

*"I am but one manifestation of love,
but you are equally this love."*

J E S U S

Speaking

*On Embodying
Christ Consciousness*

gina lake

CHANNELED TEACHINGS

JESUS SPEAKING

On Embodying Christ Consciousness

GINA LAKE

Endless Satsang Foundation

<http://www.RadicalHappiness.com>

Cover photo: © KenCanning/iStockPhoto.com

Copyright © 2018 by Gina Lake

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping, or by any information storage retrieval system without the written permission of the publisher except in the case of brief quotations embodied in critical articles and reviews.

To the Christ in everyone.

Contents

[Preface](#)

[Chapter 1: Christ Consciousness](#)

[Chapter 2: Behave As If You Are Enlightened](#)

[Chapter 3: Awareness Heals](#)

[Chapter 4: Resistance to Life](#)

[Chapter 5: Being Kind](#)

[Chapter 6: Surfing the Waves](#)

[Chapter 7: Everything Is Sacred](#)

[Chapter 8: Being Good](#)

[Chapter 9: The Art of Living](#)

[Chapter 10: Home](#)

[Chapter 11: Seeing Beauty Everywhere](#)

[Chapter 12: Stillness](#)

[Chapter 13: The Goal of the Spiritual Path](#)

[Chapter 14: Freedom](#)

[Chapter 15: It Is All God](#)

[Chapter 16: Acceptance](#)

[Chapter 17: Honesty](#)

[Chapter 18: Ending Illusions](#)

[Chapter 19: Working with Emotions](#)

[Chapter 20: The Kingdom of Heaven](#)

[Chapter 21: Hell Is Not a Place](#)

[Chapter 22: Inspiration](#)

[Chapter 23: The Truth Will Set You Free](#)

[Chapter 24: Surrender Knowing](#)

[Chapter 25: Giving](#)

[Chapter 26: The Education of the Soul](#)

[Chapter 27: A Message to Leave You With](#)

[Afterword: About the Channeled Books by Jesus](#)
[About the Author](#)

Preface

In this channeled book, Jesus speaks to us from another dimension to awaken Christ Consciousness within us. Christ Consciousness refers to enlightenment or the realization of our oneness with all and our inherent divinity, exemplified by Jesus Christ. Jesus lived what he taught, and he taught from a higher state of consciousness, one free of ego. Jesus was an example of what we all can be, a model of what is possible for every human being.

His message two thousand years ago and now is that we, too, can be Christed—enlightened—as he was, and many are living proof of this today. Many are awakening to their true nature, and enlightenment is the culmination, or endpoint, of that process of awakening. The messages in this book show us how we can become more Christ-like and live as he did.

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

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 spiritual evolution 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 personal and intimately directed toward you, the reader, than in some of my other books. This book is in a voice that is meant to be listened to, not just read. The audiobook is available on Audible.com, iTunes.com, and my website, RadicalHappiness.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 come to know Christ Consciousness and embody it more fully as a result of these messages.

Gina Lake, November 2018

Chapter 1

Christ Consciousness

Greetings! This is the one you have known as Jesus the Christ. The most important message I have for you, which was also my message two thousand years ago, although it was not understood then, is that I am no different than you. The Christ that I am, you are too. You have the potential to be a Christ. I am not the one and only son of God. Each of you is a son or daughter of God—equal to me. The only difference between us is that I have realized my God-nature more than you have realized yours. But the same God-nature is in both of us and everyone who has ever been alive.

The potential to be a conduit and expression of God in human form is what I am referring to when I use the term “Christ Consciousness.” It refers to the consciousness of Christ—the consciousness I represented as Jesus Christ—which is alive within each of you, although dormant in many.

When we talk about awakening, we are talking about awakening the Christ within—awakening your divine, Christ-like nature, which has never actually been asleep, but only in the background, while the false self, or ego, has been allowed to dominate. What has allowed this, of course, could only be the divine self, as it plays hide and seek with itself in this human life.

Christ is not a particular individual, but a state of consciousness: the enlightened state. A Christed-one, or “anointed one,” as is often how “Christ” is defined, is an enlightened human being. They called me Jesus Christ because I was enlightened, but many more before and after me have also been enlightened, as it is every soul’s destiny to become enlightened.

There is nothing special about the enlightened state. This may seem like blasphemy, since enlightenment is something every spiritually-oriented person strives desperately for. To say that Christ is within you is to speak the greatest truth and a simple one: the enlightened state of consciousness is already here in

each and every one of you. It just hasn't been fully actualized. This actualization has its own wise timing, and you are not in control of that timing, except that you can resist this actualization and, therefore, slow it down. But a certain readiness must be arrived at on the part of the soul before the awakening process is set in motion, and you are not in control of that.

The good news is that if you are aware of the phenomenon of awakening and you have a desire to awaken, there's a very good chance that awakening is not far off. The seed of longing to awaken eventually bears fruit in this lifetime or the next, and anything that you do to support that matters and speeds your evolution along.

So, please don't assume that awakening is for everyone else but you, especially when awakening is far more possible today than ever before. That is an assumption that will not serve you well. Assume that you can awaken, for indeed you will. And—importantly—you can awaken right now in this moment by simply being fully here in your body and senses instead of lost in thought. As I said, the enlightened state is not special, because it is right here.

Enlightenment is the full experience of here and now, without referral to your thoughts or feelings about it. When you experience this, you discover how very ordinary it is to just be here without all the thoughts and ideas your mind brings into life. You know this state because you were in a similar state as a child before you had words for things and before your sense of self had developed. You also experience it, if only briefly, several times a day. You already know Christ Consciousness. It is also called Presence.

If you imagine that Christ Consciousness is something extraordinary and mystical, you will miss it. It's not a state that comes and goes, like a spiritual experience or an altered state of consciousness. It is your natural state, the underlying hum of your existence, where love, peace, and wisdom flow from.

In your best moments, you know what Christ Consciousness is. You just don't know how to function in the world as that, but that is what becoming an enlightened human being is all about. It is about embodying Christ

Consciousness, as I did, although even I did that imperfectly, since perfection is not possible while human.

You are meant to embody Christ Consciousness, as I did, which means living as love and peace in your interactions with the world. This doesn't mean that you never have a human emotion, but that you don't let these emotions dominate or determine your actions in the world. Emotions may arise and will undoubtedly arise at times even when you have reached or nearly reached enlightenment, but you will rarely act them out and certainly not for long before you return to Christ Consciousness—to abiding in peace and love.

Christ Consciousness is known by love, peace, compassion, acceptance, wisdom, discernment, clarity, integrity, strength, courage, faith, trust, kindness, inclusiveness, and goodness. All of these are signs of Christ Consciousness, and the absence of these qualities is a sign of not being in Christ Consciousness, which can only mean that you are in egoic consciousness. Christ Consciousness is attainable for anyone, even if only for a second or a few moments. The nearly enlightened or enlightened or Christed person, however, is someone who abides in that state for much, if not most, of the time.

Christ Consciousness is cultivated by behaving as a Christed human, which is always a choice. Anyone can choose to be loving and kind instead of unkind or indifferent to another. The more you choose to behave as a Christed human, the more the state of Christ Consciousness opens up to you and becomes the state from which you live. Behaving as a Christed human being is the bridge to becoming a Christed human being. Religious traditions have served people well by encouraging them to behave in such ways.

If you think you can become enlightened without behaving enlightened first, you have mistaken what enlightenment is. A person can have an enlightenment *experience*, but that doesn't make that person enlightened. To know Oneness through an experience is one thing; to embody that realization and be done with one's karma, which is what enlightenment is, is quite another. If someone's behavior doesn't reflect that realization, then that person isn't

enlightened, no matter how enlightened that person may feel or believe himself or herself to be. You are not in your last earthly lifetime—you are not fully enlightened—until this realization is embodied, which can take several lifetimes.

Please don't let this talk of many lifetimes discourage you. That is what the ego would do with it, and you must not fall prey to that. Awakening, which can happen in this lifetime, is the most momentous experience of all in the soul's journey. What happens after that is joyous and felt to be a gift—all Grace. Awakening is the end of suffering, so what is the hurry to leave earth behind? After awakening, you relish life and relish serving life, while you continue to be refined spiritually.

While you can't do anything to make awakening happen, you can be awake in this moment or in any other moment by choosing to align with the qualities of your divine nature, your Christ nature. When you pay close attention to the thoughts in your head, you see that they do not have the qualities of your divine nature behind them. Those thoughts are driven by fear, a sense of lack, and the need to be superior to others, not love and peace. Your natural state is one of love and peace, and those are available by being very simple—by letting go of thoughts, especially fears, worries, and judgments, and just being here in this moment, stripped of all sense of yourself.

In this simple moment, what *is*, is all there is, with no one experiencing what is—just simple experiencing of the moment without any self-referencing, without referring back to a sense of “I” and how “I” feel about the moment. What you lose when you lose your sense of “I” is your evaluation of life.

When I suggest that you simply be in the moment, I mean be here without your evaluations and desires for the moment to be other than the way it is. The “I” is always discontent, always pushing for things to be different, always running away from the present moment into the past and future. When you stop doing that and just stay in your present moment experience, you land in Christ Consciousness, where there is nothing but love and peace.

Another way to think of Christ Consciousness is as your inherent goodness.

The reason I'm so deeply loved by so many is that I represent the love that people so honor and crave. Why do they honor and crave love? Because it is built into them to honor and crave love. Love is your Homing device.

The problem with worshiping the love that is in me is that you may overlook the love that is in you. This love—this goodness—that you see in me is the same goodness that is in each of you. Notice the goodness in you—look for it. Notice how good you are or how good you wish to be, love this goodness, and express it in the world as much as possible and as best you can, and you will become a light in the world. This is your destiny, to become a light. Please feel free to call upon us to help you recognize and align with your innate goodness, and it will be done.

Thank you for being here. I am with you always.

Chapter 2

Behave As If You Are Enlightened

I would like to say something today about the instruction I gave in the last message to behave as if you are enlightened as a way of cultivating Christ Consciousness. This advice might have surprised you, since it might seem like I'm suggesting you be inauthentic and pretend to feel other than the way you do.

What is authenticity, anyway? Is it authentic to rant and rave when you don't like something? Or is it authentic to restrain yourself from such expressions? I'm not suggesting you pretend to feel other than the way you do, that you act happy, for instance, when you feel unhappy, although that is not bad advice. I'm suggesting you realize that "your" feelings are the feelings of your egoic self, not your authentic, true self.

Your feelings do not represent your authentic self but the egoic self, the false self, the primitive side of humanity. So much lip service is given to "honoring" feelings, but what are you honoring when you do that? Your feelings come from the primitive side of yourself. As such, they must be accepted as part of your humanity, but they don't need to be honored. Your feelings don't deserve your respect.

This is a misunderstanding on the part of so many, including psychotherapists, who think they are doing their clients a favor by teaching them to honor their feelings, while ignoring the strong, courageous, patient, rational side of themselves—their true self—which does deserve honoring. Let us encourage people to find their strength, courage, integrity, kindness, patience, and rationality, not encourage people to express their feelings.

Expressing feelings reinforces them and reinforces the stories that uphold those feelings and keeps people identified with the false self. Expressing and acting out feelings keeps people stuck in the past and divorced from what is truly honorable within themselves.

The only “honorable” way to relate to your feelings is to see them for what they are and treat them accordingly. Feelings must be dealt with in the same way you would deal with an out-of-control child. Like children, feelings need acknowledgment, acceptance, and nonindulgence. Feelings need to be sat with, understood, and neither pushed away and rejected nor acted out. This primitive side of humanity is best dealt with by not giving it your attention or doing what the feelings bid you to do. The wise parent gives the unruly child the needed hug and understanding but does not indulge the child’s bad behavior, which would only reinforce it.

I cannot say this enough. It seems that not enough is being said about this by others for this to be clear. Your feelings stem from the ego. They don’t serve you. They don’t serve your relationships. They don’t serve humanity. Feelings need to be acknowledged, understood, accepted, and mastered so that they do not drive your behavior or speech.

Expressing your feelings and acting them out is not being authentic; it is identifying with and indulging your basest instincts. So, what does being authentic look like? It might look like enlightened action or speech, which would be kind, accepting, harmonious, and in the flow. It might also be steadfast, persevering, strong, or courageous. Or it might be someone saying, “I’m doing my best with the anger I’m feeling, but I’m really struggling with it.” This is being honest about your state, and such authentic communication about one’s feelings puts everyone at ease rather than at war.

This would be the test of whether your communications are coming from your authentic self or from the ego: Do they put you and others at ease? If they don’t, they are probably coming from the ego, the inauthentic, false self. This is a good and simple guideline for your speech and actions: How do you feel after you’ve said or done something? The answer to this isn’t a feeling in the conventional sense—an emotion—but a sense of your energy: Is it open and relaxed or contracted and tight?

Check with your body, and it will tell you whether you are aligned with

your authentic self or the ego. In every moment, your body registers this. Learn to notice how your body feels as you interact with others, move about your day, and think certain thoughts. This is your innate guidance system letting you know if you are aligned with Christ Consciousness or not. Let this sense of contraction or relaxation, not your emotions, guide your actions and speech.

The instruction to behave as if you are enlightened as a way of cultivating Christ Consciousness is a very practical instruction. Just as thoughts have an effect on the body, the body behaving a certain way affects one's mental state. If you modify or ignore your thoughts, your behavior will change; and if you change your behavior, your mental state will change accordingly. In fact, if you try to change your thoughts without also changing your behavior, you aren't likely to be that successful. The body needs to act in alignment with any new, positive thoughts or these thoughts won't have much of an impact.

Smiling is an excellent example. If you don't feel happy, then even if you think happy thoughts, you may not feel any different. But if those thoughts are accompanied by a smile, some deep breaths, a spring in your step, and a friendly hello to others, your state is much more likely to shift. In fact, it's been shown that smiling, alone, changes your brain state, as does breathing deeply. Choosing to behave in certain ways makes creating and maintaining a positive state of mind much easier. That is one of the benefits of behaving as if you are enlightened.

But this instruction is more powerful than that. When you behave as if you are enlightened and you become more positive as a result, you stop being at the mercy of the ego. Behaving as if you are enlightened makes you feel good—about yourself and in general. Being good feels good! Whatever you do that makes you feel good is very important for your well-being.

The egoic state could be summed up as a state where you don't feel good about yourself and you seek ways, usually ineffective ones, for feeling better about yourself. Trying to feel good about yourself becomes a driving force, shaping your life and interactions with others. This is the life of the ego. Living

in such a self-centered way is highly unsatisfying and contributes to the problem of not feeling good. You will never feel good for long if you are focused on yourself.

On the other hand, when you behave as if you are enlightened, you feel good about yourself, and you are no longer caught in this trap. You are freed to continue to do things that make you feel good, not just good about yourself, but good in general.

Behaving as if you are enlightened—being good—results in feeling good, and that is the power behind behaving as if you are enlightened. “Faking it” results in “making it.” “Faking it” is how you get from one state of consciousness to another. This is one of the secrets to spiritual transformation.

The behaviors I am talking about imitating are ones that an enlightened person would naturally express and engage in: acceptance, kindness, gentleness, patience, attentiveness, compassion, gratitude, loving everything just as it is, rejoicing in being alive, and joyfully doing what needs to be done.

To be clear, I’m not suggesting you pretend to be enlightened when you are caught in your ego. I’m talking about changing your *behavior*, not imagining you are enlightened or taking on a pretend role of “the enlightened one.” Don’t pretend to be good—*do* good.

Find ways to express your goodness in the world. Be happy, be loving, and express that happiness and love. Do what fosters peace and love within you and others. That’s how to behave as if you are enlightened. Or act as you imagine I would act. You all know in your Heart what enlightened behavior is. It is the most loving behavior that can come out of any moment.

The ego will use the instruction to behave as if you are enlightened to pretend to be superior to others, which doesn’t actually feel good, although it does feel good to the ego. But if you check in your body, pretending that you are more enlightened than someone else is a place of contraction and tension, because it is a place of judgment.

Whenever you separate yourself from others in this way, you suffer,

because you are not meant to hurt yourself and others this way. Suffering is God's way of telling you that you are out of alignment in your thinking or behavior—that you have missed the mark. That is the meaning of “sin.” It means that you have missed the mark.

Pretending you are enlightened, which is just a fantasy, doesn't take you to enlightenment, so you have to be careful with this instruction to behave as if you are enlightened. If what you are thinking or how you are behaving doesn't lead to you feeling good, open, kind, and relaxed, then examine your thoughts and choose to behave differently.

Thank you for being here. Thank you for being open to this teaching. I am with you always.

Chapter 3

Awareness Heals

I will say a little about healing today, since healing is ongoing whether you are aware of it or not and so very important in your spiritual growth. Healing is built into life. You are constantly healing. You are constantly evolving. You are also constantly, at least potentially, being wounded or having your negative conditioning reinforced. Nevertheless, healing is a constant companion on the spiritual path and in everyone's life. What is special about the spiritual path is that healing can often be accelerated, as more awareness is brought to what needs to be healed and to the healing process naturally occurring within you.

Life is kind. Life is compassionate. Goodness is behind life, and this goodness wishes the best for you, so it brings you everything you need, including healing, in the midst of the inarguably difficult circumstances of this human life. In saying that goodness is behind life, I am by no means denying that life is hard. I am only underlining the fact that life is also abundantly supportive, wise, and knows exactly what you need to heal and evolve from the difficult position you find yourselves in as human beings.

Life is designed to be challenging, but these challenges are designed to evolve you. This means that you are always given the resources you need—both inner and outer—to overcome the difficulties you face. But—and here's the caveat—you must choose to utilize the resources you are given, or your evolution will be slower than it needs to be.

Today, I want to talk with you about your most valuable resource: awareness. This may not sound like much, or it may sound too ordinary and simple to be important, but I assure you that it is the key to your evolution. Spiritual progress is, in fact, determined and defined by the amount of awareness you have. Although you all have an equal amount, not everyone uses awareness equally. As you progress on the spiritual path, your capacity to be aware

increases and, therefore, your capacity to heal your conditioning. This, in turn, further accelerates your evolution.

You could say that being entrenched in the egoic state of consciousness is a lack of awareness. You are aware of only a small slice of life—primarily, the mental, emotional, and sensory realms. You think, you feel, and you sense. You may ask, “What else is there?” but what is most important—most real—about life is beyond thinking, feeling, and sensing. What is most real is Awareness, itself, and what it experiences on extrasensory levels.

All the false self is aware of—all that is real to it—are thoughts, feelings, and sensations. That is its world. But life—reality—also includes what is beyond these, what is experiencing these, and what is moving in life. What animates, experiences, and moves in life is, for lack of a better term, the life force expressing as you as a human being. This life force is what is experiencing life and aware of life.

This life force is often simply called Awareness, as if it were an entity or a thing, but it is more like a verb: an experiencing of life. It is boundaryless all-encompassing, ever-present, awaring experiencing that is working through you and every other living thing. This Awareness that you are is the same Awareness in everything—experiencing everything from different vantage points but not separated by any boundaries defined by flesh or anything else.

Awakening and enlightenment are about realizing that you are what is aware of and experiencing “your” life. To the degree that you realize this, you are free of suffering. What causes you to suffer are the lies the voice in your head puts forth, which you automatically believe. The voice in your head tells you lies, or half-truths, which are quite useless but seem true. As long as you are involved in the egoic mind’s half-truths, you will suffer. There is no getting around this, really. You can’t have your thoughts about yourself and freedom from suffering. Thoughts about yourself, including your beliefs, opinions, and the feelings that come from them, are the source of your suffering.

To progress on the spiritual path, what needs to be surrendered are these

thoughts, beliefs, opinions, egoic desires, fears, doubts, and fantasies, which belong to the ego. If you are not willing to surrender them yet, that's fine, but it is time to tell you the truth so that those of you who are ready to progress know what the price of freedom is. It is nothing less than giving up your thoughts about yourself: all of the beliefs and ideas that create the false self.

How do you do this, you may ask. It's not enough to say, "Okay, I'm ready to surrender my thoughts. Take them from me." You have to choose this. You have to surrender them. You do this by turning away from them and choosing, instead, to be aware of your thoughts. You make this simple shift from being involved with your thoughts to simply noticing them and then not touching them. Instead of being lost in your thoughts, you give your attention—your awareness—to whatever you are experiencing in the here and now.

Thoughts are inherently not here-and-now. They are about the past, about the future, and *about* the present. Thoughts put you at a distance from your immediate here-and-now experience. They buffer you from reality and color and distort your experience of reality.

Bringing awareness to your thoughts and feelings puts you at a distance from them and brings you back in touch with reality, because Awareness *is* reality. When you join with Awareness, you join with reality. What is real in any moment is what doesn't come and go, as the great sage Ramana Maharshi so wisely said. The only thing that doesn't come and go is Awareness. When you align with that, you will be free from suffering.

Awareness is also what heals all the mistaken beliefs, half-truths, and negative feelings inherent in the human condition. When you bring awareness to these, they lose their power to fool you, to pull you into their false reality. Awareness is really the only thing that heals, because it is the only thing beyond the false reality. How can something within the false reality heal it? Only something beyond it can. Whenever anything is healed, awareness is involved.

When I say "awareness," I'm not referring to insight or understanding, although those can arise within the space of Awareness whenever the light of

Awareness shines on something. The Awareness that I am speaking about contains insight, wisdom, and understanding, but it also contains love, acceptance, and compassion, which, above all, are the ingredients of healing.

Awareness heals because Awareness is love. Love heals, and the reason it heals is that it is of God, of your true nature. You are not meant to suffer, and when you align with your divine nature, you do not suffer. Love and suffering cannot coexist. You suffer because you blame, judge, feel guilty, doubt, fear, desire, and experience all manner of human emotions. In the state of love, none of these exists.

You can have your negative feelings, your longings for the past, your fantasies of the future, your grudges and resentments *or* you can have love and acceptance, but you can't have both. These represent two distinct states of consciousness. As soon as you shift into love, all negativity and suffering are instantly healed for as long as you remain aligned with love. Healing is a shift from one state to another: from the egoic state to your true nature.

So, how do you move from one state to the other, from discontentment, fear, hatred and rejection of life to love and acceptance? You simply shift your attention from thoughts and feelings to the here and now. Shifting your attention to your actual experience of the here and now, which is primarily a sensory experience, will bring you out of your egoic mind and potentially into Presence, or Awareness, *if you stay in your body and senses long enough.*

That last part is the key. People find staying in the present moment challenging because the voice in their head beckons them back into the world of thoughts and feelings, the world of the false self. And yet, a shift of attention is all that is needed. It's just that this shift of attention needs to become stabilized in the here and now. Although keeping your attention on the here and now doesn't come naturally, since your brain's default is to be lost in your thoughts, you can learn to do this, and this is learned in meditation.

Once you can maintain your attention in the here and now and have developed some capacity to observe or notice your thoughts, then the

conditioning that drives those thoughts can be healed, first by being able to see that those thoughts are not true or only partly true and then by simply accepting that those thoughts arise and fall as part of the human condition. You don't—and can't—get rid of the voice in your head, but that voice will lose its power to grab you the more you simply notice your thoughts without buying in to them. Eventually, those thoughts won't arise as frequently or as strongly.

This is all there is to healing conditioning, but the trick is learning to stay in Presence long enough to be able to bring that Presence, or Awareness, to your thoughts and feelings. When you are present to thoughts and feelings, they relax, just as you relax when someone accepts you and lets you be as you are. This is the definition of love, isn't it? Love is letting someone be as he or she is without judging, rejecting, or arguing. You can do the same with your thoughts and feelings.

