness by following the ego's desires. And the truth is that most of the thoughts and desires that come through the voice in your head are the ego's desires. So, when you allow the voice in your head to determine your actions, you will lead a superficial life. You may get some of the things you want, because when you pursue what you want, life will often give it to you—not always, but it will often give it to you just to show you the results of that choice.

So, this is how you learn. You eventually learn that the ego's desires are not fulfilling, not that worthwhile. And then, you may go looking for what *is* the meaning of life, what *will* fulfill you, what *will* make you truly happy. When you start asking those questions, you will surely find the answers, because there *are* deeper desires.

Those deeper desires don't come from a thought in your head. They come from a movement within your being. You are moved to pursue things that will bring deep fulfillment. That is a very different way of living—to live from a

place of what you are moved to do on a deep and silent level.

You may express these deeper desires in words as you talk to yourself or another, but these desires didn't show up in your thought-stream. They didn't show up as "I want," not initially. So, be careful not to give too much weight to the desires in your thought-stream: "I want this" and "I want that." Take a good look at the desires in the thought-stream. Are they worthy of your energy and attention? Will they make you truly happy?

Now, there is nothing wrong with going after those desires. Everyone does to some extent. What determines your happiness is how much you are also spending your energy doing what is truly fulfilling. If that is occupying the majority of your activity, you will be happy. Then, it is fine to pursue that new car or some other thought, since doing so won't take you away from your deeper fulfillment. Those lesser desires will be seen for what they are.

Then, it matters less and less whether you have what the ego wants. That is the beauty of it—because no matter how much or how little you have, everyone can be happy, because everyone can fulfill the deeper desires. It doesn't take money to fulfill these deeper desires; it only takes a willingness to learn, to grow, to love, to serve, to explore, to discover, to be open, and to create. Doing these things costs nothing, and they are most fulfilling.

So, there is no excuse to not be happy. It is possible to be happy with very, very little. I would certainly agree that being happy is more difficult when your basic needs are not met. This is very challenging, indeed. And yet, it is not impossible, as there are many, many examples in your world of people who are in delight and in deep gratitude for the little that they do have and for the love of those around them, for that is where the greatest fulfillment lies. It lies in loving others, in caring for others, in being of service to others.

This is one of life's most important lessons. It can take quite a while before someone learns this. As long as someone is listening to the egoic mind, this isn't easily learned because the egoic mind doesn't suggest that you serve others or even that you love others, unless the ego has some other agenda in loving

someone.

As long as you stay involved with the egoic mind, its desires, and its agenda, it will be difficult to find the greatest fulfillment. But it is there, and it is there for you to find. It is the hidden secret, the open secret, for you to discover. So, there, now you have it: the secret to life. The secret to being happy is to follow your deeper desires.

One of the most important desires is the desire for love and unity. Whatever causes you to love more deeply, more openly, and more easily, go in that direction. It is very important that you go in the direction of your love and joy. If you only do that, you will lead a good life.

Love can never lead you astray. It will attract everything you truly need. Love is an attractive force—it is *the* attractive force in the universe. When you align with love and express that, the universe will give you all you need: all the inspiration, wisdom, courage, and strength. You all have these available to you at any time, but you must realize you have them. It is a little like Dorothy and her ruby slippers, isn't it? If you don't realize that you have these great gifts within you to tap, then it is like not having them.

You have everything you need, but you won't know that if you remain involved with the thought-stream, because it will tell you that you don't have what you need, and it will keep you from seeing what you *do* have. The ego is a trap. It is the challenge that you, the hero, is meant to overcome.

You are not left alone in this difficult life without resources. Everyone has the same resources. Not everyone has the same intelligence or the same physical strength, but everyone has the same capacity for courage, inner strength, kindness, love, compassion, and patience. Everyone has those capacities, but only some of you are aware of these resources and use them.

So, know this: Know that you are all well-equipped to have a wonderful life, one full of love, peace, and goodness. But it is up to you to make that happen, to desire that. The desire for those things—love, wisdom, compassion, peace—these are deeper desires. When you align with those, you will certainly

receive what you desire.

Your intention—your desire—is very important. Your intention is everything. Intend love, intend peace intend goodness, intend a full life, a fulfillment beyond your wildest imagination, and it will be yours. Do not be afraid to receive the bounty that is available to you. Receive what the universe has to offer. It freely gives to you, but you must want it. You must intend to receive what it has to give.

When you align with love, peace, and goodness and your actions flow from there, you will receive everything you need. This is how you are rewarded for finding your way back Home. You will receive what you need. It is a natural law that as you give, you will receive.

Move out of the ego's negative realm. Its desires just keep you running around in circles, never being satisfied. Find that which is within you that will make you truly happy and follow that. Be the loving being that you are meant to be and that you can be, and all else will be given unto you. This is our promise. Thank you for being here. Thank you for your openness. We appreciate you aligning with us. We are with you always.

## **10: Strength and Courage**

Two qualities that belong to your divine nature are strength and courage. These are valuable gifts you have been given to navigate this life. They were given to you to facilitate your spiritual evolution, for without them, the discouragement and sense of lack of the egoic imprinting could overwhelm you and keep you trapped in that state of consciousness. Strength and courage are two keys to unlocking your freedom from the oppressive egoic state.

The egoic state is the path of least resistance because it is your default state. When you are following the voice in your head, you are marching to the ego, and the ego's sense of life is one of lack, of never having or being enough. That sense of never being enough is a sense of weakness, of not having what you need to overcome the challenges in life, always wanting more than what you have, and not seeing what you do have.

The ego's perspective is like going through life with blinders on: You see through a lens that is narrow and limiting. The ego's perspective is one in which you don't recognize, acknowledge, or even utilize the gifts you have been given to overcome the difficulties and challenges you face in life. Although there is a lot that is challenging in life, every single one of you is very well equipped to handle life's difficulties and challenges.

You are equipped with all the inner qualities you need, and strength and courage are two of the most important qualities you have been given. They are the antidote to the misunderstandings and perceptions of the ego: the misunderstanding that you are lacking, that life is lacking, that others are lacking, and that life should be different than the way it is.

When you agree with the ego's perceptions, you find yourself in a sad and

unhappy state. The antidote to such a limiting and depressing perspective is strength and courage, which allow for the possibility that you can act in ways other than your programming and the conditioned ways you have been taught.

Not believing and not following the programming takes courage and strength because you are going against, not only your own conditioning, but other people's. Most people are following the path of least resistance, or the voice in their head. It has you go toward power, security, superiority, and getting more of everything. The sense of never having enough and needing to get more, even if that means taking from someone else, is the ego's perspective and your programming. It is where you go naturally.

Without some resistance to the path of least resistance, you will suffer. The perception that life is lacking, fearful, unhappy, difficult, and oppressive produces unhappiness and conflict in your relationships, where you are constantly striving to be better than or have more than someone else. That is not a happy state, and it doesn't lead to happiness for anyone. The perception that you are lacking is misguided and untrue. It is a lie.

It is even a lie that life is difficult. Life is made so much more difficult by the ego's limiting and negative perceptions. Without those, the difficulties in life would be much better managed. You would have access to, not only your inner resources to handle those difficulties, but also the support and camaraderie of others who could help you.

If you were to move out of your default, you would move into a sense of oneness and unity with all, and you would wish harmony and prosperity for all and work to deliver harmony and prosperity for all. You would work for each other, not just for yourself. This would ease the burdens in society and in life tremendously.

The ego's limited and untrue perspective causes suffering and makes life ever so difficult. You have been programmed to suffer, but you need not continue to suffer. You are here to overcome suffering. Your work is to overcome your programming, your default, and to learn to see life truly.

Going against the default within yourself and against those who are following their default requires strength and courage. It takes tremendous courage to act in ways that go against what others believe is true. Others believe their thoughts, and they suffer accordingly. If you don't agree with them and their need to suffer, they can easily perceive that as unsupportive, when you are just pointing the way to a happier life.

Not falling prey to the misbeliefs of your own mind and other people's minds takes a great deal of courage. You have to be willing to see the Truth and not follow false ideas: all the beliefs that create the shame, the hatred, the blame, the jealousy, and the desire for revenge.

Those beliefs lead you astray. They don't take you or anyone else to peace and happiness, only away from that. Others who believe in blame, jealousy, revenge, hatred, and superiority do not want you to question your beliefs. They do not want you to confront them. They do not want you to live another way. So, it takes courage and strength to live according to your own truth—according to *the* Truth.

What is courage? It is the capacity to stay true to the Truth regardless of opposition. Do you know what your truth is? Do you know what Truth is? That is one of the big lessons in life, to discover both your own personal truth and the Truth in general.

You are very blessed to be seeing the Truth to the extent that you do. You are very blessed, indeed, because so many do not understand what life is all about. They do not understand what you understand. So, to come to the Truth is a great, great blessing. But then, it takes courage and inner strength to hold to that truth. It isn't enough to know the Truth; you have to live that truth, be true to it. That takes courage.

Courage comes from knowing the Truth deeper than just intellectually. It is part of your spiritual development to move from an intellectual understanding of the Truth to knowing the Truth within your being, to aligning with the Truth to such an extent that you cannot move otherwise, to where you cannot be moved

any longer by the false. You get to a point in your spiritual evolution when the Truth must be followed. It is felt so strongly within you that you can't go against it. When you reach this point, you are very far along the road indeed.

Before you get to that point, you will waver and go back to the default at times, and then you discover again how false it is. There is no mistake even in that. It's fine if you go back to the false—of course you will. You will naturally falter. You will naturally slide back into the default. But you won't be able to stay there for long. You won't be able to stay true to the false, not for long.

The thoughts in your thought-stream are lies. There are so many lies in your thought-stream that it is best to consider your thought-stream to be lies or, at the very least, useless so that you aren't tempted to believe any one of those thoughts.

To be who you are, who you came here to be, it isn't necessary to attend to the thoughts in your thought-stream. Those very thoughts are what interfere with being who you can be, who you are meant to be. And so, it is fine to consider them all lies or useless, because the few neutral or positive thoughts in your thought-stream are not necessary either.

Find the place within you that knows how to move according to what is true. Get to know that place within yourself. You get to know this through meditation, silence, and through listening—not to the mind, but to the more subtle sense of oneself. Get to know who you are.

Who you are is an experience. Who you are is the experience of being, of existing, of I am-ness. Who you are is what is listening to or reading these words. Be that. Be that simple. Be courageous enough to be that simple, to not follow the thoughts that others are following, to not follow the desires and values that most people live by: the values of power, superiority, and accumulation. You don't need those values. They take you away from happiness. Follow the values of your true self, which are simply love and peace.

Love, peace, and unity are your true nature. When you go in the direction of love, peace, and unity, you will have the life you are meant to live. Stay true to

your inner compass. Tap in to the courage and strength you have been given. Experience what courage and strength are like on a subtle level. What do they feel like? You know them. Focus on them, and they will become your companions.

You can turn to this strength and courage in times of difficulty to uplift yourself. Learn to turn inward to the gifts you have been given, which will uplift you and help you overcome any difficulties or challenges. You are so much stronger than you know! Discover this strength and stay true to it, because it is a trusty compass.

If you ask for our help in activating your strength and courage, it will be given. Make this intention. Make this prayer, and you will receive the help you need. Thank you for being here. Thank you for your openness. We are with you always.

## **11: The Myth of Sainthood**

I'd like to talk about the myth of sainthood. It is important that you understand that some of the things you believe about enlightenment are myths. The idea of someone becoming a saint in their behavior is quite a myth. Sainthood is something that many of you hope and strive for, and yet, it is quite unattainable, because you will never cease to be the imperfect human being that you are. And it is important to accept this. It is possible to be very far along the path of awakening and still suffer over not being perfect enough.

There is no perfection in the human form. It is not possible to be perfect, because you are not meant to be perfect. It is not part of your design to become perfect as you advance spiritually.

What I mean by perfect is perfect in your behavior: never getting or feeling angry, always behaving kindly and compassionately, always feeling happy and loving. It is not your fault, no matter how far along the path you are, that you are not always happy or loving or kind or considerate.

The human aspect of yourself can reassert itself at any time. The ego is never gone permanently. As you evolve, the ego falls farther and farther into the background, while the divine self comes forward and becomes what lives your life and what you experience yourself as. How far back the ego falls depends on your spiritual advancement. And yet, it is always possible for your ego to come forward again and for the divine self to fall into the background.

For someone who is advanced spiritually, the ego remains in the background much of the time, and when it does come forward, it doesn't stay forward for long or in a way that is harmful for very long. But the ego can still come forward quickly and unexpectedly and take over your speech and action

and then recede again into the background. If you are less advanced, the ego may come forward and stay forward longer and produce more harm and difficulties than if you were more advanced.

It is important to realize that the potential always exists for the ego to be in the forefront so that you don't pretend you are not involved in ego when you are. That is another trap. If you believe you are so spiritually advanced that everything that comes out of your mouth must be divine speech and not ego, then you won't see or admit to the moments when the ego, and not the divine self, is speaking. You would say: "No, that can't be the ego because I've vanquished the ego. It can't come back anymore. You must be wrong."

This is what happens with some spiritual teachers: They believe they are beyond ego and that everything they say must be coming from the Truth, when in fact, no one's speech or actions always come from the Truth. There isn't a single person now or ever who has not had the potential to give voice to the ego, regardless of how advanced he or she is. So, it is important to be on the lookout for this and be humble enough to admit that it can happen to you.

But as you are being humble about this and admitting this, also don't be hard on yourself for it, because it is perfectly natural for this to occur from time to time. The natural evolution is for this to occur less and less, but it still may occur. Vigilance is always necessary. You need to be on the lookout for when the ego has slipped into your speech and actions. You are never completely free of the potential for the ego to dominate.

This is fine. This is as you were designed. You were not designed for the ego to completely disappear and for you to become other than you are. As you awaken and traverse the path toward full enlightenment, you still have a personality, and that personality can easily slide into negativity, as the ego comes forward and takes it over.

Some people have very difficult personalities. They were born with a certain imprint of, perhaps, impulsiveness or impatience or some other negative quality deeply entrenched in their psychological makeup, perhaps from previous

lifetimes or encoded in early childhood from their various experiences. Unless someone has worked through those psychological issues, they may remain somewhat intact even though the person has advanced spiritually.

Without applying yourself to your psychological issues, they won't necessarily disappear as you advance spiritually. This is why you see teachers who are ornery or who abuse their power or who have qualities you wouldn't expect in someone who is spiritually advanced. This is what I mean by saying that human beings are not perfect. They have characteristics, qualities, that are part of their conditioning that are not easily overcome, not without a lot of effort.

Most people don't put in as much effort as would be needed to completely clear these issues. So, don't be surprised if the teachers you meet have quirks or negative qualities and even a potential for abuse because of psychological issues that haven't been completely seen and cleared, either due to a lack of willingness or a lack of understanding about how to do that.

Your world is quite limited in its knowledge about how to clear these things. You don't really have the means or know-how to do this just yet. You have developed some means and some capacity to overcome your psychological issues, but in the future, you will discover much more effective means, and you will all become more, you could say, perfected human beings.

But it still takes a willingness to work out these issues and to put some time and energy into doing that. Not everyone on the spiritual path is inclined to do this, and yet, they may have found spiritual technologies that allow them to advance spiritually without advancing psychologically.

This explains why people are imbalanced in their development. They may be advanced spiritually and not so advanced emotionally and psychologically, humanly. And that causes difficulties in their lives, especially in their relationships. That is the reason for the abuse of power you too often see in spiritual teachers.

So, while it is suggested that you strive for greater perfection, greater goodness, kindness, compassion, love, and peace and to express those in your

life, it is also important to understand that you will naturally fall short of expressing these as much as you would like, because there is a strong momentum in the conditioning to behave as you have in the past, and this momentum is not easily reversed.

So, by all means, strive to be better human beings. But do not be hard on yourself when you fail to live up to an ideal that you may have—because you will fail. And then, it is perfectly fine to forgive yourself and move on and do your best. That is all that is expected—for you to do your best, to forgive yourself, to forgive others, and try again.

