

# Christ Self Reflections II: The One Self



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[www.SoulLifeCenter.org](http://www.SoulLifeCenter.org)

Cover is an icon of Mary and Jesus (embodying our Christ Self)

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It is a tenet of Christianity, as it is of most religions, that the period of history we are in will not last but will be superseded by an age that will be quite different and better. Christians believe Christ will return and usher in a New Millennium. In the year 2000 Jesus announced that the Time of Christ had begun and gave out instructions in *A Course of Love* for recognizing and embodying one's Christ Self. The following reflections are an attempt to articulate the shift from separate self to Unitary Self Consciousness which means, to awaken to and be who we really are. The awareness of this Self and its Presence are gradually pervading humanity.

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## Reference

All quotes and references are from:

***A Course of Love (ACOL)***

by Mari Perron (channeled from Jesus Christ)

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## Preface I

Back in January 2018, enjoined by Jesus' injunction to begin to dialogue from the Self, I began to add a period of Self reflection and writing to my morning meditation that I then incorporated on a blog on my website, [SoulLifeCenter.org](http://SoulLifeCenter.org). I began this dialog with Jesus but hoped that it might lead to a wider sharing. It has lead to a book, *Christ Self Reflections*, that a year and a half later is on Amazon kindle. This isn't just a part time project for me, but a gradual shift to centering myself in the soul and living as such. This is a shift that I believe many of us are in process of making. Although I have relied on Jesus' Teaching in *A Course of Love* to provide the basic framework of ideas, I have, in the spirit of that Teaching, relied on the intuitive Knowing within the Self to be the authentic basis for my writing. I therefore am not claiming any special authority but my own inspiration. However, it is my hope that these thoughts may find resonance, as we all are awakening to the same inner Truth.

Don Turner  
June 2019  
Seattle, Washington

## Preface II

*Christ Self Reflections II: The One Self* is a continuation of *Christ Self Reflections: An Ongoing Communion*. It's a work in progress and additional material will be added as it is written.

Don Turner  
March 2020

## Introduction

Not only Christians, but Muslims, Jews, Buddhists and other religious believers understand that history proceeds in cycles, and that humanity is now at the end of one age and is transitioning to a new age that will be quite different from the old. Christians believe that Jesus will return in this new age but they should also understand that He is even now emerging and can be reached in our minds and hearts. He is not yet here physically, but has been sending out His messages and His spirit to the world and many people are hearing this communication. There are many books that have been already published that articulate His thoughts on how to adjust to and live in this new time.

Science, of course, cannot understand how this could be because it can only know the material universe, and not the spiritual metaphysical universe that is causal to the physical. However, as spiritual beings living in human form, we can know this as we have a consciousness that transcends the human form we incarnate in. This spiritual consciousness is called Christ and is what we essentially are. The essence of Jesus' new messages is about helping us to be able to shift our identity from the separate ego which our present civilization has been built on, to living as Christ identified soul. And the essence of this process involves releasing our attachment to separative ego beliefs and opening instead through the united heart and mind to our inner Self, Who is Christ. And then expressing this.

Many believers will not believe in Jesus until, like the apostle Thomas, they can see the physical form and are convinced by consensus thinking. But if one will listen to one's inner knowing as that is given by spirit, one may intuit the one truth given out through the many people who are hearing and channeling Jesus' thoughts now. In this time of turmoil in the world, the sooner one may understand the nature of the changes happening on the planet and align with the positive potential that exists now, the sooner one may move into the new reality of

oneness, joy, peace and creative life that comprises the state of being and the new civilization that awaits humanity.

There are many signs in these times that indicate that we are in an epochal transition. The Earth itself cannot go on with the pollution and exploitation humanity have imposed upon Her. There is increasing acceptance that there are UFO's observing us in the skies and letting us know in various ways that we are on the verge of a new time and an enlarged understanding of our place in the universe. The old civilization with its continual wars, global injustice, disparities of wealth and human suffering, can be seen by billions of people around the planet to be unsustainable and untenable for the future. The flaws of the few who control the system can be easily recognized by the masses of people who can see the selfish compulsion for power, acquisition and domination.

We need a fundamental change in our thinking and way of life. Fortunately, Jesus is offering us such a change that is destined to be embodied by humanity. We may begin now by realizing that the age of the ego — of separation, fear, lack, violence, and ignorance — is ending and that we may leave it now by opening to the new spiritual energy that is already infusing the planet and allowing each and all to realize that they have a real and ongoing connection to God and Christ within. This begins by shifting our focus from the ego mind, with its conditioned assumptions about reality, to the heart, which connects us to the larger life. It is through the heart consciousness, with its inherent connection to all life, that we may learn to realize and consciously express that One spiritual Life that moves in all.

A few of the people in the US who have published communications from Jesus that they have received:

Helen Schucman. <http://www.acim.org/index.html>  
Tom Carpenter. <http://www.theforgivenessmovement.org/>  
Paul Ferrini. <http://www.lightforthesoul.com/home/>  
Gina Lake. <https://www.radicalhappiness.com>  
John Smallman. <https://johnsmallman2.wordpress.com>  
Darrell M Price. <https://www.amazon.com/Christ-Mind-Jesus-Nazareth/>  
Mari Perron. <https://acourseoflove.org>

The following book is a compilation of meditative reflections of the Inner Self over a period of a year and a half that was prompted by Jesus' encouragement to dialogue that was given out in Mari Perron's channeling of Jesus in *A Course of Love*. This dialogue represents an endeavor to share an inner Christ infused consciousness, that we may begin to shift our identity to the Christ Self that is now emerging into our awareness and thereby begin to extend and create the New Reality that God Intends for Earth. I believe *A Course of Love* embodies Jesus' most advanced Teaching that facilitates our direct awareness, experience and embodiment of Christ Consciousness.

Christ has been made so special in Christianity that we feel it is nearly impossible to have any relationship. He is ever above us, out of reach, an idol apart and beyond our efforts. This really isn't so, fortunately, for Christ is ever within us, speaking to us continually as that Voice of our very Self. Christ is the essence of who we are, embodying the Love that we feel, the Spirit that moves us, the Consciousness that we share as extensions of God. In the moments when we forget who we think we are and step outside of our habitual stream of consciousness, we rest in the Peace of Christ who is always there waiting for us to turn our attention and awareness to Him, Who is us. Yes, in awaking to who we really are and shifting out of our personal identity by choosing our inner Self, we are awakening to the Christ Self we share. As we more fully embody this Self and live from this awareness, we shall gradually realize the full implications of what is emerging in the world now. Christ is not coming from without, but from within as an awakening to the One Self that we are. This book is an attempt to share this Self that is here now. Let us become aware of what IS here now and assume our role in the Second Coming that is happening now unannounced.



## Christ Self Reflections II: The One Self

### **1. Some reflections on world service:**

In grappling with the challenges of the times we are living in and in making progress, an essential unrecognized component of the problem is our collective identity with ego consciousness and subsequent polarization in the concrete mind. From the mind we perceive our problems in terms of the separation implicit in the mind which projects its separation on to the reality of the world. This mind believes that we must strive for what we lack, need and want and must therefore control life to achieve the goals it visualizes. Thus we have endeavored to change ourselves and the world for the better, in the world service that we are engaged in.

However, we can see things differently if we see through the eyes of the soul. As the next step for humanity involves shifting its identity to the soul, it behooves us to reflect on how this is accomplished and what difference it makes. Soul consciousness is achieved most naturally not by trying to enlighten and work from the concrete mind, which is the center of ego consciousness, but by shifting focus to the Heart and actually living from the Heart. The Heart is really the connective center and a portal to another level of Being — that of the Soul or the One Self. This awareness and experience lies outside the domain of the concrete mind with all its conditioned judgments and assumptions about reality.

Joining with the inner spiritual Self which waits on the other side of the Heart's portal aligns us with buddhi and Christ Consciousness. Then we live by an inner listening and intuitive knowing that guides us. We realize that we are an extension of God in our actual experience and this transforms our heretofore dualistic consciousness to the Oneness of the Self. This transformation changes everything — who we experience ourselves to be, how we live and how we address the seeming problems in the world. As we move from self to Self, from separation to Unity, from powerlessness to Divine Co-Creation,

the problems will be automatically resolved. The problems have resulted from our identity with ego.

This awareness needs to be cultivated in those world servers who are open to the New Way. The return of Christ is happening now from within. The changing matrix of energies now allows us to step across that heretofore large gap between personality and Soul and unite with the Presence of Christ who is emerging from within our Heart. We may each become aware of this Self, which is awakening to who we really are and the consciousness humanity is destined to embody. As we live as Soul, at one with the Whole/God, we become Co-Creators who extend the possibilities latent in the Divine Mind. We bring the Kingdom of the Soul — a new Reality — to Earth. Living from the Heart united with the inner Self changes everything. If we want to heal and transform the world, we must heal and transform our experience first of all.

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**2. Moving forward in a New Way:**

From the perspective of the mind, the situation is complex and the problems of the world almost insurmountable. However, the mind doesn't know, it only believes. The solution will not be found through thought, science, technology or politics but by choosing to awaken to who we really are as Divine embodiments of Light, Love and the Consciousness of the One Self of God. We know this by choosing to shift our identity to the Heart where we will become aware of our Self and from where we can chose to live in Oneness. From the acceptance of our shared Life, Consciousness and Self, together we can begin to extend this Reality and manifest the destined Kingdom of God on physical Earth. We are leaving the civilization built on the separate ego mind and beginning the Era of Unity based on our shared experience as aspects of the One Divine Being of God which has always been within all, but which we may now know directly. Awakening to the Self of Love is shifting to living from the Heart as a Conscious Soul. The Self we will contact within, is actually the same Christ Self in all. We no longer have to live in fear or conflict, struggling to fix the world. We are bringing forth a new world that embodies the next phase in the Divine evolution of Earth. The Consciousness of God will manifest

directly, through us, on the physical plane. That which has always been within will now also be without. The duality represented by humanity's separation and conflict will be resolved. The New Millennium will commence. We must do this together by sharing what we will discover in the Unity of the Self. We will unfold the latent potential that God has dreamed for Earth.

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**3. Being Who we are:**

Just as there is only one air that we all breathe, so there is only one Self that we all partake in. We have become so habituated to thinking we are separate physical beings, that we have forgotten that the body just provides the instrument by which we can experience and express our Self on the physical plane. And that Self is One as God is One and encompasses all. To free our vision from our minds is to see the Divine Wholeness that is intrinsic to our essence, in which we truly live. This vision entails breaking through the veil that has circumscribed our experience and finally coming out into the Holy Infinite Abode that is our Eternal Home. Once we have bravely taken that destined step, we can relax and be at Peace. Fear, ignorance and confusion only seemed to be real in the separate illusion we are freeing ourselves from. Now we live in Light and Knowing just as before we lived in belief and fear. Now we join with others in Unity as before we were separate and alone. Love pervades, animates and carries us as a river. We create the New merely by Being Who we are.

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**4. Let your Light shine!**

Let your Light shine! As we are now free of the ego, all who approach us come to the Light we are. Let us not hold back, but choose to embrace all in the Love and Oneness that all seek. You are in the perfect place now, despite any seeming imperfection, to fully Be all that you are and express the Truth all yearn for and already know within. They are merely waiting for its memory to be awakened. Freely express what you are given to and what you intuitively know. The Truth is our salvation, so we need not fear it. In seeing Love instead of fear, we

reintegrate the parts of our Self we had separated from and become Whole.

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**5. Divine Light emerges:**

The life of Jesus Christ rent the firmament to let in the Light and Love of God to a world shut off in consciousness. The true Reality behind the material veil could now be glimpsed which offered weary and confused humanity hope and direction. We now had a new eternal star to guide our steps and a human demonstration of our destiny as Divine Sons of a Loving God. Human life was redefined by the resurrection. God came into the world and revealed the True eternal nature of Life. And those who had faith in his Word began to find their way into the Light that shines from beyond the world. Now the rent has been completed and as a result we may directly stand in the Light and Love of Christ, ourselves. This is no longer a distant possibility but an experience we may choose now. The Light of that star which has seemed far off is now emerging from within in this very moment. As we choose to unite with the Heart, we move from the mind's projection of separation to the Heart's experience of Oneness and realize the potential demonstrated by Jesus Christ.

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**6. The refuge of the Now:**

When distracted by thought or emotion, relax into the refuge of the Now. The present moment is suffused with Love and the silent Presence of the spiritual Self. Let the Peace of what IS in the unfolding ever new moment soothe and comfort. As we connect in the consciousness of the Heart, we release false concerns and worries. Releasing attachment to the concrete mind we realize that we rest in God. Listening within the Heart, we hear a Voice and receive a Knowing. As we express and share our Self experience as it unfolds in the refuge of the Now, that which is within is extended without. That which is real supersedes the unreal. The Eternal Now pervades. In the world, all has been effort, striving and conflict. However, in the Now there is none. We are at Peace, accepting what IS and sharing this as it unfolds. As we surrender to the Self we are, everything

flows in harmony. We no longer have to think or try to control things, but can trust that whatever is happening is right and encompassed by the Oneness of God. Let us seek refuge in the Now and find the sacred Heart within all. Let us rest in the Love that all life expresses and embodies. And the Consciousness of Christ who is all.