Love heals, and it heals this simply. When what is arising in the present moment is a thought or a feeling, then love that. Love it from the place of Awareness, of being aware of it and allowing it to be there until it relaxes and moves on. This way of being is not really that hard. Anyone can do it. Everyone has this capacity to be with and accept a thought or feeling enough to see it for what it is, let it be, and let it go.

Thank you for being open to this message. Thank you for being here. I am with you always.

Chapter 4

Resistance to Life

You are built to resist life. The mechanism that creates this resistance is the ego. Although the ego seems like a thing, it is really just programming. Part of this programming is to resist life, to reject life. “I don’t like...” and “I don’t want...” are common expressions of the ego, which reflect this resistance. It’s good to be aware of these simple statements, because whenever they appear, it is the false self, or ego, your negative programming, speaking them.

People tend to think of the ego as necessary, and this is true of the aspect of the ego that gives you a sense of individuality. Many of the survival instincts, which sometimes serve, are also part of the ego. But beyond that, the ego could be described as negative and limiting programming you don’t need, which you are meant to overcome. That aspect of the ego is the dragon that must be slain to achieve the freedom and happiness that is possible. It is the challenge to be overcome as a human being.

This is a very dense planet. Of course, the planet, itself, is not dense but the consciousness of humanity, which is governed by this very negative ego. The ego creates the density, the suffering, and the conflict that are part of your lives. Without this programming, your world would be experienced as indescribably beautiful, wondrous, and the great gift that it surely is.

The density is within you—within humanity. But it can be overcome, and humanity’s overall state of consciousness can be raised. It is overcome by becoming aware of this programming rather than agreeing with it. Your default is to agree that you don’t like or don’t want something, and this is reinforced by others who don’t like and don’t want certain things. Everyone is programmed with the same likes and dislikes, generally speaking.

Awareness of this programming brings freedom from it. Can it really be that simple? Not exactly. Awareness isn’t quite enough. You can witness your

thoughts, desires, fears, likes, and dislikes and still suffer over them if you aren't witnessing them from the vantage point of your true self, which doesn't have those desires, fears, likes, and dislikes.

Most of the time, you observe your thoughts from a split-off part of the ego that is very unhappy with those thoughts. Your ego doesn't like its own thoughts! That's where many of you find yourselves. You observe your thoughts, and you're upset that you have them. You don't like them.

But remember what I just said: "Whenever 'I don't like' appears, that is your ego. "I don't like my thoughts" is just more ego. So, notice this when this happens. Notice your thoughts and notice "your" reaction to your thoughts, your rejection of them. Then, don't stop there at just noticing this, for there is another step or two.

The next thing beyond noticing that "you" don't want those thoughts is to turn away from them, instead of feeling bad about having them, which is the inevitable result of remaining in the mental realm. Choosing to turn away from your thoughts isn't the same as rejecting them, as it might seem. What chooses to turn away from thoughts is the thought-free self: your true self. It touches thoughts—notices them—and then, without judging them or pushing them away, simply moves on to something more real than thoughts. Your true self is this close! It's right here.

You see, your true self is deeply in love with life—with reality. It relishes the juiciness of sounds, sights, smells, tastes, and the feel of everything it encounters. It is more interested in these and gets more satisfaction from these than from thoughts. Yes, there is some enjoyment in thinking. Your true self loves that too, but not to the exclusion of everything else. The ego or false self, on the other hand, rejects real life, the stuff that real experience is made of, and gets lost and stays lost in the imaginary, mental realm, which as a steady diet, is just not fulfilling.

Your true self turns away from thoughts, especially ones that aren't functional or creative, to engage with real life, not to reject those types of

thoughts. Your true self touches everything with love, but it is discriminating about what it gets lost in, although it lets you get lost in your thoughts if you choose to.

What the true self loves most of all is experiencing whatever is being experienced about this beautiful world as well as creating, learning, growing, exploring, loving, and helping and connecting with others in meaningful ways. But your true self is also here to fulfill a certain life purpose. Your true self is not just about losing itself in experiences and the physical sensations and enjoyment of life, but also about accomplishing what it came into this life for.

Getting lost in the machinations and imaginations of the ego—its strategies, what it likes and doesn't like, what it wants and doesn't want, and its fantasies for the future and obsessions with the past—are just not that interesting to your true self. They are irrelevant to it and only of interest to your ego.

And yet, there is no judgment whatsoever on the part of the true self about this programming we call the ego. So, when your true self encounters a thought that comes from this programming, it welcomes it and then kisses it good-bye. Maybe that's a way you could come to view your thoughts as well: You could say, "Hello, welcome, and I'll be on my way now. I have lots of love to spread around. I must be about my Father's business."

Imagine if you related to your egoic thoughts—all of the thoughts involved with "I"—this way. That is what I am suggesting. Your true self does relate to such thoughts this way. When you are aligned with it, you naturally feel no resistance to life or to the thoughts that come into your mind.

What a relief it is to stop resisting life! And all it really takes is finding that attitude within you that is in tune with the true self and then relating to your thoughts that way instead of having the usual push-pull relationship with them: being both compelled by thought and resistant to it. Both stances come from the ego, and both keep you involved in the ego's world. Resistance to your thoughts doesn't free you from the ego but ties you to it. Notice this resistance and find the place within you that does not resist thoughts or anything else.

This place within you of love and nonresistance is something I can only point you toward. You have to choose to look for it yourself and keep looking until you find it. I can't choose to do this for you or find it for you. You have to search for it and then choose to stay with it. That is the work. That is your work as an evolving spiritual being. You are discovering the place of peace and love within you that doesn't resist life but embraces it all. Look for it and stay there once you find it.

I will give you one more insight to make this easier. This place of nonresistance and love for life is discovered by being very still. Sit still, be quiet, listen to the sounds around you with as much attention and love as you can. If you do this long enough, you will find yourself aligned with what naturally accepts and loves life. That's easy, don't you think? Then keep doing that as much as you can throughout your day. Just listen. Notice. Be. Experience, without evaluation, whatever you are experiencing.

This will take practice, but with practice, you will be able to stay engaged with and engrossed in real life—not with your ideas, beliefs, opinions, and likes and dislikes, but with reality, plain and simple. The mind doesn't like reality, and it doesn't like plain and simple. It has so much to say about every little thing. Let it chatter on. Meanwhile, just stay here in the simple experience of this moment, without the commentary, or with the commentary going on in the background.

This is what it is like to be awake. When you are awake, you are awake to life. Your eyes, ears, and other senses are awake to reality and drinking in the experience of life you are having right now, in your present moment experience. You will find that this moment is more than enough to satisfy you. The once-in-a-lifetime experience of each new moment is deeply loved and relished by your divine self, which is having a wonderful time. This is true happiness, true peace, and the contentment you all yearn for but which eludes you in the egoic state of consciousness. Find what is saying yes to life now and in every moment.

Thank you for being here. Thank you for your attention and openness to this message. I am with you always.

Chapter 5

Being Kind

Kindness and its correlates—compassion, acceptance, patience, peacefulness, and love—both describe Christ Consciousness and are a prescription for Christ Consciousness. In other words, how you are when you are in Christ Consciousness and what you need to *do* to experience Christ Consciousness, if you aren't experiencing it, are the same. For example, kindness describes Christ Consciousness, and behaving kindly or doing whatever brings you into a state of kindness is the instruction, or prescription, for moving into Christ Consciousness. As I said in a previous message, behaving as if you are enlightened can be a bridge to Christ Consciousness.

Still, it bears mentioning that thinking kind thoughts is not the same as Christ Consciousness nor is thinking kind thoughts a bridge to Christ Consciousness, although positive thoughts are better than the opposite and might lead to behaving more kindly—but not necessarily. Thoughts are not bridges to this mysterious realm of your divine self, not even kind or Christ-like thoughts. Good thoughts won't get you to Christ Consciousness.

To experience your divine self, you must drop out of all thoughts and just be, just experience: *Be* peace, *be* compassion, *be* love, *be* courage. These are *experiences*, not attitudes or ways of thinking about yourself, but feeling-states. To experience these subtle feeling-states, you have to stop thinking, stop referring to your thoughts for how to be, and just *be*.

You may also need to stop all movement, since activity makes tuning in to this subtle realm, where love and peace reside, more difficult. Just stop, be quiet, and experience the love, gentleness, peace, courage, and strength of your divine nature. These are words we give this indescribable mystery that you are, but you must go beyond the words to the experience pointed to by the words. Your divine nature is there to be experienced, but you can't think your way to that

experience.

Being kindness or being peace or being love is entirely different from thinking of yourself as being kind or peaceful or loving or trying to be those qualities, which is all the mind can do about this, since it can't take you to your true nature. Being these qualities requires being involved in reality—the here and now—while thinking is being involved in what's *not* real, what's imaginary.

When you are aligned with the kindness or peace or strength of your true nature, there is just the experience of kindness or peace or strength as it's being experienced in your body, as a feeling-state, and no sense of "I" who is having that experience, no mental involvement with a "me." On the other hand, when you think kind or peaceful thoughts or think about being kind or peaceful, that's the false self living in its own reality, thinking thoughts to feel good about itself, imagining a positive self-image for itself.

These are two different states of consciousness. When I talk about *being* kind or *being* peace or *being* love, I'm talking about dropping out of personhood and experiencing what is beyond personhood and letting that determine your speech and actions—without thoughts about yourself.

When you drop out of your personhood, your ego, you are naturally kind. In that nonegoic state, it's clear to you that the kindness you are feeling is not "yours." Kindness is just naturally happening or showing up in the moment because space has been made for it, since the ego is no longer in the picture.

When this happens, it's obvious that "you" cannot take credit for being kind, and there is no "you" that would try to do so. Kindness is just expressing itself through you because you are allowing that to happen. Your ego is no longer in the way. True humility comes from being aligned with this great truth: When you are being your best self, there is, in fact, no self taking credit for it, as goodness is just coming through you.

Whenever "you" get out of the way, what's left is your true nature. Spirituality is not as much about getting to a particular state as it is about stripping away whatever is obscuring your natural state. Your natural state—

your divine self—is always here, not out there in some other dimension or somewhere else you have to get to. You don't have to go anywhere to experience who you are; you only have to realize that who you are is already here but hidden by your thoughts about yourself: the false self.

You have all undoubtedly heard this teaching before. It is the classic nondual teaching: Who you are is already here. But let me add something to this that might make this more real for you. Whenever you feel good, happy, loving, content, or at peace, you are experiencing who you really are, if only for a moment. That's how close your true self is. And whenever you are behaving kindly, that's your true self doing that.

You already know who you really are! You experience it many times a day, if only briefly. You may expect this experience to be more profound, more earthshattering, more exciting than this—and the ego certainly wants it to be—but this is all your true self is: this peace, this love, this simple happiness, this contentment, this goodness.

Now, if you focus on these feeling-states—this experience of your true self—you will sink more deeply into your true self and have a more profound experience of who you are. This sense of happiness, peace, love, and contentment that is your true nature will feel more profound and satisfying than when you touch these feeling-states only briefly. You can learn to extend such experiences of your true nature by focusing on the qualities of your true nature when they show up. What you focus on is the subtle, energetic experience of love, kindness, acceptance, peace, strength, or joy in your body.

When these moments of experiencing the love, kindness, acceptance, peace, strength, or joy of who you really are show up, the ego tends to rob you of them by discounting or overlooking the experience and then covering it over with its usual commentary *du jour*. The voice in your head distracts you from the experience of your divine self with some thought. Almost any thought will usually do to pull you back into thinking. The voice in your head doesn't have a very difficult job, because human beings are easily distracted from the simple

contentment, love, goodness, happiness, and peace of their true nature. That's just how it is.

Once you understand and accept that this is how it is—how you are programmed—then, instead of continuing to go along with the egoic programming, you can make another choice. You can choose to stay longer in the simple experience you are having of your true self. If you are able to do that, you will begin to discover how very satisfying this experience is.

Of course, that is what the ego doesn't want you to discover. It has other plans for your attention. It wants your attention focused on desires, complaints, opinions, judgments, resentments, and other distracting and unnecessary thoughts, simply because it doesn't want you getting lost in Christ Consciousness.

Why is that? Why is there such a dichotomy in the human being, a war of sorts between the human ego and the divine self? It isn't a war, actually, since a war requires two sides at odds, and the divine self is not at odds with the ego. The divine self lets the ego grab your attention. The divine self doesn't fight or argue for your attention. So, the ego wins this "war" every time—until it doesn't, until the divine self's time has come, until it's time to begin to awaken.

The drama of the ego stealing the show again and again happens as long as it happens, until one day, "you" are done with it. The divine self is ready to awaken within you, and it begins to assert itself more firmly, more compellingly. Suddenly, you are extremely interested in the Truth, freedom, and becoming a living master. It is Grace that brings this timing about. Until then, your ego will win out most of the time. Those of you reading this message are past that point. Your thirst for the Truth has already been awakened, or this message would be of no interest to you.

At this point, the only path forward is accepting that, moment to moment, you must choose something other than what your default would choose. You have to become very aware of your default—what it wants to choose—and then, you have to choose against that. When your default comes up with a judgment,

you choose kindness instead. When it comes up with a complaint, you choose kindness instead. When it comes up with an angry remark, you choose kindness instead. This is the work before you.

Even if you don't initially feel kind when you choose kindness, kindness will show up once you choose it. Cultivating kindness is like building a muscle: You have to choose against the path of least resistance until that choice becomes easier and more natural and automatic.

The kindness that shows up when you choose to behave kindly is who you really are. The act of choosing kindness is the bridge that takes you to the deeper experience of kindness. You *become* kindness. Then, how long you stay in kindness depends on how long you continue to focus on the subtle, energetic experience of kindness in your body rather than be drawn back into thought. The experience of kindness or any other quality of your true nature is a subtle feeling-state, which you can enhance with your focus.

By focusing on this feeling-state, you can learn to stay in the flow of kindness and let it take over your actions. This is what I mean by embodying Christ Consciousness. If you stay long enough in one of the qualities of your divine nature, such as kindness or peace, you will become your divine self and begin to live as that. You will fall into the flow of Christ Consciousness, and Christ Consciousness will be your consciousness, and Christ Consciousness will work through you. This is the goal.

Cultivating kindness or any other quality of your divine nature through your actions will bring you into a state of Grace, a state in which you experience the rewards for making the loving choice. Kindness is its own reward, peace is its own reward, goodness is its own reward. This becomes obvious once you choose these often enough. In this way, you become who you are meant to be.

Thank you for being here. Thank you for being open to this message. I am with you always.

Chapter 6

Surfing the Waves

There's a wonderful metaphor for what I want to talk about today. It's surfing. You might be surprised to hear me talk about surfing! But, as I said, it's a metaphor, a particularly good one for one's relationship to the egoic mind, the voice in your head. The mind, or intellect, is not the problem, but the aspect of mind that comments about life and tells you what to do, how to behave, what to think, and who you are. The voice in your head is quite the know-it-all!

The difference between most of humanity and those who are awakened or enlightened is their relationship to the voice in their head. Most of humanity is not aware that they are identified with the voice in their head. They believe it, trust it, and think that those thoughts are true and helpful, while this is the opposite of the truth.

Most of humanity is walking around believing they are whatever the voice in their head tells them they are and that life and other people are also whatever that voice tells them—without questioning these assumptions. No wonder there is so much pain and hurt in this world! It's like being ruled by a malevolent dictator that most everyone agrees with and never questions. People are being dictated to by malevolent programming, and they don't even realize this is going on.

When you see this, it's shocking, and you wonder why you didn't see this before. But that's how it is with clever dictators. They make you believe you need them and that they are telling the truth, when they aren't. They tell you that you can trust them and that they are out to protect you and take care of you when they aren't capable of doing this. Your programming is like this: It lies to you constantly, but it is so believable and convincing that you don't question it. It never crosses most people's minds to question the voice in their head—until, one day, it does.

When you begin to awaken, you realize that the voice in your head is not what you thought it was, that it isn't *your* voice but something apart from you. With this greater objectivity, it becomes obvious that this voice is not a reliable or positive force in your life. Eventually, you no longer let this voice define you or dictate your actions and speech. But this much detachment from the voice in your head takes time to develop.

This realization about the voice in your head is a momentous turning point in your evolution as a human being, and this is rightly called an awakening. It's like waking up from a dream and suddenly seeing that what you thought was real and true was an illusion. So it is with this waking life: You wake up to see that what you thought was true is not, and you begin to question the voice in your head, its assumptions and its value.

This realization, however, is only the beginning of awakening, because you are not fully awake until you have realized on a deeper level what you have come to understand intellectually, and this deepening takes time. Now, you have to discover what is actually going on, what *is* the truth, and how to move in life from now on. The answers to these questions are not found in books. You must discover them for yourself by bringing curiosity to this human life and looking deeply into the Truth.

For this, spiritual teachers and books are of great help. And yet, as I said, you still must discover the answers yourself through your own inquiry and inner explorations and experiences. The answers to these deep questions are given to you over time through various spiritual experiences and realizations—through Grace.

Let your curiosity lead you in this journey. Follow the sense of interest you have in uncovering this great mystery of who you are. Let it take you wherever it takes you. Once you have had a taste of the Truth, you are driven to find out more, which is how this is meant to work. You will be guided inwardly to discover what you need to discover, but there is no manual for you to follow, and no one knows the way for you except you.

Everyone's journey is uniquely led by the inner teacher, which is highly trustworthy. Learning to trust that inner teacher—your intuition—is part of the journey. Life becomes your teacher, as you bow to its lessons, its wisdom, and its timing. Life—the divine self—is supremely wise and in control of the unfolding of your plan, and all you need to do is be open to discovering what Life is showing you. The secrets of life will be revealed to you one by one in a way you can trust. This learning may be catalyzed by a teacher or a book, but in the end, you must surrender to the awakening process unfolding within you.

What the teachers and books point to and what you must learn to do yourself is develop a different relationship to your egoic mind, the voice in your head. It isn't enough to be aware of this voice or even to see that it isn't trustworthy if you don't also learn to trust something else, to live another way.

You must become different in your life by having a different relationship to your mind. You must learn to surf the waves of the voice in your head, stay on the surface with your wits about you and not get dragged under by the waves of thought and feelings. Most people are caught in the water, seeing nothing but water, drowning in the water.

Seeing the truth about the water allows you to rise above it and surf the waves. Like surfing, this is an exhilarating and freeing experience. Life is fun when you aren't pulled under by the turbulence and drama of the egoic mind. When you can rise above the negative thoughts and emotions and see them for what they are but not be touched by them, you can be truly happy in life. Life is to be enjoyed! You were born to surf!

The ups and downs of the waves are part of the fun of surfing and not a problem, since you are no longer drowning in your thoughts and feelings. You belong, not only to the ocean, but to the sky, the sun, and all of the great beauty beyond the waves. Because you know the eternal light of your soul, the waves are not a problem but part of the beautiful experience you are having as a human being. When you know yourself as spirit, you wear your human costume lightly: Your humanity is accepted and can be enjoyed.

The question is always: “How? How do I surf instead of struggle in the water?” The answer is: Find the “I” that is not struggling. There are two of you: the false self and the true self. The one that is struggling is the false self, which is really good news, because the false self isn’t who you really are. The one who is surfing is who you really are. That one is always surfing. So, all you have to do is find your way to your true self.

The first step in learning to surf is to see that you are not the false self. Every time you say “I,” you are giving birth to the false self. You know the false self by your “I” statements. Whatever you say after “I” is your false self’s truth, not your true self’s. This is how the false self is created, simply with such statements.

Then, you have to see how false these “I” statements are. They are false because they are incomplete. Nothing you say after “I” is complete enough to capture the truth about you, about who you really are. That’s why this is called the false self. Your “I” statements create a false, incomplete sense of yourself, a pretend self.

See the incompleteness. That’s all you have to do. For instance, if you say, “I’m not very good at that,” see that even if that seems true when you say it, it isn’t true throughout time and, therefore, not true. Moreover, it isn’t true because it is an opinion. By whose estimation? This is an arbitrary appraisal, a relativistic statement, based on nothing. It is a negative story about yourself—about the false self. And such incomplete and untrue stories are what the false self is made of.

Perhaps the most important thing to see about this story or any other one is that it is not only a lie, but totally useless. What good is it? It is only good at defining the false self, and you don’t need a false self! That’s why we call it false. It’s a fake. You don’t need it because you have the real thing.

Yes, the real thing *can* live your life, and it already *is* what is living your life. The fake self pretends it is living your life, and the true self allows you to be under this illusion. But it is still an illusion. Meanwhile, the true self breathes,

moves, loves, creates, learns, reasons, laughs, plays, has fun, is curious, is joyful, is wise.... You get the picture. Everything you do is either the true self doing it or the true self allowing you to pretend you are the false self. The true self is having fun even with that!

The second step in learning to surf is to notice that your true self is right here. Every time you have a loving feeling, a creative urge, a sense of excitement or curiosity, a feeling of joy or contentment, an urge to pursue something that interests you, or an impulse to do good or help someone, this is your true self living your life. Notice how your true self is here, right now, reading this, taking this in, learning, growing, and responding to what life brings.

You are alive, and this life force is who you really are. Without this lively consciousness that animates your body and propels your human life, you would not be you. So, notice that your true self is right here. Notice this as much as you can, and you will begin to experience yourself as this more and more. You will awaken more fully out of the illusion of the false self into the Truth.

Thank you for waking up to the Truth. Thank you for being here. I am with you always.

Chapter 7

Everything Is Sacred

You gaze out at the world with two pairs of eyes: the ego's eyes and the Divine's. The ego's world looks and feels very different than the Divine's. The spiritual path is about learning to see with the Divine's eyes. This is a metaphor, of course, since neither the ego nor the Divine has eyes. What I'm talking about here is a way of not only perceiving life, but also experiencing it. These "eyes" are different brain states, different states of consciousness.

It is time to shift your way of seeing, to be born anew or reborn to the world. In one way of perceiving, the world is suffering, and in the other, it is blessed, sacred, the greatest gift and greatest joy.

In your Heart, you know it's possible to experience life this way. Something in you knows this, and so you seek. You seek high and low until, perhaps, you meet someone with this new vision, this new way of seeing, which confirms what you have suspected all along. This inner knowing is planted within you, just as seeking for it is planted within you. Something in you knows that another way of experiencing life is possible.

The ego seeks too, but it doesn't know where to look. So, you try out all of its ways of seeking this mysterious holy grail until you wear yourself out. And then one day, you see. You see through fresh eyes. You see what the mystics and saints have seen, if only briefly. But that is enough to confirm your suspicions and carry you forward on your search for transformation.

This transformation cannot happen overnight. It almost never does. It takes time for the lenses of perception to be cleansed, for you to be able to see the world as it truly is. Once you are able to see more truly, what you discover and what you see is that everything is sacred, everything—including you—is connected to something so magnificent that it defies description. Some call it God, and so will I. God is in everything. Everything is sacred.

When you learn to see through your own divine eyes, you experience the truth about the world: It is completely and totally beloved by God, completely held, nourished, and cared for by that which created it. Not a single speck of dust is out of place nor goes unloved by God. To God, creation is a treasure, a pleasure, and a wonder. And when you see with God's eyes, that is how you feel as well.

This is God's unceasing perception, but it is no person's unceasing perception. No matter how hard you try or how much you might like to maintain this perception, as a human being, you cannot. You may have some deep experiences of seeing this way and many lesser experiences, but they will come and go as your state of consciousness naturally varies.

Nevertheless, once you learn to see this way, you never lose this ability. You can access this perception at will, and that's what's important. It's not important that you don't always see the world this way, and it would be unrealistic to think you could. It is only important that you know that this perception is the truth and that you know you can call it forth once you have had enough glimpses of it.