I hope I've made it clear that you are deeply loved whether you are expressing the divine self or not. We have deep compassion for the situation you find yourselves in, in being human. It is very difficult to be a human being. It is very difficult to live up to the ideals that we speak about in our teachings, the ideals of love, peace, kindness, and compassion. These are ideals to strive for, but please be kind to yourself when you do not live up to them, while continuing to strive for them.

This is not to give you an excuse for your imperfections, for you to say, “Well, nobody’s perfect!” and then continue your imperfect behavior, but to encourage you to be gentle with yourselves about your imperfect behavior, while continuing to strive toward expressing the qualities that will make you truly happy.

It is, after all, for your own happiness that these teachings are given. It is for your happiness and the happiness of all. We wish for you to be happy, so we wish for you to be both gentle with yourself when you make a mistake, when you identify with the ego, and we wish for you to know the truth—that you will only be happy when you go in the direction of your divine self.

So, please stay the course on your spiritual path and be compassionate toward yourself and others. You are deeply loved. Please know that we are there for you. Thank you for being here. Thank you for your openness. We are with you always.

## **12: The Will to Awaken**

You are all on the spiritual path. There comes a point in your evolution when you step on this path. It may be that you occasionally step off it too. But once you are on the path, you are on the path, and you will continue to be moved forward on this path. When you are called to step on the path is not up to you. So much about the spiritual path is not up to you. And yet, your will and cooperation, your intention, while on this path is very, very important, because you can always choose to not be on the path, to go against it. You are always allowed that freedom. Your free will is truly free, and it is respected.

Sometimes you feel lost and stuck. Often that has nothing to do with anything you are doing or not doing. “Lost” or “stuck” is a story you tell when you believe you are not progressing as fast as you think you should be. But the truth is that you are not so much in control of your progress. You are responsible for cooperating with what is unfolding within you, but this unfolding is not something you are responsible for.

This unfolding is just happening, in its own time and in its own way, and it has its own wisdom about the way and the timing, which you are not privy to. You are not privy to what is going on, on deep and subtle levels in your spiritual growth. That is as it is meant to be. There is only so much you can know and understand about the mysterious process of spiritual unfoldment. One of the lessons along the way is to accept that you don’t know what’s going on and to not tell stories about it, particularly ones that would make you suffer.

So, you give yourself over to this unfolding, this plan. You do this by understanding how vast the powers are that are ruling your life and caring for you. These powers are wise, mysterious, and so vast that you cannot understand

them with your mind or manipulate them with your will. You can go against them, but you don't determine the actual unfolding of your divine plan.

As you progress spiritually, a humble attitude is always important. You see more and more that you are not in control of what you call "my life," that in fact there is no such thing as "my life," but just life living itself through you, expressing through you and mysteriously creating through you the very life that you are living.

The ego pretends that it is creating life, that it is making life happen. But the ego is only a co-creator, and it doesn't have the final say about what is created. And too often, the ego interferes with what is trying to be created through you. So, this false sense of "I" is not really helpful. It is best that it gets out of the way, and so the teachings about the false self are important.

It is important that you see that *you* are not doing your life and that *you* do not even have a life—that life has *you*. This is good news, because life is trustworthy, and when it has you and you allow it to have you fully, you will have the life that Life intends for you. And that will be a good and fulfilling life, one that will make you happy.

There comes a time when the will to awaken arises within you. The will that announces your readiness to awaken is implanted in you. It is a gift that precedes awakening. This will is not from the ego, but comes from the deeper self. This will cannot be generated by the ego, but it can be co-opted by the ego and assumed to be your own will that is causing your unfoldment.

The will to awaken drives the process of spiritual unfoldment and is behind the will to do the various things that support spiritual awakening, such as practices and living a lifestyle that supports awakening. This will is the divine self awakening in you and beginning to take steps in expressing itself in the world.

When the divine self begins to awaken within you, you feel it. You feel a pull, an attraction, to spiritual teachings and to meditation and coming together with others who feel a similar pull. This will is a gift and a natural part of the

spiritual path.

This will is only a problem when it is not honored, when it is not listened to, because when the divine self awakens within someone, it demands a certain amount of attention. If you don't give it your attention, it will call to you louder or arrange circumstances to get you to notice the call.

Sometimes these circumstances are difficult. Sometimes they destroy your comfort and sense of identity. When that happens, you wake up out of your usual state and say: "What's going on? What do I need to do? Who am I?" These kinds of wakeup calls can happen at any point along the path, since it is easy for people to fall back into creating structures designed by the ego until there is more and more of a listening to the divine self within them.

As you progress on the spiritual path, you are more likely to create structures—work structures and relationships—that support this divine calling. At that point, your evolution is likely to speed up, as you create a lifestyle in keeping with what the Divine wants for you.

Always, the will needs to be aligned with the Heart, not with the egoic mind, which will likely create very different structures than the Heart. Awakening often demands a new life—new life structures. You have to be willing to create those structures, to go along with the divine plan.

Your willingness is crucial: the willingness to see that there is something else guiding your life besides the mind and that it is taking you where you want to go. Your willingness and intention to go in that direction is your greatest power in the unfoldment of the spiritual path. That is your main task, to have a willingness and intention to go in that direction rather than in the direction of least resistance, of your default, of what the egoic mind would have you do and how it would have you live.

Now, when people hear this, they sometimes think: "Oh no, this means I won't have the money, comfort, or support that I want and need for my life." And that is what the egoic mind would tell you. If you go in the direction of the Divine, it will tell you: "You will not be supported. You will be shunned by

people. You will not survive.” That is what it will tell you, when in fact the opposite is true.

So, your willingness to go in the direction of your Heart, of your divine calling, of what feels right inside you in the very depths of your soul, is extremely important. If you are not willing to go in that direction, you won't discover the benefits and truth of that direction. You have to be willing to take steps in that direction to discover the truth about that direction.

The truth is good news, but how can you know that if you don't trust your Heart and aren't willing to see what happens when you do? As I've said before, it takes great courage and strength to go in the direction of divine will, because you are faced with the unknown.

When you follow your egoic mind, it tells you what is going to happen. It pretends to know, and that pretense of knowing is comforting. It is often more comfortable to follow the egoic mind than the Heart because it tells you: “If you do this, then this will happen.” As long as you believe that, there is a certain comfort in that, a certain sense of safety and security.

However, if you believe your egoic mind, you are not facing the truth about life, which is that you can't know what is going to happen. When you follow divine will, you won't know where it is taking you, because to be aligned with divine will, you have to be aligned with the truth, which is that you don't know where you are going and what is going to happen. You have to be willing to give up the pretenses and lies of the egoic mind, which give you a false sense of security, in order to drop into the Truth, which is a place of the unknown.

The unknown is scary to the ego. It doesn't want to experience the unknown. But you have to be willing to live in the place of the Truth, which is a place of knowing that you can't know. Are you willing to live in a place of knowing that you can't know what is going to happen in the next moment? And yet, you don't need to know. It is perfectly safe not to know. That is what you do discover when you stay long enough in this place of not knowing.

You have to be willing to go on the ride that the Divine is taking you on.

You have to be willing to say yes to going somewhere you have never gone before. But then, that has always been the case: You have never really known where you were going; you just pretended.

When you are aligned with the Truth, you can relax and know that the Truth will take you to your greatest potential, your happiest fulfillment, your best self. It couldn't do otherwise. Life is good, and by definition, it has to take you to a place of goodness, happiness, Truth, safety, and security. Life will naturally take you where you want to go, but you have to trust life. You have to trust life without knowing for sure where life is going.

Yes, your will and intention are very important on the spiritual path. And yet, even these are not up to you. Whether you are willing to make an intention—this willingness—is not up to you. It is a gift that is given to you at a particular time in your evolution, when it is right for the divine self to awaken within you. And so, if you have this will and intention, that is a very good sign. Be grateful for this gift and continue to align with this will and intention.

That is your only job, and life will do the rest. It will unfold your spiritual path. It will progress you spiritually. It is already happening. Notice what is already happening. Delight in it. Know that it is trustworthy, and simply say yes to it.

That is all we are asking of you today, to simply say yes to the divine energy that is a gift to you, which we will shower on you today. Say yes to it because it is part of your spiritual unfolding. You must already have the willingness and intention or you wouldn't be here. So, make a more conscious intention to receive everything you need to progress on your spiritual path, and it will be given today and always.

Feel free to call upon us for help. We are there for you, but you must ask. Ask for our help and healing and be open to receiving whatever you need. Thank you for being here. Thank you for your openness. We are with you always.

## 13: Is the World an Illusion?

The world is an illusion, and it is also not an illusion. This is one of the paradoxes within the Truth. The world is an illusion in the same way that a dream or a hologram is an illusion. It is created by someone outside the dream or hologram to appear real, while it isn't real. It is an illusion. An illusion is something that seems to be real but isn't.

The Creator creates creation, and at the same time, the Creator *is* creation. There is nothing outside of the Creator, just as the dream is not outside the dreamer. Everything that is created is inside the Creator and, like a dream, from the Creator's standpoint, it is self-created and not real, in the sense of having an independent reality.

Because the world is not independent from the Creator, it could be considered an illusion, just as the dream is the dreamer's illusion. The dream has no independent reality. Nothing in creation has an independent reality either, since nothing is independent from the Oneness. Everything is happening within Oneness.

From the standpoint of the creations or dream characters, however, creation or the dream is real. So, the world is both: to the Creator, creation is an illusion, a hologram, a self-creation without any independent reality; to those in the world or in the dream, it is real, as real as they seem to be, because they are not aware of the origin of the world or dream.

This is interesting information but not particularly helpful to those in the world or those in the dream, as it doesn't change their experience—that the world is real. The only benefit this knowledge has is helping people gain a perspective other than the generally oppressive one held by their egos, since the

experience of the world when you are in it is essentially the experience your ego is having. Knowing that the world is an illusion or a dream can help people put their experiences into a broader perspective, one that contains the possibility that there is something beyond the world and an actual purpose to the world, that it is not simply meaningless.

This is paradoxical, isn't it—that seeing the world as an illusion or dream can actually make life *more* meaningful? Because if you see the world as real, then you will take your own mind's word for what it is and possibly not see that something else is going on here. When you wake up from a dream, you wonder, “What was that all about?” You see that you have been fooled into thinking something that isn't true. The dream fooled you. So, it is with the world, or rather your ego's perception of the world, how you have been programmed to perceive it: Your ego's perception, although it seemed so true, simply isn't the truth. What a jolt, what a surprise!

Or you could see this human life as a movie or play, where the characters look and behave a certain way and respond according to a script, except that these characters have some measure of free will. I say “some measure” because most respond to life in predictable ways according to their conditioning and not really freely according to some other will than that of the character or the character's ego.

Then, when the movie or play is over, the characters cease to exist, and it turns out there was no such thing as that character. It was unreal, a passing fantasy or imagination. Was that real or unreal? Isn't what is real what is beyond the characters, script, and movie?

In the same way, this is how the world is an illusion. You are playacting. You are not actually who you think you are. You are behaving as the character you have been designed to play. The “real” you is something entirely different. The “real” you designed and created all of it. From the real you's perspective, this world and its characters are its creation, its imaginations come to life. But from the perspective of creation, this life feels and seems completely real.

There is little point in arguing whether life is an illusion or not, since both statements are true in their own way. However, if you misunderstand this teaching and think that “the world is an illusion” means that nothing you do matters and that there is no meaning or purpose in creation, you would be wrong. “The world is an illusion” doesn’t result in a world that has no meaning or purpose.

“The world is an illusion” just means that there are two levels of reality, one more real than the other. And yet, this isn’t *realized* while one is in the world or while dreaming at night until one wakes up from the dream or has a spiritual awakening. Then, it is possible to see the truth—that the world is not how it seems (to the ego). The ego’s perceptions were not real—they weren’t aligned with the Truth.

Then, it is possible to see more about the Truth, to explore it more fully and see how it is different from what you once believed. The lies of the egoic mind are exposed; the dream is seen for what it is. The Truth is finally uncovered. And then, it is possible to live in the world more comfortably and to love the world and be grateful for the gift that life and creation are. Creation is a gift, and it is a gift born of love.

So, ultimately the Truth is good and something worth discovering. And what if it were otherwise? What if the Truth were that life was how the ego perceives it to be? There would be no way out, no way to happiness, peace, and love. And yet, the great, good news is that love is all there is and goodness is at the core of life.

The Creator *is* Love, and this love for creation is made manifest by building in a fail-safe device that ensures a way out of the suffering caused by the ego’s perceptions. You are never lost for long in the illusion. In relation to eternity, this experience of illusion spun by the ego is very short-lived, indeed, and other experiences in higher dimensions are not distorted by anything like the ego.

This world that you live in is a particular reality with many veils obscuring the Truth. But once you have seen the Truth, you graduate from the illusory

world of the ego, never to return. You are freed to experience the gloriousness of creation without the ego's burdensome beliefs. The illusion of separation built into this world was all a lie, as you awaken to the Truth that you created it all—not you, the character, but you as Oneness!

Now, for just a moment, I'd like you to notice how veiled or unveiled the illusion is to you. There are signs that indicate the degree to which you are free of the illusion, free of the ego's spin on life. Perhaps the most obvious sign is the degree of relaxation and ease you feel in this moment. If you are feeling relaxed, open, at ease, at peace, you are in the Truth, not caught by the illusion.

There are lots of moments, if not most of the time, that you are not caught in the ego's perceptions. The Truth is not really so difficult to see and experience. When you are aligned with it, you relax and are just letting everything be as it is and enjoying everything just as it is. This state is so simple, so ordinary, that the ego overlooks it, discounts it, and then tries to draw you out of it. To the ego, *this* isn't enough! And why should we be surprised, when that is the ego's constant experience: "Life isn't good enough. I'm not good enough. That person isn't good enough."

But life is what it is, and what it is, is always good enough, because the truth is that there is no such thing as good or bad. These are words, like so many, that create the illusion and hold it in place. So, watch out for these words. They will take you out of the Truth or keep you from seeing the Truth: Life is good!

Life is exactly as it needs to be. All is well and always has been. Whatever might argue with these statements is your egoic mind, which assumes it knows how life should be, what is good and desirable, and what is not. But does it know this? What is the ego anyway?

The ego is not an entity that has intelligence. It is not any kind of entity, not even an unintelligent one. It doesn't have consciousness, so how could it know Truth? How could it know anything? The ego doesn't have a mind. It doesn't think. It doesn't evaluate. The things it says are things it has heard others say—things it repeats and that get repeated from person to person for generations.

What is in your egoic mind is in other people's egoic minds. But these are just ideas—beliefs—passed from one person to the next, often unexamined, unfounded, and untrue or only partially true. Yes, the illusion is created by ideas that have been believed and passed down to you. They are false ideas that appeal to your basest instincts, because these ideas come from deep within your subconscious and the collective unconscious of humanity—ideas that have caused all the suffering on earth.

It is time to wake up from this illusion now, time to be here fully in this world without all of that, time to be in the Truth—to be in this simple, ordinary moment, stripped of all knowing and all pretense of knowing. Just here, right now, free and simple. We will help you strip away the veils that uphold this illusion and help you stay in the Truth. Have this be your prayer today. Thank you for being here. Thank you for your openness. We are with you always.

## **14: A Way to Pray**

Today, I'd like to introduce a way to pray. But first, let me explain why prayer is important in spiritual growth. Prayer is a way to connect with and petition guiding forces. It acknowledges that guiding forces exist and it asks for their help. Doing both is important in opening yourself up to the help that is available from other dimensions.

There is so much help available to you. But you have been given free will, which you can use to ask for that help or not. You can also choose to believe that help is available from spiritual forces or not.

Prayer is a way of aligning yourself with a choice that opens you up to, not only spiritual forces, but the Divine within you, because that is the purpose of opening to spiritual forces. They are here to help you connect and align with your own divine nature. They know what your soul's plan is, and they know what will make you happy and fulfilled. They are here to help you. But you can refuse their help or ignore it. That is your choice.