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**7. Christ is the doorway:**

We are all expressing the same inner spiritual Self but don't realize this as we are so identified with our separate bodies and personalities. In meditation or prayer we endeavor to connect within, but don't realize that we are all connecting to the same place, the same space. One Self of God is within in all creation. We are afraid of intimacy and Love because these reveal the Truth we have been afraid of — that we all share the same Life and Consciousness of and in God. Yet the realization of this Divine fact is the foundation of the New Era that we are moving into. Christ is here now within us and the awareness of the moment and this will only become stronger and more apparent as the years progress. We will begin to collectively wake up to our real identity as the Christ Self within and begin to share this and so manifest a new Reality on Earth. Let us not fear the intimacy that derives from our shared identity in Christ, but realize Christ is the doorway to our freedom to Be who we really are in God.

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**8. Living from the Abode of Light:**

As we remain in the Abode of Light and see everything in that Light, we extend the Light and Love that is within all. We become beacons of Light. Without words this energy pervades our environment and has an effect on others, whether consciously or not. By centering ourselves in what is within, we make it real and manifest without. We must express our Self to know our Self, and this begins with the Light and Love we are, and later to the Word that expresses our Self consciousness. The more we express and share, the more we become who we are within and make that real without. Civilization is changing from one built on a projection of what we believed in our

external concrete mind, to an extension of what we are coming to know within. This extension maintains everything in the Oneness that IS the inner Reality of the Divine Life we are part of.

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**9. Awakening to God:**

Whenever we release our attachment to our thoughts and stand in Love, Christ is there. Whenever we step away from our identification with our concrete mind with all its incessant noise and stand in the Stillness, Emptiness and Silence within, we stand in God. God fills the Emptiness, moves in the Stillness and is Heard in the Silence. God provides the Loving and unnoticed context for our experience — the Isness and Being that we take for granted as our attention is focused on the particular. God is the Eternal changeless within the ever new moment. God is ever present and ever more. We touch the fringe of the Infinite in every particular moment of awareness. We don't realize the potential and Power of God because we are thinking in terms of the personal and God's Power is used for God's Purposes.

When we have aligned our self with God, then a measure of that Power will be ours. God intends to make himself known and experienced through us as we are extensions of God, and by so doing, to consciously manifest the nature and potential of God on the physical plane. The Earth has been evolving for several billion years, but now in a mere instant, God will consciously incarnate through humanity who has been prepared for this purpose. We are awakening to God as brain cells in the Mind of God, who are expressing our God Self. Christ is the Consciousness of the Self of God we share and reveal together. When we Create as Christ, we manifest God's nature and purpose, Being and Divine Ideas. As we listen to what we discover and know in the moment and express this, this process unfolds.

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### **10. Conscious metaphysical discovery:**

Science with its instruments can only access, test and know about physical reality. However most of reality is metaphysical. This includes our thoughts and emotions although these have physical correspondences. Consciousness itself is the instrument necessary to explore metaphysical levels of reality as consciousness has its source in the metaphysical Self. Our physical body and brain are merely the vehicle by which the Self, resting in God can extend into the physical realm. Just because we may habitually choose to focus our attention in the brain, doesn't mean that we are limited to this circumscribed experience. Our personal metaphysical self includes thought and emotions but this is but the vehicle of the Immortal Self. As we focus our awareness in the energetic Heart center, which is really a portal, we can apprehend through love the Presence of the inner Self. Although we have an individual experience of this, the Self of God is really the same Self for all. This awareness entails an experience of Love, Unity, Oneness and Peace.

As we further acclimate ourself to this experience we discover within this, an intuitive Knowing, Intention and Movement of Spirit that can carry us forward and unfold us if we let it flow through us by accepting and expressing it. The key is to release our personal agenda and judgments and allow Love and Spirit to Be. Once we are aligned and centered in Self, we discover that it is a vast space that offers the opportunity to explore diverse areas in the Mind of God as guided by the Heart and Spirit. Humanity's role in the greater scheme of things is to extend, manifest and create that which we discover is latent and potential in the Mind and Plan of God. It's only by consciousness joined in the Heart that we can transcend our conditioned personal agendas and know God's Plan and Purpose for Earth — and act to bring it to fruition.

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### **11. The shift happening now:**

The ego was created in fear and from the idea that existence could be separate from the Whole of God. Humanity then identified with ego consciousness within the separate personality. Our civilization has been built on the dynamics of the ego which derived from this underlying fearful assumption.

However, we are really living spirits or extensions of God, and so know innately that we are more than the ego, even if rationally this is what we believe. We could even say the ego has served a divine role in integrating the various energies and capacities that compose human beings. However, we are not meant to maintain this illusion of separation with the fear, violence and suffering entailed. The Love and Light of God have been gradually leavening humanity to prepare us for our next divine step — reunion with the God we thought we have been separate from but which in reality we have ever been within. We rejoin with God through the Consciousness of God or Christ which we discover through the Love within the Heart. This is not just an emotional energy, but a Consciousness of the One Self within all. We each have access to this Self within the Heart, which is who we really are. Consequently, this time of awakening to the awareness of the Self within is part of the shift in consciousness beginning now as we move from personality to soul, from mind to Heart and from duality to Oneness in the One Life of God. This entails a shift in focus from the external to what is within the moment. As we live from this Heart centered Union, we shall consequently create and manifest the reality we experience and thus will ground the Kingdom of the Soul on Earth.

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**12. A Joyous Time is upon us:**

In grateful joy does the spirit rise up now, sensing that the time long foretold of Christ's triumphant return is coming upon us. Already we can feel that something momentous is beginning. The human spirit is unconsciously rising to meet its savior. If we listen, choirs of Angels announce that change is at hand. Be prepared to experience God moving through the world and claiming it. In an Holy instant all is new. The veil of separation that has hindered our sight is drawn back to see a multidimensional universe of Love. We become God's people again and life is lived in an Eternity ever new. We assume our roles in God's Plan to manifest his kingdom on Earth. The trumpets can be heard now, Christ is here and coming — heed the call!

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### **13. Remembering and forgetting:**

Most of us believe that our thoughts, emotions, beliefs and personality have a lot of value. In reality they just have the value that we give them. They are part of our God given perceptual mechanism meant to extend Love and Creation. However we block this flow, creating separation as a result of a personal agenda different from the will of God. This causes the pain and suffering so characteristic of humanity. We must remember that we can open to the Love and Light of God and forget the special values we have ascribed and attached to our separate personality and its thoughts and emotions. Perception is a choice. We can see the judgements of the ego projected on to our experience or we can see from the Heart the Divine Oneness that really exists. Given free will, we can deny the Love and Light of God. But aren't we tired of suffering, longing and disappointments? The Angels now join with us in Divine Harmony, Beauty, Love and Oneness. Let us awaken to the choice we now have to Create and extend Love.

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### **14. Soul and personality:**

The spiritual personality works with the idealistic thoughts that it gives so much reality to. It utilizes will and effort to accomplish its lofty aims. It endears to be loving and inclusive to those others it encounters. It's often frustrated but perseveres and achieves some success. The soul centered individual however, aligns with the Light and Love of the Self, sharing its awareness and what it is coming to know in the Unity it experiences. The soul trusts and surrenders to what IS, giving voice to what it hears, bringing forth what it discovers in the awareness of the moment. The personality tries to be the self it imagines it is, the soul just IS itself, an inseparable aspect of the Whole of God. The personality works with its mind and will, the soul channels the Love and Light of God and what it extends remains part of the Whole. The Angels are the Life and Mind of God, Christ the Consciousness of God. Humanity in essence is Christ. The soul is a Soular Angel who channels the Spirit we are, in Oneness with God.

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### **15. Being here now:**

Traditional spiritual paths involved effort, will and striving to attain the goal. The path offered by Jesus Christ does not. God is everywhere and already within us in this moment. Turning our awareness to the Heart we immediately connect with the Self of God in the Love, Light, Consciousness and Presence that we discover. Releasing the concrete mind's thoughts and interpretations of the experience, we stand in the open and seemingly empty space of the Self. In the silence and stillness we connect with what IS. As this space interpenetrates everything, we see this and experience this in all. Separate forms are pervaded by a Oneness. Forgetting old patterns of thinking we are at peace and remember who we really are. Listening in the Heart, we discover a knowing and feel the flow and movement of spirit. Releasing fear we express and extend what we are given and what is here now. No longer identified with the personality, the self of form becomes the way the Self is present on the physical plane. Duality is resolved, The Oneness of Christ predominates. What is there to strive for when everything we are and need is already here? In the past it seemed difficult to step beyond the ego mind and center ourselves in the consciousness of the soul. Great effort seemed to be required. Now it is a simple choice. Forget the reality you have believed in and join with the One Self now. Christ is here and coming.

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### **16. Living in the Love of God:**

We do not object to sharing the same air and sunlight, the same Earth — why should we object to sharing the same Self? The Self is the infinite World of God where we have our Being. Sharing the same Self does not hinder us from experiencing joy or freedom. Now we are truly free to explore the vastness of the Mind and Life of God. Now we are more authentically our Self than we have ever been. Now we can have the intimate and loving relationships that we have ever dreamed of because everyone is One with us. Now we can share more deeply than we ever have because the living moment is eternally new and the well of the Self is bottomless. Now we live in Love continuously and what could be better than that?

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**17. Resolving dualism:**

The ego mind is innately dualistic. Being separate as a result of its denial and rejection of the all of God, it therefore projects its reality of separation on to everything it perceives. The mind's beliefs interpret the experience it has by being projected on to that experience. Without judgments and interpretations of the concrete mind there is just the Isness of life in the moment. Without denial, the Consciousness of the Self is acknowledged as present within all experience. Being separate, however, the ego mind always assumes it lacks something that it eternally is trying to get. It is lacking Wholeness but it rejected that and now looks for substitutes. It projects value onto particular things it tries to get. Especially it tries to get the Love it has rejected and therefore esteems the special relationship of love as a means to have love. These special relationships are not free love but a scripted relationship where each is confined to their particular role. Being separate, the ego mind innately feels that it is apart from what it needs and wants and thus even strives to feel connected to God. Spiritual striving in the past has been based on identity with the ego mind. Now, however, that can be seen to be illegitimate. The transcendent God we believed in, can be experienced now within the moment in the Self we are.

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**18. Choosing to Be:**

Once we choose the Kingdom of the Soul by giving reality to it and living it, then, because we become One with the Whole, everyone else is included in this whether they realize it or not. We are actually living in the Eternity within now but others may not realize it because they have been identified with time which characterizes the ego's world. Time is actually the time it takes to become One with Christ when time stops and Eternity begins. Living in the Oneness of the Eternal Now is a space that naturally expands to include everything. Just as Christ is now emerging within our collective awareness to pervade the world with the Light and Love of God. This process is activating the consciousness of God within humanity so that we can become conscious extensions of God and co-create the new world that is latent and waiting to be born. We don't have to fear or

accommodate our Self to other's beliefs or expectations for we really express what they also unconsciously want to be. We serve to catalyze awareness and remembering. We break through to a New World of Love which is now our Reality. As we share this it will become more evident and manifest.

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**19. God has opened the prison door:**

God is deactivating the ego structure within humanity. The only thing left now to constrain our identity is our habitual patterns of thought, reaction and behavior. However, the prison door has been unlocked and we are now free to leave our solitary confinement and proceed into the light of day and a joyous reunion with our Beloved. The Time of Christ and the Second Coming is happening now if we will choose it. As more and more of us wake up to our freedom and deliverance and begin to truly live and be our authentic Self, this will become more apparent. In the light of Day we see One Divine Life and Consciousness within all. We are walking out into a new world unlike the one we left. Let us realize what is happening in the world now and choose our freedom and our Self.

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**20. Getting into the Moment:**

It's only when we get out of our minds and get into the living moment that we can consciously connect with our Self and by so doing, with Christ, who we are intrinsically a part of. This process involves awakening and remembering who we really are and forgetting or detachment from patterns of belief and reaction that we had been identified with as personalities. When we join with the Heart and Love, we join with the energy and Consciousness of God which is Christ. In the fullness of the emptiness of the space within the moment, we discover a Presence imbued with Light, Love, Consciousness and Intention. This is not a personal higher self, but a collective Self that our soul shares together with all creation. We gradually own this identity as we share and extend it with others by expressing what Love would express and what IS there in the moment. By listening within, noticing what we are feeling and our intuitive impressions, and formulating and sharing these, we make this

level of reality manifest and real to each other and begin to live in it. As more of us begin to live as soul, we externalize the kingdom of the soul on Earth and fulfill God's Will and Plan for our Self and the planet. We become co-creators with God. As we give and share we receive and claim.

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**21. Love is the means and the end:**

Love is the force that breaks through the wall of fear that has kept us imprisoned. Love turns on the Light in the darkness and loneliness of our separate life and reveals the Truth of our common Life. No one is special, better or different. We all embody the same Consciousness which is Divine. Therefore there is nothing to protect for who we are is Eternal. We can laugh about the dramas of the personality because it is not us. Neither are we the body. We encompass the body and express our Self through it, as the Self encompasses all and is gradually expressing God's Nature and Purpose through the all of creation. The more we Love, the more we radiate an energy which connects us with the Whole of God. Love is the means and the end.