Much of your time, by necessity, is spent on the surface of this experience as you go about your day. When you are busy taking care of your responsibilities, it's only natural to not be in this perception deeply but in a more "normal" mode of perception, where chairs are chairs and dirt is dirt and needs to be cleaned up. It isn't possible to sustain a state of wonder, aliveness, and connectedness in all circumstances, and that must be accepted. If you think you should be able to perceive as the Divine perceives in every moment, that is an ego trap.

However you are perceiving is exactly fine and not a problem. To make how you are perceiving the world into a problem or to make yourself feel less-than because of it is to fall prey to the ego's judgment. However you are perceiving the world is as it is. Wherever you are on this path is perfect. No one is expecting or requiring you to be any way other than the way you are right

now. Everyone is loved equally just as he or she is.

I'm not giving you this teaching for you to judge yourself or long for your experience to be other than the way it is but to encourage you to realize this very good news about life: Life is beautiful and infused with divinity, and it is your destiny to see and experience this more and more as you progress on the spiritual path. I'm also giving you this teaching to encourage you to become acquainted with this perception.

Some learning is involved in changing your perception, and as with all learning, your intention to learn is important. If you know about this other way of perceiving, then you can make an intention to experience it more. Just know that perceiving this way is the direction of your spiritual growth and intend to have this experience, invite this experience, and that will become increasingly possible.

It seems that I can't speak about this way of seeing without also mentioning that many of you have already experienced this as a result of taking drugs. The plants that produce such effects are called sacred plants for that reason: They give you a glimpse into the sacredness of all life, the aliveness of all life, and the connectedness of all life.

While this is a true experience of divine perception, drugs only offer a fleeting experience and can't teach you how to see this way. They can open you to the possibility of seeing this way, but beyond that, they don't facilitate your spiritual growth in this direction. Nonetheless, drugs do serve by showing you, in quite a dramatic way, what is possible.

But what I really want to speak with you about is the very sacredness of everything. What if you knew, not just intellectually but more deeply, that everything is sacred and you acted accordingly? This would be a different world, wouldn't it? So much hurt and damage are caused because the opposite perception rules in this world.

What would it mean if you were in touch with the sacredness of life more fully? How would that change what you do and how you do it? How would you

brush your child's hair? How would you prepare your food? How would you fold your laundry? How would you be with others?

If what you are interacting with is perceived as sacred, you would give your attention fully to it, since you would see it as deserving of your attention—your love. Whatever is perceived as sacred, by definition, is valued and respected and treated with love and reverence. And what would such reverence look like? Certainly, it wouldn't look like impatience, complaining, anger, or other expressions of resistance to life so common to the egoic state of consciousness but the opposite: patience, attentiveness, acceptance, love, gentleness, and other attributes of your divine self.

If you saw everything as sacred, one of the things that would be absent in your experience is the sense of "I," which dominates most people's consciousness most of the time. If everything is sacred, you would be focused on the preciousness of that object or person and the preciousness of that moment in time and not involved with concerns about yourself: "your" fears, "your" desires, or the story of "your" life. You would be interacting fully with *real* life, with reality, not lost in the false self's virtual reality.

You would lose yourself in whatever was in front of you, whether it was the laundry or a pile of dirt. And this lack of focus on yourself would allow you to have access to handling the laundry or the pile of dirt (or not handling it) in the wisest and most practical way.

You see, you are God as well as the laundry and the dirt, and when you deeply connect with the laundry and the dirt, God moves you in the world in relation to those things. God does the laundry and cleans up the dirt. God is in the world as you, as laundry, as dirt, and as other. All of these are connected by virtue of *being* God.

When you treat things and others as sacred, you become aligned with the sacred, with the Divine within you, and behave accordingly. As a bridge to Christ Consciousness, I have been instructing you to behave as if you are enlightened. This is why this instruction works: When you treat things and

others as sacred, you are behaving as if you are enlightened, and at that point, there is no difference! In that moment, you are enlightened, and all the benefits of enlightenment are yours. The benefits are that the wisdom, love, and joy of God flow through you to the world. What could be better!

Even if you don't perceive things or others as sacred, behave as if you do, and that will bring you in touch with your essential nature, your essential goodness—God-ness. Remind yourself that everything is sacred. Remember this as you go about your day, and this will evoke your God-nature and all that comes with it: love, joy, wisdom, strength, courage, patience, clarity, and acceptance.

This is a spiritual practice that will serve you well. Then, you will begin to have more glimpses of the sacred in life: the connectedness and aliveness and beauty of everything. This perception is cultivated by the intention to see everything as sacred and by practicing seeing things and others this way throughout your day.

You are blessed, indeed, to be at a place in your spiritual growth when you are ready to receive this teaching, since it will surely change your life. This practice is powerful, and it will bring you great joy.

Thank you for your sincerity and openness to this teaching. I am with you always.

Chapter 8

Being Good

In keeping with the theme of embodiment, which I've been talking about, I want to talk some more today about being an enlightened human being, about expressing your innate goodness in the world.

“By their fruits, you will know them.” It is by your behavior that you show what your allegiance is to, whether it is to the ego or to the divine self. In any moment, your allegiance will be shown to be with one or the other through your behavior. There is no other option. You are either aligned with and doing the bidding of your ego or your divine self. As I have often said, these are two different states of consciousness. Your spiritual evolution is about becoming increasingly aligned with your divine self, or you innate goodness.

The problem is that your default is to respond to life as the ego and as your conditioning would have you respond. Those responses are the easiest and least-checked responses possible. They are the path of least resistance and usually go unexamined, so much so that you may feel there is no other option but to behave that way. There also may be little desire to behave differently, since those conditioned behaviors are accepted as normal and rationalized as, “I'm just being myself.”

And yet, those behaviors—judgments, unkindness, self-centeredness, blame, a lack of generosity, to name a few—make you feel terrible about yourself and about others and life. “That's just how I am and how life is,” you say to yourself, “Life is unpleasant and difficult,” without realizing that you are causing yourself and life to feel bad by what you are saying to yourself about yourself, others, and life. You don't see your role in creating your negative feelings and your negative experience of reality. You aren't seeing reality truly, as it actually is but through the lens of the ego.

When you believe the voice in your head, this naturally creates a negative

experience of yourself and of reality. Listening to this voice is the source of suffering. The voice in your head tells you lies—half-truths—and how can lies make you happy? How can they lead to happiness or the truth? They can't, and they aren't meant to. Believing lies leads to suffering, and that is the right experience, for otherwise, how would you ever find the truth? On this plane of existence, the truth is hidden. You have to search for the truth and discover your innate goodness, and why would you do that if lies resulted in feeling good?

So, that is the setup. Whether you like it or not, that's how it is on this plane of existence. Your soul has taken on the challenge of waking up to the truth by first experiencing the result of believing lies. Fortunately, you have been given lots of helpers—books, teachers, models, and your own intuition—to point you in the right direction. You have been given all the resources you need to find the truth once you've seen through enough of the lies that hold the Illusion in place. The Illusion is built on lies, which is why it is called an Illusion.

Once you've seen what the voice in your head is up to and how damaging it is to yourself and to others, you can begin to learn to live as your innate goodness instead of your ego. You already know how to do this, since your innate goodness is still expressed at times even if you spend most of your time in egoic consciousness.

You all know what your innate goodness feels like. You feel it when you sit quietly and tune in to it, and you feel it when you express it. The experience of this innate goodness is the experience of who you really are, and it is experienced energetically, subtly.

You've been given a handy gauge for knowing if you are expressing your ego or the divine self. That gauge is the experience of your energy, your body, and your feelings. When your energy feels expansive and your body feels relaxed and at ease and you feel content, happy, and accepting, you are aligned with your innate goodness. And when you feel the opposite—tense, contracted, upset, discontent, or negative in any way—you are aligned with the ego.

If you care enough to check in your body to see where your consciousness

is at, you can always tell what you are giving your allegiance to by how your body feels: whether it feels relaxed and expansive or tense and contracted. This is the guidance system you've been given to help you return Home, return to goodness, Godness.

This means that you don't even need specific rules to guide your behavior, although these can be helpful. Your guidebook is your direct experience. How to behave in any moment becomes obvious by the response you feel in your body when you behave a certain way or even think of behaving a certain way.

If something you do or say causes you to feel contracted, stop and make another choice. Forgive yourself, apologize if you have to, and choose again. Apologizing will help wipe the slate clean so that you can start again. However, you don't have to operate completely through trial and error, because you are also given intuitive guidance in every moment *before* you say or do anything. It's just that most people let their default (the ego's responses) override their intuitions, which are always nudging them toward goodness.

This is why awareness of your thoughts and conditioning is so important. Once you are aware of the default and your tendencies to behave in certain detrimental ways, you can stop a second and then make another choice. Learning to stop for a second and choose differently is something that takes time to develop. The default is not overcome overnight. Even when you see the ego at work and you know better, you will still choose the ego's response for some time before that space between a thought and action or speech is long enough for you to choose wisely, lovingly.

Once you begin to choose more lovingly, you are rewarded by happiness, peace, and love, and then it gets easier to keep choosing more consciously. Nevertheless, this waking up out of the ego can be quite a lengthy process, and you have to be patient and compassionate with your human self as the default continues to win out at times.

Goodness is its own reward. The more you behave in alignment with your innate goodness, the better you feel about yourself. If you have self-esteem

issues, you are believing what the ego tells you about yourself and you are doing the ego's bidding: allowing the default to speak and act instead of making another choice.

You will never feel good about yourself until you align with something other than the ego. It doesn't matter how good-looking you are or how strong you are or how smart or rich or talented you are. If you allow your default to determine your actions and speech, you will not feel good about yourself and you will not be happy. It's only when you allow yourself to *be* the goodness that is your true nature—to speak and act in alignment with your innate goodness—that you will love yourself and, in turn, love others and life. Being good is the secret to happiness. Choosing goodness instead of the default is the secret to happiness.

Here's the hard part: No one can do this for you. It doesn't matter how many spiritual books you read or how many retreats you attend or even how much you want to awaken, you still have to make the choice to not follow the default. As much help as there is on the spiritual path, it comes down to personal responsibility: Only you can choose goodness over the default.

Furthermore, this choice has to be made in each new moment. Eventually, this way of being will become automatic, but until it does, a conscious choice has to be made against the path of least resistance. Fortunately, with each conscious choice, choosing against the default becomes increasingly easy, as new pathways in your brain are created. With each choice, the new pathway is strengthened, and the path of least resistance becomes less attractive and compelling.

This is the work. This is your spiritual work. No one said it would be easy. When your soul chose to come here, it knew what it was getting into, and it said, "Yes, I'm up to the challenge!" You chose to be here, although most don't remember making this choice.

It is important that you know this, or you might fall into feeling victimized by life. But you are not a victim of life, unless you believe the voice in your

head. You are life itself, God itself incarnate. You are God, I am God, everyone and everything is God.

As you may have noticed, I like to equate God with goodness. It is an easy shorthand. What is God? God is goodness. Is God in you? Is goodness in you? Yes! You can see this. It's obvious.

So, notice this goodness and know that your goodness is your God-ness. Celebrate it, express it, and *be* it. Behave as it moves you to behave, because this goodness is not just an energetic experience, it is alive in you. Your goodness is the Divine alive in you and moving you throughout your day. This is who you are, no more, no less. This goodness, this love, is enough. It runs the universe—indeed, the universes!

Thank you for being here in this universe. Thank you for your attention. That willingness to attend to this message is your very own goodness. I am with you always.

Chapter 9

The Art of Living

How to live is an art. I say this because, like all arts, how to live is something that has to be learned through trial and error, by doing, through experience. And it takes a lot of experience to learn what needs to be learned. Books can teach you a great deal, but what your soul needs to learn can only partially be learned from books. Life, itself, teaches you how to live. Life shapes you and changes you in real and lasting ways, in ways that books cannot.

The way life shows you how to live is through the results of your choices. The result of any choice is the teaching: If you choose to be unloving, then the result of that is the teaching. And if you choose to be loving, the result of that is the teaching.

The teaching is delivered into your “bones,” so to speak, not into your mind. Just as your egoic programming and other automatic responses to life could be said to “be in your bones,” the lessons of life are taken in by you on levels beyond and beneath the mind. You may not even be aware of what you have learned. Even if you are, and you go out and try to teach others what you’ve learned, they’ll still need some life experience with what you are teaching, or they won’t really know what you know. There is no other way to learn the lessons of life but to sit at the feet of Life yourself.

Just as one plus one always equals two, being loving equals one result, while being unloving equals another. Like math, the results of your choices are quite consistent: When you behave lovingly, you feel good inside, and when you don’t, you don’t feel good inside. Life is a wise and consistent teacher. In this way, life is predictable, not in many other ways, but in this way, it is.

The same can’t be said for people, as unloving acts are sometimes rewarded by people and loving ones unrewarded, but that is the nature of free will. It often opposes life, the great teacher. But in the end, Karma balances the scale. Still,

people do generally respond to each other as expected: Love is usually rewarded and appreciated, while unloving acts are not.

Like a wise and kind parent, life teaches, not through punishment, but through consequences. What you experience in life might seem like punishment, but the truth is your behavior and choices lead to consistent consequences that are intended to give you accurate feedback and shape your behavior in a certain direction. That direction is toward love.

Like touching a hot stove, you aren't meant to repeat negative behaviors but learn from them and stop doing them. The fact that people often do repeat negative behaviors and suffer the consequences is not evidence of Life's unkindness but of the strength of the egoic programming. The tendency to behave in certain negative ways is not easily extinguished. The egoic programming is compelling, and so this plane of existence is inarguably "a school of hard knocks."

So, what is Life to do? It still needs to consistently show you how to behave even if the learning is slow and the consequences harsh. Despite the denseness of this plane of existence, teaching you to avoid suffering, even if that learning comes through suffering, is kind. And that is what life does. In the end, you do learn to be loving and happy. You do learn to create a happy life.

It is not life's fault that the ego holds so much sway. This is just the way it is, and that has to be accepted. Nor is it *your* fault. It is not your fault that overcoming the default programming is so difficult. And that's important to see. Part of the egoic programming is to blame oneself for being trapped by the default programming, but that just heaps more suffering onto suffering.

The way out of this dilemma is to have compassion for the human condition, for having an ego and everything entailed in that. Compassion for yourself and others is the first step in overcoming the default. Everyone is in the same boat, so compassion for others is also called for.

People too often get stuck in being angry with life, blaming God for their suffering, and feeling victimized. Anger and blame keep them from seeing and

overcoming the real reason for their suffering: their own ego's perceptions and tendencies. The problem isn't the way things are but the way their own ego causes them to behave, which reaps unpleasant results.

Compassion is the way out because whenever you summon it for yourself or others, your divine self comes forward and the ego must take a backseat. When your divine self is forward, it knows how best to behave. You *know* how to be good and do good! Your true nature is loving and kind. However, when the divine self is not in the forefront, the consequences are not likely to be so good, because you are back in the school of life.

When you are aligned with the divine self, you are aligned with life and no longer a student of life. Rather, you *are* life. You have left the human ego behind along with its negative tendencies. You are in the flow, which is easy and uncomplicated.

The flow is easy because you aren't creating an immediate need for a lesson. You are outside of Karma for the time being, for as long as you are in the flow. Only when you are lost in the illusion of a separate self do you need lessons that keep pointing you toward love.

The main lesson of your entire evolution is for you to see that you are not a separate self but love itself. When you see yourself as separate, which is the function the ego serves, you suffer. And when you experience yourself as divine—as love—expressing itself through your particular form, you do not suffer. The overall challenge and lesson of these human lives is to realize that you are not the judgmental, petty, lacking, egocentric self that you think of yourself as but divine, which suffering helps you discover.

Is that such a leap? You are and always have been an embodiment of the Divine, but you may not realize this. Nevertheless, you can't help but experience your divine self. The illusion cast by the false self is not that steadfast or impermeable. It wavers. It blinks on and off. It can't be sustained. You don't always identify with your thoughts, and when you don't, you experience your true nature, if only briefly.

Your true self is right here. It's reading these words. It's seeing through your eyes. It's what feels the chair and the floor beneath you. It's what waves, what talks, what breathes, what does everything. The false self does none of it, because the false self is illusory. It's nothing but ideas about yourself. It is an illusion that the false self does anything.

It's just that the true self allows this illusion to exist. It allows this illusory self to seem to take over these functions, but there is no such thing as a false self that can hear or read or experience anything. The false self is a mirage, a pretend self, while the divine self is never *not* present. Sit with this a moment, because the divine self is so close that it is overlooked. That's all. I repeat: Your divine self is never *not* present.

For a time in your evolution, the false self serves. You aren't meant to realize the truth about yourself until your later lifetimes, when that realization becomes your life purpose, as it is for many of you. In earlier lifetimes, while the false self is believed to be who you are, you have other lessons, many human lessons, related to ego, desire, emotions, and self-development. The egoic programming creates all the lessons you need as a human being, and when those lessons have reached a certain level of completion, then it's time to awaken to the truth: You are not actually human but the Divine incarnate—and so is everyone and everything else.

Life is carefully guiding you on this human journey to its ultimate climax: the discovery of who you really are. You may think you are creating and shaping your life, which you are to some extent through your choices. But there is another much more powerful shaping hand in life, which is co-creating your life with you, and it has a definite design.

Your life looks a certain way because it has been designed for you with your collaboration. It is designed perfectly for your growth. Your free-will choices show Life what lessons you need, but Life also knows exactly what your soul needs to graduate to the next level of its existence. Your soul has a curriculum, and the results of your day-to-day choices are only part of that

curriculum.

You can trust life to teach you what you need to learn. Know that life is always teaching you something, even if that can't be known to you, which is often the case. Notice, to the extent that you can, what life is trying to teach you. Cooperate with it. Let life have its way with you. Say yes to life and let it take you to love.

Thank you for being here. Thank you for being open to this message. I am with you always.

Chapter 10

Home

Everyone knows what Home feels like. You know it from your simple, everyday experience of arriving home after you've been away, and you also know it from the deeper spiritual experience of being Home, or aligned with your divine nature. People love to be home because home feels a certain way. Whether you are arriving at your physical home or Home, or Presence, home feels good.

How would you describe the feeling of home? It's a feeling of relaxation, isn't it, a sense of, "Ahhh," where you can finally relax and be as you are. When you arrive at your home, you can drop the persona, the public face, and the roles you play with others and just be, without all of that. And when you do that, you come Home to your spiritual self.

What's left when you drop your persona and roles is nobody, an experience of pure being. When you are nobody, you are Home, spiritually speaking, and then you can feel at home even in the world.

When you are nobody, you become your best self. Isn't it when you are the least focused on yourself that you are most happy and feel most at ease with yourself and others? That is one of the paradoxes of life: When you lose your self, you gain everything you have ever wanted: the happiness you long for and the ease of being that allows for a loving and generous heart. When you lose your self, you feel good and you make others feel good.

When you become nobody, what you lose is self-consciousness, self-centeredness, and selfishness. These words, with their emphasis on self, bely the truth: The self is what interferes with being at home in the world. When you are at home, in both respects of the word, you are not self-conscious, self-centered, or selfish. You just *are*.

Not everyone is able to just be who they are even when they are at home alone. They haven't learned to be nobody. Even at home, they still wear their

identities and roles. This is because their own mind maintains their identities and roles even when those identities and roles are no longer needed. They think the self into existence again and again in each new moment with thoughts about “I.”

When you are Home, spiritually speaking, this is what you stop doing, which allows you to be at home with yourself, at Home within yourself. When you are Home, with a capital “H,” you aren’t thinking about yourself, although you might be thinking about something you enjoy that doesn’t involve the re-imagining of the self, its reconstitution.

It is really only the thoughts about “I” that create the false self. Other thoughts are not a problem. They don’t necessarily take you away from your true nature. You can write or read or create, for instance, without a single thought about yourself interfering with that experience. When that is the case, you are deeply enjoying yourself precisely because the self isn’t there.

It is the “I” that keeps people from being at home with themselves and others. That’s interesting, isn’t it? Most people are in love with their thoughts about “I” and heap an enormous amount of attention on them. They are fascinated by them. “I” is their favorite subject, when they are alone or with others. And now, I am suggesting that these most beloved of all thoughts actually keep you from what you desire most. And that’s the truth.

It is important to see the truth. If you don’t, you won’t be motivated to experience life as nobody, and that would be a shame. Loving your thoughts about yourself keeps you from everything you truly want. The fact that you love your thoughts about yourself is part of the programming that keeps the ego in place. If you weren’t programmed to love your thoughts about yourself, they wouldn’t be nearly as compelling. The egocentricity of the ego keeps the ego in place. The ego is a self-sustaining system in so many ways—and literally *self* sustaining!

Who are you if you are not this “I”? What does it mean to be nobody? What is that like? Everyone knows what being nobody is like, because everyone spends some time every day being nobody, for instance, just before you drop off

to sleep and just after you wake up, before ideas about you and your life kick in, and many other fleeting moments during your day.

Being nobody might not sound appealing, but being nobody feels good, like being home, like the best possible experience of home. Being nobody is a worthy goal. It is actually the goal of the spiritual path, although people don't generally see it that way. Many spiritual people are still trying to be somebody: somebody spiritual, somebody who is awake or enlightened.

But that is the catch: You can't be somebody and be your best self, your divine self. You can't be somebody and be awakened or enlightened. You have to lose your self first by surrendering your thoughts about yourself and your life. That's all, really. You are naturally good, naturally divine, but your thoughts about yourself interfere with knowing that and living as that.

On the spiritual path, there is a sacrifice to be made. What must be sacrificed is your personhood: the false self. You don't get to be somebody *and* be awake in the moment, be in Presence. These are mutually exclusive states of consciousness. The price you must pay for being awake in any moment is the self that you have loved and hated and obsessed over. You don't get to bring that self Home with you. You have to leave it at the doorstep. All of your thoughts about *me* and *my life* must go or be seen for what they are—as belonging to the illusory world of the false self, as not real, not who you are.

You can still enjoy being the character you are playing, while knowing yourself as that which is beyond all personhood, all identities, and all roles. Then, you can wear your roles and identities much more lightly, like costumes you put on briefly when you need to while in the world. But there is no need to wear them at home. In fact, to be Home, in the spiritual sense of the word, you cannot wear them.

When you slip your costume off, you know yourself as the spacious emptiness that created and expresses through everything. However, to be clear, you are not an individual expression of that spaciousness. Rather, you experience no individuality, no sense of existing as a self at all. *You* are nowhere to be

found. This spaciousness is not contained *in* anything—not in you or even in an enlightened person—but pervades everything. It is without boundaries.

When you lose your “I”-ness, you don’t exist as a different, improved “I” somewhere. *You* don’t exist at all! To say, “I’m spaciousness” or “I’m nobody” is inaccurate, although we have no other way of speaking about these things except to use such dualistic language. There is no “I.” No individual self exists anywhere. All individual selves are a mirage. They are thought into an imaginary existence. You are here, you are alive, but there is no *you*, only consciousness animating a body and everything else: one thing, only one thing doing all of it.

When you lose your thoughts about “I,” you gain everything. You not only gain peace and happiness, but you experience yourself (excuse the language) as everywhere and in everything, so you literally gain everything. Your sense of self extends into all that you see and experience. The trees and flowers and ground and sky are all happening within you. You are not separate from any of it. It is all happening inside of “you.” That’s what happens when you become nobody: You also become everything. Is this enjoyable? Absolutely. It’s the experience that you, as a soul, have longed for throughout time, to return Home to your true nature.