You have been given free will, and that is a powerful gift. Animals and other living things do not have free will. They operate according to their instincts and programming. They do not have self-awareness in the same way that you do. This is both a curse and a blessing, for self-awareness—the awareness of yourself as the false self—is a cause for great suffering, as is the ability to make free will choices that are not in your benefit.

And yet, that is the set-up, the design: You have been given a sense of individual identity and programming, and the choice to go along with your programming or against it. This makes for an interesting life, much more interesting than a programmed life.

But you were not created to be as you are just to be interesting. You were created as a means for exploring life through experiencing various choices and possibilities. You were designed to be creators, yourselves, through your choices. This is beyond interesting; it is growthful, illuminating, joyful, and expansive.

The point of all this growth is love. Your programming takes you away from love. Your programming is very different from the simple survival programming of animals, because you have an ego and animals do not, at least not the kind of ego you have. Your ego is designed for you to be unhappy, and your challenge in life is to learn to be happy, to stop seeing life through the lens of your ego.

You would think this would be a rather simple choice: Why wouldn't you choose happiness over the ego's unhappy perceptions? But, as you have discovered, this choice is not all that easy to make. The programming is very difficult to overcome, as it is held in place by fear. You are afraid to go against your programming, afraid you will not survive.

So, you see, your programming is not at all like the programming of animals, which simply helps them survive and adapt. You have that type of programming as well, but you also have an ego, which is maladaptive—counter to your happiness. As I said, this is part of your design, for whatever reason. I will say that it provides the challenge in life that is necessary for growth, and leave it at that.

To get back to prayer, a key turning point in your evolution is when you discover that there is more to life than the ego's perspective, that there is also something here that is greatly loving and greatly wise—inside of you! Sometimes religions help you see this, but some focus on the sins of the ego rather than on your divine potential, and that is unfortunate.

Realizing that you are essentially good and that life is good is such an important discovery! Then, everything changes, because you can tap in to the courage to overcome your programming and begin to live more as the Divine intended.

Spiritual forces work on subtle levels to reinforce this positive perception of yourself. They know you as this goodness, the same goodness that is within everyone and everything—the goodness of the Creator, the Oneness. Spiritual forces can literally activate this sense of goodness within you when you are ready to experience it more and know it as who you are.

Spiritual forces do this naturally as part of their work with you, even before you are ready to see the truth about yourself. But when you are conscious of your readiness and ask for their help, they can turn up the volume of this thirst for the Truth and play a more active role in your life. When you acknowledge your readiness for their help, spiritual forces come forward and become more involved in your life.

This is one of the purposes of prayer: It lets spiritual forces know if you are ready and when you are ready, in part, by what you are praying for. If you are praying for a new car, for example, then they know that's what matters to you—that's where you are at—and they adjust accordingly. If you are praying for help in awakening or in becoming more loving or more at peace, then they know you are heeding the inner call of your own soul. Spiritual forces rejoice when they see that your will is aligned with Thy will, with the plan they are purposed to help bring about.

Prayer is a way of opening to spiritual forces and stating your intentions to align with them. There is nothing wrong with praying for other things, but that misses the point. When you pray for worldly things, you may or may not get what you pray for. Whether you get the things you pray for depends on what you need to experience and learn.

If getting what you are praying for serves your plan, you will get it, provided you also take the necessary steps on your end to help create that. If getting what you are praying for doesn't serve your plan, then no matter what steps you take on your end, you won't get what you are praying for. You always get what you need for your life plan, your support, and your growth whether you pray for that or not.

So, here is the way to pray: Ask for whatever is in your highest good to receive, whether that be material or spiritual. Although you will naturally receive what is in your highest good even without praying for it, sometimes people block that in some way, usually by thinking some version of, “I’m not good enough to have that” or “I’m not good enough to be that.” You can block your own good coming to you by not believing you are good enough to receive it.

This is how this works: If you believe you are not good enough to have or be something, you won’t consider the possibility of having or being that. You either won’t desire it at all or you won’t believe it is possible. And in not considering the possibility, you won’t see or be open to receiving what is being offered by life, often through others, and you won’t take steps to create that. On the other hand, some of you have learned to be excellent creators by allowing yourselves to dream big.

But I’m not talking about making the dreams of the false self a reality as much as aligning with that which is outside the illusion that you are a separate, suffering self who needs something to be happy. That is a lie, as you are completely able to be happy just as you are and just as your life is.

The greatest prayer is one for liberation from the illusion—from the lies you may be caught in. Once you start praying that prayer, spiritual forces know you are ready for an acceleration in your evolution and a new focus in your life. When you make spiritual growth and all that comes with that your priority, you are in a different game altogether.

That is why you are here today, because you want more than just better things or a better life; you want Life (with a capital L), Truth (with a capital T), goodness, peace, and love, which are actually the way to a better life, but maybe not the life your ego had in mind.

Wanting what God wants for you, which is what we are suggesting you pray for, often requires surrendering what your ego wants, since these can be in conflict. You have only so much time and energy, and if you are putting your energy into getting what the ego wants, you may not have much left over for

what God wants for you.

The good news is that whatever God wants for you is ultimately what you want too, but you may not realize that. You may think that not following your ego's dreams will lead to disaster, when it is quite the opposite. You don't need your ego's dreams and drives. This is what is surrendered, as you drop into the unknown and discover through Life's unfolding exactly what Life wants for you.

So, pray this simple prayer, and it is all you need: "Give me what *you* want for me and help me surrender what I *think* I want. I am open, ready, and willing to receive whatever is in my highest good to receive. I wish to live for you and in alignment with all that is good and of love."

Thank you for being here today and being open to this message. We are with you always.

## 15: Repetition Is Both a Prison and a Key

Today, I'd like to underline the importance of repetition in programming, for both maintaining conditioned behaviors and establishing new ones. The brain is programmed through repetition, which is equally true for beliefs and behaviors. For instance, if you hear something or say something to yourself multiple times, that belief sticks in your brain. And if you stop believing something or stop repeating a behavior, that belief or behavior fades and loses its power until it is repeated again.

Your brain learns and unlearns beliefs and behaviors this way. Repetition teaches and trains your brain, and ceasing that repetition wipes out that training. This is obvious to anyone who plays a musical instrument. Repetition is how a piece is learned and maintained. When that repetition stops, the body-mind forgets that piece.

The point is that this is just how it is, and this must be accepted if you are to make changes. There is no magic wand you can wave to transform your conditioning and behaviors instantly. Repetition *is* the magic wand, but repetition takes time to do its work. Your body is a machine, and you must abide by its rules and limitations.

This *you* that is able to do this is the real you, since there is no one else here. The false self is false. Just like a billboard of yourself is not you, the false self only represents you, and it represents you falsely. It paints a picture of a you that doesn't even exist. The false self is an imaginary you.

There is only one master of your ship—the divine self—but that master gives itself over to false ideas at times until it sees the truth about them. You could say you are waking up to your own mastership, to seeing that you are the

master and not the victim of your misbeliefs and limiting programming. This *you* is the divine self waking up in you, within the character you are playing.

Your programming is limited largely because it was passed down to you from others, who received it from others and didn't question it or seek to change it. Your computer-brain was programmed with misinformation and limiting ideas by others whose computer-brains were similarly programmed.

So, how is this changed? First, you have to realize that the programming is flawed or inadequate. You have to realize there is a problem. That can take hundreds, if not thousands, of lifetimes. So, it is a blessing, indeed, to be able to see this now, in this lifetime. Only then, is there some chance of changing your programming.

Even so, change is not that easy because of what we just said about repetition—the old programming is deeply embedded through repetition and the new programming, not only requires repetition, but undoing the old programming. This explains why changing ideas—which seems like it shouldn't be even as difficult as moving furniture around a room—is much more difficult than changing physical reality.

The point is that there is no other way to make change except through repetition—like it or not. Of course, the programming is such that people don't like investigating their programming or the work involved in repeating even a beneficial behavior. The programming is programmed to continue, not self-destruct!

There has to be some will to overcome the programming, and where does that come from? Now we are touching into the not-so-hidden mystery of who you are. Who you are is hiding in plain sight. It gives you strength, it gives you wisdom, it gives you peace, clarity, insight, and the will to grow against all odds.

This will is love: the love of love, because ultimately the programming is the opposite of love. What undoes the programming is love—the will to go toward love and away from suffering.

This will within each of you is indomitable. It powers the universe, drives

the gears, and renders the false self impotent, although formidable enough. This will is given to you, but you must be aware of it. It is easy enough to overlook or be overpowered by simple inertia: the momentum of your programming. Often, both are going on simultaneously within you: the inertia of the path of least resistance and the will to change for the better. They are at odds within you.

But who is this *you*? Is there a you that is caught between the two? That's interesting isn't it? This is the you that is waking up. It is sleepy, and when the sleepiness dominates, you fall back to sleep, back into the path of least resistance, your programming. And when you are less sleepy, you (or something in you) rises up to make a change, to be a better self, to move toward greater love and harmony in your life.

This waking up and falling back to sleep happens over and over again until you stay awake longer and longer and you become more awake and stronger within that awakened state. Awakening is a very good metaphor for what is happening within you as you grow spiritually.

It is only natural that awakening would be like this rather than awakening instantly all at once and remaining awake. Awakening happens this way because your body-mind has to change, and the body-mind, as I said, isn't changed overnight but slowly over time through repetition.

Some of you are wondering how you might speed this process, which is where repetition comes in. You can reprogram your thoughts and behavior by repeating words of Truth or other types of phrases that neutralize your mistaken beliefs. And you can reprogram your behavior by practicing something other than what you are used to doing.

What you are most used to doing—the behavior that is most entrenched in every human being—is thinking about yourself and your life, joining with the voice in your head, as if it were your voice. This is the strongest of habits, and it is not easily broken. And it can only be broken by repeatedly practicing the opposite: not giving your attention to this voice, which means learning to give your attention to something else.

That something else is the here and now, which simply means the body and senses and also the more subtle realm—the sixth sense, you could say. There is nothing more to life than your body’s sensory experience of it, including its more subtle sensing of life. Your body-mind is a sensory mechanism. It is how and why you are able to experience this life.

You are Consciousness, but Consciousness needs a vehicle in order to experience life. Without a body-mind, there is no experience of this third dimension. This is obvious, of course. We aren’t telling you anything you don’t already know. However, knowing this and being in your body and senses in a way that will revolutionize your life is another thing.

You know that you need your body and senses; that is clear enough. But most people still orient toward the imaginary world of the false self, where that false sense of self is the center of the universe and there *is* such a thing as *me* and *my life*, when in reality—sensory reality—there is no such thing.

Your programming is such that most people live in a conceptual world. They live with one foot in reality and one foot in an imaginary world of their own making—except they don’t realize they are making it up! They are in their body and senses just enough to get by in the physical world, but their head is “in the clouds,” as they say.

To the extent that your head is in the clouds, you are dysfunctional and detached from reality—and you suffer. Some are so detached from reality that they are considered mentally ill, meaning they have lost touch with reality, with what is actually going on in the here and now outside of their imagination.

To a lesser extent, most people have also lost touch with reality, although that degree of disassociation is considered normal and how you are “supposed” to be. No one trains you or expects you to not be involved in your thoughts about *me*, *myself*, and *I*. People expect you to be thinking your thoughts and not fully in your body and senses. That’s considered normal.

But “normal” is not a happy place, which is why we need a revolution of consciousness, a different way of seeing things than the programmed way. The

programmed way doesn't work very well. It is dysfunctional, it is unhappy, it is stressful, and it is conflictual. It turns out that what is normal is not healthy, because it is like living a lie—the lie of the false self.

The Truth is in the here and now experience of life. It cannot be found in the mental world of the imagination. You will not find God there, only ideas about God. You can only find God in the here and now, which is the experience of your senses. I'm not saying that God is a sensory experience, but that being in your body and senses will take you to God in a way that being in your mind cannot.

Being in your body and senses is the first step to God. Your senses take you into your true self, which is God made manifest through you. Learn to be in your body and senses, and that will flower into experiencing what your *being* is experiencing in life—what God is experiencing through you. And God's experience of life is joy, love, and gratitude.

God manifests in you as the joy, love, and embracing and celebration of existence. When you feel that, you are touching God as completely as you can as a human being. God is the experience of love, the experience of rejoicing in life. This is the reward you get for moving away from the programming that keeps you going back to your inner imaginary world.

The experience of God, although it is an inner experience, is not a mental experience like your imagination. So, by all means go within to the subtle realm of experience that your being is having, which you get to by being in your body, but do not go inward to the mental realm. That will never take you where you want to go.

We want to speed you along your way, accelerate your journey toward greater happiness and freedom. If you want that too, then make that your prayer today and also practice, as you do in meditation, turning away from the voice in your head. Thank you for being here. Thank you for your openness. We are with you always.

## 16: The Mystery

The Truth is sometimes called the Mystery because the mind cannot grasp it or take you to it. Anything that the mind cannot grasp is a mystery—to the mind, that is. But there is something else here experiencing the Mystery for whom the Mystery is not a mystery at all but the most ordinary and simple state of being. You can experience that right now if you are very still. That is all that is required really—a still body and mind.

The Mystery is so ordinary that it is overlooked and underrated by the mind, which isn't interested in the ordinary, the simple, or the inexplicable. The mind was built for complexity, for labeling, pulling apart, examining, and evaluating the *things* of life. It was not built to understand what is behind all life. The mind is the wrong instrument for understanding life or even knowing how to be in life. The mind was designed to handle the objects of consciousness, not consciousness itself. Consciousness uses the mind, but the mind cannot understand or know Consciousness.

There is something else here that can know Consciousness. And that is, of course, Consciousness itself. Only Consciousness can know itself. Just as any tool, such as a hammer, cannot know itself, the mind cannot know itself. The mind is just a tool. Only the one using the tool can have knowledge of the tool, can know its true nature and know how to use it.

What if your tools believed that they knew what you should build better than you? That's the situation you find yourself in. The aspect of your mind that is the voice in your head believes it knows best how to “build” your life. It has taken on a life of its own. The voice in your head is like the broom in the “Sorcerer's Apprentice,” which Mickey Mouse magically causes to come to life

and do his bidding, but the broom keeps carrying water until the place floods. There is no wisdom inherent in the broom (or in Mickey Mouse!), and there is no wisdom inherent in the mind. Like all tools, the mind needs someone using the tool who is wise, someone who knows how to use it—or the mind can make a mess of things.

What a strange situation you find yourselves in, with a mind that tries to run your life, when it lacks the wisdom to do so! What's worse is that most people don't even know that their mind isn't wise enough to do this. The mind is such a good pretender: It pretends to have the answers. It sounds so certain. It sounds wise, even though it isn't. And if that doesn't work, it tries to get you to do its bidding through fear.

Such a clever fellow! Surely, there must be some intelligence and wisdom there. This is one reason the illusion is so convincing. It does seem like there is intelligence and wisdom behind the voice in your head. And even if there isn't, it seems like the mind's advice is the only advice available—that and advice from other people's minds. What else is there? Where else is there to turn?

What else is available isn't obvious to the mind, and if it isn't obvious, it might as well not exist. The mind overlooks the subtle realm in which the Mystery and the wisdom of the Mystery reside. The mind's world is the world of the physical senses, and outside of that, to the mind, nothing exists.

But that nothingness is the realm of the Mystery. It is where life springs from, where love and wisdom spring from. But what is love or wisdom to the mind? It cannot comprehend these, and so it doesn't value these. These are not what interest or propel the mind in life. The mind was built for survival, not love, not wisdom, although the mind is limited in its ability to support survival by its very lack of wisdom and love.

So, what we have is a mind that is built only for the most primitive fight or flight type of survival—survival of the fittest. The mind is an outdated computer. It needs to be reprogrammed with love and wisdom for your species to survive. But this is not how it works. The love and wisdom that are needed will never be

built into the mind. They are built into life instead, and the only problem is that the mind interferes with accessing the love and wisdom that are already there by focusing on other things that it values more, things it views as necessary for survival, such as being superior to others and having more.