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**22. Awakening to our real life and Power:**

We, as that part of God who has incarnated into time, matter, and separation, were always meant to wake up from our voyage through darkness, ignorance and suffering. Especially as we are helped by those of us who never incarnated, but stayed in the Light of Divine Life. Now is our time of collective awakening to who we really are. Along with this is the recognition of the Power we hold as extensions of God. This Power will master all circumstances to extend the Love of God and reveal the One Divine Life within all. Therefore on choosing to be our Self, we needn't fear when observing the conflicts, ignorance and suffering on Earth for we are here to deliver humanity from these afflictions and reveal the New Reality destined for all. As this New World is the dream and hope of all, it will be gratefully received. As it is Reality it will dispel the illusions of the world we have been living in. As a dream we have lived, we will awaken to the Dream God has imagined for us. The Earth has been called

the star of suffering, but that suffering will have an end when the travail of physical incarnation will be superseded in the Joy of Divine birth.

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**23. The return of Divine memory:**

When we awaken to our real Self in God, all we loose is our chains that have kept us in captivity, our fears that have kept us in ignorance, and our separation that has kept us in suffering. As Christ left his cave and demonstrated his resurrection and our resurrection, so must we claim the Eternal Life given us by God. The memory of that blessed state is still within us buried under our ego mind. Let us remember the Joy, Peace, Love and Oneness of our Eternal Self. Let us open our Hearts to visions and possibilities that we have been afraid to imagine, they were so beautiful. Let us live in the Beauty of the consecrated life, and reveal the Mystery and Beauty of Spirit. Let us cast our vision to the timeless realms in the Mind of God, and bring forth the Divine riches that we find there. As memory returns, let us greet each other in grateful celebration as the long lost brethren we are. Here and there we are coming together to share our songs, stories, music and Love. We are joining a great procession along with Angels who share our Joy that the time of the Earth's deliverance has come. Christ is here and coming to claim his own.

§

**24. Thinking and speaking with Love:**

Christ has told us not to judge. We really can't judge as judgment comes from the ego mind which is separated from the Reality of God. All the ego can know are its beliefs that are then projected on to external reality. However, these beliefs come from the denial of the Truth of God and thus are differing forms of ignorance. Knowing can only occur in the Unity of God. Our judgements are really attacks on others as they result from our rejection of Love and Unity. This is why intellectual life can be so vehement, violent and hurtful. Words and thoughts are used as weapons to attempt to gain superiority and put down competitors. Feelings are shunned and repressed in the battle of egos. Love would have us forgive the judgments and see the

Divine Truth within. Love focuses on the soul and spirit, not the form. The mind and thought have no intrinsic value but have value only in what they can extend. If this is based on egoism then it has no value. If the mind shares Love and Divine Truth, then it serves its true purpose. Let us speak with Love and put all of our thoughts to good purpose.

§

**25. Creating from the Heart:**

Everything has been created by mind on one level or another, therefore let your mind be United with your Heart so you can co-create the Dreams held in the Mind of God. Feel and imagine the highest and most beautiful vision that your Heart can sense and then make it real by living it. What you give reality to is real to you. We all have our inspired moments, however, we are so conflicted in our minds that our attention is scattered and the most beautiful visions are stillborn. Realize that the highest and most beautiful are also the most real and could become manifest if we demonstrated faith and one pointed focus. Earthly achievement is likewise accomplished. The highest visions are always visions of Love that contribute to the Good of the Whole. The purpose of the mind is to extend and manifest the Love and Being of God.

§

**26. Living in Heaven Now:**

The secret of spirituality lies in the Now. In any given moment the Self is always there waiting for our awareness and acceptance. Unless we get out of our mind we will never connect with the living moment and find what spirit is moving us to. What IS is a refuge from the confusion and stress of the world. Here we connect with what is most real and are filled with Peace, Love and Inspiration. The Now is a bottomless well from which we always draw treasure. The Now is a doorway into the Timeless and Infinite Mind of God. Remaining centered in the Now, we remain in the Eternal ever new. As soon as we become aware of what IS, God has already moved on to a different constellation. All we can do is surrender to the movement of spirit in the moment as it unfolds from within and express what we come to know. Everything already IS, and as we extend it we

encompass more of it. We bring another level of Reality, which is a complete Heaven world, down to Earth.

§

**27. From belief to Knowing:**

We all have faith and belief. Even the person who doesn't believe in anything has a strong belief in nothing — which is actually stronger than belief based on something actual. People who believe they have little self worth have faith in this belief even though it is contradicted by God who gives Divinity to all. The ego believes in its world view, and as the mind creates experiences that mirror its core beliefs, these seem to be justified by the experiences that result. It can take pain and suffering to loosen our grip on negative beliefs that are a denial of our inner truth. Positive belief that mirrors the truth of the Soul result in positive experiences — Joy, Peace, Love, inspiration, Grace and the like. Eventually we don't need belief or faith anymore because we Know and live in the truth of the Soul. Belief means we are separate from our goal. Knowing means we are there and experiencing it. Thought becomes secondary when we live from the Heart.

§

**28. In a new moment:**

Let us imagine that we are aware in this moment as if for the first time. And aware that this moment, which is completely new, is filled with Light and free of any memory that would define it in terms of the past. It is a completely free, joyous, peaceful and loving space wherein we realize that we rest in God who permeates all. And we realize too that fear has left us. We are now free to express all that we feel and are with the power of God and the motive of Love. Our sense of aloneness has been superseded by a Oneness with the Life that encompasses all. We are grateful for the blessing of this moment and surrender to the larger Life unfolding ever new now. Our desire is to share this moment of awakening with those who we are in God together with. Now we are identified with the Self and not the personality. Now our life has a new purpose. Being, itself, is now what we're about, extending this space, this knowing and this

moment. We are all waking up together in a new world, a new reality.

§

**29. All is Love:**

Our inspiration derives from the Whole we are joined to. It is a common and shared Truth that we are coming to know and express. The days of separate knowledge and purpose are over. Now everything is for the One Self which is our shared identity. Because we are the One coming now into conscious awareness. We are Christ embodied. We gladly take on Christ's Purpose and Love as we realize these are ours. Awakening, sharing life, love, feeling and awareness with each other is what we're about. We are no longer alone. The Angels are here too to help us bridge the gap between the old and the new and bring in the New Era of collective Christ Consciousness. This is our time that we've been born for. Let's celebrate this Divine Moment that Earth has been moving towards. All creation is waking up to God within. Christ is moving into the world and we are part of that process as we gain awareness of the Larger Life and the Self of Christ emerging from within. The veil which had circumscribed us is gone. Now all is One. All is Love.

§

**30. The stars are waiting for us:**

Jesus, in his latest communications, is no longer talking to us as separate personalities who are apart from what they seek and different, but he is dialoging with us as equally sharing the same Self, the same Consciousness, the same Life. Inwardly and in reality we are also Christ and Divine Sons of God. We need to remember and Be who we are. Through the Heart we connect and join with our Self in the Brotherhood of Christ. Let us assume our God given Identity and take our place with Jesus in the Procession of Christ coming to claim Earth. We are children of the sun, the Cosmic Heart bringing Light and Love to Earth that it may infuse the cosmos. Earth is just the beginning. The stars are waiting for us.

§

### **31. Connecting globally now:**

In the instantaneous Internet and social media access and connections that we now have globally, we have a reflection of the inner connections we all have now with our particular group consciousness. Each individual is affiliated with his particular group which reflects his constellated state of consciousness. Everything is possible, including connection with Christ Consciousness. It's all part of the World Wide Web of energetic connection. It is an externalization of the inner energetic communications that exist as we are part of one interconnected humanity encompassed by one divine Life. The electronic connections which transverse the globe in seconds, as remarkable as they are, merely presage the instantaneous telepathic communications that are possible. When we choose to embody the One Self, we shall likewise realize that we share the same Mind of Christ, all knowing the same Truth. The virtual world can be a domain of fantasy or it can mirror our inner common Reality. Time and space are being transcended in the global electronic communication that has emerged in just the last few years. Even people in remote parts of the world can now connect to the larger Whole. As people become more aware and Self centered, their affiliated group will also change to reflect this. The world is becoming more integrated, conscious and aware of our interrelationship with the Whole. This involves an exchange of information, thought and feeling outside of controlled channels. There are those who want to misuse it but so far, it is free, democratic and open.

## **§**

### **32. Working from the inside out:**

The ego focuses on the externals of life and this includes thought and emotion as these are external to the Self. The ego is consequently invested in changing, controlling, improving, getting and doing. This is natural and alright as far as it goes — the world could certainly be improved. However, the real answer to the world's problems will not come from knowledge, invention or new laws, but from Love. Love breaks through the walls and connects us. It honors the inner Truth of our common Self and Spirit. It will move us to accept and express who we really are which is more than the separate personalities we have believed we were. When through Love we fully own our own Truth and

live it, we will bring forth a new Reality on Earth — the Kingdom of the Soul. This already exists, it does not have to be made. We merely need to become aware of it in the Heart, and choose to live from there, extending outward the Truth within. Loving our Self, we see and relate to the Self in all and extend the Love of God manifest in what we are given by God to share with each other.

§

**33. The puzzle of history:**

To the rational mind it doesn't make any sense that an obscure man who taught for three years two thousand years ago in an ancient Middle Eastern culture could have exerted an influence that has infused Western Civilization ever since. Although he was said to work miracles, overcome death and be the son of God, it is still puzzling that he influenced so many people in succeeding times that have been so different than when he lived. Especially as he was his death was instigated by his own tribe for being a heretic. Of course his influence was due to more than memory of his life. His life catalyzed humanity and brought a new divine principle into world awareness — Love. He demonstrated the true nature of both human life and God. These accomplishments transcended his time and provided an ideal that has inspired humanity ever since with a vision of Light, Divine Eternal Truth, and a Loving God. This teaching couldn't have been so effective if it wasn't empowered on the inner side by God and his spiritual agents. This fostered a living relationship between mankind and Spirit. In fact he anchored in mankind the Holy Spirit by which man could enlighten his mind and know Christ. Now we come to the phase in history where humanity, having integrated the principle of Love and belief in Christ, to a degree, will experience the revelation of the meaning and Reality symbolized by his teaching. This revelation will entail an even greater transformation in the world and human understanding. For we will not just witness a symbolic representation on the spiritual Truth within life, but will be put in touch with it within ourselves. Then the rational mind will finally understand a Truth and a Consciousness beyond its understanding.

§

### **34. Light is emerging in the darkness:**

Into the dark cavern of the world a Light broke through two thousand years ago that enabled us to see in the darkness humanity had been living in. We could then understand that we must love as God was Love. Soon the cave door will be opened and we will come out into the Light of day which that first ray foreshadowed. All will be Light and we will be able to see that larger Life around us that was unseen in the cave of our circumscribed reality. Love is breaking into our personal consciousness and bringing the awareness of an inner Self, which, like the sun, is causing revelation and transforming our understanding of reality. We will think this inner Self that we notice within is also a inner personal self, but we will discover that it is not. Pushing into our collective awareness, into the human noosphere, is the Sun of all or Christ. We had expected something different when we imagined the Return of Christ. We had imagined a special and powerful personality. However, Christ is retuning to save us from the illusion of being separate personalities, living with bodies cut off from the larger Whole of life. The Light will dispel our illusions, restore our sight and connect us to the Divine Whole of God that we really live within. Then we, like Jesus, will also live the Christ Life and the world will be made New.

## **§**

### **35. Jesus and Mary:**

Both Jesus and Mary are One with Christ. To me, Jesus epitomizes the Consciousness of Christ, Mary, the Love of Christ. Mary can be noticed more easily as she embodies Eternal, Unconditional, Immaculate Love without judgment that can be easily felt when we call her. This is Divine Love coming from our Home beyond time into the living moment. It's everything we've ever longed for. We are moved to tears by the tenderness, purity, immediateness and compassion of this Love which embraces, heals and nurtures all and is within all. She connects us to Jesus and the Consciousness of Christ which she also embodies. Jesus' Consciousness reflects the Mind of God he is One with. This Christ Consciousness is also within us and is meant for us to also embody. When we step out of the ego mind, we will discover that the Consciousness of Jesus Christ is also already within us, waiting to be noticed, accepted,

identified with and expressed. This is harder to notice as it is more like the seemingly empty sky. Because it seems to be empty we take it for granted as a nothing. Yet in the stillness there is a movement of spirit and in the silence a voice can be heard by the Heart. The Christ Self we are is the ever present background and context which gives us life and is our life, although we are unconscious of it. Let us realize that both Jesus and Mary are real and are calling us now to open to, embody and express Christ that they extend to us. This is our destiny.

§

**36. The dilemma of idealism:**

For the idealist and spiritually inclined, it can come as an unpleasant awareness, when after years on their spiritual path, they notice that there is a discrepancy between the beautiful ideals they are focused on and their actual experience. They had been so identified with their ideals that they hadn't noticed at first, but when they do they redouble their efforts to conform to their ideals and be the person they 'should' be, doing what they 'should' do according to their beliefs. Eventually they realize the futility of their efforts and may then lapse into despair or more worldly habits, believing that it is hopeless. The solution to this dilemma is the self awareness that they have been ego identified, and consequently absorbed in the ego's dualistic belief system, as lofty as this has seemed. These beliefs are really just thoughts and assumptions, formed into ideals that the ego strives to conform to, because the ego unconsciously doesn't feel adequate as he is. The person has therefore been polarized in their separative concrete mind and unconsciously projecting these beliefs and assumptions on to their life and circumstances. The way out involves realizing that one is more than the two dimensional ego, that one is really a soul, and that one's efforts should really be directed toward shifting one's identity to this authentic inner Self. This is accomplished by shifting one's focus from the ego mind and the beautiful ideals to the Heart, where the soul resides — and where those ideals have their basis in intrinsic Being.