I have talked about love as a homing device before, but this very important teaching deserves repeating. How you return Home is through love. Whenever you choose love over your “I” thoughts, you are rewarded with more of the same: love. When you give love, the good feeling you have inside tells you that you are going in the right direction, and that good feeling encourages you to continue in that direction. That feeling of love tells you when you are Home or on the road to Home and shows you how to get there. And that feeling of love shores you up on your journey.

Home *is* the experience of love, and that’s what every human being really wants. You have lots of programming that leads you astray, but love is also part of your programming. You are built to go toward love, and love does eventually win out over the ego.

The egoic programming is not more powerful than love. You are only under the ego's spell until you have completed the lessons that the egoic programming was designed to create. The ego has been your teacher. Suffering has been your teacher. But once you are ready to *be* love, then Home is in sight and suffering can end. Love will keep pulling you Home until you arrive, and that will be sweet indeed.

Thank you for being here. Thank you for opening to love. I am with you always.

Chapter 11

Seeing Beauty Everywhere

When you are awakened or enlightened, you see beauty everywhere, even in what is not considered beautiful by conventional standards. That's because when you are awakened or enlightened, you see through different eyes, not conventional eyes. Before awakening, you have a standard of beauty, certain images and ideas about what is beautiful, which cause you to overlook much of the beauty in the world and in people.

The ego sees the world through a lens of duality: good or bad, beautiful or not beautiful, like or dislike, for me or against me. The ego embraces only a small part of life and overlooks or rejects the rest. Pushing away so much of life creates much of the suffering people experience. Everything the ego doesn't like has the potential to make it unhappy. That's a lot of things that can interfere with being happy and at peace.

So much of what the ego likes and doesn't like is arbitrary and programmed and has nothing to do with rationality, practicality, or even survival. The ego's preferences aren't just, "I like puppies and I don't like tigers," which would be understandable from the perspective of survival. The ego's preferences are not so much about survival as about creating an identity: "I'm someone who likes x and doesn't like y. That's who I am." The reason the ego rejects so much about the world and people is that this gives the ego an identity. The false self is constructed of likes and dislikes.

This explains why changing one's preferences and beliefs can seem so threatening: Questioning your preferences and especially your beliefs brings up the deeper question of who you are. Who are you without them?

There's a lot of resistance to making such changes because of what you assume this might mean about yourself. Does this mean you were wrong or foolish to like or believe what you did? That's always hard for the ego to admit

and one reason for people not questioning their beliefs or identities. And if you are willing to change your beliefs or identities, what does that mean? Does it mean you are disloyal? Fickle? Can't be trusted? Don't know your own mind? People don't want to take on those identities either, so that is another hurdle.

And how will changing your beliefs or identities affect your life? Will your friends and family reject you? Who will be your friends? Will you fit in? What will happen to you? These are some of the concerns that keep people from being more flexible about their beliefs and exploring more deeply who they are.

A challenge to one's identity can even feel like an issue of survival: "Will those who were like me turn on me when I'm not like them anymore?" On a deep, primitive level, there is a sense of your own life being at risk if you change what you like or believe. To your ego, changing your preferences and beliefs—your identities—feels like a matter of life or death.

And yet, are your preferences and beliefs more important than love, more important than embracing *all* of life? Preferences and beliefs limit what you are open to in life, and that's the problem.

The ego's world is limiting. There is so much more to enjoy and embrace than the things and people you have openly chosen to embrace. What if you held all your preferences and beliefs more lightly and more flexibly? What if you didn't reject anything or anyone? Even if you didn't embrace everything and everyone but were simply more open to everything and everyone, this would be a very big change for most people, one that would enhance one's life greatly.

There is so much in this world to enjoy: so much beauty, so much you might do and explore, so much you might create, so many people you might learn from. But most people live in a small world that reflects their preferences and beliefs.

I'm not saying there's anything wrong with that. This is natural, but it's good to realize just how much your preferences and beliefs shape your life and not allow them to be overly limiting. All I'm saying is that it's good to stretch yourself sometimes and be open to new activities, new perspectives, and new

people.

One way to stretch yourself is through a simple practice of seeing beauty in everyone and everything, in the ordinary and most mundane things. It's not that hard to do this. The key to breaking the mind's habit of overlooking the beauty in life is learning to give your attention to things you don't usually give your attention to.

The only way you cannot find something or someone beautiful is to not give it or the person your full attention and, instead, give your attention to your thoughts. If your attention lands on something, including a person, long enough without thoughts, you will experience a kind of beauty there, if not a conventional beauty.

What gives attention is your divine self, which is in love with everything. Because the divine self recognizes everything as itself, it experiences everything as lovable and beautiful in its own right. Whenever your attention is given to anything long enough, your divine self moves to the forefront, and this enables you to have the experience of your divine self for as long as that attention lasts.

This holds true for whatever you are giving your attention to. The divine self pours its love on whatever it attends to. What usually happens, however, is thoughts interfere with this attention-giving, and you slip into the mind's virtual reality, its ideas about whatever you are giving your attention to. And then, you are no longer giving your attention, or being present, to that alone but giving your attention to your ideas or desires or feelings *about* that. Or, you are more completely in virtual reality and thinking about something else altogether.

When you give your attention to anything long enough, it becomes beautiful, amazing, a miracle. It becomes your beloved, and you are filled with gratitude. This is obvious in your relationships with those you love, including pets. As you gaze upon them, giving them your full, undivided attention (undivided by thoughts), love flows from you to them. When this happens, it might seem like they are the cause of your love, but your undivided, thoughtless attention is what causes the love inside you to move out into the world.

This is important to realize, because this means you could choose to give your undivided attention to things or people you don't normally give your attention to or even like, and you would experience this same flow of love for them.

So, this is what I'm suggesting you do as a practice. Give your attention fully to things and people you encounter, including those you don't currently like, and see how much love and beauty you can experience in everything and everyone.

This practice is one more example of what I've been talking about lately when I suggest you behave as if you are enlightened. Those who are enlightened give their undivided attention to life easily and naturally because they are no longer enthralled by the voice in their head. These thoughts no longer impinge on and distort their experience of life. Without them, there is a natural attending to whatever is coming out of the flow in any moment.

That is a description of the enlightened state. So, the *prescription* for enlightenment is to do the same as best you can: Attend to what's coming out of the flow in each moment as best you can without the interference of the voice in your head. Such thoughts are obviously not necessary, since those who are enlightened are functioning beautifully without attending to them.

The intention to give your attention to life in this way is the first step, and a very important one. However, I must say that without a practice of meditation, giving your attention fully to life—being present—will be difficult to carry out.

Meditation is a way of practicing being present without the added challenges presented by the activities of life, which stir the mind up. When your body is still, as it is in meditation, the mind naturally quiets down, making your thoughts easier to set aside. That's why it's helpful to practice being present in meditation before you try being present in your busy life. By all means, *also* try to be present in your daily life, but these attempts will be greatly bolstered by a practice of meditation.

The reason that beauty is so available when you are present is that being

present allows you to see life through the Divine's eyes. When you are present, you see the beauty that the Divine sees as it looks out of your eyes. When you are present for long enough, you *become* love. Love is who you are, and love sees beauty everywhere.

Thank you for being here. I honor you and am here to support you in any way I can. I am with you always.

Chapter 12

Stillness

It seems like you wouldn't need instructions to just be, and yet, just being is one of the hardest things for people to do. Your default is to do—to do almost anything rather than just be. *Being* is anathema to the ego, because the ego cannot exist when you are just being. That could even be the definition of just being: It's a state in which the ego is surrendered. What creates and maintains the ego—activity, particularly mental activity—is no longer in play.

There is a strong tie between the ego and activity. The voice in your head not only keeps you involved in mental activity but is also largely involved in directing your physical activities. So, by stopping these activities, the ego is disempowered and taken offline.

Few people even realize that the ego is what is directing their activities. They think they are choosing what they do, when in fact, the ego is making their choices for them. They go along with the voice in their head without questioning it.

People have free will, but it isn't really very free until you see this great truth: The voice in your head is the ego's voice. It is running the show, while you think *you* are. But, instead, the most primitive aspect of yourself is orchestrating your life. This is why there is so much pain and difficulty in the world. Most people are marching to an unkind and unwise master.

You are so much more than this! Those who are leading happy and fulfilling lives have learned to not indulge the basest instincts and impulses of their ego. They have learned to be kind by incorporating positive beliefs and attitudes, which have helped them overcome the negative influences of the voice in their head. They have learned to listen to another wiser, “still, small voice” much of the time. However, they still aren't necessarily free of the voice in their head. They still think this voice reflects who they are, and they still often believe

it.

There is another state of consciousness beyond this where you recognize that the voice in your head is not who you are, that most of what it says is untrustworthy, and that nothing it says is needed for you to function. This becomes obvious to those who have achieved enough distance from it, usually due to a shift in consciousness that has allowed them to experience who they *really* are. Without such Grace, the best you can do is develop enough rationality and self-control to override the voice in your head some, if not most, of the time. But to become free of this voice, you will need a little Grace.

Grace comes in its own time. You are unfolding in perfect timing for your soul. Nevertheless, there are some things you can do to hasten the arrival of Grace. One of the most important things you can do is to just be: “Be still and know that I am God.” This doesn’t refer to some external God, but to the Divine within you. Be still, stop all activity, and discover that God resides within you (and within everything). Look for the Stillness within you—turn toward it and tune in to it—and you will eventually come to know it.

When all activity is stopped, both physical and mental, it is possible to experience what underpins and is beyond this human life. You are meant to be human and meant to be active in the world, but you are not *only* human. Your divinity—who you really are—is experienced in the silence of just being. For this, actual silence isn’t necessary, but mental silence is. To experience who you really are, mental activity is what most needs to stop, especially the thoughts that continually resurrect the false self—all of your “I” thoughts.

“I” thoughts don’t actually have to stop, nor likely can they; all you need to do is stop listening to them. Just as there can be sounds in your environment that you don’t notice because you aren’t focused on them, there can be a voice in your head that you don’t notice because you aren’t focused on it.

Just *being* is a state in which you are no longer focused on the thoughts going through your mind or even on the sensations you might be having, but on the more subtle, spiritual dimension of life in which your divine self could be

said to reside. This spiritual dimension lies beneath the sensory world and is accessed through the senses, but it is a more subtle, energetic experience than the senses.

If you want to experience who you really are, your divine self, you have to shift your focus from your thoughts and even from sensory experience and tune in to something that is beyond these. Words can only point to this, but you can find your way to the Stillness within your being easily enough, which is not really all that still.

The subtle realm is familiar to most of you, even if you touch it only briefly throughout your day. And those of you who meditate surely know it. Because the subtle realm is overlooked and underrated by the mind, few take the time to cultivate just being. This is what is cultivated in meditation. As you learn to observe your mind in meditation and thereby gain distance from it, you fall into just being, or Stillness.

Stillness is always there and can be tuned in to anytime, although it seems to disappear when you are active in the world or lost in thought. This doesn't have to be the case. You can learn to experience the Stillness at the core of your being even in the midst of activity. However, for this to happen, your relationship to activity has to shift.

Usually activity, as I said, is directed by the ego, and when that's the case, you will probably not experience Stillness. Once the ego has you in its grasp, its pushing, hurrying, judging, and other negativity are bound to keep you from Stillness. Another possibility exists, and that is for activity to come out of the flow—out of the Stillness itself. This is a very different experience than having your activities be directed by the ego.

So, how do you get from one way of living your life to the other? That is the key question. A number of things are involved in this shift of consciousness. First, you must become aware of your thoughts. Then, you must gain enough distance from them to have some choice around them—whether to believe them and follow them or not. And third, you have to have some experience of Stillness

and the reward that comes from that, or why would you even try to release yourself from the voice in your head?

To make the effort that it takes to detach from your mind, you have to be sufficiently motivated. Suffering is a big motivator, but suffering isn't enough to get you outside the pull of the voice in your head. You have to have had a taste of what is possible. There is another way to live, but you need to experience that, not just have someone tell you about it. You have to have an experience of Stillness, and not just one.

Fortunately, experiencing Stillness doesn't require that much. A willingness and an intention are crucial, as is a practice of meditation. If you aren't willing to practice meditation, that's fine, but your spiritual progress will be so much faster if you meditate daily. I can't say this enough.

Meditation will give you the experience of Stillness, and then you will know where you are headed and what is possible spiritually, beyond any ideas you might have about this. Practicing meditation will also help you experience Stillness in the midst of your daily life more often.

You are learning a new way of being, and that doesn't happen overnight. And as with all learning, learning to be in Stillness takes willingness, choice, and effort. You are training your brain to be different from the default. For your state of consciousness to change, there are physical changes that must take place in your brain. These changes come about through repetition—practice. Just as all bad habits are created through repetition, fortunately, so are good ones.

Guided meditations are an excellent way to get started with meditation, especially if you find sitting quietly or even meditating to sound too difficult. Anyone can listen to a guided meditation and find it enjoyable. This way of meditating is effortless, as you are talked into the experience of Stillness.

Now, I will take the last few moments to help you experience Stillness in a kind of guided meditation.

As you are sitting or lying wherever you are, notice how your body feels as it touches whatever it's touching. Notice everywhere on your body where it is in

contact with whatever you are resting on: all along your back, your seat, your legs, your feet. Just rest a moment, holding your attention on these simple sensations of contact.

Now, notice how naturally you sink into these sensations more deeply, simply by intending this and staying with them for a while. Notice what is happening even as I suggest this, for you have likely already gone deeper into these sensations than when we began.

As long as you are listening to these words, you are not thinking, so let your Awareness move between listening to these words and experiencing what I am suggesting. Notice what is happening now as you sink more deeply into the simple sensations of your body touching whatever it is touching. There is nothing else in the world to attend to but my voice and the sensations you are feeling in this moment.

What are these sensations like? You don't need to describe them mentally, just experience them. What is that experience like? It is pleasurable, isn't it? What is that pleasure like? It is the love of the universe! It is Stillness. You have entered the subtle, spiritual world simply by attending fully to sensation.

The longer you stay with the subtle pleasure that accompanies your divine nature, the more it will deepen and open up to you as an experience of aliveness, vibrancy, love, peace, and contentment, which are all signs that you are Home, in the arms of the Divine.

Focus on this subtle experience of Stillness whenever you experience it, including when you are going about your day. You can learn to be in Stillness even during your day. Like being in the eye of a hurricane, you can learn to remain still and connected to love and untouched by the comings and goings of life.

Thank you for being here. I am with you always.

Chapter 13

The Goal of the Spiritual Path

Today, I want to offer some clarity about the goal of the spiritual path. First, let me ask you, Why are you on the spiritual path? Why do you want to become enlightened? Your answers are most likely that you don't want to suffer, you want to be happy, or you want to get off the wheel of Karma. These are reason enough for your efforts, but they are not really why your *soul* is on the spiritual path. These are more like your ego's or human self's reasons for doing all the things you do on behalf of your spiritual growth.

What is your soul's reason for being on the spiritual path? Your soul is relishing the experience of being in the body, so it is hardly in a hurry to go anywhere else. Your soul is also not concerned with suffering any more than with what you wore yesterday. This may sound callous, but to your soul, suffering is just another thing in life that comes and goes, like the weather. As soon as the suffering is gone, it's gone.

Moreover, suffering serves the soul's goal of learning, so suffering is not a problem to your soul for that reason either. Your soul's most fundamental lesson as well as the lesson of the spiritual path is to learn how to live without suffering, so the soul accepts suffering as part of the plan. It also appreciates how efficiently suffering teaches what must be learned.

The soul is not concerned with happiness either, since that also comes and goes. Your soul has not incarnated for the fun of it, although life is often great fun. Your soul is in it for the experience, whatever that may be. It may be fun or maybe it won't, but that isn't important.

Experience is what is important to your soul, and life has plenty of that. No matter what happens, it is an experience, and a unique one at that. Your soul is a glutton for experience—all kinds of experiences—and earth is an excellent place for that.

Duality provides a wide range of experiences, both what you would view as good and bad ones. Your soul appreciates duality for the variety it provides, without a value judgment. There is no such thing as good or bad in the realm of the soul, or you could say that it is all good to the soul, because it all provides experience. Imagine if that was your perspective! Imagine how freeing that would be to welcome whatever experience you are having. That would be very enlightening of you!

Enlightenment is experiencing life as your soul experiences it: without resistance or evaluation, no good or bad, but *all* good. This is the goal of the spiritual path: to embrace life fully, to not sort it into good or bad or like or dislike.

The problem with such value judgments is that they all have “I” at the center of them. Evaluations are always from the perspective of “I”: “I like this. I don’t like that.” There is always an “I” that the preference is attached to, and that “I” is the false self. But to the soul or to those who are enlightened, life just is as it is, and however it is, is naturally accepted—no need for an evaluation, an argument, or a debate about it!

I’m not suggesting you go around saying, “I like it” about everything or even that it’s possible to feel this way all the time. As enlightened as that attitude is, others would surely question your judgment or even your sanity if you did that. Your human self is naturally not going to like a lot of things. But no matter. There is something else here that is in love with life just as it is. And *that* is what I’m suggesting you get in touch with.

I’m suggesting that you simply notice your human likes and dislikes when they arise and then just let them be. To be enlightened, your preferences don’t have to disappear, and they won’t as long as you are human. Your human self and its preferences can comfortably coexist with the true self, which is an aspect of your soul and in love with life just as it is.

Being enlightened doesn’t mean that you don’t have preferences or feelings. Being enlightened means that you are not only aware of the false self, but also

the true self's experience of reality and that you are more aligned with that than the false self's. Being enlightened is a shift to your true self's perspective, which loves and accepts your false self, its preferences and evaluations, and everything else.

Your true self has a loving relationship with your false self. It loves the experience of a false self as much as it loves everything else. It doesn't need to get rid of or even suppress the false self. It loves having the experiences the false self brings to it, even the suffering and drama. But, once you are enlightened, you recognize the suffering and drama for what they are—something conjured up by the imaginary self.

As a result, when you are enlightened, suffering is difficult to pull off. Once you've seen a magic trick, you can't be fooled by that illusion anymore, and once you've see through the illusion of the false self, it can't cause you to suffer anymore. Only when you believe the illusion, can it do that.

Your soul enjoys having seen through the illusion as much as it enjoyed believing the illusion. To your soul, one experience is not better or worse than another; they are just different. All experiences are equal—equally loved and equally valued.

This is a dramatic shift of perception, a night-and-day shift. This is the freedom the sages and mystics speak about: freedom from suffering. But what becomes free is not your soul, since it has always been free. It has always viewed life as a wonderful and perfect adventure. *You* become free of the false self and its false perceptions—free to experience life as your soul experiences it. That is enlightenment.

The goal of the spiritual path is to strip away false perceptions and misunderstandings and make it possible to live as you were intended to live, as your divine self. Your ego causes you to misperceive and misunderstand life, and so, you strive for things that will never make you happy. When the lenses of perception are cleansed, your understanding changes, and so your life changes.

Those who are enlightened, or nearly so, enjoy life immensely because

there is so much to be enjoyed. But they also don't need a lot to be happy. They are happy with every little thing and happy with little. If they have a lot, they are happy with that. If they have a little, they are happy with that.

Like your soul, those who are enlightened enjoy whatever they create or co-create with life. This doesn't mean they might not choose to create one thing over another, but however that works out, they enjoy that. Choosing still happens, often according to preferences, but there is no attachment to the results. Whatever happens is fine.

And what would be the point, anyhow, of feeling any other way? What would that get you? This is what is clearly seen when you are enlightened. It makes no sense to have a preference for the way life goes, because life will go the way it goes. What good are your preferences?

The idea that your preferences matter is one of the biggest misperceptions, or illusions, of them all. It doesn't matter what you like or don't like. Have you noticed? This only matters to the false self, which is all about likes and dislikes and couldn't exist without them.

Your true self and your soul do not have preferences. They are not trying to get anywhere. This may seem to contradict the idea that life is a school in which the goal is to evolve. But both of these are true: Life is a school that brings about the soul's evolution, and the soul doesn't have a preference for how that comes about.

There is something beyond your soul that is pulling the strings, and the soul is happy with however those strings are pulled. There is a force greater than your soul, of which your soul is but an instrument. You can call this force whatever you like: God, Grace, the Divine, Source. Your soul and nonphysical beings like myself, angels, and others are but instruments of this loving force that is behind all life. This force is wise, and it is loving, and it has your best interests at heart. It can be trusted.

Your soul knows this, so it relaxes into life and enjoys the ride, whatever that might look like. Your soul also has no illusion of control. You may think

your soul is in control of what happens in your life, but your soul is not the prime determinant, only a useful device for delivering the will of something unimaginably greater.

You are in good hands. You can relax and enjoy the ride. You can take your hands off the steering wheel and let the divine intelligence that created and expresses itself through everything do its work through you. It brings you the experiences you need, and you will naturally learn whatever you need to. This school of life is designed well. You can even relax about learning, since it would be impossible to not learn.

You are so blessed to be so close to the Truth now, to understand as much as you do. You are so much freer than most people, so much more ready to step into the next phase of your existence, one that is happier and more in love with life than you ever imagined possible.

Thank you for being here. Thank you for opening to divine Grace. I am with you always.

Chapter 14

Freedom

There are two kinds of freedom: The freedom the ego wants and freedom *from* the ego, or enlightenment. Both the ego and the divine self value the freedom to express yourselves, pursue happiness, fulfill your potential, and do what you love. These are important, fundamental freedoms, ones that should be granted all human beings and ones your country was founded on.

The problem is the ego *also* wants the freedom to do what it wants irrespective of other people's freedoms, needs, and happiness. But because you live in society and depend on social structures and others for your survival and wellbeing, your individual freedom must be weighed against the good of the whole, the good of society. To place your individual freedom over the good of the whole would be shortsighted, for if you foul your nest, that will not be good for anyone.

The ego doesn't see that it is part of a whole and that its actions impact not only itself, but the very whole upon which it depends. To go against the greater good of society is to hurt oneself. Of course, that is the problem with the ego, and the definition of the ego: It sees itself as separate from the whole and more at odds with it than part of it.

When people are young souls and haven't had many lifetimes, this is how they see life. They can't see from a higher, truer perspective because they are too identified with their egos. It's me against them, or us (those close to me or like me) against them, without understanding that diversity strengthens society. Just as genetic diversity allows a species to better survive, diversity within society allows it to better survive and thrive.

The ego wants others to be subservient to it. It doesn't want them to be equal, since they would be viewed as a challenge to its supremacy. The ego seeks to subordinate or subjugate others to its will. It views this as its salvation,

not working together with others in mutual respect.

You see this, of course, in totalitarian governments, which are run by those dominated by their egos and its perspective and who have managed to take control of others, usually through fear and lies. Democracies, on the other hand, were established by old or older souls who understood the strength inherent in equality and diversity and the importance of respecting all people and creating a society that supports everyone.

I'm not here to speak about politics but to make one simple point that relates to politics: As long as people are dominated by their egos, and to the extent that they are, they will establish societies in which people are not equally respected. This explains the situation you find yourselves in, in your world.

The people doing the most harm in your world are those who are deeply and completely identified with the basest level of ego, which is run by fear, greed, and the desire for conquest and power. Fortunately, this does not describe most people.

All of you know what it's like to be identified with your ego. Identification with the ego results in being prejudiced, afraid, selfish, judgmental, and striving to get on top. This much ego is normal, and society can withstand this much ego.

However, there is a level of ego that a free society cannot withstand, a level that is pathological. You could call it the ego on steroids. This pathological level of ego is what is behind the atrocities, greed, and totalitarian tendencies of those who shock and confound the rest of you. Unfortunately, because of their love of power, these types of people often rise to positions of power.

Most people are trying to move beyond their egos and do the right thing, while others are trying to get whatever they can for themselves by taking advantage of those who are trying to do good and be good and who generally trust others. These self-serving individuals are not trying to be good. They are trying to be other things, such as rich and powerful.