What is needed is not a reprogramming of the mind, but a demotion of the mind to that of servant to what is greater than the mind—the Mystery: Life itself. What has given the mind life is what has the wisdom to guide life. As I said, how can a tool know how it should be used and for what purpose? Only that which made the tool and uses it can know that.

There is something great and deeply mysterious running your life and every other living thing—and it is the same force doing it all. It is one force creating life, driving life, and expressing itself in all life. What a miracle this is, so much so that your own mind cannot grasp what's going on beyond an intellectual understanding of it.

Fortunately, you have been given something that *can* grasp this, at least to a limited extent while you are in a human body: the Heart. The Heart is a link to your Source, to God, if you will—to the Oneness. It allows you to experience that there is something else here, behind life—something mysterious—guiding it and nurturing it, something unbelievably wise and loving.

The Heart belongs to the subtle realm, beyond the mind's reach or ability to know. And yet, you all know what I'm talking about, because you couldn't help but know, on some level, the truth about life. The truth about what to do, what to say, and how to move is being given to you in every moment. You may think you haven't been given an instruction manual for how to live, but you have!

However, it's like this manual has been written in another language, one your mind can't understand, one you have to tune in to, to understand. You have to use a different sense, a different ability (but one you have) to decipher the code of the Heart. You have to learn a new language, and you have to set aside the old one to some extent—not rely on it for advice about how to live your life. The mind never did know, and if you examine its past advice, it becomes clear

that its advice was not so great. Listening to the voice in your head brings you lots of lessons, but it doesn't bring you wisdom *or* happiness.

The Heart speaks silently—wordlessly—to you moment to moment. But like your car's GPS, if you are already moving in the direction it has suggested, then it doesn't need to continue to tell you to move in that direction. Only when it's time to change course, does it let you know it is time to adjust your actions.

One way the Heart is different from your car's GPS system is that the Heart has many more possible "routes" or choices available to it, which are all equally acceptable to the Heart. The Heart doesn't have a rigid plan for how you can fulfill your life plan. You can do this many, many different ways. The fact that you have such a guidance system doesn't mean there is only one route you can take. The Heart and circumstances present you with many possible options, and you get to choose. And like your car's GPS, once you choose that option, the Heart adjusts the "route" accordingly.

Your life and everyone else's is by no means predetermined. What fun would that be! You are designed to be unique individuals experiencing a unique life. The possibilities are endless for what you can experience, and this is all wonderful to the Oneness, which is enjoying every choice ever made—yes, every choice!

The Oneness enjoys the learning that comes from every choice. That is the enjoyment it has. The Oneness also enjoys the challenges provided by those choices, just as you might enjoy a good puzzle or problem to solve. This is the enjoyment of life that you, too, feel when you are not entranced by the mind, which has a very narrow definition of what brings enjoyment. The Oneness knows nothing but joy, in fact. That is its state and your natural state, and this joy is accessible to you in every moment. This joy is a gift to you from the Oneness.

The Mystery is known by its qualities, for it has no face, no body, no gender, no thoughts even. The Mystery is known by just this subtle joy and love that you feel deeply in moments when you drop out of your mind and into your

Heart. The Mystery has other qualities too, such as courage strength, peace, clarity, and acceptance. So, if you will all make this your prayer—to be in your Heart now and always, I will help you experience this more and more in your life. I wish you all joy and love today and always. Thank you for being here. I am with you always.

## 17: Other Dimensions

I want to talk a little about other dimensions. This may not seem relevant to awakening, but it is, and I will explain how. Other beings who are serving you by guiding you and arranging various events and opportunities on earth are doing so ultimately for your awakening. Everything is for your spiritual evolution, and the goal of your evolution is awakening and eventual enlightenment.

As you may realize, awakening and enlightenment are not the same, at least not as we are defining them here. Others may define these differently. Awakening is waking up out of identification with the ego and realizing yourself as something other than the false self, which most people believe they are. Awakening is not merely an intellectual understanding, however, but a realization, a shift in perspective. Awakening is the most dramatic shift of consciousness that a human being can experience. Just as going from the dream state to the waking state is a major shift of identity and perception, awakening to your true nature is another way of being and perceiving.

Waking up out of the ego usually happens gradually over time, as a person becomes accustomed to the awake state, or Presence, by experiencing it in meditation and while doing other very focused activities or even walking in nature. But as long as the ego remains at the center of consciousness, one cannot be deemed awakened.

This word, as we are using it, refers to a new way of being, where the ego is no longer at the center and the true self, or Self with a capital S, has taken its place, taken the reins, so to speak. You now see through the true self's eyes. The ego's eyes produced a false reality—an illusion—where you believed things

about life that were not true. Through the true self's eyes, your perception changes dramatically, as you look upon life with love and see its beauty and perfection. An awakening that doesn't include this sense of love and wonder is not a complete awakening.

People can awaken out of the ego but not land in love. Usually this is due to debris that remains: conditioning that interferes with a truer perception, like dirt on a lens. The true self is looking out at life, but the lens is still a bit dirty, obscured by remaining distorted beliefs.

And then, there is the very common experience of awakening out of the ego for a time and then falling back into the ego, where it takes the center once again. This can happen several times before the true self comes to the center and remains there. Until the true self remains at the center, except for brief moments of ego identification, the awakening is not complete. So, most are in a process of awakening, and this process can look quite different from one person to another.

Once the awake state is established and the true self is firmly at the center, a process of clearing away remaining conditioning is set in motion. Of course, this clearing of conditioning is happening all the time, but it happens at a particularly rapid rate for most after awakening. The lenses of perception must be purified. As this conditioning is cleared, you are able to experience what you realized at awakening more deeply and fully.

This process eventually leads, in the same lifetime or in another, to full enlightenment. Before this, you could say that one is becoming enlightened, but that would be true, of course, also before awakening.

Enlightenment is the endpoint for the soul in relation to the third dimension, but it is by no means the endpoint of your evolution. In third dimension, you are at the very beginning of your evolution as a spiritual being. Once you become enlightened, it will no longer be necessary for you to return to the third dimension. You have graduated from the physical plane and will not return again unless you choose to, to serve humanity on earth or to serve on some other third dimensional planet. I was one, for instance, who chose to return to earth to play

the role I played and bring the teachings I brought. There have been many such individuals, many more than you realize.

Once you graduate from the third dimension, there is much to learn about the fourth and fifth dimensions, where you will reside as a nonphysical being for eons of earthly time. There, you will learn to be a guide for people on earth or for other third dimensional beings until you graduate and move to the next dimension.

Every dimension guides and serves the dimensions “beneath” it. In this way, the work of creation is accomplished. We are all the hands, eyes, and mouths of God, so to speak, doing God’s work in God’s creation. All of these dimensions are part of the grand Illusion, as they are all taking place within the Oneness. However, those of us beyond the third dimension are able to experience the Oneness more truly than those in the third dimension.

We sense the Oneness intimately and we know what it wants. It is as if we were part of its brain—and we could be thought of as such. We are all part of one body, you could say, all part of the Oneness, operating as a whole, except some are more conscious of that than others. We, on other dimensions, are at one with the Oneness in a way that you do not yet experience, even those of you who are awakened or enlightened.

I can say that it is an indescribably beautiful experience and one you can look forward to. It is easy for us on this dimension to know that love is behind all life. Love is our ongoing experience, although there are nonphysical beings who still do not believe in love, but who live in fear and hunger for power. But that is another story. These are not beings who have ever incarnated on third dimension, but they do involve themselves with human beings and cause them great suffering.

My point in telling you about us and about other dimensions is to help you realize that you are not alone and that you are no different than we are. You are in a different grade, metaphorically speaking, and we have graduated that grade, and so we can be your teachers. But you are not less than us, just as a younger

child is not less than an older child or a grownup. The same essence is in everyone and everything. We see this more clearly than you do, but this will become clearer if it isn't already.

How can I say this in a way that will truly penetrate? It is my intention to convey to you that you are divine, not just divine creations. When you create, those creations are a reflection or expression of you or a product of your imagination. When God creates, those creations do not merely reflect God, nor are they mere products of God's imagination—they are God made manifest in form!

What a difference this is. The closest thing you have to creating in this way is having children. You could say, biologically at least, that your children are a manifestation of you. But as identified as you may be with your children, you would never say that they *are* you or you *are* them. But this is so with God: God *is* you, and you *are* God, although you are not the totality of God.

This is where the idea of creation as a hologram comes in. Every piece of a hologram contains the whole. That is what you are like: You are a piece, but you contain the whole. What a marvelous design this is! You are always connected to God—you are always God—and yet you have your own unique existence or part to play in the Whole. You are whole within yourselves and you are also a part within the Whole. You are both. You are both an individual *and* divine. The description of me as “the Son of God” expresses this quite nicely.

You are Sons or Daughters of God as well. You and I come from the Father, and we are all heirs to the Father's gifts and bounty. And eventually, the Sons and Daughters become the Father, or merge with the Father, as will also be the case someday. Everyone eventually returns home to the Oneness, merges into the Oneness from which they came. But that is an exceedingly long—and joyous—journey!

So, evolution is built into this hologram. The hologram—the Oneness—evolves, and all of creation evolves. The Oneness evolves as a result of the evolution of its creations. That is the plan, and if that isn't the plan, that is at

least what is happening—planned or not!

It is difficult to see the goodness, the perfection, the love behind it all in the third dimension, and that is as it is meant to be. Awakening gives you back the eyes that see the perfection. It returns you to your natural state, which was only temporarily lost, obscured by the machination that is the ego.

What fun it was to discover that it was all an illusion! What good news that is! Life is good after all. Once you discover this, you inevitably go out and teach this, share this from the rooftops. We are here to elevate you, to open your eyes to the Truth and to the bounty and love that is, in fact, right in front of you. Ask for this new perception, and it will be granted. I wish you all great peace and love. Thank you for being here. We are with you always.

## 18: Aliveness

Today I'd like to point you to your own aliveness. I think most of you probably know what I mean by this, because it is something you all experience and also something others have pointed to before.

The aliveness that I am speaking about belongs to the subtle, energetic realm. Although aliveness is subtle—more subtle than sensations—it is more real than thought, which is another realm altogether. Unlike thoughts, aliveness takes you into reality and into the experience of your true self. You could say that aliveness *is* your true self, since as a body-mind, the subtle sensation of aliveness is all you have to know your true self by.

You cannot know your true self with your mind. Only your body can experience the true self, because the body is what experiences reality, which is what is *actually* here and not just in your imagination. The mind explores what is not here and what does not actually exist: the past and the future and other concepts. But your body is a here-and-now sensing mechanism. And in truth, the only thing that exists in the here and now *is* your true self, or the Oneness. Everything belongs to the Oneness. Nothing is separate from it. Everything is a manifestation of the Oneness.

I have said before that your experience of the Oneness—the experience you are able to have through your body-mind—is limited. Your body-mind and, therefore, you can never wholly experience the Truth. You only experience the Truth as it is filtered through your body-mind, which has its limitations. Your body-mind is like a radio, which can only pick up certain frequencies. For instance, as you probably know, other animals have different and often more sensitive sensory mechanisms than you.

So, your ability to sense Oneness—the Truth—is limited by the instrument that your consciousness is associated with. So, you might say: “Aliveness *can't* be my true self. That can't be God. That's too ordinary.” And that would be the mind's take on it. The mind was designed to run from big roars and booms, not detect the delight of the true self as it lives your life through you. Nevertheless, aliveness is the experience you have of the true self—it is about all you have on a sensory level.

So, let us say a bit more about what we mean by aliveness. Here is where words fall short, but I will do my best. Aliveness is a good word, perhaps the best, because it captures both the truth that who you are is what is alive and also a sense of movement, however subtle. The movement of this aliveness is best described as a vibration. It is as if you are sensing the vibration of your cells as they go about their work or even the electrons in your body as they spin around the nucleus of each atom, like little solar systems.

You know from science that all matter is composed of vibrating particles moving in a vast space and that matter is not solid at all, but only appears to be. Everything is in motion, not just what you can observe, but all solid matter is in motion on a microscopic level. This motion is what creates the sense of aliveness, which you can actually feel if you tune in to your body.

Aliveness is not anything mysterious; aliveness is just subtle, but anyone can feel it. So, please don't imagine that aliveness is something so special that surely *you* couldn't know it, even if others can. We are not talking about a spiritual experience, but the most ordinary and common experience: your sense of being alive, which manifests in your body as a subtle vibration.

Stop for just a moment and see where you feel it. The vibration of aliveness can be felt throughout your body, but it is felt most easily in your face and hands. Do you feel it? If you say no, you are probably just overlooking it. Pay close attention. Listen, if you will, to your body. Be very quiet and look for the aliveness as if you were trying to hear a sound in the distance. Be in your body and experience the body just as it is, without any thoughts about it. And then,

there it is: aliveness! It has been there all along.

Tuning in to aliveness brings you into the body and into the here and now, where you can sense yourself as a divine being. You are the simple experience of being alive, of this aliveness. This aliveness is the underlying hum of your existence. It has always been there, like a sound in the background that you stop noticing after a while. If you begin to notice the aliveness more, it becomes more obvious, just as sound does when you give it your attention.

If you focus on this aliveness during your day, that will help you be more fully in your body. If you are fully in your body, you can't be lost in thoughts, because you can't be fully in your body *and* lost in your thoughts at the same time. You can be part way in your body and lost in thoughts, though. Focusing on aliveness will help you be more fully in your body.

If you want to awaken out of the illusory world created by thoughts, you have to be willing to be in your body, since that is the only alternative to thought. And, as I said, being only partly in your body is not good enough to awaken from the dream of the false self. You have to learn to fall in love with the simple sensory experience your body is having in the here and now, without thought. In other words, you have to learn to fall in love with life, with reality, which also means falling out of love to some extent with your fantasies and imaginations.

It's funny that being in your body and senses is something you have to practice or work at. The attraction to thought is very powerful and automatic in the human being. The virtual reality of the mind is very compelling. You have to unlearn the habit of getting lost in thought.

We are not talking about thinking when thinking is necessary, like when you are reading or learning or planning something. We are talking about the ceaseless chatter that goes through most people's minds. This chatter has the false self as the central character, along with thoughts about the false self's past and future and evaluations of its current experience. The false self is constantly thinking about itself!

But what is it that is noticing all this thinking, which is not known through

thought nor expresses itself through thought? That thought-less, genderless, nameless *you* exists here and now in the eternal present moment. It doesn't have a sense of being anything in particular, only a sense of being, of existing, and the joy and love that flow from that. To call it an "it" is very misleading.

The simple hum of aliveness is the experience of just being. It is not only felt in the body as vibratory aliveness, but also as a hum on a subtle auditory level. Your being is experienced as a subtle sound as well as a subtle sensation! When you are very quiet and when your environment is very quiet, you can hear that quiet hum. It is ongoing—always there. You can tune in to that anytime you want to become more anchored in the present moment. And you can tune in to that hum or tune in to the aliveness in your meditation to anchor you in your meditative state.

The aliveness and the hum are manifestations of your true self in the subtle realm. But, above all, you are consciousness. You are what is conscious, aware, and able to experience life. You are what is seeing, hearing, tasting, smelling, and feeling sensations. You are what is receiving guidance and downloads of intuitive knowings. You are what is feeling inspired and impelled to act in life in ways that bring joy and fulfillment. You are what is living life, taking it in, responding to it, and rejoicing in it. You are living as a character and focused through a body-mind, but you are neither the character nor the body-mind. You are life itself: life force, plain and simple.

You are the conscious, living force that animates the body-mind. Can you feel it? It would be impossible for you to *not* feel this, to not be aware of this, just as it would be impossible for a fish to not be aware of the water it swims in. Consciousness is the *only* thing that is here: consciousness manifesting as you and everything else. This force is all you have ever been and all you will ever be, just pretending to be someone for the fun of it.

Yes, God is in this for the fun. Life *is* fun! Can you feel it? The fun—the joy—of existence, of being able to be alive and experience all that you experience. Life is a gift. If you open to these transmissions, they will help you

be more in touch with this joy. We are here to help you know life as we know it, as joyful. We wish for you all love and happiness, and we are grateful for your presence here today. We are with you always.