Becoming Heart centered, one discovers that the Self they had tried to be is already whole and complete within them. It was just their mental polarization that had created the problem. They

discover that they no longer need to live according to their beliefs, but can access an intuitive knowing within the Heart that they can Trust. They come to realize that within the soul, which is who they really are, is a natural wisdom that their ego had endeavored to formulate into a fixed system of belief, but when actually listened to is much more adaptable. The effort shifts to being authentic and whole rather than trying to be special, better and different. Life becomes simpler, easier, and more harmonious. The seeming problems of life are resolved by living as the Self one is. Nothing needs to be changed — just where one is focused and identified. Living from the Heart is living in Love. and the soul which is intrinsically Love is the solution to the dualistic conflict of the ego.

§

**37. The One Self:**

The ego can't believe that everyone is part of it. This notion defies common sense and the reality of one's perception. Yet this is true. It's only because a person is ego identified and thus attached to his assumptions about reality, that he experiences this assumption of separation projected on to his experience. If he were Self identified he would know that the Self is not limited to a body or a person, but is a Consciousness that lives within all. Thus he would experience all as expressing the One Self. This radical change in awareness is integral to a radical change in how one lives and how one experiences the world one lives in. One actually lives in a different reality than the one the ego experiences. This reality is the fluid malleable living reality of the Divine Life wherein the Self resides. What is impossible for the ego may be normal for the Self who isn't confined by current science and three dimensional reality as the Self resides outside of space and time. The Self isn't interested in demonstrating its powers, but just desires to fully Be — expressing, sharing and extending its Knowing and its Love. Let us get in touch with this Self within the Heart and begin to Be who we really are.

§

**38. The contradictions of the ego:**

The ego vacillates between arrogance and mortification, between attack thoughts and a sense of being a vulnerable

victim, between pride and guilt, between trust and fear. Outwardly the ego may present a powerful and successful persona but this is always attended by inner doubts and anxieties, although the latter may be repressed. The ego is therefore complex — a bundle of contradictions, some of which may be unconscious. No one is completely of one piece and one's beliefs and behaviors invariably contain inconsistencies and oppositions. This is due in part to the fact that we are more than the ego. We are really Soul, so we have a spiritual nature and qualities that also are part of us. As we become more Soul centered, these contradictions are subsumed in the multifaceted Self. These diverse qualities no longer are in conflict but represent the richness of the Self that has within it an infinite potential. Life becomes an opportunity to unfold and realize this Divine potential. Everything becomes part of One Whole. Then the individual is no longer striving to be the way they think they should be, as the ego does, the Self just IS, surrendering to the Larger Life and living it.

§

**39. Speaking in the language of Love:**

To speak in the language of Love is to speak as the Self to the Self in a way that also accounts for the personal element one encounters.

The Self doesn't judge but affirms the spotless Divinity of anyone one is communicating with.

The Self affirms the freedom of choice that each has to also be authentically their Self.

The Self affirms the relativity of belief and the importance of feeling.

The Self affirms the connections which bind us together in Love.

The Self affirms the common Truth we share and our equality.

The Self affirms the importance of self expression and the process of self discovery.

The Self therefore affirms who the other really is and the common needs, desires and goals we have.

The Self affirms forgiveness and Self remembering.

The Self shines its Light on the world, and always speaks with a kindness and compassion that is infused by Divine Truth.

The language of Loves affirms our Oneness with the Divine.

§

**40. Creating a center of Christ Consciousness:**

Many people throughout the world are tuning into the Self discovered within the Heart. As we come together and make this more articulate and conscious, we strengthen this vibration and awareness. Coming together and sharing who we are and what we are doing creates points of Light and Love on the planet where the Energy and Consciousness of Christ can become grounded so that it might begin to radiate out and impact humanity more tangibly. The Presence of Christ in the world is as yet a subtle phenomenon. Many who are tuning into the Heart, Love and Unity don't fully realize the full implications of this movement of Spirit in humanity. As we share our inspiration, feelings, vision, desires, hopes, intuitions, impulses, and intentions we will make the emergence of Christ into the world more real and understandable. This process of collective Self awakening will resolve the dualism and conflict implicit in the world. We are not waiting for another special and powerful person. We are waking up to the fact that Christ is already within us as the Self we are. By coming together and sharing this awareness we can begin the process of its externalization.

§

**41. Imagine:**

We all seek a relationship in which, inspired by love, we may express our deepest feelings and be all that we are. Let's just assume that we have that now — that we are in that place of loving, trusting intimacy. What would we say then? What would we express if we had everything we have ever sought and are in that place of safety, peace and oneness? Imagine being with the Eternal Beloved in a perfect Spring morning with the birds singing and all life alive and fragrant. What would we desire then? We are always trying to get somewhere in our life on Earth — the present moment is never enough. Imagine a present moment that is so filled with Love and Light that you were finally satisfied and realized that you could live here forever — a spiritual home where you were finally at peace and everything was the way it was supposed to be. Imagine that this Heaven was here now. What would you feel, and want to express and do? This Heaven *is* here now within this very moment if we

would free our minds and move through the Heart's portal. Everything we've ever desired is given to us now, to be shared with one another. We may choose Heaven now. We cannot find this place through the mind — only through the Heart.

§

**42. Science and the metaphysical:**

If you think about it, thoughts and feelings are the metaphysical equivalents of a black hole. Like a black hole, we can't directly empirically test them, just the physical matter in relation to these — the neurological and physiological effects. This fact establishes that the mind is not the same as the brain, although many scientists naively believe it is. The brain mirrors the mind as a mirror reflects an object. But the real object and its image are not the same although they correspond. Many scientists also believe that repeatable empirical corroboration is necessary to establish proof. However they deliberately choose to ignore statistical self reports as legitimate because these often cannot be duplicated in a laboratory. Therefore if millions of people around the world experience such things as UFO's, poltergeists, fairies or non human beings, have near death and out of body experiences, communicate with the dead, etc., these legitimate experiences that are statistically established by human testimony are devalued and ignored by naive science.

That's why I am excited by such spiritual technologies as the IADC procedure (<http://www.induced-adc.com>), which has proven in repeated clinical trials to establish the reality of communications and experiences with people who have died. Parapsychological research has also tried to establish the existence of a metaphysical dimension but I don't believe they have been so successful. Past life recall under hypnosis has also had some success in establishing the continuity of life. Tibetans have specific techniques to ascertain the identity of a reincarnated individual. Drugs can also induce altered states and metaphysical experience. I believe that in the future we will develop more techniques utilizing human consciousness to scientifically explore the metaphysical realms that can only be reached by consciousness and not physical instruments. By focusing awareness in the Heart we can directly access the

metaphysical Divine. The Heart's consciousness is our individual metaphysical instrument.

§

**43. The Self in the moment:**

The ego assumes it is vulnerable, threatened and in conflict and competition in the world. Its concept of peace is very temporary and dependent on circumstances. The Self is at Peace because it is One with the Whole. Therefore everything and everyone is within the One Self no matter where they think they are. The Self doesn't have to contend with adversity because it is in Harmony with the larger Life moving within all. The Self doesn't have to defend itself, explain or justify itself. It just is. And as it is invulnerable and Eternal it doesn't have to worry about what people think. The Self needs to share in relationships and seeks out others who can relate to it on the soul level and who realize that they are also individual embodiments of the same Self. To the Self, the moment is an opportunity for new discovery. For the ego the moment is a continuation of the past with changing circumstances but the same script. For the Self, giving and receiving are two aspects of the same process and the more you share, the more you are aware that you have. For the ego, giving and receiving are distinctly different. It assumes that receiving means getting and giving means losing. For the Self, everything it has cannot be lost, but will remain part of it. The Self shares to extend and manifest the Love that it is, as this becomes Known in the moment. When the Self responds to communication it always listens within the Heart for the Voice of the Silence, and expresses that. The Self doesn't listen to words, but rather to the Silence that the words are contained in. To those identified with the Self, every relationship is Holy, because it is always a relationship with the Christ within.

§

**44. Affirming our Love:**

Most people long to find a soul mate, or a beloved with such a deep shared affinity that you really feel a connected identity. And for many people, it's only when they deeply love someone that they fully express all that they feel and are. Therefore many may wait their whole life and never express their eternal love.

They die without expressing what means the most to them. A part of them never lives. Let us not wait on chance and circumstance and instead admit now that we love each other with a love that will never die. Let us make a pact to share this love with each other and the deep intimacy that affirms that we are all interconnected aspects of the same Life, the same Self. Let us put aside all difference and admit our equality and the common Truth that we are all becoming aware of. Let us release our Love into the world, and be as helpmates in bringing forth the Heaven within where we reside. “Where any two or three are gathered together in My Name, there I am also.”

§

**45. Being a miracle worker:**

The thought of being a miracle worker typically elicits an ego reaction — fear or inflation — as there is an association of miracles with supernatural power. However, perhaps miracles would be better thought of as acts of welcoming people Home. Who wouldn’t be grateful to come Home to the place of Peace, Love and the Reconnection with everything that we are Eternally connected to? Who wouldn’t be grateful to be awakened from a frightful dream to a glorious day? Who wouldn’t be grateful to have their loneliness assuaged and their fears removed? Who wouldn’t be grateful to be greeted by a beloved? The ego believes, correctly, that this is all beyond its capabilities — and this is correct. The ego doesn’t do these things — Christ does. Christ intervenes through us as we allow ourselves to express Christ. The miracle really doesn’t do anything, it merely allows our Reality to be seen and experienced. It removes a veil which has shrouded our sight. When we see what IS, we cannot help but be relieved and overjoyed. There is no effort, cost or sacrifice necessary. It is all blessing.

§

**46. Bitterness:**

Jesus has told us that “Bitterness is to your Heart, what the ego is to your mind” and “the cause of the inability to make a new choice that keeps the cycle of suffering going” ACOL S8:3,7. Bitterness is taking in feelings of hopeless, despair, powerlessness, suffering, and self condemnation. These

feelings are associated with many memories that we are attached to and which cloud the Heart preventing the pure and free Love and Light of the Self to take residence there. The Heart is already occupied, in a sense, with the feeling of bitterness which we must become aware of and release. This feeling is therefore connected to the past and the ego's interpretations of experience. However, it hinders us from fully entering the present moment where the Self resides, because we continue to bring the past into it. Our self condemnation and blame extends to God who the ego arrogantly blames for its suffering. However, Love can replace the idea of suffering as the Self can replace the idea of the ego. We can choose the Self which is to give up the judgments and feelings connected to the ego and experience the freedom of the Self in an ever new moment of Love. Choosing the Self resolves the feelings of powerlessness associated with the ego. Being the Self makes all the difference in the world and leads us out of suffering, despair and victimization to the realization that we share the Power of God as Co-Creators of our experience and the world. If we will choose only Love, that is what we will get, and the suffering and accumulated bitterness will be no more. We "need not change the world, only our self" ACOL S8:8

§

**47. Being your Christ Self:**

The consciousness of the Christ Self initially feels like an empty space devoid of the personal, of thought and emotion. It is, however filled with Love, Light, Peace and Intention. And it is a conscious awareness that we can maintain while living in the world if we stay centered in the Heart and identified with it. Because this is the same Christ Consciousness within all, we will experience everyone within it. It encompasses all. There is only this One Self and those who either are aware as the Self or aren't. As humanity is beginning to shift or ascend into Self awareness, we are on the forefront of a trend that is destined and increasing. As this is all new, we aren't quite sure what this will eventuate in, except we know it will mean a more conscious, loving and interconnected world that will be based on trust, sharing and our divine equality in God. We shall only know more specifics when we have begun to live and express more as the Christ Self Consciousness we are. The New is as yet the

unknown and will only be known as we extend and manifest what we become aware of as the Christ Self we are. It's exciting to realize that the deepest yearnings and dreams of our Heart will be realized as these have been placed there by God to be fulfilled. It's exciting to begin a New Era that will exceed in wonder and beauty anything that has come before it. Our concern is not about changing the forms of life, but rather awakening the divine consciousness within. The forms will conform and reflect the consciousness within. How do we embody Christ? Surrender to your Christ Self, and it will be revealed new in every moment. Listen within and do as you are given to. You will discover this entails doing what you really want and desire, for you are an extension of Christ.

§

**48. The open field:**

How do we sustain the empty space of the Self? For one thing, we stop filling it up with thought and ego. We just let the space be open, free and at Peace. Like sitting in an open meadow we just enjoy looking up into the infinite space above, staying open in the living moment to any impressions, feelings or imaginations inspired by our communion with God. What we Intuit comes from the Heart and the Mind of God in an invocative interplay that results in a new idea, an insight, a dream, a creative urge or intention to bring something sensed within, to the world. The open field is a creative space where things never before thought or imagined can come into being. It's a space of wonder and reverence that is alive and new. If we can resist the tendency to impose our interpretations on our experience we may better apprehend it as it IS. We are now in the Presence of another dimension of Reality that does not readily translate into our three dimensional thinking. Let us just stay with it and give it time to reveal itself. Let us just be here now and savor the cosmic divine energy pervading the moment.