Although it is natural to want to be rich and powerful, it is not natural to be willing to do anything to get money and power. The pathological ego will stop at

nothing to get what it wants. This distinguishes these individuals from most people.

These individuals, thankfully, are a small minority, but they can still do a great deal of harm, especially when they are in positions of power. The institutions in your country were designed to protect you from such people, and these institutions are being tested now.

You are being tested now. Fortunately, this test is calling forth the best in many of you. In this world of duality, those who are self-serving can only get so far before people who care about the law and who care about others rise up and stop them.

My point is that you must not be disheartened by what you are seeing happening in the world. The powers for good will prevail and become reestablished. These are dark times, but there is much light in the world also. Do not lose sight of that or the power of goodness to prevail. We are working with so many of you to turn this situation around.

Another point I wish to make is that you don't have to have fully overcome your ego to be a force for good in the world. Most of the time, you are in touch with your goodness, even if you still act at times in petty, egoic ways. Most people are not free from their ego, but many are striving to be free from it, which means they have some awareness of it and some choice about how they behave. And that makes all the difference.

In any moment, you can choose the high road. You don't have to be awakened or enlightened to do that. As important as awakening and enlightenment are in raising consciousness on this planet, being a force for good in the world doesn't require that you be awakened or enlightened.

Most inspiring leaders and changemakers were neither, but they were in touch with their divine self enough of the time to be guided by it. And that's what I'm asking of you: Do your best to be guided to do what is best for your soul and for the whole in every moment. This means acting in integrity as much as possible. By that I mean, do not stoop to the ego's tactics, such as violence

and lies. These only lead to suffering and pain for everyone. Violence and deception will never result in Truth or happiness or peace. How could they?

You cannot resolve conflicts or overcome terrorism or even totalitarianism with violence. Many on your planet have yet to learn this. Many still believe in war. They still believe that violence is the way to peace, but of course, that makes no sense. The more you fight with others, the more they hate you and want to hurt you. Peace never follows from war for long. You cannot change hearts and minds with guns. Guns only result in more guns and an endless cycle of retaliation.

This is a hard lesson for every civilization, and some civilizations destroy themselves before learning it. Their souls will reincarnate in a similar situation and try again. That is, in part, what's going on in your world: Many souls have been reborn here, on this war-stricken planet, to try to learn the lesson of peace.

Until you shower others with caring, food, and whatever else they need instead of bombs, your world will not have peace. This is obvious, is it not? But I'm no doubt preaching to the choir. Nevertheless, it bears repeating. It's too easy to assume that you must go to war with those who are behaving despicably. War seems honorable under these circumstances. But it is not. Make no mistake.

Despicable leaders cause the wars, but those who fight in them are not of this nature, although war often causes good people to become hateful. If people were unwilling to fight for such egomaniacal despots, there would be no war. This is one way for war to end. People have much more power than they realize. And there are other, far better ways than war to resolve your conflicts.

The only way things change is through love. You can love before you are awakened, and you will surely love after awakening. From that place of love, you will know what to do and how to behave. Many goodhearted and fair-minded individuals are being called to politics and political action, and that is how things will change. Political means in the hands of people who are aligned with love will make the difference, and more will be coming forward now. Take heart.

Moving beyond ego is your task today and always. There is no way to change your world but to overcome the negative tendencies of the ego. There is some feeling in spiritual circles, around some spiritual teachers, that how you behave doesn't matter. People see spiritual teachers who say they are enlightened behaving unethically, and they conclude that enlightenment has nothing to do with behavior, and some teachers even say this and believe this, as if this were true.

I would say, rather, that behavior may be all that matters. What is enlightenment if it doesn't include enlightened behavior? Your behavior matters before awakening and it matters after awakening. It never stops mattering. What you do and how you are affects everything and everyone in this web of life.

Watch your behavior. Do your best to be loving, nonjudgmental, gentle, and kind. This is all I ask of you, and this is all I came to teach, then and now: "Do unto others as you would have them do unto you." This is the simplest and clearest guideline I can give you.

Thank you for being here. Be in peace. I am with you always.

Chapter 15

It Is All God

If you could see from the Divine's eyes, you would see yourself everywhere and see yourself in everything. And if you knew yourself as God, you would experience yourself as being everywhere and in everything. Every experience is an experience that God is having.

This is Oneness. Oneness doesn't mean that everything looks alike, but that everything is animated by the same force, what I've been calling the Divine or God. Your intimate experience of life is God's intimate experience of life.

Within creation, God is expressing in great diversity. Nothing is identical. Everything is unique. And yet, everything is made of the same "stuff." A good metaphor for this is clay: Infinitely many shapes can be formed of clay—a woman, a dog, a butterfly, a flower, an anteater—and yet, each is fundamentally clay. These things that look so different are fundamentally the same. They are different *and* they are the same. This is one of the great paradoxes of life: Everything is unique, but everything is the same at its core, in substance.

And so it is with you: You are formed from God, although you appear as different forms. You believe you are these forms, but your true nature is that of God, that of love. The most essential quality of your true nature is love, so you could say that everything is most fundamentally love. Love is the substance from which all creation is shaped. Love is the clay that life is made of.

God experiences itself through its creations. God is surprised and pleased with the variety of expressions that is possible. What fun! Each new expression of itself is a new experience for God. God is continually discovering what is possible and what it's like to be something it has never been before.

God loves creating and exploring life through its creations. God loves the adventure and loves the learning and evolution these experiences bring. This joy of being alive, of exploring, of learning can be felt within you. It is the joy of

God, the joy of the Divine within you. *Your* joy is God's joy.

The creations, themselves, have a very different experience, since most are not aware of their fundamental divine nature. Eventually, this is discovered, but initially God is lost in creation in such a way that the creations believe they exist as separate entities rather than direct expressions of God. This sense of separation allows God to have a unique experience through every creation.

A videogame can be a useful metaphor for understanding this special relationship between God and creation. When you play a videogame, you pretend you are the character in the videogame. While you are absorbed in that game, you forget who you really are, although you still exist as the player of the game.

So it is with God: God intentionally becomes lost in its creations, while continuing to exist as God, in order to fully experience all the possibilities in being something or someone. Like an actor playing a part, the more fully you become the character, the richer the experience is.

God splits off in this way, but God can never really forget the truth. The truth is temporarily suspended for the purpose of exploration, but at some point, the truth is remembered or realized and returned to. This is what happens in the human journey: God, while remaining God, gets lost in the human experience. Lifetime after lifetime, God pretends to be a particular character, until one day, that character has explored the human condition fully enough and is ready for a different adventure.

The metaphor of the videogame is good for making one other point. The character in the videogame, although engaged in terrible challenges, is not shying away from those challenges, blaming others, complaining, or playing the victim. Instead, he or she meets each challenge courageously, doing whatever is necessary to overcome it. That courage and perseverance is in you too. That strength and drive to overcome all odds is within you too. That capacity to meet life's challenges rationally is within you too.

However, that's as far as we will take this metaphor, since violence is no

way to deal with challenges. But to the extent that the character's actions represent acceptance of what life brings, courage, and perseverance, this metaphor is useful.

Throughout the experience of being the human character you are playing in this lifetime, the possibility exists to realize the love, peace, and strength at your core. Your true nature is always available to you, no matter what your circumstances are. Not only at the end of your earthly lifetimes is it possible to realize your true nature, but also to some extent throughout your life as this character—potentially in any and every moment.

The truth of your God-nature is not that hidden from you. When life is hard, you are meant to draw on the qualities of your true nature—and you often do. Without the challenges of life, there could be no growth, no discovery, no learning, no evolution. There are places in creation where God rests from all challenges and has little or no experience, but God loves a challenge, and so does the God in you if you are honest with yourself.

The real dragon to be overcome is the fear, discouragement, victimhood, and negativity of the human mind. Without those, a dragon is just something to be dealt with, not something horrible, scary, overwhelming, or that “shouldn't have happened.” Without your human emotions, you would simply do what needs to be done and experience little suffering in the process.

Without resistance to life's challenges and the emotions that follow from that, you would enjoy the experiences of life or, at the very least, find them interesting. Every new experience is interesting to your soul, to God. Life is interesting! Why label something as “bad” and resist it or become upset over it? Resistance to an experience and the emotions that follow from that are what make an experience bad, not the experience itself.

The challenge you must overcome in this videogame called life is your own negative mind, which creates negative emotions. Once you overcome your negative emotions by mastering your mind, then any challenge you face in life will be manageable. The character in the videogame doesn't have the luxury of

having emotions, and neither do you if you want to be happy.

You determine your own happiness, not circumstances, by what you say to yourself and how you respond to any circumstance. You are not a victim of anything that happens to you. There is no such thing as a victim. Victimization is the experience of believing you are a victim. If you believe you are a victim, then you feel like a victim. Believing makes it so.

The biggest challenges in this life are of this nature: the machinations and stories of your own mind. Life, itself, is simpler than the mind makes it. The mind complicates life by making it all about “me,” but life is not about you or any other individual. Life is not personal. It is what it is, and the way to get through it is to tap in to your innate God-given strengths: love, courage, compassion, gratitude, and peace. Find God within yourself, and your life will be transformed.

God is hiding behind the scenes, but God is not all that hidden. God is evidenced in every feeling of happiness, love, peace, joy, strength, and courage and in every wise, loving, and rational thought you have. God is right here, because there is nothing here but God. The character you are playing is God playacting. The other characters are God playacting. The scenery and setting were created by God for God. The actions you take are either God or God allowing the character to act according to its beliefs and illusions, which God put there.

This is all to say that there is nothing that isn't of God. God says yes to it all and enjoys it all. God fights with God and God makes love to God. God is doing it all and enjoying it all, including the drama and suffering, because God created it to be the way it is, and God is willing to have the experiences it is having through its creations.

When you have realized this sufficiently, you will also enjoy the ride you are on, and you will learn to travel the ups and downs more gracefully, with more love and less pain. The winners of this videogame called life are the ones who learn to be in life without suffering, who accept life as it is, and who love

life as it is and as God does. Game over.

Thank you for being here. Thank you for your strength and courage and willingness to grow. I am with you always.

Chapter 16

Acceptance

There is a trick to accepting something you don't want to accept, which I'll tell you about today. So much has already been written about acceptance. It is obviously central to spiritual freedom. This is because acceptance is the opposite of resistance, the opposite of what the ego does. So, if you do the opposite of your default and accept something, you have broken free of the default, free of your ego.

Acceptance is more of a non-doing than something you do, while resistance is definitely something you do. Resisting something takes energy and sometimes time. Acceptance, on the other hand, takes no energy or time. Acceptance is a surrendering or relinquishing of resistance and whatever energy is going into that.

Resistance comes from the voice in your head. It says things like, "I don't want that," "I don't like that," "That shouldn't be," "That's too hard," and any number of other similar arguments and objections to the way things are. When you stop thinking thoughts like this, which make you feel unaccepting, you are left with acceptance. When you stop doing resistance, you naturally fall into acceptance.

On the other hand, if you *try* to accept something, that is effortful—you are trying to *do* something. Who is this *you* that would try to accept something? Wouldn't that be the ego trying to comply with spiritual instructions?

Trying to accept something is a mental effort, something you try to do with your mind. The problem with trying to accept something is that you are still in your mind, still in the grasp of your ego. The egoic mind tries to manipulate and fix life through thought, but this is not effective. You can't get to acceptance by thinking your way to it.

To accept something, you have to move out of your thoughts by dropping

them. That is the only thing required: Stop trying to fix the resistance, which was created by thoughts, through thought. Do nothing but stop thinking the thoughts that created the resistance.

It isn't as hard as you might think to stop thinking something. You just *think* it's hard. That belief that it's hard to stop thinking is part of the illusion and helps to hold the illusion in place. Going against this programming seems difficult, so people often don't even try. The illusion is that it's difficult to go against the programming, while the truth is that it's not. The programming, itself, is not as difficult to overcome as the belief that it's difficult to overcome.

The way to move out of your thoughts is to give your attention to something other than your thoughts. Giving attention is easy; you are doing it all the time. But you may need to learn to direct your attention more intentionally. If you don't, the ego will direct your attention for you, since that is your default.

What else is there to give your attention to? Real life: the sound of an airplane, light as it reflects off something, your own breath, the experience of your feet touching the ground, the feeling of air on your face, the subtle sense of joy inside, the aliveness in your hands, the subtle elation of being alive.

Any and all of these will bring you out of the ego's world into reality, including the subtle realm in which you know yourself as the divine self. Being present in your body and senses is a doorway into the subtle realm. The mind cannot enter this realm. It has to be left at the doorstep. Reality is whatever is happening now, in this present moment, in your vicinity of the universe: your body's and your Being's actual experience of life, beyond any mental ideas about it all.

When you accept something, someone, or some situation, you are responding as your divine self. Acceptance belongs to the divine self, while resistance, as I said, belongs to the ego. This is a handy way of telling what you are aligned with: Are you accepting or are you resisting? Or, you could ask it this way: Are you relaxed and at peace or not? That's how you can tell whether you are aligned with the divine self or not. It's really quite simple.

The way things are, is the way things are. Resistance argues against the way things are, which if you examine this, is pointless. All the ways your mind comes up with to resist life are futile. Resistance is futile! Wanting things to be other than the way they are is a waste of energy, and yet, that is the ego's knee-jerk reaction to life.

Resistance isn't the way that change comes about. Resistance changes nothing except your state of consciousness. Resistance only makes you unhappy, and that makes you less effectual. Resistance is dysfunctional.

It is the nature of life to change, and life changes in its own way and time. The only thing that can interfere with the course of this natural unfolding of life is the ego, which has its own agenda and ideas about how life should unfold. The divine self lets the ego try to change things according to its ideas and desires, but such changes tend to be unsatisfying, and they often result in lessons. Resistance affects life by making life more difficult. Through you, the divine self brings about necessary changes without any added pain or suffering.

To be free of resistance, all that is necessary is to see the truth about it: It's useless, it gets you nowhere, it's exhausting, it makes you unhappy, and it always comes from the ego. The divine self loves it all and accepts it all. Resistance is not in the divine self's repertoire, only the ego's.

Once you realize how useless resistance is and that it is the ego's way of making you unhappy, you will more easily be able to slide into the acceptance of your divine self, which coexists alongside the ego's resistance. The reason you aren't more aware of this innate and ever-available acceptance is that the divine self doesn't have a mental voice. It doesn't speak to you in your head like the ego does.

The ego's voice is dominant and strong, and it is your default, so you must search a little for the true self's acceptance. As with all the other qualities of the true self, such as love and courage, acceptance exists inside you, in the subtle dimension, not in your mind.

To experience acceptance, all you have to do is stop agreeing with the ego's

voice. That is the non-doing I am talking about. Stop agreeing with the ego. The voice in your head is not *your* voice. See the voice in your head for what it is and turn away from it. You are what can see this and what can choose to turn away from the voice in your head.

What is left when you do that is everything you have ever wanted, everything that will make you truly happy. The ego can only keep you away from that with its voice. Amazing! Just words in your head keep you from being your divine self, from being in the flow, from happiness, and from the treasure trove of gifts you've been given to navigate this life.

So, my advice to you for becoming more accepting is to simply stop giving your power to the voice in your head and turn toward that which is more subtle and, yet, more real. Turn toward whatever is actually present in the here and now: whatever you are sensing and experiencing in this moment on a sensory level and on a more subtle level, including intuitions, inspiration, joy, love, and peace.

When you stop giving your attention to the voice in your head, it's possible to discover another way of living that feels so different from the world of the ego that it is like another world. And so it is. You can be in this world as your ego and have the pain, suffering, and lessons involved in that, or you can be in this world as the divine self and experience it rejoicing in life.

The divine self loves life. It experiences nothing but love and joy in existence. This love and joy are found in the subtle world. When you turn your attention to the subtle world, love and joy are your experiences as well. You know what the subtle world is, because you have been immersed in it all of your life, and now that you see the value in paying more attention to it, you can begin to do that.

You are awakening to the fact that you are the divine self and not the ego or false self. As you wake up to this, sometimes you identify with the ego and sometimes with the divine self. When you have seen through the illusion more fully, you will realize yourself as the divine self in a deeper and more complete

way. Until then, you must learn the tricks of the illusion—how it tries to fool you and how it is held in place. Become wise to it.

Resistance is one of the things that upholds the illusion. Fears, doubts, distrust, lack, and other lies are other thoughts that uphold it. Essentially, the illusion is upheld by lies. That is why “the Truth will set you free.”

As with all the thoughts that uphold the illusion, seeing through resistance isn't easy. When you are identified with the ego, resistance is so persistent and all-pervasive that it is difficult to be aware of all the ways you automatically resist life. Every “I want” and “I like” is a sign of resistance. These thoughts imply rejection of whatever you don't like or don't want. So, watch these thoughts. Notice them and realize that they keep you prisoner of your own ego.

Because “I want” and “I like” are so automatic, they seem so innocent. They are so normal. These words fill people's inner world. Notice this. Notice how prevalent your thoughts are about what you like and don't like and what you want and don't want.

Without these, who are you? Without your opinions about what is good and what is bad, who are you? If you don't divide the world up into good and bad, who are you? The ego runs from this discovery, but the *you* who is waking up is interested in this inquiry and interested in this teaching and ready to see the truth.

Thank you for being willing to explore the Truth. Thank you for being here. I am with you always.

Chapter 17

Honesty

Honesty is important. Without honesty, a society cannot thrive and be free. The facts are important, and being honest about the facts is necessary for a healthy and free society. Lying is being dishonest about the facts, about the truth. But what I want to talk about today is a different kind of honesty: being honest about what you *think*.

If what you think is what your ego or the voice in your head thinks, and most of it is, and if most of that is lies or half-truths, which it is, then being honest about what you think is worse than useless. It's just giving voice to the conditioning and half-truths running through your mind: the judgments, assumptions, opinions, subjective beliefs, and stories that make up the ego and false self. Being honest about what your ego or false self believes only reinforces the ego, the false self, and the illusion, within yourself and within others. Being honest about *lies* is just more lies.

But it's worse than that, because these lies hurt yourself and others. Lies hurt, because they aren't meant to feel good. The truth feels good, but lies don't. When the ego expresses its judgments, opinions, beliefs, and stories, they often hurt others. They are often unkind. But they are also unkind to yourself. They make you feel small, and they contract you energetically. It's important to notice this. Egos hurt, and it hurts to *be* an ego.

People believe in being honest, so they often feel they should be honest with others about what they think. But telling your friend, for instance, that you don't like her latest haircut (or her husband, for that matter) is not the kind of honesty that makes relationships and societies strong, and that is the test of it. If being honest isn't loving and doesn't empower others and leave them feeling relaxed and at peace, then that is not honesty but the ego doing what it does. What you think is not the ultimate truth, and more often than not, it is a

judgment and not useful to share.

True honesty—honesty about facts, about the truth—is not unkind. How can facts be unkind? They aren't personal. Only the ego's honesty is unkind. So that is the rule of thumb: If being honest will be hurtful, then don't be honest. Be kind instead, and everyone will feel good, including you.

Before telling someone what you think, examine your motives. Are you doing it *for* them or *to* them—to manipulate or hurt them, or play at being superior to them? And remember: Even if your intention is to offer useful advice, if that advice wasn't asked for, it will likely be construed as criticism and won't be helpful after all.

Most conversations are about what people think, about what the voice in their head thinks, not about facts, not about sharing information. They are about people's likes and dislikes, opinions, desires, fears, judgments, assumptions about others, and stories about what happened (usually with a certain spin). In most conversations, the ego is expressing its view of the world. It puts its interior world on display for all to see.

You can learn a lot about your ego this way, by observing what it shares with others. This might be the only value in these types of conversations. At best, these conversations grease the wheels of social engagement, but if these are the only types of conversations you have, they will leave you feeling empty. What egos talk about is just not that interesting, unless you like drama, gossip, and stirring up emotions, which the ego does like.

Real conversations can't be had between egos, who are more interested in what they, themselves, have to say than in what others have to say. Egos enjoy debating with other egos, but usually for the purpose of winning them over to their side, not so much to seek new information.

Egos are just not that interested in learning and growing. For this, the conversation has to drop out of the level of ego, out of "I think" or "I believe," to a deeper, truer level of "I don't know." The mind that thinks it knows is a closed mind, while the mind that admits it doesn't know is still open to new

information. Notice how much the ego pretends to know, how attached it is to what it pretends to know, and how unwilling it is to admit it doesn't know. So much more is unknown than known, and it is wise to be honest about that.

People who are willing to be open-minded stand a real chance of communicating, learning, and growing, but that requires that they drop out of their egos and into their Hearts, where love and the truth can be explored and discovered together.

When I say "drop into the Heart," I don't mean drop into your feelings, since feelings belong to the false self. I'm talking about the spiritual Heart, which is your connection to your innate wisdom, your true knowing, your intuition. When you are in your Heart, then it is truly possible to say something that is meaningful in that moment and also true in the deepest sense of the word.

When the Heart has something to say, it lets you know through an urge to speak. This sense that something wants to be said through you, while not being sure what that is, is the Heart. Then, when the Heart is ready to speak, the words come forward, and you are as surprised as anyone, because you didn't know what you were going to say. The words just came out of your mouth. Words that come from the Heart make everyone relax, and that's when you know you've spoken the truth.

Contrast that with the ego. When the ego is speaking, you also feel a push to talk, but it's because the ego wants to talk about itself, wants attention, or wants to demonstrate that it knows something. Thoughts about what you want to say swirl around in your head, while you impatiently wait for an opportunity to speak. Then, when you do speak, you experience a tightness in your body and a self-consciousness or preoccupation with yourself, all of which signal that your ego is online. When you've finished speaking, there is no sense of "Ahh," but a sense of needing more: needing approval for what you just said, needing more attention, needing to be special.

It doesn't feel good to need. There is no peace in needing. Needing makes you feel small and contracted, not relaxed and at ease. It turns out that attempts

at getting something for yourself out of a conversation only backfire, leaving you wanting more of something you can never get enough of. The ego is a bottomless pit that can never be filled.

As I have often said, contraction is a sign of ego-identification, while relaxation is a sign of being aligned with the divine self, with Truth. Lies and needs and desires and fears and preferences never leave you feeling relaxed and complete, while the truth does, whether that is a relative truth or the Truth with a capital “T.” You know when you have heard the truth because your body relaxes and feels at ease. When you hear the truth, you feel either an “Ahhh” or an “Ah-ha!”

Your body is a wonderful instrument for guiding your conversations. Even just thinking of giving voice to your ego will cause you to contract energetically. On the other hand, giving voice to the truth or something that wants to be said through you makes you feel elated and, at the same time, at peace.

These are two very different states, so they are not that difficult to distinguish, but you have to want to pay attention to your state and you have to want to stay true to the truth more than you want to follow your default. That is not so easy, since your ego really wants to do what it has always done. It wants to create drama and trouble, stir up emotions, be right, be special, and get attention.

The way around this is to, first, notice what your ego is up to. Notice the ego’s push to talk, notice what kinds of things your ego wants to say and, most importantly, notice what it is trying to get for itself by saying what it is saying. Is it trying to be right? Superior? Special? Is it trying to get attention? Is it trying to be The Helper or The Savior to others? Is it trying to enhance its position in the world or get something else it wants from others? The ego always has an agenda. What is your ego’s agenda? This is something for you to examine when you are with others.

Second, when you are with others, make a conscious effort to not speak or to speak very little. When you feel the push from your ego to speak, hold back.

The more you hold back your egoic impulses, the easier this becomes. This takes practice, but with practice, you will eventually gain mastery of your ego.