## 19: Beyond Identities

Everyone has multiple identities: You are a son or daughter, perhaps a mother or father, an employee or a boss, or unemployed or self-employed. Identities are traded throughout your life, depending on your circumstances. All that an identity is, is a self-made, an idea about yourself. Whenever you describe yourself as something—short, smart, absent-minded, creative, playful, foolish—you take on an identity, even for just that moment.

Some identities are held throughout your lifetime. These are usually the ones established in early childhood. They can be the most limiting of all identities because they are the most believed and have the least flexibility around them. They are also the ones you are most attached to and, therefore, the most problematic. The funny (or not so funny) thing is that people are often most attached to the identities that cause them the most suffering. The identities that are most believed are often painful ones.

These and all your other identities need to be examined so that they don't continue to affect your life unconsciously. One of the difficulties with identities is that there are so many that it is difficult to see them all and examine them all. They pop up like weeds, and you have to keep pulling them, or seeing the falseness of them.

Identities, like all thoughts, are only a problem when they are believed and to the extent that they are believed. If you examine your identities, just as with other thoughts, you can discover their falseness. Once you do that, you are no longer at their mercy. Once you see that an idea is false, it loses its power over you.

However, you may have to see its falseness many times—not just once—

before an identity loses its momentum. Like all thoughts, all conditioning, identities have a certain momentum to them. So, even when you have seen through them, they will still arise for a while and still have some power to catch you up. But eventually, if you keep recognizing their falseness, they will stop arising.

What I mean by falseness is that none of your identities is the whole truth. For instance, you may be a father, but that isn't all you are. You have many more identities, and ultimately you aren't even those other identities. Or, there may be some truth in saying that you are fearful or unsure of yourself or however else you might describe yourself, but you are never this way in every moment. Such identities must be maintained by continually thinking of yourself that way. If you stop doing that for even a moment, you "become" something else, either another identity or you drop into your true self.

Your identity as a false self is very fluid, very unstable, because the false self depends on giving certain thoughts your attention and belief, and no one can maintain such attention indefinitely. Because your thoughts cannot be sustained, no identity can be sustained. Your thoughts and identities come and go, like masks you put on and take off, although some come and go more often. The false self is an illusion, based on nothing lasting or true.

What is lasting and true and what does not come and go is your true self, your true identity, you could say. Who you are is not based on thought and not known through thought. You are what is beyond all thoughts about yourself, beyond all identities. Your true self has no definition, no face, no self-image, although your mind might imagine one. That's how it pretends to know something it can never know.

The reason for talking about identities is to point you beyond them. It isn't enough to replace the negative images of yourself with positive ones. That is helpful—a step in the right direction—but that only gets you so far. Any and every identity is a source of suffering. You can suffer over a positive identity just as much as a negative one. Even the positive identities need to be seen through.

Let me explain.

All identities are high-maintenance, especially positive ones. They are difficult to maintain for reasons just mentioned: Ideas about yourself are constantly changing, depending on what is going on, and you have no control over this. If you have a positive identity, then you will be uncomfortable anytime that identity changes into its opposite, which it will. For instance, if you see yourself as doing everything well, then you have to work very hard to maintain that identity. In the end, you won't be able to, and then you suffer.

It hurts to not live up to a positive identity. This feels like a failure. So, those with positive identities are always struggling with perfection, when such perfection is quite impossible. No one can maintain a positive identity for long, before doubts and experiences challenge that. Then what are you? A failure? Identities swing between positive and negative, and there is no peace in that. There is no peace in the duality of the ego's world.

There is only peace in moving beyond duality, where you know yourself as neither good nor bad, positive nor negative. The only way to move beyond duality is to realize your true nature, which is at peace with however you are in any moment and holds no evaluation whatsoever, no labels, no expectations, and no blame. No one—no God—is expecting you to be perfect or to *be* any particular way. However you are is exactly the way you are meant to be—for now.

And, in truth, you can be no other way than the way you are right now, and then that will change. How you are is not really in your hands! The false self pretends that this is, that it can make you be a certain way, but the false self is not what determines anything. The *you* that thinks it can control how you are is made of mere imaginations.

And yet, you *do* evolve and learn and grow, and you do become wiser, but that is in spite of the false self. You are much more of a mystery than the thoughts you hold about yourself! You are an ever-changing and ever-unfolding mystery. And *you* aren't doing any of it. But something is, and it is doing

everything that has ever been done. Just relax in that knowing for a moment.

Acceptance underlies all of existence. Everything about you is accepted by that which is behind life, because you are not separate from life itself—and why would *that* not accept itself? What good would that do? What purpose would that serve? You are here to learn that same acceptance, as you play at being the false self.

Nonacceptance belongs to the realm of duality. You could say that acceptance belongs to duality as well, since acceptance and nonacceptance are two sides of the same coin. But since all we have to describe the Truth is language, which is inherently dualistic, we have to settle on some words, and one of the words that most closely describes the Truth is acceptance—with no opposite.

Another word for acceptance is love, of course. Acceptance is a quality of love. When you love, you naturally accept, and that is what God, if you will, or the force behind life *is*. It naturally loves creation, as it lives through creation. It enjoys it all, loves it all, embraces it all, without conditions. When you move beyond all identities, that is the territory you land in, and peace lies there, beyond duality.

Within duality, there is no peace. Therefore, any identity, which always has an opposite, cannot bring peace. When you are in the realm of duality, you are in the ego's realm, and the ego's realm is a place of always striving and never arriving. That could be a definition of Hell, don't you think?

In Greek mythology, as punishment, Sisyphus was tasked with eternally rolling a huge boulder up a mountain, only to have it roll back down just as it got to the top. That is a good metaphor for the egoic state of consciousness: You are never done, you can never rest, you never get there. You are destined to struggle, small and powerless in the face of it all.

It is a good thing this mythological story doesn't accurately reflect life, although life can feel like that to the ego—and it does. But that is not how life has to feel. Life is more like a game you choose to play for the fun of it, one you

can never lose, only enjoy—endless enjoyment and interest instead of endless difficulty and failure. Yes, life is difficult, but your soul loves the challenge and has the resources to overcome those difficulties. In the end—at the end of your lifetimes on earth and often throughout life—you are victorious and your efforts are rewarded.

To love life, you have to learn to take the failures with the successes, the struggles with the victories, the hate with the love, the sour with the sweet. Duality has it all, and God is loving it all through you. Can you feel God's love for it all? Can you? It is there amidst the complaints and disappointments and desires and dreams. How sweet that you have these as a human, and how much sweeter these are when you know yourself as divine.

Can you feel how lovingly and gently your divine self holds your human self? It so loves being human. Being human is such a brief experience in the scheme of things and all the more precious for that. Let yourself feel how deeply precious this human life is, how much your so-called failings are loved and compassionately held by the Divine within you and the Divine in everything. Love this life! Love it all. You are deeply cherished. Thank you for being here. We are with you always.

## 20: Growth

I'd like to say a little about growth today, since you are all in the midst of it and growth is one of the basic truths about life: Every living thing grows; every living thing evolves. You are probably familiar with the word *entropy*, which describes the natural decline and deterioration of matter that happens in the physical universe. Well, you could say there is also a law of growth: Living things cannot avoid evolving. They evolve physically and they evolve spiritually. For human beings, entropy is part of this growth, as decline of the physical form and loss of things and people in one's life are some of the most important catalysts of spiritual growth available in life.

In my teachings, I like to emphasize that growth is always happening, whether you realize it or not, and that growth is the reward for the challenges in life, including the deterioration of the body and ultimate death. The growth that comes from these difficulties is God's reward—your soul's reward—and it is enough. To the mind, the spiritual rewards for overcoming difficulties are not enough, because the mind, the ego, doesn't value what is gained and because, importantly, the ego *believes* that life *should* be easy and conform to its desires.

The ego opposes life as it is. The ego's outcry is: "Life should *not* be hard. Life shouldn't be this way." This belief is a source of great suffering. When you oppose life, you will always lose, because life is the way it is, and your wishing it to be otherwise only affects your state of consciousness, nothing else. Life is not designed to please your ego, but to please God.

Besides, a life that would please the ego, which is most people's idea of heaven, would not be that interesting. When you are no longer physical, you will try that out and discover for yourself that getting everything you want is not

actually very satisfying or interesting. Your idea of heaven is not actually heavenly, because you are like God: You love the unknown and you love testing yourself and learning and discovering new things. You actually love growth.

It's just that the voice in your head convinces you to feel differently about life: "That's bad! This is awful. I can't stand this." So, that is how you feel. Your feelings determine your experience of life. They color your experience of life, but the true self is experiencing life without all the false self's stories and feelings. Your true self is simply enjoying experiencing life, regardless of what that experience is. And when you are still, you can experience the true self rejoicing in every experience.

This is the goal of the spiritual path, to unhook yourself from the ego's perceptions and the feelings that follow from that so that "your" experience of life is that of your true self's, not the false self's. You are a divine being, and you eventually realize this by learning to overcome the suffering created by the false self. In your struggle to find true happiness and peace, you eventually discover the truth about life and the truth about yourself. That's growth!

All growth is geared toward the evolution of the soul. The soul is evolving in many ways, so this growth takes many different forms: You grow in wisdom, skill, talents, and many other capabilities. You grow in your ability to love and form relationships. You grow in your ability to withstand difficulties and solve problems. You grow in compassion, empathy, and sensitivity. You move away from wanting superficial and selfish things to wanting the Truth and what is best for all. You grow in all the ways that make you a better human being. This is really good news, especially since this growth is inevitable and ongoing.

Many people seem to not be growing. You may even feel that way about yourself at times, but that is impossible. People suffer because they resist the growth that is trying to come about (which *is* coming about), but that doesn't mean that growth isn't happening. If there is resistance to whatever is happening, then growth is probably happening more slowly than it needs to, but it is still happening. And the Grace in life is that the suffering caused by resisting life

often causes a breakthrough and shift to another state of consciousness.

Growth can be painful or easy, depending on your attitude and your willingness to accept the circumstances that are catalyzing that growth. So, you get to choose: painful growth or easy growth, but no growth is not an option. Life *will* have its way with you! As I said, growth is a law of life, and laws cannot be opposed without consequences.

Growth doesn't have to be painful. The ego makes it so because it says no to everything, especially to change. You are here to learn to say yes to life. When you do—when you trust what life brings and embrace it—everything changes. You become happier and more peaceful. You never had to be unhappy or distressed. It was always possible to be happy, but you had to discover the real culprit of your unhappiness, which is your thoughts about life, not life itself. Your thoughts make you unhappy, not life: your demands and expectations for life to be different than it is.

I want to be sure that you understand that this resistance to life, which causes so much pain, is not your fault. It is not your fault that you have expectations, demands, desires, and ways of looking at life that make you unhappy. Every single person looks at life from this same lens. When you are human, this way of seeing life is baked in the cake. Having an ego and seeing the world as the ego does is synonymous with being human. But you are also divine, thank goodness! Thanks to God.

Your divinity must come forward now. Your evolution must be accelerated. It is time for humanity to take a big leap in consciousness, because your very species is in peril if the majority of you remain in the current state of consciousness. You have seen the damage it has done, the difficulties it has caused in your relationships and within society—the greed, the selfishness, the lack of compassion, the hatred, and the prejudice.

Human beings were better able to live in such a world when it was less populated, but now your world is crowded and your resources are stressed, so how will you deal with each other with limited resources in such close quarters if

you remain in the egoic state of consciousness? Many other humanoid civilizations have reached this point and had to make dramatic changes to survive. Some survived and some didn't.

You are at a crossroads. It is unclear whether humanity in its current form will survive. We like to think it will, but even we are not sure of that. This is why transmissions are especially important. Transmissions are one of the ways we accelerate the spiritual evolution of a species. Although we transmit to people and to the earth to some extent even without human beings acting as conduits for us, having conduits is very helpful and more effective.

Your ability to be a conduit for us is increased by being in the state opposite the egoic state: by being peaceful, at ease, loving, and willing to serve others. Being willing to serve others is especially important. Whenever anyone has a sincere desire to serve others, to help others, we are there—we or others like us.

Please know that to be of service, all you need is a deep sincerity to serve and an ability to set aside your thoughts for a while, while you serve. This is what channels do, but you don't have to be a channel per se to serve as a channel for help and healing for others. Once you set aside your thoughts, your inner knowing can take over, and then you will be moved to say and do whatever is needed.

Anyone can do this who has enough sincerity and mastery over their thoughts to set them aside and just listen—listen to that “still, small voice within,” which is not a voice as much as a knowing and an impulse to speak and do. Let this knowing and impulse guide you in your actions and speech. Let it serve others through you. This is what the world needs now, more people with the intention and ability to be mouthpieces, arms, and legs for God, for those of us nonphysical beings who are dedicated to serving humanity at this time. Doing this will be very fulfilling for you.

To do this, you first have to believe that you can be of help this way, and you have to have some skill at moving into a state of quiet listening and then responding intuitively to what is wanting to be said and done. You all know how

to do this, and many of you are already doing this work. But you can do this more often and more effectively if you actively ask that this be done through you. Make this your prayer, to be an instrument of help and healing for others.

The reason it is important to ask to be an instrument is that we need permission to use you in such a direct way, for it is against our rules to use you as fully as we can without your permission and cooperation. In a sense, you are entering an agreement or partnership with us, and that has to be acknowledged by you. So, for those of you who work with others in your profession or less formally, please invite us or ask us to work through you before you begin working with them, and we will be able to help you serve those people better and more directly.

When servers or healers reach a certain level of ability to tune in to us and work with us, our work with them can accelerate, but we still need an acknowledgment of their desire for us to work through them. So, please be sure to call upon us when you serve others and at any other time that you would like our help. With your conscious cooperation, we can do so much more on earth. Thank you for being here. Thank you for your openness. We are with you always.

## **21: You Are Transmitting**

No matter what your state of consciousness is, you are transmitting. You transmit your state to others, and they receive it. So, you are also receivers. In this way, everyone affects everyone else. You are connected for good or for bad with everyone you come in contact with—and beyond. You are connected with all of humanity in this way. A great web of human thought and feeling is shared between you all.

There are ways you can improve the quality of what you transmit and protect yourself from the more negative emanations of others. That would be the goal, because these are related. If you are absorbing the negative emanations of others, it will be difficult for you to transmit more positive emanations, or vibrations. And the opposite is also true: If you are emanating negativity, it will be difficult for you to absorb positive emanations from others. Others may try to help you consciously or unconsciously, but you won't be able to make use of their help if your own emanations are strongly negative.

People get attached to their negativity, as odd as that sounds. They are attached to not changing their state even when their state is negative. It is the ego that wants to hold on to its beliefs even when those beliefs cause pain to itself and others. To change those beliefs would be seen as a defeat to the ego, and it doesn't like to lose! Egos will wallow in negativity rather than see things differently or allow others to help them. They may say they want help, but their subconscious mind rejects or sabotages that help. So, to make a change, the subconscious mind needs to be worked with.

Nonphysical beings, such as myself, work with people's subconscious minds to heal beliefs and help people grow. But we can only do so much without

more conscious participation. This is where prayer comes in, as I have often spoken about. Prayer is a conscious appeal for help, and that sets nonphysical forces free to do their healing work more effectively. Be sure to ask for this help. That call for help will be enough to overcome the ego's resistance to help. It is that simple really.

What isn't simple about this is acknowledging the need for help, which the ego often will not do. Or if it does, it says, "Yes, but..." to everything that is offered. It finds reasons for why that help won't work or excuses for being unwilling to do what is necessary to make a change in one's life. The ego is a tricky devil! It may seem to want to comply and seem very sincere—meanwhile, it has every excuse for why it can't do what it needs to do to be free and happy.

The ego plays the victim, and being a victim is a powerfully attractive identity for the ego. Egos like to be victims. Victimhood gets other people's attention and gives people an excuse to not live full lives, an excuse to not take risks, an excuse to not love, and an excuse to not grow or develop oneself. Being a victim is one of the ego's favorite identities. Professional helpers and others meet these self-styled victims all the time.