§

**49. Higher dimensions are within:**

Each Self realized being creates an opening in the fabric of space-time that allows an inner and higher dimension of Reality entrance into the world. It's difficult to imagine in our linear brain

that there is a dimension of Reality within the moment that is Eternal and thus beyond time where another aspect of our Self lives now. Likewise, this space is everywhere and nowhere. In this dimension do we truly have our being with the Angels who are one with us. This is where we come from, where we are going and where we are now. We can connect to it now through our Heart. Here we are not alone but reside in the Kingdom of God with all who live forever in bliss. In the Supernal halls and glades of this heavenly dimension, exist Beings from other stars who bring Light and qualities never imagined on Earth. We realize that our Earth exists in darkness compared to the Divine realms intimated by the Spiritual Light glimpsed. Let us dedicate our Self to being an outpost of Love and Light from these higher dimensions of God.

§

**50. The progressive penetration of God:**

Each generation can see a little more clearly than the one that preceded it. This is not due to the advancement of knowledge, as we might think, because in some ways our increasingly secular society is moving farther away from God and an understanding of our place in a Divine Creation. It is due to the gradual penetration of Divine Light and Love into our self and humanity. God is gradually and imperceptibly pervading our reality. It's difficult to notice in the moment but if we reflect back over the course of our lives, we will realize that we are much more self aware than we used to be. Humanity is much more loving and decent on the whole than two thousand years ago when savage barbarity was more common. Now there is still savage barbarity, but it mostly exists as a vestigial remnant in the exploitive and oppressive political/economic system that is a product of the past. As consciousness continues to evolve in the mass of humanity, our political/economic system must also evolve to reflect this and become fairer and more loving. Soon we must reach a tipping point and in a flash the fire that has been gradually nurtured within will suddenly catch fire around the world and the world will be transformed.

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**51. The future:**

It is natural to imagine that the future will be an extrapolation of the past to a degree, albeit, with some improvements, possibly. The future cannot but be imagined in terms of concepts that have been utilized to conceptualize meaning and reality as we have known them. However as we are transitioning into a new dimension that was not even conceived of in the past, then we are going to find that our expectations will be different than what our experience will be. The New cannot be learned as learning is the method used in the ego's reality. The concrete mind can conceive only in terms of linear time and separate space. Through direct experience of Unity with the New Divine Reality, and by living and sharing our Self in this new dimension of Oneness, we will come to Know. It is a new and uncharted land. The purpose of life will be different than what it seemed to be up to now. The future is no longer in time — everything just IS. God has already fashioned a New World that is emerging from within. The more we live in it, the more it will be revealed. As from a ship approaching a distant shore, a new land begins to emerge from the mist of our awareness.

§

**52. Discovering our Self:**

We could go on thinking of ourselves as separate personalities with all the dramas, excitement and suffering of human life. However there is an exciting new option. Within the Heart space is a Self waiting to be recognized and known. We don't know that it is us at first — it's just a Presence. However, as we stay consciously connected, we will feel an authenticity and Self awareness. It is just bigger than we had thought ourselves. As we stay centered in this inner Self, we will intuit a knowing, a wisdom and guidance that we will discover is very useful. This Self exudes a Peace, Love and Light that is uplifting and renewing. As this Self is only experienced in the actual living moment — not in our thoughts but in our awareness — it keeps us present to what is happening now, in the ever new moment. We can't start thinking of the past this way. It's difficult to talk about it — this separates ourselves — but we can express what are now feeling, dreaming, desiring, intending, and visualizing.

This is extending this Self, which is something we need to do together. Actually, we are discovering that we are all tuning in on the same Self. It pervades the space within, that we each express in our own way. And as we gradually shift to being this Self, we are becoming who we really are. Our interests and focus have now changed. However, we remain our Self, more feeling and expressing Love than we ever have. Because that's all we do now.

§

**53. Living Love:**

Now we can express all the Love that we feel. There is no hindrance — that is what Love is here for. Now we need nothing in return, it is enough to give and receive the blessing of Love. We don't try to get anything, hold or possess, for then we would loose the free flow of Love. Love fills every moment. Life is living Love. Love is living us, as we surrender to it.

§

**54. In the beginning...**

As Jesus tells us, the creation stories of religion reveal the mistake “of seeing God as other than and separate from the self”. ACOL S17:5 This reflects the mistake of believing that we are egos and separate from God. As we chose to give reality to our fearful belief in separation, a structure in consciousness was created in the concrete mind, where that belief was established that resulted in a world view based on an assumption of an external, threatened, needy but arrogant self. What we then experienced was a creation and projection of the interrelated beliefs that we gave reality to and that reflected thoughts and ideals we used our self will to strive to realize. This resulted in conflict and suffering because no matter if we achieved the need, want or aim of the moment, our need to consciously unite with our Source and Essence in God, was prevented by our rejection of our innate connection to the encompassing Whole of God. Thus our world began and has continued to this day. Christ gave us the Holy Spirit to enlighten the ego mind, but collective enlightenment has been a slow process. However, cycles come and go and we are on the verge of a new beginning. This beginning will restore our sight and identity in

God. Christ has now pervaded the collective human soul, which has given humanity self consciousness, so that we can reach Christ or the Consciousness of God directly again. This happens by uniting with the Presence of the Self within the Heart, and by gradually releasing our habit of ego thinking, that interferes with Christ's knowing. The belief in separation started our voyage through time and space. However, now we come out on the other side, where we have been, in spirit, all along.

§

**55. Moving toward a Christ centered humanity:**

The dreams and ideas latent in the Mind of God cannot be known or apprehended by the separate ego mind, because these exist in the Wholeness and Oneness of God. They can only be known by the consciousness of the Self that is One with Whole — or Christ. When we join our awareness to the space within the Heart where the Self is contacted, we unite with Christ and can then discover the Truth latent within. By sharing and extending what IS here in the moment as we maintain an intuitive inner listening, we will make real and manifest what exists within the Mind of God, that is destined to come into being. Becoming a Christ identified humanity is just a step to manifesting the Kingdom of God on Earth. And we won't know what will be like in detail until we begin to accomplish it. The spiritual Kingdom or House of Truth already exists within us. It is just a matter of attuning to it, living from there and extending it.

§

**56. From idealism to living now:**

The idealists of the world have captured visions of beautiful possibilities of life and have formulated what they have sensed in the many different idealisms, ideologies and systems of thought that have inspired humanity. However, now we move into a New Era where our focus will shift from what could be, to what IS; from what we believe, to what we experience; from the possible future as we think it could be, to the present moment as we open up to it and its treasure within. We are shifting from striving to realize our beautiful ideals, to the effortless expression of what Love would share now. We are moving from continual efforts to learn, do and become, to a peaceful acceptance of what is here

now and the being of it. Our ideals were symbols for a reality that will now be experienced within us. God will no longer be experienced to be separate from us, but is being discovered to be already within us, pervading our experience in the moment. The future is no longer far away, but is also within the moment as a latent possibility that can be realized now. Space no longer separates us, but connects us together in a Oneness. Another dimension of Reality now emerges into our world which is transforming everything. The old constructs no longer suffice to explain life. The old idealisms are being rendered obsolete. Our devotion must now be directed to being the Self which encompasses all. This is to awaken to who we really are as Soul, and to begin to live as such. We no longer have to try to get to the glorious future — it's here now, emerging from within, waiting to be acknowledged, accepted and lived.

§

**57. Moving beyond the confinement of secularism:**

Secular reality is the mundane reality of people struggling to make their separate and transient lives as satisfying and meaningful as possible through their relationships, work, beliefs, and enjoyments. It's a basic existential experience of aloneness in a purposeless universe. It posits religion as mere hopeful, speculative, unsubstantiated, and increasingly irrelevant belief. Our modern secular reality is a denial of humanity's religious past where individual life was experienced in a larger spiritual context. Our secular society wrongly assumes it is substantiated by science and the technology that have transformed our world. Yet for all its deficiencies, secular belief increasingly dominates our culture, media, education, entertainment, politics and economy. Part of its increasing dominance is related to the decreasing importance of idealism as society moves into Seventh Ray, Aquarian energies. Another part is due to the dominance of more material and rational thinkers who are thriving in our capitalistic secular world economy. Accumulated money from capitalism is shaping our institutions, values and beliefs. However, the human being is a spiritual being and must break free of this circumscribed world view, the society that is a reflection of it, and the ego dynamics it externalizes. The human spirit is rising against its confinement and suffering, and must assert its freedom and the divine knowing that comes from

within. Therefore the false secular authorities must be overcome, and society be transformed to one based on love and acceptance of the One Divine Life within all.

§

**58. The new direct connection with Christ:**

Jesus has informed us that a new and direct relationship with Christ is now possible for all of us. We no longer have to rely on an intermediary authority whether that be the Holy Spirit who enlightens our minds or any priest or knower. Christ can now be contacted within the Heart as the revelation of our Self. Christ is the Self we really are that we share with all. Our sense of being a separate personal self has been based on our belief in and identity with the ego. However, God is deconstructing the ego structure so that the only thing keeping us in the prison, now that the door has been opened, is our habitual pattern of belief and behavior. We can walk out of prison now and greet Christ who is waiting for our awareness and embrace. We will not find an 'other' but the One Self we all share. If we can realize what the Presence in the Heart is, and refrain from old thinking patterns, we can learn to listen, intuit, and sense an inner knowing that is integral to the Self we are. We may gradually learn that we can Trust and live by and as the Self within, expressing and extending what IS there to be shared.

§

**59. Transforming special relationships:**

When we desire to unite with another in a loving special relationship, we are really endeavoring to unite with that part of our Self that we are projecting on to the other so we can experience wholeness. The love that we express is the force moving us to become whole. We can't be whole by ourselves, it takes relationship to realize and express all that we are. However, if we can consciously express our intention with the other, knowing that they are part of the same Self, the Love we feel is raised to the level of consciousness and consummated there rather than on a physical level. We transform special relationship, which is based on personal identity and a sense of lack, to holy relationship which is based on conscious recognition of being equal aspects of the same Self where all needs are

fulfilled. Love raised to consciousness, united with knowing, transforms relationship. Each person receives what they give without trying to get from the other. Each realizes that the other is part of them. Our Wholeness is mirrored back to us in a living and ever new dance. Oneness is shared.

§

**60. Divine Trinity; Father, Mother and Son:**

Jesus represents the Son aspect, or the Consciousness of God. Mary represents the Mother aspect or the Life of God. The Father aspect is the Spirit, Purpose or Will of God. This is the Trinity behind and within Creation. The Life of God is the manifested Mind of God in matter. The Consciousness of God is the mediating Awareness between Spirit and Life that acts to bring forth the seeds of potential latent in God's Mind and Unfold them by God's Will to further Creation. The Trinity channels the Love and Peace of God through Spirit, Life and Consciousness. The Mother expresses the Power and Force of Love. The Son expresses the Conscious Knowing aroused and expressed by Love. The Father expresses the Source and Purpose of Love. When the Son is empowered by the Mother's Love, he can access the Father's Spiritual Treasury to impregnate the Mother with new creative seeds. Life is enhanced and unfolded, Consciousness is expanded, Purpose is fulfilled. All moves forward by the Spirit and Will of the Father.

§

**61. Communicating in Unity and Relationship:**

It's a small shift from being polarized in the ego mind and thinking of oneself as a separate personality to being polarized in the Heart and experiencing one's Self as an embodiment of a shared collective Self — but it changes everything. Actually, the spiritual Self is here all the time but the ego just doesn't notice, as it's projecting its separate reality that results from its identification with the concrete mind. However, when we choose to move the center of our awareness to the Heart, we begin to realize that we can live from this larger Self consciousness that we discover there. Consequently the ego patterns, beliefs, fears and behaviors are no longer necessary or even relevant. These are replaced by a Trust in what IS contacted and intuitively

Known, by a Peace, Love and Oneness. When we relate to others, we no longer see them as separate individuals, but rather experience them as equal expressions of the same One Self. Likewise, is everything we experience encompassed by this Self which is part of God. As we share our awareness from this space, it becomes more grounded and real to us. We realize that we can shift our center of being to the inner Self and live as the Self which increasingly is who we are. This entails truly living in the moment and what is experienced rather from what we think or feel emotionally. Our feelings become more positive, but whatever IS there is accepted in Love. We no longer think we have to be a certain way — we can just be as we are. We are more unattached to judgements about the ways things ‘should’ be and can freely go with the flow of life as it unfolds in the moment. This entails living from the Unity of Christ rather than from a separate ego consciousness. As we share this in relationship it becomes manifest and a new Reality emerges that is now possible.

§

**62. Accepting the embrace:**

Standing outside the portal of the Heart are Mary and Jesus, waiting to be noticed and embraced. They long to embrace us with their Self, but we must accept this embrace and not fear it. We fear powerful experiences that could threaten us. However, we have nothing to fear loosing except dreams of longing and suffering. The time of release and deliverance is here now. Accept this embrace as the embrace of the morning sun awakening us to a beautiful spring day after turbid dreams. It is the embrace of the beloved that awakens us with a morning kiss of Love. Who would not want to be awakened to the bliss of a perfect day of Love? So it is now. Humanity is being awakened by the gentle caress of Christ. Turn around, look and see who is there. Realize what is happening now and avail yourself of this momentous opportunity.