The divine self is receptive. It listens, and that is really what others want from you. When you listen, love flows from you to others and then back again to you. The divine self is always kind. When you do speak, let your words be kind. Give this gift to yourself and others. Kindness is more honest than unkindness, because kindness comes from the truth—the deepest truth of all, that you are love and you are here to love.

Thank you for being here. Thank you for being true to love. I am with you always.

Chapter 18

Ending Illusions

People often envy others for what they have or how they look, for their friends, for their job, or for their life in general. They imagine others to be happier and more fulfilled than they are. The mind naturally does this: It imagines a more perfect life than it has, and it imagines that others actually have the life it imagines, without realizing that these are just imaginations. People believe these illusions. These illusions are their reality.

My point is that no one's life is like anyone's imaginations. This life, on this dimension, is one of duality. If someone is beautiful, for instance, that will not last, and while that beauty lasts, it has both pros and cons. Anything you can name has both advantages and disadvantages. That's duality. That's the truth. Nothing comes with just advantages, except in your imagination.

It's important to see this, because it's easy to be fooled by your dreams and desires into thinking, "I'll be happy when..." or "If only I had that, I'd be happy." These are examples of the lies told to you by the voice in your head.

All the lies that make up the illusion seem really true, while they are not. That is the nature of an illusion: Something seems true or real, while it is not. The mind spins an illusory reality and then lives as if that were true. It really seems true that you could have the life of your dreams. It really seems like the man or woman of your dreams is out there.

I'm not saying you can't have a wonderful life or a wonderful partner. I'm just saying that that life and that partner won't match your imagination. In real life, there are ups *and* downs, joys *and* difficulties, things you like and don't like about whatever life or whatever partner you have.

Imaginations include only one side of the story. That's why they are a lie, an illusion. The problem with believing lies is that it leads to suffering: If you believe that life or someone should be a certain way, then whenever that isn't the

case, you'll be unhappy and rail at life or be angry at others: "This is not how things are supposed to go!"

Of course, you *know* this. You know life and people aren't perfect. But do you really? A part of you—the more primitive self, the ego—does *not* know this, and it is holding out for perfection, for something and someone that fits its ideas and dreams. What gets upset when life or others don't comply is the ego. *It* is not living in reality, but in an imaginary reality, where it believes it *should* be able to get anything it wants.

Your rational side knows and sees the truth about life, but your irrational side, the ego, doesn't want to see the truth and pretends otherwise. This irrational side of you has a voice, and that is the voice in your head (and the voice in other people's heads too).

The rational side of you might also have some say inside your mind, as most of you have learned to be rational and to counter the irrational side of yourself to some extent, which is certainly helpful. And yet, the voice in your head is, for the most part, the voice of the primitive ego.

If you aren't aware of this and of the ego's illusions and misperceptions, you are likely to feel disappointed a lot, which is how most people do feel. Your ego is not very happy with life!

Disappointment is a sign that you had an imagination and expectation about something or someone that wasn't fulfilled. Disappointment is so normal, so common. And yet, if you never believed that something or someone would or should be a certain way, you would never be disappointed. To the extent that you believe your imaginations and are attached to having things be a certain way, you will feel disappointed.

So much of the sadness, anger, blame, and resentment people feel stems from this tendency to believe that life should be or will be a certain way. People really believe this lie. They don't think to ask, "Why *should* it? Who says?" They don't realize it is their ego that says so, when in truth, life is what it is and it will be what it will be, regardless of how the ego feels about it.

People don't question the source of their feelings. They assume that their feelings are life's fault or the fault of someone who didn't live up to their imaginations, their expectations. But life and other people are not here to live up to your imaginations!

When put this way, it's easy enough to see how egocentric it is to think that your imaginations have some kind of sway over life, or should. To think so, is irrational, but that is how the ego is. The ego is irrational. Until these irrational thoughts, or lies, are examined, they will continue to mislead people and make them unhappy. And, unfortunately, unhappy people hurt and blame others for their unhappiness.

Feelings such as sadness, anger, blame, and resentment come from believing lies. If you don't see this, then you will continue to have such feelings. To become free of them, you have to examine the underlying beliefs that fuel them. As long as you blame others or life for such feelings, you will never be free of them. They are *your* feelings. *You* created them, however unconsciously—not others, not life. This is true of all feelings, at least the ones you suffer over.

People aren't responsible for the thoughts that run through their mind, since they didn't put them there and they have no control over them. Thoughts come into your mind and everyone else's from the same place: the subconscious, where the egoic programming and other conditioning is stored. Then, if those thoughts go unexamined and believed, as they do for most people, they generate feelings.

In a sense, people aren't responsible for their feelings either, since most people aren't consciously aware of how their thoughts turn into feelings. They are unconscious of the programming running them and, therefore, at the mercy of it. Once you gain some awareness of your thoughts and realize that they create your feelings, you can put an end to this unconscious process. You can put an end to being at the mercy of your negative emotions. Notice I didn't say you would eliminate all emotions but that you would no longer be controlled by them.

This freedom from emotions is a huge advancement in one's evolution and has enormous implications for humanity as a whole. Through a combination of understanding and evolution, human beings will eventually stop hating and hurting each other. War will stop. Conflicts will be settled peacefully.

So how is this accomplished? The understanding needed to accomplish that is right here. I have just given it to you: Become aware of your thoughts. Then, see that they are causing you to believe things about yourself, others, and life that aren't true. Then, see that these untruths are making you feel angry, afraid, sad, and hateful. Then, see that these emotions are the cause of all wars, conflicts, suffering, and pain.

If you want to end war, conflict, suffering, and pain (and who doesn't?), then see the falseness in the thoughts behind your negative emotions. Learn to see life as it truly is, not as the illusion paints it. Above all, learn to accept life as it is, and learn to accept others as they are, meaning let them be as they are. Live and let live.

This is the way to peace and happiness for all. This is the only hope for humanity, the only possible direction now. The war and hatred must stop, and it stops as each person ends the pain within themselves by seeing the truth about the voice in their head and by mastering their emotions.

So, I will say a little more about how this is done, since this is so important. First, awareness of one's thoughts is developed in meditation. Meditation is the speediest way to develop this ability. Like all abilities, being aware of your thoughts is learned by practicing it, not just reading about it. Most people have never even considered examining their thoughts, and without a practice like meditation, most aren't able to do that, at least not consistently.

However, it isn't enough to be aware of your thoughts if you don't also question their validity. Being good at witnessing your thoughts isn't enough to become free of the emotions fueled by them. Unless you see that your thoughts are based on false assumptions about life, you won't be free of the emotions caused by those false assumptions.

Inquiry is the practice of questioning your thoughts: “Is that always true?” is the basic question. Something that is true is true always, throughout time. If something is not always true, then it is a partial truth, which is essentially a lie. Your mind and everybody else’s is full of these half-truths, opinions, assumptions, and generalizations, which are taken as true. Through inquiry, you discover that very few of the thoughts that run through your mind can withstand this test.

I have said a great deal about these lies in other books, so I will refer you to them, particularly *A Heroic Life*. For now, I just want to say that it’s possible to be free of emotional reactivity. What I mean by this is that anger, for instance, might still arise, but you won’t react to it: You won’t act on it or give voice to it—at least not much or for long.

That’s the best that can be expected of you as a human being. It is not realistic to think that an emotion will never run through you again once you are more advanced spiritually. Awakening or enlightenment is not devoid of emotion, but there is a different relationship to your emotions. As you evolve, it’s what you do about your emotions that can and does change. Your relationship with your emotions changes: You may *have* an emotion, but it doesn’t *have* you. This is where you and humanity are headed, toward a new relationship to your emotions.

Thank you for being here. Thank you for your commitment to awakening out of the ego. I am with you always.

Chapter 19

Working with Emotions

Although I've already written a good deal about how to work with emotions, this is such an important topic that I'd like to say something about it today. When you are experiencing anger or any other uncomfortable emotion, then that's what *is*. That's what is arising in the present moment. Being present or living in Presence is about accepting whatever is, and if that is an emotion, the task is to acknowledge and accept that emotion.

Acceptance doesn't mean you have to like anger, for instance, or like being angry; you only have to accept that this is how you are feeling right now. By accept, I mean acknowledge the truth about how you feel and let the emotion be there for as long as it is, while you either do some inquiry into it, into what thoughts contributed to it, or go about your day while letting it be there.

Acknowledging a feeling, accepting it, and letting it be as it is allows it to relax and fade rather than thrive and grow. An emotion is fed by continuing to think the thoughts that created it and by piling on more thoughts, which the mind will naturally do if you let it. If you do that, the emotion will gain steam and seem more real and true, as the mind builds a case for feeling the way you do. Then, the feeling will be more difficult to calm, more compelling, and more likely to be acted out in damaging ways.

If, on the other hand, you repress a feeling by resisting it or pretending it isn't there, it may go away for a time, but it will return and be just as strong whenever you think those same thoughts or whenever the unconscious complex it's part of is triggered. The problem with repressing feelings is that it doesn't heal them, since no investigation is undertaken that would weaken them. They just go "silent" until the next trigger.

Most people don't know that being with an emotion, gently, lovingly, and with curiosity, is the way to heal it. Until very recently in your history, people

didn't understand this simple method for dealing with feelings, and many today have never heard of it. So, I will explain it in a little more detail for you.

Love heals. It heals your relationships, it heals your body, it heals your mind, and it heals your emotions. When you give love to anything—to a person, to your body, to a thought, or to an emotion—it relaxes and returns Wholeness, to love and peace. Resistance, on the other hand, perpetuates whatever you are resisting and keeps you stuck in the ego's world, the mental realm.

Love does not belong to the mental realm but to the subtle realm of the divine self. Love is the balm that can heal the mind and all the stress, struggle, confusion, and negative emotions the mind causes. Love heals because it is outside and beyond the mind. Love heals because it is true and real, while your thoughts and emotions have reality only within the illusion. They have no real truth to them.

Love cancels or neutralizes thoughts and feelings, because love is more powerful than thoughts and feelings, since love is truer. Love allows you to pierce through the illusion spun by thoughts and feelings, because love *is* Truth. Love is the antidote for everything that ails you as an individual, as a society, and as a world.

As mysterious as love is, everyone knows how to love. Giving love is essentially giving one's full attention—without thoughts—to something or someone. When you do that, love naturally flows from inside you to whatever you are giving your attention to.

This may not be obvious, only because thoughts usually interfere with this flow. This is one reason meditation is so important to your peace and to world peace: Unless you learn to be fully present to something or someone without thoughts or with your thoughts in the background, love won't flow or won't flow to the fullest extent. Thoughts interfere with the flow of love in life.

This explains why love flows so easily between you and your pets. Most of the time, their thoughts don't interfere with their being present and at ease in life. They are so easy to love, in part, because they are so guileless, so innocent, since

they are without complex thought. When you are also free of thoughts, you are easy to love, and it is easy for you *to* love.

Your pets bring you into the present moment and out of your thoughts about what you have to do, who you are, and where you are going. You are just there, with them, loving them, without your usual identity. Pets are some of the greatest teachers of love. They are performing this service for humanity. They are your healers.

Loving your emotions is nothing more than noticing them, acknowledging them, accepting that they are there, and letting them be there. Then, as I said, you can move on and give your attention, your love, to something else, which interrupts the tendency to pile more thoughts onto the ones that are already there, or you can stay with the sensation of the emotion in your body and notice what that's like, without analyzing it or trying to fix it. Be curious about it: What is the experience of that feeling like? Dense? Heavy? Sharp? Dull? Big? Small? Where is it in the body? If you could draw it, what color would it be? What shape would it be?

You can go even deeper in this investigation by asking: "What did I just say to myself that caused this feeling?" Write those thoughts down. Take a good look at them. Ask: "Is that always true?" When you look the feelings and thoughts squarely in the face, you will find that the illusion they spin cannot hold up.

You can also simply sit quietly with the feeling and invite intuitions to flow about what is behind it. Rather than mentally analyzing the feeling, move into an open, receptive state, where intuitions can be received more easily. These intuitions often come in the form of an "Ah-ha!" Even if nothing comes, just sitting with the feeling without any thoughts is often enough for the feeling to relax, unwind, and fade away. Like an upset child, your emotions just need acknowledgment and a little loving attention, and then they calm down.

The way people usually deal with their emotions is counterproductive, which is why feelings seem so problematic, when they don't have to be. Once you know how to deal with your emotions, they are not difficult to deal with. But

if you do what people naturally do, which is spin around in their thoughts and get upset about feeling the way they do, that only aggravates the feeling and keeps it around longer than necessary.

The lifespan of a feeling is really quite short. Emotions naturally come and go, like everything else in life. So, if you just let a feeling come and go without feeding it with more thoughts and without wishing it weren't there, it will recede more quickly. And if you do find yourself feeding it with more thoughts or wishing it weren't there, that's fine. Just notice that you are having those thoughts.

Noticing is your best defense in dealing with thoughts and feelings. Just notice whatever thoughts and feelings are there and notice any thoughts about not wanting those thoughts and feelings to be there. Noticing is often all you have to do to detach from the voice in your head and the feelings it produces. Noticing any feelings you have is often enough to defuse them and be able to let them go.

If noticing and accepting a feeling and then moving on—giving your attention to something else—doesn't work and the feeling is persistent or recurrent, then spend a little more time with the feeling, giving it your attention, your love. Just sit with it. You can even talk with it. Many find that dialoguing with a feeling, like you might do with a small child you are trying to comfort, can help calm it.

Invite the emotion into your lap, like you would a small child who is upset. Imagine yourself giving the feeling a hug and sitting quietly with it, rocking it, or saying, "There, there. It will be alright" or something else that is soothing. You can even ask the feeling why it feels the way it does and what it needs from you, and you may receive some insights intuitively.

Being kind to your emotions—being kind to yourself—in this way is a healthy way of dealing with your emotions. They are part of your humanity, and they need to be dealt with wisely and with love.

I hope these suggestions are helpful. It is so important to heal your

emotions. Although emotions will never completely disappear, they can be cleared to the extent that they no longer cause you or others much suffering.

Thank you for being here. Thank you for being willing to do this emotional work. I am with you always.

Chapter 20

The Kingdom of Heaven

“What is heaven?” you may ask. “The kingdom of heaven is within you” tells you everything you need to know and can know about heaven. In being within you, this kingdom is unlike the kingdoms of nature and of humankind, which are clearly outside of you. Then, why call this a kingdom at all? This inner kingdom is the kingdom of God, where God resides. God resides within you. Heaven resides within you.

Heaven is not a place you go to after you die, but a state of consciousness that is accessed by going within. Heaven is a state of mind, a state similar to the mind of God, the essence of God. This state of consciousness that is heaven is a reflection of God’s consciousness.

All of creation is an expression of God’s consciousness. But creation is even more than that, since God also resides within creation. Although an artist is separate from what he or she creates, God is not separate from creation. God lives and expresses through creation. God expresses His/Her consciousness through creation, and this consciousness is within creation.

However, the consciousness of God can only be reflected upon and explored by those creations that are sentient, like yourselves. Human beings are special, since they are able to know and ponder this great mystery behind creation.

Sentience means that you are capable of self-reflection, which enables you to realize your essential nature as God. However, being human also entails an ego, which blocks this realization. You are challenged in the discovery of your true nature by programming that makes you believe that you are other than God. This is as it is meant to be, as you were designed, but nonetheless a great hindrance to self-realization.

To discover the consciousness that is of God, you must be willing to go

within. By “going within,” I don’t mean exploring your thoughts and emotions, although there is a place for that. Exploring your thoughts and emotions will only help you understand the false ideas that make up the false self, not understand your divine self.

Going within means going to the realm that is beyond thoughts and feelings and even sensations, to the realm of the Heart. This is why many spiritual teachings have encouraged meditation and disparaged the sensual and material pleasures of life, which tend to keep people focused on the outer kingdom rather than the inner kingdom.

However, once you have discovered the inner kingdom, then the outer kingdom—the world—becomes that much more precious and beautiful and intensely enjoyable. “Seek ye first the kingdom of heaven, and all else will be added unto you.” True pleasure and enjoyment of the world is only possible once you have experienced and come to know the inner kingdom: the consciousness that is of God.

What is this consciousness like? I have spoken of it often. It is the consciousness of love, joy, acceptance, compassion, gratitude, and peace. It is the consciousness that embraces all and pushes nothing aside. It is the consciousness that loves life unconditionally. Most simply, it is the consciousness of love.

Whenever you are in a state of love, you are experiencing the consciousness of God. When you stay there, in love, long enough, you drop into the experience of loving everything. Loving anything or anyone is a doorway into unconditional love for all.

This is why the love for a child or a pet can be such an important and powerful experience for human beings: Love for them gives you a taste of unconditional love. The unconditional love you experience most easily for your children, for pets, and for other loved ones is a doorway that can open to loving all that is and to a great love and appreciation of life.

However, if you move into egoic consciousness after feeling love for your

child or pet or loved one, you will again perceive separation between you and others. They will seem like a challenge, perhaps to your loved ones or to something else that is dear to you. The ego sees with such eyes. On the other hand, if you can remain focused on the experience of love in your Heart and continue to look out at the world *through* that love, then you will perceive the world as God perceives it, as your divine self perceives it.

Experiencing this is a matter of sustaining the experience of love while engaged in the world. This is something that must be practiced and is eventually achieved as you progress spiritually. As you spend more and more time in the consciousness of the divine through meditation or other spiritual practices, you begin to be able to retain this inner experience of love as you go about your day, in the world.

But first, you must get to know the inner experience of love intimately. You get to know this through meditation and other spiritual practices, which take you into the kingdom of heaven within. You get to know this kingdom, as with any kingdom, by spending time in it and exploring it, not with your mind but with your Heart, since the mind can't enter this kingdom.

When I say that the mind can't enter the kingdom of heaven, I'm referring to the aspect of the mind that creates a sense of separation from life by thinking about itself as a separate entity: "I am this way. I like this. I had that experience. I want this." That is the aspect of the mind that cannot enter the kingdom of heaven: the egoic mind. It must be left behind.

On the other hand, your intellect, the aspect of your mind that can reason and discriminate, is as accessible as ever in the kingdom of heaven. And wisdom is even more accessible there, since wisdom doesn't come from the mind but from the Heart. Without the separative aspect of the mind, or ego, your wisdom, which is delivered through the intuition, is much more accessible.

Let me tell you about this inner kingdom. It isn't like the physical kingdom. Your five senses are not what you use to explore the inner kingdom. Instead, you use another set of senses: more subtle versions of the five senses, for this

kingdom is not physical but subtle. Entering the kingdom of heaven is like entering a different world, one that operates beyond the laws of physics.

The kingdom of heaven, although subtle, is as real, and even more real, than your physical world, with its own rules and laws. In this inner kingdom, there is no ego to confuse you; there is only truth. I'm not saying that your mind's interpretations of this inner world are real and true but that the *experiences* you have there are. Because the mind can't understand or interpret the inner kingdom accurately, nothing you say about it, if you can find any words at all, will be completely true.

Although some spiritual teachers say that even the world is not real, as an *experience*, the world *is* real. Your thoughts about it surely are not real, but the *experience* of the world is real. Experience is real and trustworthy; it is your ideas or stories about your inner and outer experiences that are not real and trustworthy.

All you need to know about the inner world is that it exists as a true and real experience, beyond or beneath your experience of the outer world. The mind diminishes and dismisses the experience of the inner world as nothing, but then you are left with only your ideas and stories about the outer world, which is not the real experience of the outer world either.

Getting to know the inner world reveals the truth about the outer world, which is, to a great extent, the value of getting to know the inner world. Once you know the inner world, you will rejoice in the world rather than be unhappy or frustrated with it. The inner world unlocks the beauty and preciousness of the world. It shows you the truth about it so that you can enjoy it, so that you can be truly happy within the world. "Seek ye first the kingdom of heaven, and all else will be added unto you." Get to know the kingdom of heaven, and you will be happy. Do this, and you will be a blessing to all.

You get to know the inner world with your subtle senses or what is often called the sixth sense or extrasensory perception, meaning perception beyond the five senses. This is why exploring the inner realm usually requires closing your

eyes and being in a room where your senses are not being stimulated or excited. Then, it is possible to drop into your subtle senses and notice what else is here besides your thoughts and the sights and sounds and sensations brought to you by your five senses.

Once you are no longer attending to thoughts, feelings, or input from the five senses, the inner world opens up to you. It has always been there beneath all the thoughts, desires, feelings, sounds, sights, sensations, and other distractions of the physical world. Then, it's just a matter of following the subtle experience with your attention, your awareness, simply noticing what is going on, on subtle levels within your being, within the kingdom of heaven, without trying to interpret it, label it, or tell a story about it.

Just let yourself have the experience you are having on subtle levels. There is no need to understand your experiences there, and most likely, you won't be able to. You may receive a useful intuitive insight or understanding, but the *experience* of the subtle realm is, itself, the purpose of exploring the subtle realm. The experience of the subtle realm is enough. It enriches you on levels and in ways you cannot and need not put into words. Just let yourself have the experience of being in this subtle, inner realm for a while. If you do this frequently enough, it will change how you are in your life and in the world.

Thank you for being here. Let us spend some time together now in this inner kingdom. I am with you always.

Chapter 21

Hell Is Not a Place

As I explained in an earlier message, the kingdom of heaven is within you. The same is true of Hell. There is no place called Hell. Like heaven, hell is a state of consciousness. Fortunately, heaven is your natural or true state of consciousness, while hell is what you experience when you are deeply identified with the ego in its most negative sense.

It's good news that hell is not your natural state, although it is the state of consciousness most people live in to one degree or another. To the degree that they are identified with their egos, they are in hell. Why is that? Why is egoic consciousness so hellish? It is hellish because it is the opposite of the Truth. In the egoic state of consciousness, you believe you are lacking and separate from All That Is, and that simply is not the truth. Life is so kind that it makes believing a lie like this painful, while the Truth is a place of peace and love.

Duality, which is the experience in this world, is the experience of love on one end of the spectrum, which is heaven, and an absence of love on the other end of the spectrum, which is hell. The hellish end of the spectrum is a lack of truth and a lack of love, which is why it is hellish. The spectrum is a spectrum of love: from the fullness of love to ever decreasing amounts of love.

The point is, there is no opposite to love. Love's opposite is an absence of love, which results in fear and suffering. People suffer because of a lack of connection to love, to one's Source, and to the truth, caused by believing the lies promulgated by the false self through the voice in your head.

That is good news, because the remedy is seeing the truth—that, even though you may *feel* separate, you actually are not separate from All That Is and have never been nor could you be. You belong to the Source, just as fingers belong to the hand. You are love, itself, masquerading as an individual, a separate self.

There is no evil to overcome within yourself, only delusion: the delusion that you are separate. The belief that you are separate from God, that you are other than love, and the feeling of being separate causes people to do harmful and even evil things at times. But there is no one who *is* evil, since there is no one who is actually separate from love. Harmful acts are done out of fear, out of a desperation to survive and be on top at all costs.

The truth is that everyone is made of the same stuff: love. When the delusion that you exist as anything but love is removed, you are free of suffering. Your divine self is unmasked, and it is loving, kind, and compassionate. Everyone, in essence, is loving, kind, and compassionate. But if you don't believe you are and if you aren't in touch with the love at your core, you won't behave accordingly. You'll behave according to your fear, your sense of lack, and the other mistaken beliefs and feelings of the ego.

Beliefs and feelings are *this* powerful! Mistaken beliefs and the feelings and actions that follow from them cause all of the suffering in the world! Unfortunately, beliefs are very difficult to change. The ego, which is behind the false self, does not change its beliefs easily! If beliefs were easily changed, the false self could not be maintained.