A soul may remain in the role of victim for many lifetimes before it breaks free from this identity, as others can only do so much to help such individuals. Usually, someone must realize that he or she is playing this role before becoming free of it.

Today, like never before, it is possible to heal and become free of limiting identities such as this. It is our intention to offer some tools for doing that. The first is prayer. The second is recognizing your responsibility in creating your own unhappiness. As long as you are blaming others or blaming events or blaming circumstances for your unhappiness, you will not be happy. You will go around and around in a loop: "I'm unhappy because of you" or "because of what happened" or "because of how things are" makes you unhappy and keeps the unhappiness going. Unless you see that such beliefs are the cause of your unhappiness, how are you to get out of this loop?

“I’m unhappy because of something I’m thinking” is the truth, and the truth will set you free. You must see the truth about your situation before you can be free of it. You see the truth by being willing to see the truth and then looking for the truth. Nonphysical helpers will help you gain insight into your situation if you ask for their help and then listen inside yourself for that insight. So, the second tool is: Accept responsibility for your unhappiness or any other negativity and ask for insight into healing that. Then listen inside yourself for that insight, that “Ah-ha.”

Taking responsibility for your unhappiness or for a negative feeling you have is not the same thing as blaming yourself for it. Blame belongs to the ego’s world, not to God’s. You are not to blame for the ignorance of your ego. The ego is not you. The ego is the mechanism that causes all suffering, and everyone has an ego.

See this truth and accept it, and you are well on your way to freedom from suffering. You are not at fault for your suffering. You simply have to understand the origin and nature of suffering to get beyond it, and there is something here that is capable of doing that. No one is without the inner wisdom and strength to do this, since those belong to your true nature.

The beauty of being willing to heal and grow is that this willingness brings you in touch with your true self. Suffering can be seen as a blessing once you recognize that suffering is what propels you toward the Truth, which it eventually does for everyone. Suffering is self-correcting: When you suffer, you want out of suffering, and you will find a way out—because there *is* a way out. How benevolent life is that *you* are the cause of your own suffering (not life) and that there is a way out! You don’t have to suffer, no matter how it seems.

The third tool is being open to receiving help and positive influences from others. You don’t have to do all the healing yourself. As soon as you open to receiving healing from others, healing arrives. The work you do on yourself of being willing to accept responsibility and being willing to heal is enough to open you to the positive emanations that are available to speed your healing, which

are available to everyone. These positive emanations are only lost on those who are closed to them, but who could open to them at any time. Once you open to the positive energy available to you from both human beings and nonphysical beings, your healing and growth can accelerate.

Most people are caught in blame, unhappiness, victimhood, and victimizing. But once you have seen enough of the Truth, which we are teaching, you move beyond that state of consciousness to a more open one and begin to drink in the beautiful energies that are available to everyone who is able to partake in them.

You are swimming in positive energies! They are being showered upon earth from other dimensions and pouring out from certain individuals on earth. You may not be aware of this when you encounter these individuals. All you know is that you feel better. Some people just make you feel better! Why is that? It is more than that they are nice or friendly. They are literally healing others with what is beyond nice, with the love of the Creator. They are expressing their divine selves in such a way that they are healing others in everything they do and say. By just being, they are healing others.

This is what you all can be and will be. This is the enlightened state, which you will all experience before you graduate this earthly plane in this lifetime or another. The more you want to experience this and be this in the world, the more quickly you can become this. The willingness, intention, and desire to serve the Divine in others in this way is key to becoming a servant of healing. If you focus on this willingness and intention, then these will strengthen in you, and your capacity to be that instrument of healing will strengthen.

You are meant to do this. No one is not worthy of doing this. It is ultimately what you came into incarnation to do, especially those of you here today who are obviously ready to live more in alignment with Truth and be all that you can be in the world today. So many of you are healers, whether you do that professionally or not. You are healers and helpers to those you touch each day. Know that this is valuable and important work.

Your state of consciousness matters because you *are* broadcasters. Know that it is your choice whether you broadcast love or something else. It is your choice. It is in your control. To the extent that you have mastery over your thoughts, you are in control of this. So, gain mastery over your thoughts through meditation or other spiritual practices.

The only thing that can cause you to broadcast negativity and block the positive energy available to you is believing a negative thought, and only you can change that. Only you can do the work that is necessary to heal yourself and transcend your ego and live from your divine self.

This is *your* work, but you have lots and lots of nonphysical helpers who will give their all in supporting you in being the best human being you can be. Go toward love and peace and you cannot go wrong. Please call upon us. It is our great honor to serve you. Thank you for being here. We are with you always.

## 22: Breathe

Your breath connects you with the spiritual dimension, the subtle world. The life force, or soul, comes into the body, and the body breathes, and a life begins. As the life force leaves the body, the breath leaves, and a life ends. Breath is this intimately connected with God, with the force behind all life. God breathes life into creation.

When you breathe, it is God breathing—literally. There is no one else here but God, although you pretend to be someone else. If you want to get in touch with God, with the subtle realm in which God resides, with your true nature, then pay attention to your breath. Just stop for a moment and notice that God is right here, right now, breathing. God is this close.

There is one other thing you can do with your breath to get close to God, and that is to change your breath in one way or another: make it deeper, slower, or even faster. When you alter your breath in any way, your state of consciousness changes for the better. The default is shallow, unaltered, automatic breathing. When you change how you breathe, your state of consciousness changes. There is only one other state you can be in besides the default state, and that is a more expanded state: your natural state.

There are really only two states of consciousness in the waking state: the contracted state of one's default, identification with the ego, or the more or less expanded state that is your natural state, where you are in touch with your true nature and its qualities, which is to say, the qualities of God: love, peace, wisdom, compassion, strength, and clarity, to name a few.

What a marvelous thing this is that you can change your state of consciousness by simply changing how you are breathing in a particular

moment. So simple! Such a gift that you are given. But you must make this choice, of course. You must know about this possibility and then you must be willing to choose it when you are upset, unhappy, or in some other way contracted.

Making this choice is not as easy as it sounds, for when you feel upset or contracted, your ego is often invested in continuing to feel this way, even though that state is unpleasant. The ego loves its misery! The truth is, which is easy enough to observe, the ego doesn't really want you to feel good. Feeling good is synonymous with being aligned with your true self and no longer identified with the ego. The ego pretends that it has your best interests at heart, but it is a conman. Fortunately, all you really have to do about a conman is realize it is a conman.

We are sometimes criticized for being uncharitable toward the ego, but that is hardly the same as being uncharitable to a person, since the ego is not an entity, it doesn't have feelings, and it is the source of all suffering. So, to pretend that the ego needs to be coddled or taken care of is to fall into its hands. We aren't saying you should get upset with the ego or fight with it; that would be the ego getting upset or fighting with itself. But you must recognize the adversary of your unhappiness and peace for what it is and not go along with it.

Yes, we will get into trouble, no doubt, for calling the ego an adversary, but it is best to regard it as such, although it, too, is a divine creation, and a clever one at that. "By their fruits you will know them." The ego's fruits are not good. So, even when it pretends to be your friend, it is not. It cons you in so many ways. It is important to see the truth about it. The ego is not your friend. It has nothing of value to offer you. It lies to you continually. It takes on various guises to fool you. What else would you call it but a conman?

Fortunately, the ego is only as powerful as you allow it to be. You are the one who decides whether to believe the voice in your head or not and whether to follow its advice. You may not always be aware enough of this voice to realize that you have been taken in by it, but you can become so aware of it that it no

longer affects your perceptions or choices. The capacity to be this aware of the voice in your head develops over time. It takes some time before you catch yourself *before* you have been taken in by it instead of later, but eventually, you will be able to be this aware.

One of the most important things you can do to become more aware of this voice is to meditate. Another thing is to simply make this intention: State your desire to be free from this voice so that both your subconscious mind and nonphysical beings know this. And finally, take a deep breath. Yes, just breathe. Breathing, as I said, changes your state of consciousness, and it can do that fairly rapidly without a lot of effort.

Stopping whatever you are doing or thinking and taking a few deep, slow breaths will create some space in that moment to choose something other than the default, which might be urging you to push or hurry even more, express your irritation or anger, or fall into despair or negativity. If you stay in the egoic state of consciousness long enough, it will take you down the rabbit hole of negative emotions. That is eventually where the voice in your head leads. It leads to feeling bad in some way.

You can avoid this eventual train wreck by jumping off the train before it gets out of control and jumps the tracks. You do this by just stopping. Stop whatever you are doing and thinking. That is easy enough, but it does take a desire and willingness to do that. Summon that will. Just stop, and the more often you make this choice, the easier it will become. Then stay stopped—pause—for a while. Do nothing but take some deep breaths. Give your full attention to your breath or count your breaths.

It is not only the focus of giving your full attention to your breath that changes your state, although that is part of it, but changing the breath itself changes your brain's state. Your consciousness is changed by giving a different order to your brain. When you slow your breath down or breathe more deeply, you are telling your body-mind: "All is well. There is no danger here. You can relax now." You have to get the body-mind on board, not just try to talk yourself

into a calmer state, which is often the tendency. You have to physically change your body-mind's state by changing your breathing.

The relaxed state is reflective of your natural state. The fight-or-flight state and any other state of tension is reflective of the egoic state. You can tell the degree to which you are aligned with the ego or your true self by how relaxed or tense you are. Learn to notice the state of your body. And when you notice it is tense, make a choice to relax your body-mind by stopping a moment and taking some slow, deep breaths.

Your body-mind is the vehicle of your soul. It has an instinctual, animal-like aspect to it, which causes it to react in primitive, non-social ways, in ways that damage relationships and cause harm to people and society. Humanity is in the process of evolving from behaving more primitively to behaving more rationally. This evolution is imperative now. It must happen more quickly. It is imperative that you overcome your more primitive tendencies.

When you are tense, unhappy, negative, or afraid, you are in your lower brain, the less evolved part of your brain. When you are relaxed, you gain access to your higher brain, the prefrontal cortex, which is the seat of rationality, compassion, and creative thinking. That is where you want to be all the time, unless your body actually needs to fight or flee for its life, which is so rarely the case in your current lives. Even in traffic or at other times when you feel you might be in danger, your prefrontal cortex will serve you much better than your more primitive brain.

Isn't it wonderful that you have been given such a handy means as changing your breathing for switching off your primitive brain and activating your best self? Now that you know this about your brain, your evolution can speed along more quickly. When you were ignorant of this, you were at the mercy of the more primitive side of yourself. But no longer. There is no excuse to not notice what is going on within your body-mind and make another choice.

Please do that more consciously now, and please utilize this wonderful tool—the breath—to help you shift your consciousness whenever you need to. Only

you can choose to do this. We will help remind you intuitively if you ask us, but ultimately, you have to choose against the default. That choosing becomes easier with every choice. Thank you for being here. We appreciate your willingness to grow and change and learn new things. We are with you always.

## 23: The Bible

I'd like to say a little about how I see the Bible and its accuracy and completeness in regard to its accounts of my life as Jesus. The Bible must be understood in context. The gospel accounts of my life were not recorded until long after I departed. Before the gospels were written, stories about what I said and did were passed down orally, and bits and pieces were informally recorded by various people.

In these accounts, much about my life and what I said was left out, removed, or forgotten, while fabricated stories and quotes were added, perhaps because they were misremembered or purposely embellished. The gospels were based on these collective memories, embellishments, and fabrications of the events of my life and written by individuals who were not actually present. As such, the story the gospels tell is inconsistent and unreliable.

Some of what I said was correctly preserved in the gospels, but so much more was incorrectly portrayed as to render the accounts nearly useless. Then those accounts were further adulterated by others at various times throughout history, taking them even farther from the truth. Then, of course, there is the issue of translations further distorting the little that was left of the truth.

When people do see Truth in the Bible, it is because they "have eyes to see." On some level, they already know the Truth, and so they can find it in places in the Bible. That Truth was already alive inside of them. However, those who do not "have eyes to see" have often misunderstood the words in the Bible and led others astray.

The accounts of miracles are accurate enough, as these things are possible at a certain point in one's spiritual evolution, but I did not rise from the dead. No

one has yet to be resurrected from the dead. Some did see me in my etheric body after I died, which explains the accounts of resurrection. But such visions are not uncommon for those close to the departed. To equate such visions with resurrection of the body is a gross misunderstanding.

So much of what was said about me was distorted in a similar way in an attempt to mythologize me and turn me into a god, which I was not. Human beings naturally want someone to look up to, someone more powerful than they are, who will tell them what to do and what to think, someone to give their power to, but that was the last thing I wanted. I did not want worldly power or even spiritual power. I want you to know your own power.

The idea that I was a god is possibly the worst distortion of all, as I was and am no more a god than you. Or to put it a better way: You are as much a god as me. We are the same: equals spiritually. We are not different. If anything, I came to show you *that*, not that I was somehow special or “the only Son of God.”

The idea that I was the one and only Son of God and that people could only come to God through me has caused incalculable harm, discord, and judgment—shame upon my name. And I would very much like to correct the record, which I have tried to do through other channels as well.

This particular idea is but one example of a distortion of something I said, manipulated by those who either didn’t know or were intent on building the “one, true church,” a decidedly egoic idea. There is no one, true church. How could a church, which is made up of people, represent the Truth?

The Truth is a living truth, and a church is a group of people, presumably un-Christed individuals, as Christed individuals have no need for a church. This is not to say that churches don’t serve or don’t do some good work, but please understand that I had nothing to do with establishing a church or creating the rules and dogma of any church. These were created by human beings who were not Christed, who did not understand my teachings, and who had an agenda of their own, including an agenda of power or that of promoting certain beliefs they held, for whatever reason.

Let me say this again: It was not my intention to create a religion, a church, or even a movement. That happened because people misunderstood my teachings. If they had understood them and applied them, they would have lived simple lives in peace, love, and harmony with all.

Having others spread my word, my teachings, was not my intention. How can someone who doesn't understand my teachings, who is not Christed, represent my teachings faithfully? And why would they try to spread teachings that were not theirs, that were not fully understood by them? It is ignorance to try to do so. And further ignorance and so much harm were the result.

But I understood that this would happen, and I accept that it could be no other way. But you should know that this would not be my way if I had had a say. This was not my wish. I didn't ask people to spread my teachings. I wanted people to discover the Truth within themselves that I had discovered and live accordingly. Then once they had discovered that, to share this with others *in their own unique way*, to share their own expression of the Truth. That's all.

The ego loves its beliefs because its beliefs make it feel superior to others. In the end, the ego wants to feel superior. It knows nothing about love. It used my teachings to feel superior to others, not to love others. And that was the basic problem. Egos use beliefs to separate themselves from others, to make themselves special, right, or superior and others inferior.

You see this in every religion. Those within a religion see themselves as right and superior to those who hold other beliefs, even if their religion doesn't openly teach or approve of this. This is not what I taught. How can religion, which at its core, judges and separates one person from another and from God, reflect what I taught? What could be more opposed to my teachings than judgment, conflict, and separation?

No, I did not come to establish a religion—far from it! I came to break down the barriers between people, to *show* them the Truth as best I could. But very few were ready for it. Very few understood.

Things are very different now. So many of you know the Truth in your

Hearts and are ready to live in alignment with that. The Truth is not a set of beliefs and rules. The Truth is a way of living, a way of being in the world. It is how you are and has nothing to do with what you think or believe. The Truth is beyond thoughts and beliefs.

What would I have you do with the Bible and the teachings therein? I would have you disregard those teachings and start anew. I would discard the teachings in the Bible, as I discarded the teachings of Judaism. Too much of what is in the Bible has been distorted, misunderstood, or incorrectly reported. Why put new wine into old wineskins?

My teachings are alive and well today in many teachers of today, not just channels of mine, but others who understand the Truth, which is universal and belongs to no religion. This is a time for Truth with a capital T. There is no time to sort through the old for the bits of Truth when so much Truth is being spoken today by emissaries of the Truth, who have come to earth specifically to share that Truth. The Truth they point to has nothing to do with beliefs, as I have said.