§

**63. The limitation of idealism:**

Idealists are solidly ensconced in the ego despite their high mindedness, for it's the ego that vacillates between arrogance

and mortification; between attack and guilt; between defensiveness and confession. It's the ego that is identified with its belief system which it then projects on to its experience of reality and by which it interprets that experience. Idealists can have a difficult time integrating experience with belief because they identify so much with their beautiful ideas and ideals, that it can be an unpleasant shock to realize that there is a discrepancy between what they are believing and what they are actually experiencing. At first one redoubles one's efforts to strive to conform with one's ideals. But eventually one has to acquiesce to the reality of imperfection, futility, sin or however one interprets one's failure. The solution, however, involves something not imagined by the mentally polarized idealist — namely getting out of one's head. Because the problem is only one because one has made it so by one's assumptions. The solution to the frustrations of idealism is shifting one's focus to the Heart and the Soul. In the actual experience of the Soul — who we really are — we experience the reality symbolized by the ideals formulated in the mind. This is the living holistic Truth which is more than the two dimensional ideals held in the ego mind.

However, the process of transitioning from separate ego to unitary Soul; from mind to Heart; from thinking and belief to intuitive Knowing, is challenging for the idealist. He must leave the comfortable security and self inflation of his beautiful ideals and transverse the seeming emptiness of the actual moment, facing his feelings, fears and demons. This is the hero's journey that leads back to where he began — the Soul who has been within all along unrecognized. This is the Self he really is who lives in God's Kingdom. It's Love that guides him and opens all the doors on this journey back to Self. Love leads to Trust and Acceptance in what is experienced and a gradual realization that it cannot affect him — he is more and eternal. He takes his projections back and sees things as they are. And in the process discovers that God is within all — it's all good — and thus he achieves Peace. From Peace, Love, Trust and Acceptance he can move to Surrender to the larger Life that Is and that moves and unfolds new in the moment. Now he can fully Be who he is and extend what he intuitively Knows and so Co-Create with God. His former ideals are no longer relevant.

#### **64. Christ consciousness:**

Christ consciousness is of what IS and the sharing of it. This is not related to thought but to awareness. What IS is another dimension of reality that is emerging into our field of perception which transforms our perception of reality from what it has been. Because this new dimension transcends time and space. We are connected with something interpenetrating physical reality that is eternal but now, infinite but present, that is Conscious Love. It IS. This new reality is the Self of God who we really are. We may now shift our identity from a personal sense, to being identified with the Self of God we are now becoming aware of. Sharing Christ consciousness will begin the creation of the New Millennium. As we realize that we are actually part of the same Self, we will consequently need to communicate differently than when we believed that we were separate personalities. We will still maintain our individuality in how we express Christ consciousness and what aspect of Christ consciousness might be of interest, but the who, how, what, why and where will all be different from our personal understanding and focus. Christ consciousness is the relationship we have with one another that allows us to come to know and extend what is in the Mind of God. Therefore life becomes an ongoing process of discovery and creation that we are integral to. When Jesus taught in Palestine he planted the seed, which has germinated, sprouted and pushed up to the surface. Now it is breaking out in the light of our awareness. We undoubtedly will find it challenging to find a new language to express who we now are and what we are becoming aware of, but as more of us begin this cooperative process we shall find the way to manifest this new Reality of God. God has created the Earth so that eventually God could be consciously manifest upon it and then begin to impact the wider universe. That unprecedented Time is beginning now.

#### **§**

#### **65. Releasing the need to learn:**

Jesus tells us that we have learned all we need to learn and that continued learning is not only unnecessary but counterproductive as it keeps us in the pattern of the ego, which restricts us. What we need now is to return to conscious Unity with the Self and a reliance on the intuitive Knowing of the Self rather than the learned knowledge and belief of the ego. Learning has been part

of ego nature which attempts to control life via the mind and will to survive and get its felt needs met. Knowledge inflates the ego and contributes to its success and status in the world. However, the Self is Eternal and has its needs met from within and is not interested in status or success either as it is already accomplished and complete. Therefore we must release our habitual tendency to believe we have to learn if we are to live as the Self, and surrender instead in Trust to Life and Spirit. The mind must become accustomed to inner listening rather than reliance on thought. The mind will no longer determine reality, as with the ego, but rather serve Reality as we become aware of what IS there in the moment to be shared. The mind will not seek love but will extend Love which is its true purpose. To extend Love is to manifest God and God's Purpose. This is the role of the Conscious Self of God or Christ. This is what we must do if we are to become who we are.

§

**66. Nondual realization:**

Nondual realization is not about teaching a new understanding, belief system or wisdom, but is about being one's Self by cooperatively sharing, extending and manifesting one's Self with others. Each has a role and something to contribute for although the Truth is One, it's expression is infinite. Nondual realization is not selfless — only egoless. It is rather about being full of Self. Therefore the seeming emptiness of the mind gives it an opportunity to express an inner awareness of Truth that is intuitively apprehended. Nondual realization is not nihilistic, it is rather an affirmation of the Whole of God that we reside in. Nondual realization combines detachment from ego with attachment to Self. It combines the emptiness of mind with the mind's use to express the fullness of Self. Nondual realization sublimates emotion in Love and is all about the extension and expression of Love. Nondual realization is not a singular or separate realization — everyone and everything is encompassed and included. It is therefore not an illumination for the separate self, but a realization that we all are part of One Self. We begin to Be and Live as the Christ Self that is within all.

§

**67. Christ is here now:**

Christ Consciousness can only be experienced in the present moment. When we are fully united with the present moment, with the Whole, we are in Christ Consciousness. This is to be here now without fear or thought of self. It's an invocative relationship with God where each moment we hear God's Voice and respond. We can be at Peace in the midst of the confusion of the world, because within all and beyond all appearances is the Peace, Beauty, Goodness, Love and Truth of God. The turmoil of the world is merely a facade that doesn't reflect the Reality of what IS really happening and here now. We may see conflict and suffering as we project our judgments on to the world, but we can see differently if we choose to. Let us Unite with the Heart and see with Love, Christ within all. Christ is here in this very moment. We don't need to be worthy of this experience — it's ours merely to accept it as already given.

§

**68. The Path of Mary:**

One of the interesting things that Jesus says, is not only is/was Mary also One with Christ as the Roman and Orthodox churches believe, but that her path will be consciously followed by more and more people in the coming times. As Jesus demonstrated outwardly to the world the nature of Christ — or the Consciousness of God, Mary created loving relationships that demonstrated the Love of Christ. She embodies the Divine nature of creative Life that always acts to extend the Love of God. Women unconsciously channel Mary when they are their authentic Self. In the coming time, the true nature and importance of Mary will become known. She can actually be noticed more easily than Jesus because contact with her can be felt as a loving touch or embrace. She will step out from behind the veil and be seen and Revered by all. All Glory to the Most High Mary!

§

**69. Living in the Presence of the Divine:**

I was in Prague recently and in the old city, from the top of nearly every building, figures of Angels, Saints, Divine and mythical beings look down on humanity passing on the streets below. This

creates a powerful impression of being in the presence of a spiritual dimension that has become tangible and real. This reflects a truth that we often aren't aware of in the busy hectic modern world. The spiritual dimension of life is always here, although we may choose not to see it. However, if we would see with open eyes we would see that interpenetrating our world are subtler dimensions of life and inner worlds populated with diverse divine beings, who we can commune with now if we would put ourselves in synch with their vibrations. Many sensitive people have always been able to tune in to the unseen worlds. Many are doing so today and channeling contacts with denizens of various subtle worlds. Everything is within us and soon many will realize the Treasure of God within and the Infinite Realms of Beauty to be explored and experienced within the Mind of God.

§

**70. Taking off our masks:**

We all seek love and relationships where we may experience and share love. We will not find it by being alone. Yet we hide behind our separate masks waiting for the right moment to take them off and reveal the loving beings we are. Why not be in Love all the time and live in Oneness with all? Behind the masks that others wear is the same Self of Love that we all share. However, the seeming intimacy is too much to bear. We evidently feel we can only handle it in small controlled doses. However, as we adjust and accommodate ourselves to exposing our Self, we will not find that we are under any obligations, pressures or fears. Everyone feels relief by realizing that it is ok to take off the mask and just be our authentic Self. Love is unleashed and soon we are all chatting happily, now the best of friends. Love brings Freedom from fear, Peace, Acceptance and the realization that reality is safe. "Nothing Real can be threatened."

§

**71. Claim your wings and take flight!:**

There is no one right way. We are each our own path, by cleaving to our own Truth. We find Christ by discovering our own Truth within and authentically living by it. The time of external authority is over. We each must find our own connection to our Self within. The fact that it is the same Self doesn't imply that we

will think the same or do the same things or even have the same interests. We are given wide latitude by God to find the Way our Heart directs. In the past we have lived by our beliefs and ideals. However, these days are passing away and in this new Time, we each must learn to trust our Spirit and claim the freedom of Heaven to fly as this Spirit directs, because this Spirit is us as we really are. Releasing the chains which have bound us to Earth we may now soar and live in the Realm of God. Claim your wings and take flight!

§

**72. Breaking out of fear:**

Fear is like an invisible barrier that keeps us restricted within the circumscribed reality of the personality. Staying within it feels as familiar and comfortable as breaking through it feels scary and exposed. Yet this barrier is just in our mind — it really doesn't exist, we just believe it does. Feeling this fear means we still believe it is real. Let us realize that it's only as real as we think it is by our habit of belief, and decide now to look with the open eye of the Heart at the Peace of our Oneness in Love. Let us greet each other in Love and Gratitude as if we **were are** welcoming each other Home — which we are. Breaking out of our separate confinements is stepping out into the Home we have longed to find. Now it is all around us. And Life is Good and as it is meant to be.

§

**73. Being our Self:**

Working with what IS in Unity can only happen when we are aware in the present moment. When we are in thought, we are in our concrete minds and not present to what IS now. The Self begins from awareness rather than thought, and then unfolds and brings to consciousness what IS discovered and known in the moment. What IS is a shared Truth — we all know the same Truth that we are coming to know, realize and share together. This process, therefore, takes place in the Unity of our One Self. We then extend ideas, intuitions, dreams, visions, and intentions that are within us waiting to become manifest. We Co-Create with God, who we are part of. This understanding and process requires a shift in where we are identified. We cannot extend the

Whole as a separate personality, we can only extend the Whole when One with it by identifying with the Self we share. Then we bring forth what already exists within. This is not so much work, but relationship. We are really just Being our Self with each other. What IS becomes the New as it is shared. This is “the means through which the Self of union is known even in the realm of separation, and thus what draws others from separation to union.” ACOL D10:5

§

**74. The basis for inspiration and illumination:**

I couldn't be inspired now and know what IS within the Eternal Now, if I didn't join with the Christ Self and share what I become aware of. I am just sharing my awareness and what I am intuiting as impressions are registered within the Heart. I then formulate them into thoughts that can be shared. I am just being my Self as a channel for the Divine Self we are. If I wasn't communing with Christ I wouldn't be inspired by what IS here now. The separate mind's beliefs that interpret what is experienced merely distort. It's necessary to stay out of the concrete mind's programming and patterns, so what is experienced now can be apprehended without distortion. It seems impossible to stay in the Now, for as soon as I become aware of what I discover Now, the Now is already different. It has moved on to something New. It's like photographing a bird in flight. The photo always represents the past. God is always more. However, our efforts to extend what we Know in God's ever new revelations, extends Creation. This is to extend Love, to experience Joy and to Be our Self as Divine Co-Creators.

§

**75. God is everywhere:**

God is everywhere — even in this very moment. Being polarized in the ego mind we do not notice God, but if we reside in the Heart, God is there in our experience. If we don't notice God, it's because we believe God is not there, so we experience the effects of our beliefs. However, if we can release belief, and just open up to the Wholehearted experience we will discover that God is so familiar that we have just been taking God for granted as the ever present background and silent context of our

experience. Whatever is here is God, in other words. God is the I Am that provides us with consciousness and the Self we are conscious of. God is the ever unfolding movement of spirit that drives the unfolding process of creation. God is the Divine Trinity that we can experience in the moment — the unmoving mover, creative mind and consciousness. As Self, creation proceeds through us. As we reside in the Peace, Silence and Stillness within God we will notice a call and something we would express. Thus we take up our role as a Divine Co-Creator to extend, unfold and manifest the nature and potential latent within God.

§

**76. The planetary shift:**

The planetary shift is also called the planetary ascension. The vibration or energy of Earth is increasing and lifting our polarized point of conscious identity out of the separate and personal to the soul level. Humanity is shifting from ego to consciousness of the One Self that has ever been within or behind the separate ego. This is the collective realization of Christ Consciousness. Looked at from another perspective, it is God pervading the Earth with his Energy and Consciousness to resolve the apparent duality on Earth and make it a sacred planet where the One Divine Life of God rules on all levels. Humanity is sufficiently developed now to come into its destiny. Humanity doesn't exist for a separate purpose, but to fulfill its role as the creative extension of God on the physical plane to bring forth the potential and purpose of God. This is something new. We will not know what it will look like until we do it. This entails more than merely improving or reforming the world. Rather it involves manifesting a New Reality on Earth that will transform life as we have known it and create a world of Love and Oneness with the Divine.