The ego, at its best, is the sense of being a separate person. At its worst, the ego's sense of separation causes all manner of suffering to oneself and others. It hurts to be separate! It hurts to be cut off from love, from the Truth, from God. And people who are hurting tend to hurt others.

This sense of separation exists, because in order for God to create and experience all that He/She wishes to create and experience, it was necessary to build into human beings the sense of being a separate individual. The ego was created for this purpose, and the ego serves creation well in this way.

But when the ego was created, something else happened: It became divorced from love, and that allowed for the possibility of human beings to harm each other, fight, hate, and experience other negative emotions, such as jealousy, envy, resentment, and revenge.

Not everyone has an ego that is lost to love to such a degree. Many have a very well managed and contained ego. In other words, on the spectrum of love, they are somewhere in the middle or upper end: They have an ego, but their ego is tempered by love. They are ego-identified at times but not always. For the most part, they don't let the negative ego interfere with their relationships and with functioning positively. Although they feel like a separate individual, they still have access to the love at their core.

However, for those who are intensely ego-involved, those on the other end of the spectrum, it's another story. They are out of touch with love. Like a badge of honor, they pride themselves in not caring about others, as if this is a mark of a strong and an independent person, not realizing that "no man is an island" and that true happiness and fulfillment can only come from love, not only loving others, but loving life and loving God.

Those who are divorced from love, from the Heart, hurt others and are hurting deeply, although they may not show it or even realize it themselves. They were likely emotionally or physically abused or wounded in their early years, and as a result, closed themselves off from love. These are the ones causing the most harm in the world, and they are essentially living in hell.

Hell is a place of not caring about others. When you don't care about others, you suffer, because it is your nature to love. To be true to yourself, your true nature, you *must* love. When you go against your true nature, it hurts, and that's the right experience, or how would you ever discover your divine nature?

Hell is the state of consciousness that is obsessed with one's own self. The problem with this is that the self that is obsessed over is the false self, which by nature, is never happy. Suffering is caused by being focused on what is not true—on a self that is false and on the lies that make up the false self. How can there be happiness or satisfaction in that?

The false self is the imagined self that has programming that says, "I'm not okay. You're not okay. Life isn't okay." How can focusing on such a self make you anything but miserable? The false self creates unhappiness, and then it

struggles and suffers over this state.

But that's not all. The false self, which manifests as the voice in your head, is constructed of all sorts of misunderstandings and lies, such as the idea that you need something other than what you already have to be happy, when the truth is that it is your true nature to be happy. Loving makes you happy, and you are naturally loving, and loving doesn't require that you be or have anything.

The voice in your head tells you that you don't have what you need to be okay and to be happy, when you do. This creates feelings of fear, anger, worthlessness, competition, jealousy, dissatisfaction, sadness, and depression. And these feelings lead to poor choices and conflicts with others and, at its worst, criminal behavior in an attempt to get what you believe you must have to survive and be happy.

The false self is an unhappy self, and an unhappy self is not loving to others, and those who are not loving to others are not likely to be loved. And so, this is a vicious cycle in more than one sense of the word. A life lived as the false self, as the ego, without contact with your true nature, or love, is hellish, indeed.

Fortunately, most people are not that out of touch with their true nature, with love. Most people understand the importance of love and believe in love, thank goodness. But it is helpful for those of you who know love to realize that there are those who are so cut off from love that they don't know what love feels like, and so they don't believe it is real or meaningful, even though there is nothing more meaningful. This is why they harm others.

To be cut off from what makes life meaningful and worthwhile—from the purpose of life—is empty, and those in this situation seek to fill that emptiness with material things, pleasures, money, power, recognition, and so forth. But one can never get enough of those things, because they don't truly satisfy. It is hell to hunger for more and more and never be satisfied. This is how many people do feel.

Of course, all of you know what the remedy is. Because you are on the

spiritual path, you have already discovered enough of the truth to no longer be fooled by such lies. Nevertheless, it bears repeating that love is the remedy. Love is what you are made of. Love is what is behind life. Love makes the world go around, not romantic love, but this mysterious feeling inside your chest, in the area of your Heart, which you call love but you can say little else about.

My message to you today, as always, is to go toward love. Be love, express love, give love, and then you will be happy.

Thank you for being here. Thank you for being open to this message. I am with you always.

Chapter 22

Inspiration

Inspiration—where does it come from? This is mysterious, isn't it? Inspiration is not like a thought or an idea you've had before, so it doesn't come from memory or the unconscious mind. Inspiration is a creative idea, but based on what? It isn't based on past knowledge or on an imagination or a fantasy of some future possibility. It is simply a gift, a gift from the gods, you could say, for lack of a better explanation.

How do you explain inspiration except in this way? An inspiration comes out of nowhere, rings true, has a positive effect on one's life, and fits one's capabilities and needs for a particular moment in time. This last point is important, because an inspiration comes at exactly the right time, when it is most helpful, most appropriate, and most needed. Given all this, perhaps inspirations do come from some intelligence that is wise beyond your understanding.

I'm presenting this in this way to make the point that believing in such an intelligence or intelligences is not silly but actually logical. If you acknowledge that inspiration is real, then what other explanation do you have for it? Inspiration is a real experience in everyone's life. That's why there is a word for it—it's a common experience. You know what inspiration is, and no one would say it doesn't exist or that it isn't of benefit. Your own experience is evidence of this.

So, why is it difficult for some to believe that some kind of intelligence is behind such things as inspiration, intuition, premonitions, and other similar experiences you commonly have as human beings? You may not be able to know more than this—that some form of intelligence delivers these knowings and nudges to humanity—but admitting that at least this much is true isn't silly, but simply logical. And yet, many feel uncomfortable admitting that they believe in such intelligences, even when some people are able to see or communicate with

them, such as this channel. So, let's take a closer look at this phenomenon.

Inspiration and creativity do come from the gods, or God. Obviously, God is creative, since "God" is what you call the creative force behind life. And God continues to create through sentient creations, such as yourselves, by inspiring and instructing you through your intuition what to create and how to create it. Inspiration and intuition are the bridge between you and God, between the Unmanifest and the manifest worlds.

This is simply how it works. It is a fact. This may not be generally acknowledged or accepted as fact, but that doesn't mean it isn't. It isn't accepted because people are skeptical of anything that can't be experienced with the five senses, and the nonphysical world is just that. Nevertheless, there is a nonphysical world influencing this one, guiding and shaping creation. The more you acknowledge this, the more likely you will cooperate with the forces that seek to create and shape life through you.

Everyone is creating something. Everyone is an instrument of God. That is your essential purpose. God is interested in not only having experiences through you, but also having a hand in creation. If you were God and able to do this, wouldn't you relish exploring, playing, and creating in this way? Is this not the ultimate, to play within creation, to explore and learn by doing things in a world of your own creation?

You were made in God's image. You have many characteristics of your Maker: Like God, you love to learn, explore, grow, create, and be challenged. You love puzzles and solving problems. You love to think and imagine. You love to love. You have the same inclinations as the Creator because of your connection with the Creator through your Heart. The Heart is the Divine's command post. It is where you receive your inspiration and specific instructions. So, I will say a little more about the Heart.

The Heart is your connection with the intelligences that are tasked with helping you be the instrument and creative agent you are meant to be. Your instructions from these intelligences are not delivered to you in words, but

through a more subtle communication system: through your intuition and other subtle energies, such as inspiration, many of which land or are received in the center of your chest, in the area of the heart.

To say much more about this is difficult because language is inadequate and not well suited to the subtle realm. There are only a few words to describe this type of communication: inspiration, intuition, downloads, ah-has, a lightbulb turning on, or a sense of something being right (a “yes”) or not right (a “no”).

Even though the Heart communicates so subtly, people are very aware of this other kind of communication that is distinct from thoughts. And since most have found this communication helpful, it is generally respected. “Follow your Heart!” people advise, and everyone knows what that means. Nevertheless, an intuition or inspiration isn’t always followed because the mind causes people to doubt it after the fact.

Since there are always reasons to *not* do something, the mind can easily talk people out of following their intuition or inspiration. The mind’s job is to provide a list of pros and cons on any subject, which has its usefulness. But the mind doesn’t have the wisdom to determine what actions might be most fulfilling to one’s soul at a particular time. The mind traffics in generalizations and information. It can only judge what might be practical, safe, and secure based on previous experience and knowledge. It doesn’t know when to take action or what is true to do in any particular moment.

Furthermore, the mind, in conjunction with the ego, has its particular point of view and set of values, which are often very different from the soul’s, or Heart’s. The mind is more concerned with safety and security, while the Heart, although not unconcerned with safety and security, has growth, fulfilling one’s life purpose, and love as its highest values.

To fulfill your life purpose is the most satisfying thing you can do, but the mind has no idea what that is or how to fulfill it. The mind is a servant, the machinery of God’s instrument, not the mastermind or architect of your life. It is the Heart that holds the instructions for God’s instrument, for how to lead the

most fulfilling life possible.

There are many possible lives that would fulfill your soul's purpose—not just one. You get to choose from the various possibilities available to you. In this, you have some choice. If you choose outside these possibilities, that will lead to unhappiness, because that's the soul's way of steering you toward its plan. When you are aligned with your soul's purpose, you will be happy; when you are not, you won't.

Unfortunately, the situation is a little more complex than this. You could be living the life you are meant to live and still not be happy if you are listening to the voice in your head too much. Then, no matter what kind of life you have created, you won't be happy.

Another complexity is that not every difficulty you face is a sign that you aren't following your Heart. Some of life's challenges are brought to you purposefully by the intelligences guiding your life. Challenges are an important part of everyone's growth. If you assume that such challenges are not part of the design, you might feel victimized and angry and miss what good could come from them. The key to meeting any challenges is an attitude of acceptance, willingness, and curiosity toward your experience: "What am I meant to learn from this?"

Following your Heart doesn't mean you won't have challenges, but they won't be challenges of your own making—challenges from unwise choices and from being out of alignment with your soul's plan. Of course, you learn from those challenges as well. It is all good. Every experience contributes to your soul's growth. But life does become easier the more aligned you are with your soul's plan.

The key to living the life you are meant to live is to notice and be open to what life brings you. It will bring you the people, resources, opportunities, and inspiration you need to create this life. Life is bringing you what you need. The intelligences behind life are helping you design the life your soul wants for you and learn the lessons it intends.

It is always helpful to assume that you are being given the experiences and opportunities you need to grow and create a happy life. When you have that attitude toward life, you will be able to relax and enjoy life just as it is. The ego fights with life and is so unhappy. But you don't have to be. When you see life as it truly is: *for* you rather than against you, you can be happy with whatever comes your way.

So much is out of your control, while the ego pretends it should be in control. To accept that you are not in control of much and yet something much wiser *is* will give you peace. And when you are at peace, you'll have access to all the inner resources you've been given to live your life, all the wisdom and all the love you need.

Whatever beliefs help you relax and be at peace in life are beliefs worth holding, as they will help you be aligned with what the Divine intends for you. You are in good hands. You can relax and enjoy this life—this precious gift—you've been given.

Thank you for being here. Thank you for your sincere interest in understanding the Truth. I am with you always.

Chapter 23

The Truth Will Set You Free

The fact that love is behind life isn't always obvious, is it? Why is there pain, suffering, loss, and death if love is behind life? These things can make it seem like God, if you will, or life is cruel and uncaring, while quite the opposite is true. Seeing this is important in becoming free from the tyranny of the ego.

The ego blames life, or God, for all the suffering it feels, while the ego, itself, is the culprit. It perceives life falsely. It suffers over life. It tells you life should be a certain way or that you should be a certain way or that others should be a certain way, when life, you, and others are the way they are, and that must simply be accepted if you're to be happy. Accepting the way things are changes how you experience life. You stop suffering in all the ways you never needed to.

Such lies make you angry with yourself, with life, and with others. They make you feel that life is unfair and unkind, when it isn't. The idea that anything should be other than the way it is makes you unhappy, when everything just is the way it is. It's too late for things to be any different. Things are the way they are, and they can't be different right now than the way they are. That's the truth. "Should" is a lie, just one of the many lies and half-truths perpetrated by the mind, which make you suffer.

The voice in your head's half-truths and lies create division and conflict within you and between you and others. These lies and misunderstandings cause you to suffer needlessly. Life is infinitely easier and more pleasant once you accept the truth about it. The way you know the truth when you hear it is that the truth results in peace, not suffering. The Truth will set you free—it will free you to relax and be at peace with the way life is.

The egoic state of consciousness is a state of unrest, conflict, dis-ease, and dissatisfaction. If you are feeling any of these, you are believing the lies the voice in your head is telling you. You can't feel conflicted if you aren't listening

to these lies, because the truth results in peace, love, contentment, and appreciation of life. The truth is that life is good.

The evidence for this is in the experience you have when you stop thinking or stop attending to the thoughts that run through your head. What better evidence is there but your own experience? You think that life is as the ego says it is, because when you believe that, that *is* your experience. That seems like evidence for the ego's point of view. However, when you stop believing the half-truths and lies the ego tells, what you have left is no beliefs, just life, and the experience of life is nothing like what the ego says it is. Life is benevolent and a great blessing. Which is true? There are two possible experiences of life, one shaped by your beliefs and one free of beliefs. Which one is true?

The fact that beliefs shape your experience of life is one of the reasons the Illusion (with a capital "I"), spoken of by mystics, holds together. People in a society have similar beliefs that create a similar false experience of reality. That shared experience of reality seems true, but it isn't. It is an illusion. The reality shaped by their beliefs is not how reality actually is.

Until people become courageous enough to question these beliefs, they will remain believers of this reality. The fact that so many others are creating this same reality with their beliefs makes it very difficult to question the beliefs that are the bedrock of this reality. It takes great courage to do so, to go against the crowd.

There have always been those willing to do this, for whatever reason: philosophers, mystics, gurus, rebels, and freethinkers. Such individuals have often held the key to a new paradigm or a new age within a society. Ground is not broken nor changes made by those who simply go along with the crowd.

Free-thinking individuals, those willing to buck the crowd, are born into societies that are ready to awaken to a new level of consciousness or a new level of progress, in the case of technological revolution. You are in a time when both of these are happening at once. Today, there is both an accelerated spiritual evolution and a technological revolution going on.

The technological revolution will require a certain degree of spiritual evolution if you are not to destroy yourselves by forging ahead too quickly technologically without adequate foresight and wisdom. Souls of both kinds have incarnated at this time to accelerate both your spiritual evolution and your technological revolution. Both areas need acceleration if you are to solve your problems rather than create more.

My point is that it's time for humanity to awaken to the truth about yourselves and about life. It's time to see that the problems and conflicts you have are not created by others but by yourself. It's time to take responsibility for your inner state and what that reaps. Every individual must take responsibility for what he or she experiences in life. I'm not suggesting you blame yourself for how you experience life. Taking responsibility is very different from blaming yourself.

Taking responsibility means seeing that you create your experience of life by what you tell yourself about it. If you don't like your experience of life, then change what you are telling yourself about yourself, about others, and about life. Tell another story. A truer, more complete story will leave you feeling at peace instead of unhappy. This is how peace comes to a world, one individual at a time.

You are more in control of your happiness than you may think. You are not in control of many things, but you are in control of your attitude. That's about all you *are* in control of. Find a point of view that brings you peace. Whatever attitude or story brings you peace is the truth, or close to it. You know the truth by how it makes you feel.

I'm not suggesting you make up untrue stories or delude yourself, which will not bring you peace, but find a truer, more complete story than whatever stressful or negative story you are telling yourself. For instance, if you are unhappy because you believe you will never be happy, then realize that that is an impossibility, a lie. It would be impossible for anyone to never experience happiness. More importantly, find a way to feel happy right now. Find beliefs

that allow you to relax and be happy now. Notice what you *do* have, not what you don't have. Practice gratitude.

You must give up all ideas and beliefs that lead to inner and outer conflict. They are all lies. If your society is to survive, you must weed out all these lies and lean only on the Truth. You and only you can do this for yourself. I am empowering you now with this information, but you must put it to good use.

Stop telling yourself things that make you unhappy and cause you to do things that make others unhappy. When the mind tells you these things, see that and say, "No, thank you. That is no longer my truth." Live without a story or tell a story that uplifts you, but stop telling stories that make you unhappy. Stop giving life a negative spin, and you will see that life is not negative, but you have made it so with your thoughts about it.

Life is good and precious. It is here for you, for your learning, for your growth, and for your enjoyment. If you are not enjoying it, then find out why: Examine your thoughts, for that is where the answer lies, not in getting more of something or becoming someone else. Nothing in your life has to change for you to be happy. As long as you believe that the problem is "out there," you will never be happy. The problem is always "in here," in how you are thinking.

In saying this, I'm not blaming you for how you are thinking, since you really aren't responsible for that. Thoughts come and thoughts go, and you don't make them come nor do you make them go. What you *are* responsible for is what you do with the thoughts that come. Do you believe them? Do you think they give you accurate and helpful information? Have you examined them sufficiently before buying in to them?

Believing unexamined thoughts is a little like eating something without paying attention to what you are eating. Before you know it, it's done, and you have been unconscious the whole time. This is how many go through life, swallowing their thoughts hook, line, and sinker, and then feeling victimized by the results.

But who victimized you? Again, I'm not blaming you, because you are

programmed to have these thoughts, to not examine them, to believe them, and to feel victimized by them. This is humanity's default. This is the human condition. I'm just saying that you can be free of this now with a little self-awareness and understanding of the Truth.

Life is not the way you think it is. Life is beautiful, a marvel, and you are here to discover this. You are meant to break free of the prison of your own mind and find the peace "that passeth all understanding." You find this by peeling away the lies one by one until all you have is truth, all you have is reality, just as it is. Pure and simple. Life is pure and life is simple. What a blessing it is! Discover this. Say no to whatever thoughts cause pain and conflict and find out what life is really about. Say no to your mind's resistance to life and discover that resistance to this beautiful life is all that has ever been in the way of enjoying it.

Thank you for being here. Thank you for your openness to this message. I am with you always.

Chapter 24

Surrender Knowing

Here is another practice that will speed you along in your spiritual growth: Surrender the pretense of knowing. The reason this practice will accelerate your spiritual growth is that it is exactly opposite your default. Have you noticed how much the voice in your head pretends to know things it doesn't actually know? It makes things up, and that's called lying. The voice in your head makes things up a lot; it lies a lot. This pretense of knowing needs to be seen and surrendered.

For the voice in your head to continue to hold power over you, you must believe it. It must convince you that it's worth listening to, which it does by pretending to know things you would like to know. Of course, this *you* that wants to know is the false self, but that's the setup that keeps the illusion in place: The false self pretends to know and it is also what wants to know.

All this keeps you involved with the voice in your head. That *you* is the you that is lost in the illusory world created by the egoic mind, but that *you* is also waking up and discovering the truth. So, you could say that there is a *you* that is lost in the illusion (the false self), a *you* that is waking up from the illusion, and a *you* that has never been asleep (the true self). You are all of these!

What a funny Mystery this is! When you are unconsciously following your default, you are the false self. When you have more awareness and consciousness, you are the *you* that is waking up. And when you have completely fallen into the Mystery and lost all sense of a *you*, you become your divine self.

Examining your thoughts to uncover the ego's pretense of knowing is an important practice because this examination exposes the lies that hold the illusion in place. When those lies are exposed, the illusion falls apart, and what's left is the Truth: reality as it actually is.

Reality is good. So, stripping away these lies is good. It frees you to

experience life differently. As long as you believe these lies, you experience reality as the ego perceives it, which isn't pretty. Suffering is largely the result of believing the voice in your head's made-up stories. When these lies are seen through and reality is perceived truly, what you are left with is peace, love, joy, and contentment. *Life is good.*

There are several categories of lies:

1. Lies about the past: Thoughts about the past are rarely thoughts about the facts of an event. Instead, those facts are given a spin and told to yourself in such a way as to evoke an emotion. Thoughts about the past are in the form of a story that serves the ego's purposes, usually to shore up an identity or create emotions, which further uphold the illusion.

What you say about the past is usually a story you are telling about yourself, the false self. The false self is created and maintained by such stories. These stories are lies because they are incomplete. They don't tell the whole truth, and so they keep you trapped in a limited identity.

2. Lies about the future: pretending to know what's going to happen. The ego wants to feel in control, and so it assumes what the future will be based on the past and based on what it hopes or fears about the future. These assumptions are made up. No matter how much experience these predictions are based on or how much you want or fear something, they are still just predictions, not true knowing. The future will be what it will be, and that is entirely unpredictable. The unpredictability of life is very difficult for the ego to accept, and it copes by pretending to know things it can't possibly know.

Some of this pretense of knowing is functional: It's best to assume that the sun will come up every day and that gravity will continue to operate. But it isn't helpful to assume that you know what your life in the future will be like,

since life is in constant flux. Such assumptions are bound to make you unhappy.

3. Lies about other people: People pretend to know what others are thinking, how they feel, what they like or don't like, what they know or don't know, what they believe, how they feel about you, what they are going to do, and what they want or don't want. Your imaginations of others are lies you tell yourself and lies you often share with others. You project these imaginations onto others and respond accordingly, as if they were true.

4. Lies about yourself: People pretend that they know who they are. They believe themselves to be a set of characteristics. They tell stories about themselves and believe those stories, and those stories often become self-fulfilling prophecies. You create a certain experience of yourself by what you tell yourself about yourself. Change your story, and you change your experience of yourself, your false self. Still, any story you tell is a lie, because it isn't the whole truth.

5. Lies about life: People pretend to know what should or shouldn't happen. They also pretend that something other than what happened could have happened. They pretend that their beliefs about life are true: "Life is hard." "Life is meaningless." "Life is short." "Life is great." But these beliefs are just more stories, more incomplete truths. What good are they? "Life is a great mystery" is a story that reflects the truth that you don't know much about life. Some stories are closer to the truth than others and so cause less suffering.

6. Lies about God: People often pretend to know what God is like and what God wants or doesn't want. They also pretend to know what is right and what is wrong for themselves and for others. But the mind can never know such

things. The mind is just a computer, after all, and doesn't have any insight into the mysteries of life.

For a belief to be true, it must be a fact. One reason you have a word like belief is to differentiate it from fact, from the truth. Notice how your ego holds its beliefs as facts. See that they are merely beliefs, guesses, at what is true. If something can't be proven to be true, then it's best to realize that and hold that belief lightly, with open-mindedness.

Beliefs are not facts, and facts are not beliefs. The truth is not a belief. So, realize this about your beliefs, which are most of the thoughts that run through your mind. You will find very few facts in your mind. The facts that do exist may be useful in practical ways, but they won't help you know how to live your life.

If you realize the truth, that you don't really know, then these guesses at life aren't a problem. You can easily dismiss them and focus on what *is* true in any moment: what is true to do according to your Heart, according to the force that is moving you, living you.

Most of your beliefs are attempts to know something that you will never be able to know. You will never be able to know much, no matter how much you would like to. This is frustrating to the ego. It wants to know, and it can't. This makes it feel vulnerable, small, unsafe, and therefore angry and unhappy. The fact that the ego can't know creates lots of feelings, while this is just how life is.

The fact that you don't know very much and you will never know much that you would like to know has to be accepted. Once you accept this fact, you won't need to pretend to know things, and you can relax into life and enjoy it just as it is. It is the resistance to the way life is that makes you unhappy. Notice how the ego resists not knowing, and let it do this, while *you*, the you that is awakening, enjoys this mysterious ride called life.

It's fun to not know! Life is an adventure. Not knowing makes life interesting, while pretending to know only makes you wrong so much of the

time, and that's no fun. You can have more fun if you admit that you don't know.