You are blessed to have so many walking on earth who have realized the Truth and live it and speak it, as I did. I was but one of so many over the centuries who have realized this Truth. Today, more individuals than ever before have realized it and will realize it, because that is what is needed now.

As for my teachings then and now, any idea or belief that is not of love, that separates one person from another, was not and is not part of my teachings, not part of the Truth. If you take one thing away from my previous teachings, let it be “Do unto others as you would have them do unto you.” I would also add the importance of forgiveness: Forgive yourself and others. These two things are what I came to teach. These two simple teachings, alone, will transform you, and in so doing, change the world.

I am here now to bring my teachings anew to those who are ready for them, although I was never not here. The way has been prepared for centuries now. It has taken this long for humanity to develop to the point where enough people are able to understand the Truth. It is still only a relative few who understand and

who will understand. But that is enough. We cannot wait for more people to be ready. A transformation of consciousness must take place now, before it is too late.

The time has come, the hour is late, and you must devote yourself to the Truth, which will open your Heart and bring the change that is needed. By the way, that truth is love: You are made of love and meant to live in love. The truth is whatever helps you know love and live with a peaceful heart. That is what I taught and what I teach today: Love yourself, love one another, love God. This will change your consciousness and your world.

It is not too late, but there is no time to dilly-dally, to wait for others to change. It is for you to change and make a difference. If you think this isn't possible or won't be enough, then you are merely adding to the problem. The world doesn't need more apathy or discouragement. It needs courage and people passionate for the Truth. Thank you for opening your Heart to us. Thank you for being here. We are with you always.

## 24: Forgiveness

One of my most important teachings in the past and today is forgiveness. It is the antidote to much of what ails individuals and society. So much of the suffering that human beings endure is of their own making and comes from clinging to the past or, more accurately, clinging to one's ideas and beliefs about the past and particularly the feelings that spring from these ideas and beliefs.

No one has ever actually succeeded in clinging to the past. The past is a mental construct. It doesn't have any reality. All the past is, is a memory of something that happened, and a memory isn't real. It has no substance and can't even be relied on to be consistent or true.

What good are memories then? That is a good question. Neither good nor bad memories serve in the present moment, which is to say, memories do not serve life. The present moment will always be better without your memories; life will always be better without them. Joy is inherent in every moment, but that subtle joy can easily be obscured by other feelings, ones produced by thoughts about the past and the future. Most negative feelings come from stories told about the past, and most fear comes from concerns about what might happen in some imagined future.

You may think you need your thoughts about the past and future, but you don't. One of the reasons you feel this way is that thinking is instilled with a sense of importance it doesn't warrant. I'm not talking about using the mind to solve problems, for that is what the mind was designed for, but using the mind to think about oneself in the past and future. If you look carefully, you will see that you even think about yourself in the present, which has nothing to do with the present moment, but only taints your experience of it.

You don't need to think yourself into existence this way! The false self is born from thoughts about yourself in the past, present, and future. That is all the false self is, and you don't need a false self. You can disregard the thoughts that arise concerning the past, the future, and even the present, and you will function very well without them. You don't need to think about yourself!

This is quite different from saying that you don't need to think, because you do need to use your intellect to read, evaluate, examine, design, plan, and create. But when you use your intellect this way, you are not thinking about yourself and your life in the past and future. You are not at the center of those thoughts; you are just thinking for practical purposes.

Who or what is it that thinks about this imaginary you in the past and future? That which does this has a perspective that includes things other than the imaginary you. But the imaginary you, itself, cannot and does not think. The real you is what uses the intellect to think about the imaginary you (the false self) or about other things. The real you is the only thing here with intelligence and the ability to use that intelligence.

What thinks, the true self or consciousness, can think itself into a place of suffering by dwelling on thoughts and disregarding other aspects of reality. Or it can be free of suffering by not getting lost in thoughts but, instead, taking in the larger reality that is life. The true self can get lost in thoughts about the false self, or it can just be and experience life just as it is.

Words fail us here a bit, because even when identification with the false self is happening, the true self is never fully lost in identification. This is how the duality within consciousness is created: The true self becomes the false self, while remaining unchanged by that experience and ever-present and ever-available even within that experience.

That's interesting isn't it? Your consciousness zooms in and becomes the false self or zooms out and becomes the true self depending on what it's focusing on. Consciousness gets more or less lost in the illusion of a false self. What consciousness is focused on determines your state of consciousness—whether

your state is contracted or expanded. And, importantly, what consciousness is focused on also determines your happiness. If you are focused on thoughts about the past, you are stuck in the false self for however long you are focused on those thoughts, and you are bound to be unhappy.

The point is, the false self is an imagination, a mere symbol of you: a cardboard character. The false self has no will and no thoughts of its own. It has no intelligence. It just seems to, because what does have will and the capacity to think—your true self—joins, or identifies with, the false self. Your true self becomes the false self, like putting on a costume. Your true self plays a role and forgets who it really is. But, as I said, while the true self is identified with the false self, the true self remains untouched by that identification.

What this has to do with forgiveness is this: There is nothing to forgive, since there is no past. It is gone. It is a mirage. The past has no existence and, therefore, no power except the existence and power you give it when you bring it into the present moment through thought. To free yourself from this tendency to give the past power by remembering it, it is often necessary to forgive the past, or you are likely to dwell on your memories and suffer.

Forgiveness of yourself and others in the past allows you to forget the past, to leave those memories behind and to live in the present moment. Forgiveness allows you to leave the false self behind and just be present as your true self. It frees you from identification with the stories that create the false self and hold it in place. It frees you from the illusion so that you can experience yourself more truly.

Bringing the past into the present doesn't serve. This may seem to be a survival strategy, since you do learn from the past, but whatever was learned from the past is already learned and doesn't need to be remembered or repeated in one's mind. Remembering an event isn't necessary for learning. The body-mind is constantly recording what it is learning, and that learning is available to the body-mind in any moment. The aspect of mind that brings the past into the future is not the rational part of the mind but the primitive part, and these

memories do not have a purpose, not for survival or otherwise.

In fact, going over traumatic or difficult events in your mind reactivates any wounds and tends to hold any wounding from the past in place. Remembering keeps the pain going and often delays the lesson that is meant to be learned from that experience.

Although you aren't in control of a memory arising, you can choose to not dwell on those thoughts. Like unwanted visitors who pretend to have a reason for visiting, thoughts about the past keep you from being more fully and more purely in your life.

Thoughts about the past take the joy out of life. Even happy memories take the joy out of the present moment. They make you feel sad that that time is no longer here, leaving you with a sense that something is missing or not good enough about the way things are right now. Thoughts about the past clutter the present moment, detracting from its beauty and fleeting perfection. You miss life as it is showing itself here and now because that experience is encumbered by unnecessary thoughts and the feelings created by those thoughts.

Forgiveness allows you to set those thoughts aside and just be present with the way life is showing up, without a judgment about whether that is good or bad. Memories, on the other hand, are never that simple. They are tainted with a sense of having been good or bad, because that is how the egoic mind sees things, in terms of good or bad. When you are present without your thoughts, however, life just *is*, and how it is, is always fine, always enough, always full and complete in its own unique and perfect way.

Thoughts—both about the past and the future—taint the present moment with a judgment of good or bad, with the mind's evaluation of life. A happy memory results in the feeling, "I liked that moment more than this one." While a painful memory, instead of evoking gratitude that that experience is no longer here, just brings the pain of the past into the present moment, spoiling it.

How strange it is that human beings do this to themselves. But this isn't conscious. I am pointing this out now to make this more conscious so that you

see that you don't have to ruin the present moment with sad memories, regrets, resentment, rage, or guilt, nor do you have to escape the present moment through happy memories.

Be happy now. You can simply choose to experience this moment now without any evaluations of good or bad. Experience it just as it is. It is what it is, and whatever it is, is enough. It is neither good nor bad but thinking makes it so. Do not make this moment good or bad. Just let it be, without any thoughts about it. Lose yourself (your false self) in it. Let all your thoughts go and just experience life, free of all thoughts, evaluations, and judgments.

You will find that you will also be free of all unpleasant emotions. Your evaluations of life create unpleasant emotions, and then you experience life as unpleasant. But life without your thoughts about it is far from unpleasant. Life just as it is, is a joy, an amazement, a wonder, a great gift. This is how you are meant to feel. These are the feelings of your natural state. These are your true feelings. They are a gift. You *are* this joy, wonder, and love of life. You *are* life just living itself as you.

Forgiveness is important simply because it helps you embrace life now without the baggage of the past. Leave the past to God. It is not for you to regret the past or hold grudges or feel whatever you might feel as a result of the past. Give those regrets, grudges, resentments, anger, and even your self-righteousness toward those who have wronged you to God so that you can be free of their burden and be in life in love and peace. Let the past go, give it to God, and be in peace now. Many of you have carried the burden of the past long enough. You can drop it now and be free and at peace. We wish you all love and peace. Thank you for being here. We are with you always.

## 25: Mercy

Mercy is not a word people use much these days, but mercy is at the core of my teachings. Mercy is related to forgiveness: People who have done something wrong often plead for mercy from those they have harmed. What does this mean? They are pleading for understanding, for empathy, for compassion, and for forgiveness. They are pleading, “Walk a mile in my moccasins.” They are saying: “I’m really no different from you. This could be you in my situation. I’m a human being just like you.”

There is great wisdom in realizing that you are not that different from each other. This was my meaning in saying, “Let him who is without sin cast the first stone.” Human beings are more similar than they are different. Human beings are deeply shaped by the ego, and the ego is not easily overcome. The ego is instinctual behavior and it is selfish behavior. If you follow it, and everyone does, you will hurt others, you will hurt yourself, and you will experience misery.

This is an important point and the saving grace of the ego: When you hurt others, you also hurt yourself. It is impossible for this to be otherwise. Those acting out of ego are hurting others, but they are also hurting as they are doing so. It hurts to hurt others. It hurts to be ego-identified.

Compassion flows from knowing this: “Father, forgive them, for they know not what they do.” They are caught, helpless in the face of their own ego, in the face of their own suffering. They are suffering, and so they cause suffering to others. They are ignorant, unaware of the possibility of behaving differently in their situation: “They know not.”

This is the human condition and the human dilemma, which religion has

certainly tried to remedy. But how can religion, which itself has not escaped the ego, hope to help its followers do so? How does the suffering end? What can be done?

It would be a tragedy, indeed, if there were no remedy, no alternative to the ego. You would fight and kill each other to the death. But you don't, because there is something else at your core, something more central to your nature than the ego. The ego is your default, but your true nature is more powerful than the ego, and your true nature is good. It is the goodness inside of you. It is what hurts when you hurt others.

Some people have learned to repress this hurt and disavow their goodness, but they can never really succeed. If their own goodness doesn't eventually get them to change their behavior, then the goodness of others undoubtedly will. Offenders need mercy. They need to be treated with kindness rather than harshness. Only kindness will heal their unkindness. Only kindness will get them in touch with their innate goodness.

Suffering and the ego go hand-in-hand, and this is humanity's saving grace. Suffering is the wakeup call that wakes people up to who they really are. Without suffering, there would be little motivation to change one's behavior, to stop doing the ego's bidding. But since people are programmed to avoid suffering and seek pleasure, or happiness, the fact that the ego causes suffering is bound to lead to its own demise. Suffering is ultimately the undoing of the ego, although it can take a great deal of suffering before people realize the cause of their suffering and the remedy.

That this is not so obvious is certainly humanity's cross to bear. Nevertheless, much is learned, which otherwise would not be learned, by those entrapped in the egoic state of consciousness. To have a human experience is to have the experience of an ego, and you are meant to have such an experience until you are done with that. The great, good fortune—the mercy in life—is that there comes a time when you are done needing to experience life as your ego experiences it.

Mercy is the recognition that every human being is flawed. But it is also the recognition that you are divine, that you are capable of *and* deserving of mercy. You are capable of and deserving of compassion and love. Yes, human beings can behave terribly, but it is equally true that they can behave with great courage, love, and compassion.

Within you, are both potentials. *Everyone* has both potentials within them. Mercy comes from the recognition that you are both self-serving *and* altruistic, that both exist within you and that these are continually at odds. No one is entirely lost to the ego, nor is anyone entirely divine in their actions. Either possibility is a potential in any moment in everyone. What will win out?

Your ability to control your egoic impulses strengthens as you evolve, but egoic impulses never fully disappear. They always exist in potential, and under stress or other challenging circumstances, the ego may still prevail even in the most evolved person.

Is this so surprising? Have you not seen this even in gurus and others who claim spiritual mastery? Stories of the failings of spiritual masters are more common than the opposite. There has yet to be a perfected human being. No one is a saint. Many strive for sainthood, but no one ever attains it. Then again, there are many on the spiritual path who are not even striving for sainthood. To them, that is a useless goal, nothing more than more conditioned beliefs about how people should behave.

Do morals matter at all? When you see so many spiritual masters behaving as dishonorably as they do, it would be easy to conclude that enlightenment has nothing to do with moral behavior and that perhaps the enlightened are beyond moral and immoral. It can feel that way to the enlightened. However, as long as you are operating within society, morality does matter, even for a guru. Morality is necessary within society. So, there are laws, rules, and moral standards, which for the most part, have served human beings.

There comes a time in your evolution when such rules are not needed to shape your behavior, since your own divine nature is shaping it, and that

behavior naturally conforms to most of society's laws and rules. This would describe the fully enlightened individual. However, those who are still highly influenced by the ego need laws, rules, and moral guidelines. Without them, their ego would be emboldened to do whatever it was inclined to do, and you would have a lawless and cruel world, much more cruel than the world you currently live in.

There are worlds like this, where the ego and self-interest rule, but these are not happy places. They are hell: a hell of the ego's own making. But even in these places, a light glimmers inside each person, however tiny that light might be, pointing to another possibility. That light, that spark of divinity, sometimes needs to be stoked and tended to, to brighten and become strong enough to stand up to the ego.

This is the gift of mercy. When you show mercy to another, you are saying: "I see your light even if you don't know your own light. And I want to nourish and support that light by acknowledging it and loving that light within you and forgiving your darkness. I see you as the light and not the darkness. I know who you really are."

This is what we and other nonphysical beings do for you. This is our stance toward you. We know who you are and who you can be. Like any good teacher, we are here to nurture what is strong, courageous, good, and wise within you. And this is how you must be toward others who are not as wise as you, who do not experience their goodness to the extent that you experience yours. This is your job once you have discovered your own goodness, once you have discovered the Truth—your true nature.

Many of you have come to earth to be this flame of love that will ignite and make stronger the light within others. We are here to support you in this, to fan and tend to your flame. Fire is a good metaphor, because fire spreads, and fire, like love, can spread fast.

You are our beloveds. If you only knew how much love and care we feel for you and for your planet! We have limitless mercy for you. We are nourished and

supported in this way as well by those beyond us.

Mercy is the way, as mercy is love and forgiveness. Give this mercy to others, as we have given it to you. Forgive and let go of your differences, your conflicts, and your judgments. You do not need them. It only hurts to hold on to them. Mercy is a place of great peace and happiness. As you give it to others, you give yourself this greatest of all gifts: peace and love. Be kind, be understanding, be gracious, as that is what you are receiving on high. Thank you for being open to this message. We are with you always.

## **26: Enlightenment**

I would like to say a bit about enlightenment, since there is so little understanding about it and so many misunderstandings. Enlightenment, as I am using this term, refers to the endpoint of one's evolution on the physical plane, the third dimension. There are no stages of enlightenment; you are either enlightened or not. If you are enlightened, that means this is your last lifetime on the physical plane. You have learned all your lessons and graduated the "school" you have been attending, and you will not be required to return.

There is no such thing as an enlightenment experience. Enlightenment is not an experience, but a state of completion for the human being. As such, it is nearly impossible for you or anyone else to know whether you or someone else is enlightened, and this is not really for you to know. Unless you are able to assess one's karma, you cannot know whether someone is enlightened or not. You cannot know if they have completed their lessons.