§

**77. The Path beyond:**

People are invested in their thoughts and beliefs, in thinking and learning. They feel a certain pride in what they feel they know which is often a hard wrought and a prized possession. They certainly are not inclined to just throw it all out for some 'daft'

belief that they may be better off somehow. One really has to deeply feel the futility of knowledge before one is ready for something more. Love can provide that something more. Knowledge pales in importance to love. However, love seems to come and go while our interests and concerns seem to be ever with us. We know that these are not enough so when we invariably feel unfulfilled we will turn within in prayer or meditation to try to find what is missing. It's then that we have to get out of our heads, for what is missing is not an idea but an experience of connection with something more than our personal self. Love provides us with that connection.

We all have the hope of realizing a deep and lasting soul connection with another so that we may abide in love. But what if we don't find this special person? We assume that what we seem to lack is outside of us. This is the way the ego thinks. However, if we go within, we will discover that everything we need is continually given us — we just must embody and live it to know that we have it. Instead of continual searching for love or knowledge, and efforts to learn, achieve and get, if we will turn within the Heart we will discover a treasure that just needs to be owned and expressed. We do need to connect with the larger Whole beyond the personal self. That Whole or deeper inner Self is waiting within for our awareness of it. It is our authentic dream of Love waiting to be lived. Knowledge keeps us confined in what is known. The Self of Love takes us beyond the known into the mystery, wonder and beauty of a larger timeless life. The Path into this larger Life begins within the Heart.

§

**78. Into the Land we have dreamed of:**

What is the most beautiful dream of life that we can imagine? What is our highest vision of life? What do we wish for in our Heart and want our life to be like? What do we want to feel all the time? What do we want to realize and experience? The Heart knows what we are meant to experience. The mind doesn't and as often as not tries to dissuade us from listening to the Heart so we may be more 'realistic'. Yet, with time we find that the mind's bargains are costly. Life is precious and not to be wasted in fearful compromises. Let us dare to listen to the Heart and follow its promptings. We live now in a pivotal moment in time.

Unbeknownst in the turmoil of the world, a new dawn is breaking and bringing an opportunity never before offered to humanity. God has created a new world of Love that is descending through the ethers into our awareness. There is a portal within the Heart which opens on to this New Reality which is the dreamland we have yearned for. Christ is coming to proclaim the New World, but the door is open now and we may go within in Joy into the Life we have dreamed of.

§

**79. Christ IS:**

When it is said that Christ IS, we don't fully comprehend the implications. It's as if someone said to us in a dream that there is another level of reality more real than our dream experience, we wouldn't know what that means if we didn't remember we were dreaming. Yet our waking reality is samsara and maya — a hypnotic illusion of an artificial and separate reality that we must eventually wake from. Our concrete mind interprets the raw data of our senses and imposes its own meaning. Therefore we don't see things as they are. We perceive the contents of our mind as it is projected on to our experience. Yet Christ is within us and our experience — we just superimpose the ego's reality. To see reality as it is we must free ourselves from the separate ego mind, which is difficult to do as we live within it. However, there is a way out. And that is through the doorway in the Heart. So long as we stay in the mind, any illumination will merely beautify our separate abode and illusion of life.

As we move through the Heart's portal we are immediately in a trackless field of Love and Light. We are initially bewildered by the seeming emptiness. It seems to be a nothing. Yet if we stay there — and don't flee back to our comfortable and known world — and gradually acclimatize, we will find that this space within all is pervaded by a Conscious Presence that is Christ. This is the One inner Self that we share. And as we shift our center of identity to the Self, we will discover that we are living in a different level of reality more real than our outer world. As we live from here, our way of life, our attitude and values change. Everything and everyone is now part of us and also encompassed in the Divine Life of God. Life is lived in an Eternal Now that is a continual new discovery. Love pervades and life is

lived in Peace, Joy and Oneness. This is our life and the consciousness we are meant to share.

§

**80. Apprehending Spirit:**

Perhaps the newly discovered dark energy of the Black Hole that is at the center of every galaxy, is a metaphor for the unseen energy of Spirit, that is at the center of all. And as we are becoming more aware of dark energy and matter which we are realizing actually comprise most of the universe, so we are likewise beginning to apprehend Spirit with our consciousness. Spirit is also behind and within all form and is One. So we may also find the many Black Holes are integral to One Stupendous Reality. At any rate we are beginning to realize that we are more than a body and that in fact we share a collective consciousness that is transcendental. Space-time is merely related to incarnation in form. As our Self transcends form, it also transcends space and time and therefore we can access the Eternal and Infinite Consciousness of God, wherein we have our Being. Thus we can draw from the Infinite well of Spirit — and are meant to bring forth this Treasure from within. Our reality has been circumscribed by the ego mind. Now, however, we are breaking out or rather in to the larger universe within. Soon we will realize that the universe is actually an Existence populated by an infinite hylozoistic chain of beings and lives. We have never been alone — this was a delusion of the ego. We are beginning to see with the eyes of Spirit.

§

**81. Noticing Christ:**

As God is everywhere, God and God's Consciousness — Christ — must be here now, unnoticed. It's unnoticed because it is silent and we are conditioned to notice sound. It is formless and we are conditioned to notice things and patterns we can observe. We can't notice it with our minds as it is not an object that is separate from us. As God is the Whole that encompasses us, we can only experience it by joining it by getting out of our separate mind and uniting with Love that God IS. We are actually experiencing Christ all the time unconsciously or rather Christ is experiencing us all the time, for we reside in God. If we

are inwardly experiencing Christ now, to become aware of this we have to turn off or get out of the mind that believes that we aren't. And just notice what is here now — the Self within us all. We detach from the concrete mind and attach to the Presence within the Heart. Then we feel, listen, notice what IS here now, what we are being impressed with, and what are we inspired by, etc. As awareness of Christ as our Self is our destiny, there are no obstacles other than habits of thinking and reacting that we may discard. Christ is the Consciousness that we all share and are part of. As we tune into this space we may develop the ability to channel and express it and so become the authentic Self that we are. As we share Christ Consciousness together it becomes more manifest, real and observable to all.

§

**82. Let us accept Love's embrace:**

Let us accept the embrace of Love that we all yearn for. Let us rest in the Peace of Oneness that we all seek. It is available now in the moment although we may not expect it. Love is here in the Self we share that is waiting for our acceptance. Love is emerging into our awareness and wanting to be shared and extended. Love is breaking through the fears, the walls and revealing who we really are. Let us share our Self and what Love would have us express with each other. Love is uniting us and making us realize that we are all part of One Divine Life and that inwardly and in Truth, we share the same Christ Self. Let us awaken to the realization of our Oneness in Love and begin to bring forth what God would reveal now.

§

**83. Nondual Realization:**

Buddhism enjoins compassion. Compassion is dualistic, whereas Love is nondual. Compassion assumes subject and object and is therefore related to the reality and experience of the separate personality. Although we may feel and experience Love with others, Love just IS as God IS. Love is the same Love for all, although we may experience it in different ways. Although the ultimate goal of Buddhism is a nondual realization, in practice it is oriented to a dualistic enlightenment of the individual. Although Christianity has also had a dualistic

emphasis in the salvation of man by God, essentially our realization of Christ is nondual. We are meant to become One with Christ as Jesus accomplished it. And Christ is nondual or One Consciousness within and encompassing all. In Christ the separate human forms we express our Self through are subsumed in One Life, One Mind, One Consciousness and One Spirit. This is God realization and God is One or nondual. The forms manifest in space and time merely allow relationship so that the qualities, ideas and purposes latent within God can become known and manifest. Humanity is transitioning out of the stage of separate identity that has developed the capacities of the human being, and is moving into the next stage of humanity consciously reuniting with its Source or God. Consequently humanity is moving from conflict and duality to Oneness. We shall live and be the nondual Christ Self that we have inwardly always been — only now we will identify with Christ. This may sound far fetched to those mired in consensus reality, but as we awaken to the choice and opportunity we have now, we will realize that God is making all things new and we will be glad that this is so. We don't know what the New Millennium will look like, but it will be nondual and pervaded by the One Divine Life of God.

§

#### **84. Barefoot angel**

Giving all she has for a dream  
Blind men scoff  
Proud men come  
And kneel before her

§

#### **85. A simple Truth:**

The reader may notice that I like things simple and so am prone to generalization. However, the Truth is simple, although I may over generalize it. The mind makes things complex, but the Heart can spin entire worlds out of Love. Therefore, we need not fear becoming One Self. This Self is the entryway to the Infinite Realms of God. Nature displays an infinite range of wondrous beauty spun out of One Life and Mind. When we align our minds with the Heart, the lock clicks open and through the open door

we see a divine land of glorious possibility. We don't have to labor or strive here — it's simple to pick the fragrant fruit off God's trees in the Kingdom of Heaven within. We have made a complex world of toil and suffering of Earth. However, on the other side of a simple doorway, a completely new world that God has created for waits to be revealed. Why wait, it's simple and obvious — lets go!

§

**86. Love without compromise:**

Although some artists and writers may become rich, the average pursues his dreams because he or she must do what they love. So it is with many of us whose lives and actions are guided by love — love of family, friends, interests and ideals. Some compromises inevitably have to be made with the realities of the world, but love is the overarching guide. However, wouldn't it be great if we didn't have to make any compromises? Jesus assures us that our belief that we live in an 'if this, then that' reality that requires us to earn what we need and get, *is* just another false human misconception. In the Reality of God, life is abundant and provides us with all that we need. Certainly if humanity believed that, we would create a more loving world. However, beyond the redemption of the world, Jesus says that we can live in the abundant Kingdom of Heaven now, where we don't have to struggle to survive as we are eternal and invulnerable. Where we don't lack anything as we already have everything within. Where Love not fear, Unity not separation rules. Let's follow the call of Love and loose the beliefs that have kept us bound to fear and suffering.

§

**87. Plunging into the Heart:**

In our minds, our thoughts go round and round on the same carousel of repeated themes, fears, desires and concerns day after day. It's a circumscribed script and limited world that we live within by habit. It's only in the moment when we get out of our head and enter the Heart in the living moment that we can experience the dreams of the Heart which speak of a wider, luminous and glorious life that is within us as an unrealized potential. These dreams beckon us as calls from God that

inform us of a future and destiny that we are meant to realize. Plunging into the Silence and Stillness within we emerge as through a warp hole in time into an eternal inner world. Here we are One with the Divine Song that thrills through all creation. Here we live in an Eternal Spring where bird song can always be heard on the fragrant breeze. Now, in the magic land of our Heart which everyone shares together, the life we live is determined by the beautiful dreams we imagine. As we share and live these we weave the gossamer threads together of a New Reality spun out of the Mind of God. Let us dive into the Heart as the entranceway to the Kingdom of Heaven and the dream of life God calls us to realize.

§

**88. The Living moment:**

The living moment is always new, unblemished, unknown and vast as the sky above. If we don't feel this it's because we're not in the moment but in our mind which imposes its interpretations on the living whole which divides it up into separate parts and kills it. We may think we are only noticing what is real in the sensations, thoughts and emotions that come into our awareness, however these are all embedded within the mind's matrix of meaning. We aren't noticing the space and silence in which these and the mind are really held. If we did we would realize that we don't know what any of it means. However we would know that there is a conscious Self that is here and listening; that this Self feels Love and connection to the other Selves in its world of Light, Energy and Consciousness. And that within it all there is Intention and Purpose. This Self would come out of the shadows and Be, revealing its Knowing in the world. It's not thoughts, emotions or sensations that we must become aware of, but the Self within that is waiting in the moment to be discovered, accepted as our Self and identified with. This Self is always new and as unknown, unblemished and vast as the sky.

§

**89. Always Love:**

We must always return to Love, for Love is the Way and the Truth and the Life, as Christ is Love embodied. Getting too carried away in thought we must always come back to what

does Love need to express now. Love is the movement of the river of spirit that carries ever deeper into God. Let us surrender our hold on the things of the world so that we may be freely carried along in the divine flow of Love. Every moment offers us the opportunity of extending Love. Every situation offers us the opportunity of experiencing Love and revealing Love in new ways. Creation is the manifestation of Love and our role is to continue to co-create and extend Love with God. The cries and suffering of the world call for redress. Love must be applied to heal and restore all to the bosom of God. We are the way God's Love is extended to the world. As we align with God's Purpose our efforts will be empowered. As we live in Love, the world will be transformed.

§

**90. Acknowledging our equal divinity:**

In the past, in the time of the separate ego, we called on Jesus and Mary, the Angels and the Saints because we felt and believed that we were separate from them and were needing their help. Now, in the Time of Christ that is beginning, we are realizing that we are all One. They are part of our Self as we are also part of them. Therefore our relationship is a cooperative Brotherhood. In this Time of Unity we all work together in a common goal of manifesting the Kingdom of Heaven on Earth. As we have everything that we need within the One Self, we merely call it forth and share it. Our relationships with each other provide the opportunities to come to Know and Realize what would be shared and extended. Being each identified with Christ now, we are each our own authority and learner. We choose our own Path. This Path comes through our identity with the Whole, and the need of the Whole. Just as Jesus has stepped back from being our Teacher, recognizing our shared and equal Self, so must we step back from proselytizing and rather just Be who we really are.