The responsibility to know things that you don't know is a heavy burden, while accepting your ignorance is bliss. Admitting your ignorance allows you to drop into the flow and really enjoy life. But the ego won't choose to do that. Only the *you* that is waking up can admit that you don't know and choose the flow instead of the ego's made-up beliefs.

Knowing that you don't know is wisdom, because that is the truth. There isn't much that you do truly know. Admitting that you don't know grants you access to your innate wisdom, which doesn't come from the voice in your head but from the "still, small voice within." The wisdom for how to live your life is there, but it isn't where you think to look for it. It isn't in your mind but in your Heart, in your intuition.

The knowing of the Heart is a true knowing, but it isn't like knowing a fact, since a fact remains true always. The Heart provides a knowing that is true for that moment but possibly not for the next, and yet it is true. The knowing of the Heart is experienced as an impulse to act or respond in a certain way and a feeling of rightness about that impulse.

This is a knowing you can trust, because it isn't given to you by your mind but by something much wiser that is beyond the mind, beyond the human. It's given by that which is living your life, the great force that is orchestrating this entire dance of life of which you are but a small part.

That force is dancing you, and that dance is the knowing. It is the only knowing you need. Everything you need to know for how to live each moment is already in your possession. You are always being shown how to move or not move.

You never needed your mind's guesses, assumptions, beliefs, or opinions. Those have never helped you but only cluttered this simple moment with unnecessary thoughts. Life is much simpler than it seems, and you discover this by surrendering your pretense of knowing. Such a simple thing, this surrender: letting go of believing you know when you don't.

So, spend some time examining how little you actually know. And then spend some time getting to know this place of not knowing, of just being here without any thoughts.

Thank you for being here. Thank you for your willingness to awaken. I am with you always.

Chapter 25

Giving

Today, I want to talk about giving, which is a big topic and one I've spoken about before. But I want to make a few points here, because giving is such an important spiritual principle. You are here to learn to give, so life teaches this at every turn.

This has to be taught, because giving goes against your default. You aren't programmed to give but to hoard, to try to get, and to be fearful of not having enough. At some point in humanity's evolution, there may have been some survival value in this egoic programming. But once humanity began living in large social groups, this programming stopped serving humanity.

For societies to work and flourish, giving is essential. In making choices, consideration must be given to what is best for the whole, or those choices will ultimately be unhealthy for you and for society. Societies in which most are out for themselves don't thrive. This is why religious principles of good will, kindness, generosity, love, and compassion have served you, both as individuals and as a society. Such principles must be the foundation of a society, or that society will flounder.

Ideally, capitalism means that the best service or product at the best price wins. Capitalism works when people are competing to improve people's lives and society as a whole with their offerings. Capitalism doesn't work when it's in service to enriching certain individuals at the expense of others. This happens because the ego is willing to cheat others to serve itself regardless of the consequences. By the way, your government is dysfunctional to the extent that it puts the interests of particular individuals or groups above what is best for all. Once this changes, people's lives will improve substantially.

Fortunately, most people are interested in being helpful and law-abiding. They want to give, and they are rewarded for doing so in many different ways,

not only monetarily. Giving is its own reward. Giving is intrinsically rewarding, and it inevitably draws to you gifts of all kinds from others. Giving works. It works in your individual relationships, and it works to create a prosperous society. So, that's one point: Giving is necessary for surviving and for thriving.

Because giving is counterintuitive to the ego, those lost in ego buck this basic truth and try to do things their way: They cut corners, trick and cheat others, lie, and in other ways manipulate others to get what they want regardless of the effect on others and society. You all know what I'm talking about.

This makes for a very unhappy life, however. To do this, you must believe in scarcity, that life is a zero-sum game, where some lose and some win. But life can be a win-win game, and you must find ways to make it so.

If what you are giving or producing isn't a win for others as well as a win for yourself, then it's best to reconsider what you are doing. It's possible for much of what you do to be of benefit to both yourself and others. So, let this be your guideline: Give in such a way that everyone wins.

This brings us to another important point: Be sure to give in a way that you also win. Many consider giving to be a sacrifice, but it doesn't have to be, and it shouldn't be. Give because you want to give, and that will ensure that you are giving to yourself in the process.

This usually means giving in ways that fit for you, ways you enjoy, ways that use your special talents and strengths. For instance, if you don't like to cook, don't volunteer to bake cookies for a bake sale. Leave that to someone who does enjoy baking. Always follow your joy. Give in ways that give you joy, and don't give in ways that aren't joyful for you.

If you give to get or give out of obligation, you are in the ego's territory. True giving comes from the Heart, from a true desire to give. If that desire, that "yes," isn't there, then don't give. Trust that there are others who will happily give in the ways you are unwilling to because it is their dharma to do so. Life *does* provide.

This is a difficult lesson for many, especially women, who often feel guilty

when they say no to requests made of them. But what happens when you say yes when you want to say no? You feel angry, resentful, drained, and possibly victimized. You aren't meant to feel this way and you don't have to feel this way! You have a choice. Choose to be kind to yourself in the ways that you give. Learn to say no when you aren't moved to say yes.

One of the most important points I want to make is that you must give if you are to be happy. Giving is intimately tied to one's happiness. If you aren't happy, you aren't giving sufficiently. Maybe you are out of touch with the ways you might naturally and happily give. Maybe you don't know what that would look like. What gives you joy, and how might you be stopping yourself from doing what is joyful?

If you follow your joy, you will naturally find ways to serve others with whatever is joyful to you. Just being in joy yourself is a service to others. But, more than that, whatever you do joyfully is a possible avenue for sharing with others.

For example, if you are an artist, you naturally give through what you create, but you might also give to others by teaching what you've learned as an artist, either informally or more formally in a class. The same is true of any gift or skill you have. That gift or skill is a natural means of giving, but that gift can also be shared in other ways that enhance people's lives.

There are always opportunities to give. Life brings them to your doorstep. You can grab these opportunities or not; it's up to you. But there is no shortage of opportunities to give. Be on the lookout for the ways life might be inviting you to give in ways that will be satisfying for everyone involved. Look for those win-wins.

Regardless of your talents and gifts, every moment also provides an opportunity to give: to give your full attention to whatever is part of that moment. Giving attention *is* love, which is why giving is so rewarding. When you are lost in the moment, lost in giving your attention to whatever is in front of you, you are aligned with your divine self and the peace, love, joy, contentment,

and gratitude that come with that, and you will become an expression of these.

When you are this present to life—when you give attention fully to life—life always gives back love, peace, joy, contentment, and gratitude. Life is set up to do this. It is set up to give to you when you give yourself to it. This giving of attention is actually very easy to do in addition to being rewarding.

When you do this, you feel full, whole, complete. And when you feel this way, giving is natural and easy. Your “cup runneth over.” It is filled with love, and that love spills over to whatever the next moment brings. Instead of coming from a place of lack and “running on empty,” as the ego does, you have more than what you need, and your love and happiness overflow to others.

This full and complete state is a very attractive state. When you feel this way, people like you, they want to be around you, and they want to give to you. In this way, your life is enhanced without you even trying to get anything from those around you. Life is so much easier for someone with a giving spirit.

A state of lack, on the other hand, produces the opposite: People are repelled and drawn into their own egos by your self-involvement, your neediness, your demands, your complaining, and your fears. Besides being an unhappy state, the egoic state of consciousness is an unattractive state. It repels rather than attracts. It takes advantage of, strains, and drains others rather than gives, and that is the problem.

There is a natural law that as you give, you will receive. Life is generous to those who give. Because it is life’s intention to teach you to give, life rewards giving. For the same reason, life is not generous to those who do not give. You are not rewarded internally by good feelings or externally by others when you are selfish and self-absorbed, because you are not meant to find this egoic state rewarding. The egoic state of consciousness is a place of unhappiness, and you are meant to find your way to happiness. And giving is the way.

Giving in small ways is just as good as giving in large ways or material ways. The point is to give as often as possible. Give a smile to others, give a pet to your dog, give appreciation to the bird that is singing its song, give your

curiosity to the snail that crosses your path, give a listen to someone who needs attention, give a look at the sky, give some care in choosing your food. Notice the life that is happening all around you and give love and gratitude to it all. Give life your attention. Give life your love and appreciation. This will make you happy.

This simple kind of giving is as important as any other kind of giving. Giving is so simple, really, and every moment is an opportunity to give in this way. Experiment with this. Find more ways to give, and discover the power of this for yourself.

Thank you for being here. Thank you for allowing me to give to you. It is my pleasure. I am with you always.

Chapter 26

The Education of the Soul

I have often spoken about life on earth as a school, and so it is. I will say a bit more about this today, because it is important to know, in your depths, that life is your greatest teacher and that it teaches wisely and compassionately. This is the truth, and knowing this will help you. It will help you be at peace, it will help you be more loving, it will help you stop suffering, and it will make it more likely that you will learn what you need to learn and fulfill your life purpose.

If you are God, and you are, it might seem contradictory to say that life is a school. A school for whom? Does God need to go to school? Life is a school for the soul. So, now I will have to define what I mean by “soul.”

The soul is the aspect of God that takes on lifetime after lifetime in the third dimension, which is the physical dimension, and carries on as a seed-form once the soul graduates from the physical dimension. Although learning also takes place in higher dimensions, the physical dimension, in particular, is a school for the soul. The physical dimension provides basic training for the soul. It is where the soul becomes educated, trained sufficiently to be able to participate in the greater hierarchy, which is designed to serve all of creation.

Unlike higher dimensions, the third dimension is not a dimension of service, although service naturally happens, particularly in your later lifetimes. The purpose of the physical dimension is to provide the lessons you need to return to love. When the soul separates, or spins off, from God, it must learn certain basics, which turn it back toward God, and this is what is learned in third dimension. You are learning the basics of love so that you can eventually serve in the higher dimensions.

Love is learned in third dimension by first experiencing an absence of love. As a young soul, you do not know love; it has to be learned. When you are a newborn soul, you are in fear, and you know little of love. Love has to be

learned from those around you. You may ask, “Why?” and I can only say that this is just how it is.

The task of all your lifetimes is to learn the truth—that love prevails throughout the universe and there is nothing but love at the core of life. It takes eons for most souls to discover this and to learn to live in love and appreciation of your oneness with all. The soul must learn the falseness of fear and the wisdom of life, that life always has your best interests at heart in what it teaches and how it teaches. Life is always teaching, and it is wise in how it does this.

How can I convince you of this? I can only tell you this is true, and you must realize it yourself. You must come to know this so solidly that it is unquestioned, which is the case at the end of your incarnations in third dimension. Everything and everyone is a teaching. But for you to understand what I mean by this, I need to clarify a few things.

First, more often than not, you will not know what life is teaching you. And, importantly, you don’t need to know this with your mind. Your soul knows, and the lesson or lessons, since you are often learning many things at once, are recorded there. In your depths, you *do* know what you are learning. But, the beauty of life is that you don’t have to know what life is teaching you to learn what you need to learn. You don’t even need to realize that you’ve learned something.

So, you can relax and just *know* that you are learning what you need to learn—because learning is inevitable. Sometimes you may come to a wrong conclusion as a result of an experience and start telling yourself an untrue story. But, even that will eventually be overcome, in this lifetime or another, because believing something that is untrue is painful, and that suffering will eventually get you to abandon that story, that belief.

There is no hurry for you to learn what you need to learn. The soul is not in a hurry to learn its lessons. It’s having useful experiences. You could look at it this way: There are an infinite number of ways you can learn what you need to learn, and you get to choose. If you go down one path, that’s fine. If you choose

another, that's fine. Whatever path you choose, you will learn something from. The only difference is that some paths will be easier and less painful for you as a human being than others.

The soul is not particularly concerned with the ease or lack of ease by which you learn. It has no judgments about this. Your ego has judgments about its experiences, but your soul does not. Your soul is equally fine with every experience, because it trusts life to bring you home regardless of what path you take. The suffering in life is like a rudder: It steers you away from more pain and toward more ease. Suffering is a trusty teacher that brings everyone home in good time.

Suffering is not punishment. It is not a sign that you are bad or that you are wrong. It's more like a sign along the road telling you which way to go. Like a road sign, suffering is neutral; it's not personal. However, your ego tells a story about your suffering that makes it mean something about you personally: "I'm stupid to have made that choice." "Bad things always happen to me." "I'll never get it right." "I won't ever be good enough." The ego makes your suffering about *you*. This only heaps more suffering onto suffering.

What a dilemma! But that is the lesson, isn't it? The lesson is to see that you take life personally, when your suffering is just telling you to take another route if you want to be happy and return home to love.

What if you saw everyone and everything as a teaching? I'm not the first to suggest this, but that is what I'm suggesting. You are here to learn, and life is the teacher. It is wise. It has a design. It is not capricious, random, or cruel. Life is intelligent. It is Intelligence itself.

Life *is* God in form, God acting in form upon form. God playing all the parts, not just some, but *all* the parts. Sit with this a moment. God is not absent from any form but playing its role perfectly through every form.

You think you are someone separate from God, and God lets you play that out. God lets you pretend that you aren't God, just for the fun of it, for the adventure, for the surprise—to see what you will do.

And whatever you do is fine with God. Unlike the God of your religions, God, the supreme intelligence behind all life, has no preferences and no judgments. And why *would* God have a preference or a judgment when God is behind all of it, either acting within creation quite purely or allowing that creation to make its own choices?

If God had a preference about what you might choose, God would simply not allow that, and sometimes that does happen. Sometimes God overrides your free will and says: “No, let’s not go in that direction but another. There’s a better choice for you.” Your idea that God sits on a throne in heaven watching you, evaluating you, and passing judgment is a child’s idea of God, derived from one’s relationship with one’s parents.

God is not capable of judging because God is only capable of love. The only thing that is capable of judging is the ego. So, apparently, since God created the ego, God wanted to have an experience of acting apart from love just to see what that was like. God even loves the ego! Even the ego serves God’s plan.

There is no judgment coming from God or from any higher dimensional beings working on God’s behalf, such as ourselves, only love: love of you, love of life, love of all of creation. It’s impossible for God to do anything but love. Evil is only possible because God allows it in order to have that experience: What is it like to lose touch with love so completely that you are willing to harm yourself, harm your own creation?

This third dimension is an experiment of sorts in which God allows the experience of being divorced from love in order to teach love, for how could love be truly known and appreciated without knowing its opposite or its absence? This dimension teaches through opposites, and this is no less true of love. So, that is what is going on in this training ground.

Such pain, suffering, and hurting of one another is not experienced in higher dimensions, however. So, it would be a mistake to draw conclusions about God and the rest of creation on all other dimensions based on your relatively brief experience of third dimension. It is dense here, to be sure, but

you are here only for a relatively brief time in your entire experience as a soul.

Please remember that everything and everyone is teaching you something. In that sense, it can be said that it is all good. Everything serves life, everything serves creation, everything serves God.

Thank you for being here. Thank you for your willingness to learn the truth. I am with you always.

Chapter 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

About the Channeled Books by Jesus

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 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*.

If you enjoyed this book, we think you will enjoy these other books by Gina Lake:

Jesus Speaking: On Awakening to Love: What we know about Jesus and what is obvious from the messages in this book and audiobook is that Jesus is about love. His purpose in speaking to us through these messages is to awaken the love within us that is our true nature. The channeled messages from Jesus, which this book is based on, were part of weekly online video meetings, where Gina Lake and her husband, who is also a nondual spiritual teacher, give what they call Christ Consciousness energy 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.

Available at:

<http://www.radicalhappiness.com/audio-video/jesus-channelings>

In the World but Not of It: New Teachings from Jesus on Embodying the Divine: From the Introduction by Jesus: “What I have come to teach now is that you can embody love, as I did. You can become Christ within this human life and learn to embody all that is good within you. I came to show you the beauty of your own soul and what is possible as a human. I came to show you that it is possible to be both human and divine, to be love incarnate. You are equally both. You walk with one foot in the world of form and another in the Formless. This mysterious duality within your being is what this book is about.” This book is another in a series of books dictated to Gina Lake by Jesus.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Awakening Now Online Course with Gina Lake: This course was created for your awakening. The methods presented are powerful companions on the path to enlightenment and true happiness. Awakening Now will help you experience life through fresh eyes and discover the delight of truly being alive. This 100-day inner workout is packed with both time-honored and original teachings that will pull the rug out from under your ego and wake you up. You'll immerse yourself in materials, practices, guided meditations, and inquiries that will transform your consciousness. And in video webinars, you'll receive transmissions of Christ Consciousness. These transmissions are a direct current of love and healing that will help you break through to a new level of being. By the end of 100 days, you will have developed new habits and ways of being that will result in being more richly alive and present and greater joy and equanimity.

<http://www.radicalhappiness.com/courses>

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>

Newsletter: Sign up for Gina Lake's Radical Happiness monthly newsletter and be one of the first to learn of Gina's new releases. When you sign up, you will receive a free ebook by Gina and announcements of special events and offers. Your address will never be shared and you can unsubscribe at any time:

[Sign up here for the Radical Happiness newsletter](#)

Reviews: Word of mouth is the best way for new readers to find an author's work. If you enjoyed this book, please consider leaving a review on Amazon. Even a brief review will be greatly appreciated:

Leave a review on Amazon US:

<http://www.amazon.com/ss/customer-reviews/B07K4Y69X4>

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

Available in paperback, ebook, and audiobook formats.

From Stress to Stillness: Tools for Inner Peace. Most stress is created by how we think about things. *From Stress to Stillness* will help you examine what you're thinking and change your relationship to your thoughts so that they no longer result in stress. Drawing from the wisdom traditions, psychology, mindfulness meditation, New Thought, and the author's own experience as a spiritual teacher and counselor, *From Stress to Stillness* offers many practices and suggestions that will lead to greater peace and equanimity, even in a busy and stress-filled world.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

In the World but Not of It: New Teachings from Jesus on Embodying the Divine: From the Introduction, by Jesus: "What I have come to teach now is that you can embody love, as I did. You can become Christ within this human life and learn to embody all that is good within you. I came to show you the beauty of your own soul and what is possible as a human. I came to show you that it is possible to be both human and divine, to be love incarnate. You are equally both. You walk with one foot in the world of form and another in the Formless. This mysterious duality within your being is what this book is about." This book is another in a series of books dictated to Gina Lake by Jesus.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

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 within it as you and me and all of creation. *All Grace* is full of profound and life-changing truth.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Embracing the Now: Finding Peace and Happiness in What Is. The Now—this moment—is the true source of happiness and peace and the key to living a fulfilled and meaningful life. *Embracing the Now* is a collection of essays that can serve as daily reminders of the deepest truths. Full of clear insight and wisdom, *Embracing the Now* explains how the mind keeps us from being in the moment, how to move into the Now and stay there, and what living from the Now is like. It also explains how to overcome stumbling blocks to being in the Now, such as fears, doubts, misunderstandings, judgments, distrust of life, desires, and other conditioned ideas that are behind human suffering.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Radical Happiness: A Guide to Awakening provides the keys to experiencing the happiness that is ever-present and not dependent on circumstances. This happiness doesn't come from getting what you want, but from wanting what is here now. It comes from realizing that who you think you are is not who you really are. This is a radical perspective! *Radical Happiness* describes the nature of the egoic state of consciousness and how it interferes with happiness, what awakening and enlightenment are, and how to live in the world after awakening.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

The Jesus Trilogy. In this trilogy by Jesus, are three jewels, each shining in its own way and illuminating the same truth: You are not only human but divine, and you are meant to flourish and love one another. In words that are for today, Jesus speaks intimately and directly to the reader of the secrets to peace, love, and happiness. He explains the deepest of all mysteries: who you are and how you can live as he taught long ago. The three books in *The Jesus Trilogy* were dictated to Gina Lake by Jesus and include *Choice and Will*, *Love and Surrender*, and *Beliefs, Emotions, and the Creation of Reality*. Each of the books in the trilogy is also available individually and can be read in any order.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

A Heroic Life: New Teachings from Jesus on the Human Journey. The hero's journey—this human life—is a search for the greatest treasure of all: the gifts of your true nature. These gifts are your birthright, but they have been hidden from you, kept from you by the dragon: the ego. These gifts are the wisdom, love, peace, courage, strength, and joy that reside at your core. *A Heroic Life* shows you how to overcome the ego's false beliefs and face the ego's fears. It provides you with both a perspective and a map to help you successfully and happily navigate life's challenges and live heroically. This book is another in a series of books dictated to Gina Lake by Jesus.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Trusting Life: Overcoming the Fear and Beliefs That Block Peace and Happiness. Fear and distrust keep us from living the life we were meant to live, and they are the greatest hurdles to seeing the truth about life—that it is good, abundant, supportive, and potentially joyous. *Trusting Life* is a deep exploration into the mystery of who we are, why we suffer, why we don't trust life, and how to become more trusting. It offers evidence that life is trustworthy and tools for

overcoming the fear and beliefs that keep us from falling in love with life.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Choosing Love: Moving from Ego to Essence in Relationships. Having a truly meaningful relationship requires choosing love over our conditioning, that is, our ideas, fantasies, desires, images, and beliefs. *Choosing Love* describes how to move beyond conditioning, judgment, anger, romantic illusions, and differences to the experience of love and Oneness with another. It explains how to drop into the core of our Being, where Oneness and love exist, and how to be with others from there.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Living in the Now: How to Live as the Spiritual Being That You Are. The 99 essays in *Living in the Now* will help you realize your true nature and live as that. They answer many questions raised by the spiritual search and offer wisdom on subjects such as fear, anger, happiness, aging, boredom, desire, patience, faith, forgiveness, acceptance, love, commitment, hope, purpose, meaning, meditation, being present, emotions, trusting life, trusting your Heart, and many other deep subjects. These essays will help you become more conscious, present, happy, loving, grateful, at peace, and fulfilled. Each essay stands on its own and can be used for daily contemplation.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Being Happy (Even When You Don't Get What You Want): The Truth About Manifesting and Desires will help you discriminate between your Heart's desires and the ego's and to relate to the ego's desires in a way that reduces suffering and increases joy. By pointing out the myths about desire that keep us

tied to our ego's desires and the suffering they cause, *Being Happy (Even When You Don't Get What You Want)* will help you be happy regardless of your desires and whether you are attaining them. So *Being Happy* is also about spiritual freedom, or liberation, which comes from following the Heart, our deepest desires, instead of the ego's desires. It is about becoming a lover of life rather than a desirer.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Return to Essence: How to Be in the Flow and Fulfill Your Life's Purpose describes how to get into the flow and stay there and how to live life from there. Being in the flow and not being in the flow are two very different states. One is dominated by the ego-driven mind, which is the cause of suffering, while the other is the domain of Essence, the Divine within each of us. We are meant to live in the flow. The flow is the experience of Essence—our true self—as it lives life through us and fulfills its purpose for this life.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Getting Free: Moving Beyond Negativity and Limiting Beliefs. Freedom from your conditioning is possible, but the mind is a formidable opponent to freedom. To be free requires a new way of thinking or, rather, not thinking. To a large extent, healing our conditioning involves changing our relationship to our mind and discovering who we really are. *Getting Free* will help you do that. It will also help you reprogram your mind; clear negative thoughts and self-images; use meditation, prayer, forgiveness, and gratitude; work with spiritual forces to assist healing and clear negativity; and heal entrenched issues from the past.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

Ten Teachings for One World: Wisdom from Mother Mary is a message from Mother Mary to her beloved children on earth. The teachings are intended to bring us into closer contact with the peace and love that is our divine nature, which has the ability to transform our hearts and our world. Mother Mary's gentle wisdom will inspire and assist you in awakening to the magnificent being that you are.

[Buy using your Kindle ereader](#)

[Buy using a computer, tablet or smartphone](#)

For more information, please visit:

<http://www.RadicalHappiness.com>