Someone may appear enlightened, as you imagine that to be: full of light and free. But if tendencies remain within the human personality to be attached to wealth, power, or some other worldly desire, or if there is any tendency to abuse one's power or act in ways that go against love, that person could not be said to be enlightened. That person has not learned all of his or her lessons. The human personality doesn't have to be perfect, but the soul has to complete all of its lessons. There is a set curriculum each soul must complete before moving on.

Since enlightenment is relatively rare, it is best to assume that someone is not enlightened. This doesn't mean that the spiritual teachers you know and respect might not be or become enlightened by the end of their lifetime, but from your vantage point as a human being, this is very difficult to assess, even for a

guru or teacher.

Many a guru and his or her followers have mistakenly assumed that a guru was enlightened just because he or she is a guru or because he or she says so. However, feeling enlightened and free doesn't necessarily mean one is enlightened. Experiences of great freedom are possible without enlightenment. Many spiritual teachers and others feel very free, so they might assume they are enlightened. Or they may have had very profound experiences and assume this.

But, speaking from our vantage point, we must clarify that one's subjective feeling of freedom is not a measure of one's enlightenment. Unless one's behavior has reached a point where one is no longer creating karma and one has resolved all previous karma, then one is not yet enlightened. And how could you know that unless you were in touch with those on other dimensions who do know that? To assume that you know this because you are enlightened is circular reasoning and a bit dangerous.

The problem we see with many spiritual teachers and gurus is that they feel so free that they assume they must be enlightened and that, therefore, whatever they do can no longer create karma. They assume that they are already off the Wheel of Karma and that whatever they do is the Divine working through them. It often does feel this way, and this can be true to a large extent.

But, as I have said before, it must never be assumed that the ego is vanquished. That is what the ego would have you believe. If you believe your ego is vanquished, then it can sneak back into the driver's seat, even if only momentarily. One of the ways it does this is through the sense of completion and perfection that many feel as a result of their spiritual progress: "I feel so complete. Therefore, I am complete. Therefore, I'm infallible, because there is no 'I' that could make a mistake. Therefore, whatever I do must be the Divine working through me."

You can see how dangerous this line of reasoning is once you realize that it is the ego making these assumptions. The ego assumes it is infallible. That this happens should not be surprising. Your spiritual myths have touted the perfection

of enlightened beings. Gurus are treated as if they can do no wrong. There is a long tradition of reverence and deference toward gurus and other spiritual teachers, which includes unquestioning obedience to their authority.

This blind obedience has not served the guru tradition, as so many gurus have fallen prey to abusing their power, while their followers accept such abuse as part of the teaching. Let me be clear: Abuse of power is not a teaching tool. It is not acceptable behavior in anyone, and certainly not in a spiritual teacher, no matter how true this behavior may seem to the guru. Abuse of power, even low-level abuse, will surely create karma for the guru or spiritual teacher.

Gurus are not above creating karma for themselves. In fact, the more power you have, the more harm you can cause and the more karma you can create. So, gurus have often found themselves in a position of having to return to a body in another lifetime and try again to do it right, without abusing their power. Some have had to return many times in the role of guru before they learned the proper use of their spiritual power.

To assume that someone is enlightened just because he or she is a guru would be a mistake. Being a guru or spiritual teacher is often not the last lifetime for a soul, since this role offers many of its own lessons, which need to be learned and completed before moving on.

The last lifetime for many souls is often a very simple, reclusive one, with little of anything that looks like power or fame. Having power or fame is very challenging for human beings, and not necessarily less so for those who are spiritually evolved. Unless a guru or spiritual teacher has experienced power and fame and learned from them in other lifetimes, he or she is likely to have quite a ride the first time around as a spiritual teacher or guru. This helps explain some of what you see in the spiritual marketplace.

Enlightenment means that you have completed your lessons on this plane. You have learned what you needed to learn. Karma is the great teacher. If you still have something to learn, then Karma will design circumstances that will teach this. Given this, it is safe to assume that those nearing enlightenment are

likely to have somewhat easier lives, since they no longer have a need for extraordinary lessons.

This doesn't mean that everything goes perfectly for them, however. Those who are nearing enlightenment still have to experience aging, illness, loss, and death, like everyone else. But they will not face difficulties of their own making, ones created by poor choices, nor are they likely to be put in challenging situations that they didn't consciously choose. They might very well choose to involve themselves in a challenge that is fulfilling and meaningful to them. That is more than likely, as service runs strong in the veins of those who are spiritually advanced.

Service to others is a hallmark of those who are spiritually advanced. "By their fruits, you will know them." This is a good guideline for assessing a spiritual teacher or guru. You can still gain from teachers who are less evolved and still oriented toward getting something for themselves from their role. But generally speaking, look to those who have put the Truth above all else and who have your best interests at heart rather than their own.

All good teachers exemplify generosity, kindness, patience, humility, and dedication to the Truth. It hardly matters how spiritually advanced a teacher is if he or she doesn't have these qualities. Character matters. Character has always mattered in life, and this is no less true after awakening. These qualities are mostly the result of refinement and clearing of the human vehicle of conditioning and egoic habits and to a lesser extent the result of spiritual progress.

If any of these qualities are absent, then that teacher still has some learning to do. But that is fine. Everyone is traveling their path as best they know how. Everyone is learning, and everyone is teaching through their behavior. Even those who abuse their power are teachers for those who need to learn to not accept abuse. However, it bears emphasizing that just because someone can learn from abuse doesn't mean that abuse is a valid teaching device. There is no justification for abuse. There is plenty of abuse available in life for one's lessons

from undeveloped souls without the need for a guru to deliver it. Nevertheless, it is good to realize that anything and everything can be learned from.

And finally, there are two lines of growth occurring in the process leading up to enlightenment, which proceed independently and at their own pace. The first line of growth involves the divine self awakening to itself. It remembers itself through a spiritual process that includes spiritual gifts, spiritual experiences, and altered states of consciousness. The second line of growth involves the completion of the lessons around being human.

These two processes are not always in sync, and when the spiritual process gets ahead of the human process, the ego can become involved in the spiritual process and disrupt and corrupt it to one extent or another. The human shortcomings and lessons intermingle with the spiritual unfolding in a way that can sully the potential purity of the spiritual process.

To lessen the likelihood of this, spiritual traditions have emphasized moral behavior and practices that develop and strengthen one's capacity for behaving more purely, as if one is enlightened. Although there is value in acting enlightened—in faking it until you make it—this can result in a phony spirituality, one still dominated by the ego, but an ego that sounds and acts more spiritual.

Ah, the traps you can find yourself falling into on the path toward enlightenment. But it is all good, all perfectly designed to teach you and bring you Home. All this messiness provides each individual with an entirely unique experience of the spiritual path and makes life interesting! We appreciate your willingness to accept the messiness and mystery of it all and to understand yourselves more deeply. Thank you for being here. We are with you always.

## 27: A Message to Leave You With

I am in your Hearts always. If there is one thing I wish to leave you with, it is to know the ever-present reality of love, for love is the greatest gift of all. I am but one manifestation of love, but you are equally this love and so is everyone and everything else. I cannot say this more plainly. Love is all there is, and yet this remains a deep mystery.

Love is behind all life, and I hope I have made this more clear and more real for you with my presence and my words. It is my deepest wish that you know the love we have for you and the love the Creator has for you. This is the Truth. It is the deepest and most profound truth, and yet it is a very simple truth, because love is really quite simple.

Love is the foundation of all life. It is already known to you. It is already in your Heart. You only have to give it your attention. I hope that I have succeeded in showing you this. Please continue to call upon me for any love, support, or wisdom you may need, and it will be given. I *am* available to you. I *am* and you *are* this love. Peace be to all!

## **Afterword:**

### **Frequently Asked Questions**

### **About these Channeled Books**

Many are curious about how my channeled books by Jesus are written, so I'll say a little about that. I receive the books from Jesus in the same way that Helen Schucman received *A Course in Miracles*, which is also said to be dictated by Jesus. Many others have also received their writings this way, including St. Teresa of Avila, St. Hildegard de Bingen, Richard Bach, and Neale Donald Walsch. This method of receiving information is called conscious channeling. It's a process of hearing words mentally and writing them down as they are heard, without any thought. I can receive this communication anywhere. I don't need to be in a meditative or trance state. All that's necessary is that I don't think.

When I'm receiving this dictation, it's as if Jesus is sitting in a chair next to me speaking the words, except that those words are heard mentally. I can ask questions during this dictation and receive answers, but the process works best when my own mind is completely set aside. Then the flow happens smoothly and rapidly and without interruption until a particular stopping place is reached.

When I'm writing a book, I usually write 700-1500 words each morning and then go over that later the same day, adding necessary punctuation and paragraphing. The words require very little editing, nor do I change anything in the organization of the book. The books are given to me without me knowing what the book will include, although I'm given a table of contents.

Writing this way is a little like driving blind, in that I don't know what's coming next, although I might have an intuitive sense of it. It takes continual

trust that the book will come together, which it always does. I couldn't have written these books by myself. My books are my teachers, and I am privileged to share them.

Many also wonder how I came to be a channel for Jesus, so I'll share a little about that too. I didn't ask for or necessarily desire to be a channel for Jesus, and I had no idea my work would take this turn. Life is full of surprises! However, in 2012, a spiritual shift and deepening happened, and I became aware of a profound connection to the Christian lineage that went back many lifetimes for me. That year, in the fall, Mother Mary appeared to me. I saw her and spoke with her. She said she would like me to write a small book for her and that Jesus would also be in contact soon.

Subsequently, I began having inner experiences of Mother Mary, Jesus, and a circle of twenty-six other Ascended Masters, who appeared to me in my mind's eye and spoke to me in words I could clearly hear in my mind. The reason they gave me for appearing at that time is that I had reached a point in my growth and in my life when I would be working more closely with them. Here are a few of the inner experiences I had in 2013 with Mother Mary and Jesus, which I recorded in my spiritual log:

*“Jesus’s face materialized, just for a few seconds, and he began to talk with me. I saw this in my mind’s eye and I heard his words inside my head. Jesus said that he and various Ascended Masters were behind my work and that I’d prepared for this role as a channel for eons. He said they are healing the world through the words I and others write and that words are especially powerful today because they can reach so many people. When Jesus spoke, I could feel how huge he is as a spiritual being. He is one of the main guardians of this planet. He has explained to me that he is available to all who are devoted to him and to anyone who calls upon him.”*

On another occasion, I recorded this:

*“I felt and saw in my mind’s eye a circle of beings around me who were Ascended Masters. They looked like a circle of light-beings. Although they were indistinct figures, a sense of sacredness and holiness permeated the gathering. They were conveying intuitively to me a sense of celebration, like a birthday. There was a flame above each of their heads and above mine, as I stood in the center of the circle. The scene looked a little like a birthday cake, and I wondered if the candles on birthday cakes symbolized a new birth or new phase, as this seemed to. I was told that it was an initiation. After a few moments, they began to leave, one by one, and only one remained. It was Jesus. He said, ‘Welcome, my beloved child,’ and held out his arms. ‘You are part of this circle now. You have arrived at your destination. We will always be with you. You will receive training soon.’”*

It was later explained to me that the training Jesus was speaking about was in being an instrument of his teachings and a transmitter for Christ Consciousness, and that this training would happen while I was asleep and at other times.

And on another day, this is what I wrote:

*“In my meditation, I felt moved to call on Mother Mary. She appeared to me and said: ‘Blessed One, I have a blessing for you and a rose.’ I then saw, in my mind’s eye, her hand me a red rose. ‘The rose is a symbol of love and connection with all and with me. When you see a rose, think of me,’ she said. The blessing she gave me felt like molasses moving slowly down my body from head to toe.”*

Later, I learned from a religious scholar that the rose in Christianity is like the lotus in Hinduism and that Mary is often seen with roses. Roses were part of the miracle performed by the Virgin of Guadalupe, and Mother Mary is often

depicted with roses at her feet. Furthermore, a rose is often depicted at the center of the cross. On another occasion, Mary placed a wreath of roses on my head and called me her child and said she would be there to greet and embrace me at the end of my life. It felt very heavenly and like I had always known her.

There is a purity in the experience of these beings and in their communication. They are loving, accepting, and very respectful of our free will. I see them inwardly, feel them, and hear them with distinct voices and energies. I've been channeling since 1986, so I have experience with the various beings in other dimensions, including the false ones, which I talked about in my [batgap.com](http://batgap.com) interview, which you can listen to on my website.

When I first started working with Jesus, I asked him if I should acknowledge him as the author, being somewhat concerned about what people might think about claiming this. He said I was free to choose not to do these books, but if I chose to, he wanted people to know that these were his words. He wanted people to have a direct and personal experience of him. I see now that having these books be in his voice has made them more powerful than if they had been in my voice.

I was concerned not only about seeming grandiose in claiming Jesus as the author of these books, but also about the negative associations many “spiritual but not religious” people have with Christianity and religion in general in its emphasis on guilt, fear, and judgment. But it is these very distortions of the teachings of Jesus and the wounds they've caused that Jesus now wishes to correct and heal through the books we are writing together.

I'm so happy now to share his words. These books have been my teachers, and I am humbled and blessed to be their servant. That is how I feel anyway. Writing these books has been a “choiceless choice.”

Another question I'm often asked is: “How do you know it's Jesus?” It might seem outrageous to claim that I channel Jesus, since he is such a prominent figure for this world, but Jesus is in touch with many, many people, although not as many can actually speak with him. He has told me that he is

available to everyone who is devoted to him and his message. He is very involved with people and with the transformation of consciousness on this planet, along with many other Ascended Masters.

Here's another point, which you might find interesting. Lower astral entities who toy with channels do so to get power in their realm by telling people what to do. They are con men and may pretend to be higher beings, such as Jesus or Buddha, but interacting with them won't result in anything of value.

On the other hand, higher entities, such as Jesus and the being I channeled for twenty-three years before Jesus, who gracefully fell into the background in 2012, operate according to higher laws and rules. They cannot misrepresent themselves and they never harm, control, or tell people what to do, and they rarely provide personal information about the future. They teach and heal and work through channels to teach and heal. They are supportive and loving, but they never manipulate you or pump up your ego.

Lower entities simply could not nor would they write a book like the ones I'm bringing through, although they could regurgitate a few phrases of perennial wisdom they gathered along the way if that would facilitate their con. Writing a book wouldn't be fun for them, and it's too lengthy a project. But more importantly, they aren't wise enough to do this. So, when an entire book comes through that is consistently wise and said to be from Jesus, then it is Jesus, because those capable of such wisdom wouldn't misrepresent themselves: "By their fruits, you will know them."

As an aside, any differences in the many books written that are said to be from Jesus are likely due to differences in the channels' backgrounds and vocabularies. Channels are instruments, and those instruments affect what comes through and how clearly it comes through.

I happily and gratefully share these words from Jesus and my relationship with him with you because it has so enriched me, and I can only hope that it will do the same for you. So, there you have it!

The books dictated by Jesus as of 2018 are *The Jesus Trilogy*, *A Heroic Life*, *All Grace*, *In the World but Not of It*, and a series of audiobooks called *Jesus Speaking*.

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## About the Author

**Gina Lake** is a nondual spiritual teacher and the author of over twenty books about awakening to one's true nature. She is also a gifted intuitive and channel with a master's degree in Counseling Psychology and over twenty-five years' experience supporting people in their spiritual growth. In 2012, Jesus began dictating books through her. These teachings from Jesus are based on universal truth, not on any religion. Her website offers information about her books and online course, a free ebook, a blog, and audio and video recordings:

<http://www.RadicalHappiness.com>

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**Stay in touch with Gina:** Gina writes about awakening and true nature on her blog, [Radical Happiness Blog](#). Please stop by for a visit, or you can reach her on [Twitter](#), like her on [Facebook](#), or send an email using her website's [contact form](#).

## Books by Gina Lake

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***All Grace: New Teachings from Jesus on the Truth About Life.*** Grace is the mysterious and unseen movement of God upon creation, which is motivated by love and indistinct from love. *All Grace* was given to Gina Lake by Jesus and represents his wisdom and understanding of life. It is about the magnificent and incomprehensible force behind life, which created life, sustains it, and operates

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