§

**91. Letting things be:**

Jesus tells us to accept all our feelings instead of discriminating between good and bad. This is a powerful step in maintaining awareness as Self. Because the Self is more than any feeling

save Love. The Truth and meaning of any feeling is determined by the Self and given in the Self's response to the feeling. By not judging the feeling we step away from the ego's thinking. Acceptance is Love which recognizes that we are more than any feeling and thus cannot be held, labeled or judged by whatever feeling we might notice that we are experiencing. Acceptance doesn't imply identification, merely awareness — awareness that a particular feeling is part of our experience of life in the moment and just to let it be or let it pass through our awareness and be gone. If we would judge it we would keep it instead. This is the 'pass through' function of the Self as Jesus describes it. Everything must flow through us into manifestation. What we give energy or reality to becomes real to us. Therefore we are to withhold giving reality to the world's beliefs or judgements although we notice these, and let the Self determine what is the Truth. Acceptance allows the Self to embrace everything and then transform it as it is seen in the Light and Love of the Self.

§

**92. Releasing bitterness:**

Jesus describes bitterness in the Heart as something somewhat analogous to judgement in the mind, as a fundamental quality of the ego. Bitterness arises as we take on our accumulated sorrows, disappointments, pain, rejections, and disillusionments. It arises from a deep feeling of hopelessness and despair that our hopes and dreams of joy, peace, love and oneness will never be realized and that will have to make do with our fate. Bitterness is thus an attachment to a negative feeling combined with the fearful belief that it is a real characteristic of our life. Jesus encourages us to not believe this thought or hold on to this feeling for it doesn't represent the Truth of who we are or what is given by God for us to experience. However, to release bitterness we must first become aware of its existence, accept the reality of our experience and then turn to the Self who will see through it to the Love it is blocking in the moment. Then we must let it be and flow through us as we open to Freedom, Joy and Oneness in God, where everything we need is already given.

§

### **93. The Second Coming:**

The Time of the Second Coming of Christ has begun. This is not happening as a result of an appearance of a separate outer divine Son of God but as a result of Christ pervading humanity and giving everyone the possibility of choosing to become aware of Christ Self Consciousness and to embody Christ just as Jesus has done in Palestine. The inner spiritual Presence that is emerging into our awareness is our Christ Self. We will discover that this is not an individual Self, but a shared collective Self. We are all opening up to the same Self, which we will discover as we express and embody this, is Christ. This is at first sensed as a subtle awareness of an authentic level of self within. As we focus on it more we will realize that we are awakening to a deeper sense of who we are that is larger than our personal identity. As we further acquaint ourselves with this inner Self we discover that it carries a Knowing, Will and Connection to a larger Life.

As we gradually shift our identity more to this inner Self we discover more that is contained within it and the implications for our life experience. It can be a gradual process. God is not forcing anyone to change but rather offering us the possibility to move into a New World that has been created for us beyond the sufferings and confusions of the lives we have lived. Let us become aware of what is really happening now in the tumult of the world, and recognize the Presence of Christ within us now as the Self we are. Christ is not coming from without but primarily within. The Second Coming will be our collective embodiment of Christ and the resulting establishment on Earth of the Kingdom of Heaven. Let us take our part in this predestined Time.

## **§**

### **94. Anger:**

Anger results from our anger toward ourselves for denying our Self and God, and believing instead the lies and delusions of the world. We are angry because we we don't have the courage to trust our Self and our Spirit and instead live in fear. We are mad when we realize that believing the ego and the world has not brought us what we really want and yet we persist. We then blame God for this and for not answering our prayers. We slave

away in our jobs and our lives not realizing that God offers us abundance and freedom. We don't know how to escape our dreary lives and the suffering that seems inevitable so we opt for the world's ready pleasures and distractions. Seeing the widespread suffering in the world, we feel we must be content to create a personal life of comfort and happiness — and yet we dream of more. We may project our anger on to others or situations that do not meet our expectations or fulfill our beliefs about the way things should be. However this reflects our deeper choice in choosing the ego's beliefs about how things are and should be, and consequently denying our Self and God. Let us use anger as a reminder of our need to reunite with our spiritual Self and accept God's Truth, not man's interpretation of that Truth.

§

**95. A new choice:**

The ego — which thinks in terms of separation— naturally imagines the solutions to the world's problems in terms of separation too. Although undeniably there are changes that could be made to improve the world, ultimately the civilization as we know it is not meant to continue but to be superseded by a more spiritual world that is based on our awareness of the One Divine Life of God within all. This will come about not by making incremental changes in the ego's separative assumptions about reality, but by choosing the Wholeness and Oneness of the Self within all. The separate reality of the ego must entail conflict by competing separate egos and an insufficiency that is inherent in the ego's assumption of fundamental lack. It's a world of survival and suffering, of want and exploitation that can never result in the peace and harmony possible that results from choosing the abundance of God. The system currently in place in the world is an externalization of the dynamics and beliefs of the ego. For a truly new and better world we must make a completely new choice. That choice is available now in our emerging awareness of the divine Self within. With this choice comes a New World.

§

### **96. The intimacy of Christ:**

As we look into one another's eyes we can see the Love that unites us and the common Self that we each express in our own way. Looking beyond the fear and the illusion of separation we can see that we are part of the same Self. As we share from the Heart we strengthen our awareness of our bond and shared Life. It's easy to feel uncomfortable with the intimacy of this view into our Oneness. Old patterns may arise making us think about sex or feel vulnerable. However, this Oneness is actually just a fact of life. We needn't take it personally or imagine that it implies anything in particular except an underlying Oneness of Being. Love often implies patterns of behavior, roles, expectations, obligations and the like to the ego. However, Love just IS and leaves us free to Be as we are. If we can stay in the Presence of Love and share what arises in our Heart, we can create something truly beautiful. Let us not be afraid of the intimacy that comes from our experience of Love, but see it as an opportunity to bring into conscious awareness the Truth of Christ within.

## **§**

### **97. The new creativity:**

Civilization has been the product of thought empowered by emotion and will. Our societies are constructs made from varying ideals and beliefs depending on cultural, ethnic and religious differences. When we look back at history or peruse the vast collected libraries of the world we shall see a of thoughts that we gave reality to and made society from. However this has all been based on the fundamental internalization of the ego construct of personal identity. The universal acceptance of the ego program by humanity has resulted in the experience of a separate reality unconsciously centered in the concrete mind. This is derived from the fearful belief that we are separate from God that resulted from our rejection of our connection to the Wholeness of the Reality of God. However, when we go forward from here, creation and civilization will not be based on separate thought of the ego as it has been. Therefore the accumulated knowledge of humanity is almost useless. What will the future be built on? It will be based on the intuitive knowing of Christ Consciousness that can intuit the living seeds of potentials within the Mind of God. We shall

use the higher mind to create what we become aware of that is a potential within the Whole of God. These seeds may be expressed as ideas, visions, creative works, dreams, impulses or purposes. However, they will be intrinsic to the Truth of the Self we all share. We will be realizing the qualities latent in Being that will collectively expand our consciousness and power and redeem creation in the process. Therefore creation will begin from an awareness of what IS calling for our attention in the Unity of our experience of the Self. We then appropriately formulate what we apprehend in a loving act of expression. This serves us collectively as we will all be opening to the same Reality of God. Creation will be about extending what is within. We will no longer build for separate purpose, but cooperate together to manifest the Mind of God that we live within.

§

**98. Beauty will be a hallmark of the New:**

In the creation of the New, everything will be beautiful and in harmony. The dissonance and discordance of our modern cultural realism will be past. As what IS is beautiful and loving, so will all expressions that will arise from it. The New creation will be a revelation of the Divine and therefore beauty will be its hallmark. Beauty, joy, refinement, life, grace, sensitivity, higher vision, and divine harmony will characterize art and life. Life will become a work of art or poem to the Divine. When we live at One with Spirit, all is consecrated in a Holy fire. Beauty is the essence of the Divine Life we live within, and as we live in Oneness with it, everything we create and do will be imbued with Beauty of Spirit. We will not merely complement nature, but perfect it. We will give expression to the essence of Life in the dance with divine Spirit. Nature will be returned to the Garden of Eden.

§

**99. Moving into the space age:**

The beginning of the space age signaled the beginning of a New Age of holistic consciousness. Human consciousness which had been identified with form was lifted off Earth and offered a view of the whole of Earth at once from space. Our consciousness was expanded from our particular personal

perspective to be able to see things from a wider view that encompassed the entire Earth at one glance. Space is synonymous with consciousness and humanity's transcendent consciousness is that of the Soul. Collectively we moved from the Age of the separate ego consciousness with its finite and linear conditioning to the Age of the Soul with its freedom from the particular and its holistic consciousness. The brain is the past, space is the future as we move from ego to a civilization based on identification with the Soul. The Soul or Self is the conscious space that unites and is within all creation. This is Christ consciousness which will be increasingly embodied by humanity.

§

**100. Healing:**

Jesus informs us that healing entails accepting wholeness just as sickness, loneliness, violence and fear result from rejecting feelings from the wholeness of our experience. What is rejected is ejected from the self and forgotten, only to be experienced as something happening to us rather than something we created. It is in the embrace of all feelings of the self and others that the Wholeness of the Self is realized and the feelings healed. The Self embraces the feelings of others as the Self includes others. The Self doesn't discriminate between 'good' and 'bad' feelings but encompasses them all in Love. It doesn't have to escape the 'bad' so that only 'good' feelings are experienced. It can accept life in its totality just as it is because it is more, and can therefore transform experience in Love. Everything must pass through the awareness of the boundary-less Self of Love. 'Pass through' is about releasing the particular while maintaining the relationship or Wholeness. By allowing everything to be and pass through our awareness we allow the unknown of God to become known and heal the blocks to Wholeness and God that were created by fear.

§

**101. Mankind's choice:**

"The voice of the many must become the Voice of the One."  
ACOL F14:13. We must learn to see and hear the Self within all.  
We must see with the eyes of Christ to see the Truth of our

common Self. By recognizing that we can't come to know Christ on our own, we will have entered the dialogue with Christ in all to know Christ. As Jesus said in Palestine, we must "love our brother as our Self." To know we must share what we come to know with each other. This view compares to our modern secular society which is based on the limited freedom each individual has to pursue their self interest. That freedom is limited by the external global system as well as internal needs. Society's rules are determined by the collective pressure for self interest. Collective might makes right. It's a survival and pleasure based society with no overarching unity or cohesion. The civilization of the ego has been moderated by religious morals. As religion breaks down under the pressure from secular science and selfish special interests, humanity loses its way and society degrades and becomes decadent. We must recommit now not just to the belief in Christ, but to a life in harmony and Oneness with Christ. It is possible as we move from the Age of faith and belief to the Age of divine manifestation and experience.

§

**102. Life ever new:**

The moment is ever new. In the unfolding moment Spirit incessantly informs us with new material to bring forth into conscious awareness. Our Self represents the border between the unknown and the known. God passes through us into manifestation. We are thus the co-creative agents of God who extend the potentials latent within God into outer physical reality. The Self's dreams and desires are God's dreams and desires. These we become aware of as we listen with the ear of the Heart and see with the eye of the Heart in the Unity of the Self. We are all cooperating in this great work together because we are all opening up and being informed by the same Life and Truth. This is not about effort or striving, but merely sharing what IS. What IS is here now and waiting to be known and expressed. The more we can accept the more we shall become until Being in the Oneness of Christ is sustained.

§

**103. Not clones:**

Identifying with the Self doesn't imply losing individuality for we each have a choice as to what aspects within the infinite Self we are drawn to focus on. Being One Self and sharing our Self with each other leaves open what we will choose to express — what awareness, ideas, visions, intentions, feelings or creative impulses, etc. In each moment we will discover new interests that we are given to share. The treasure within the Heart is unlimited. Therefore we needn't worry that we will become clones of each other. The more we express our Self in dialogue with each other, the more we will uncover and reveal our unique individual expression of Being. Living in nondual Unity doesn't imply singularity anymore than one Earth implies uniformity of all life on it. It merely means we will share the same consciousness of the Whole. However, what we may choose to focus our awareness on will be different. Christ Selves are allied in the same Purpose while varying in their role in it.

§

**104. The knower within:**

We are thinking all the time. But who is the thinker or knower? Who is the 'I' who is having the thoughts? Thoughts are our conceptions of reality, but what is the reality itself? We may believe it has something to do with the physical universe, but consciousness transcends the empirical world and continues out of the body and beyond death so it is of a metaphysical nature. When we get out of our mind and just maintain an awareness centered in the Heart, we consciously connect with the metaphysical knower or Self within. This is different from the thinking mind as it is devoid of thought — it is just an awareness of what IS in the moment. If we stay focused or centered in this awareness we will apprehend that we have an intuitive knowing that is imbued with love and intention. What does this Self discover, desire, intend, know, want to create or experience? Instead of our usual thinking 'about' reality while separate from it, what does the knower experience? "Know Thy Self" is the fundamental aphorism that should guide our efforts. The questions and dilemmas of the mind will never be resolved until the Self whose mind it is, is known and realized. Just getting out of the mind occasionally in meditation or some other activity is not enough. We must actually consciously connect and center

our identity on the Soul level — the level of the inner spiritual Self who is the eternal 'I' within. Then we will not worry so much about the mind's anxieties and concerns because we will know that we are not the mind. And a whole new field of experience opens up before us — something that feels more real and authentic than the mind's reality. This is the metaphysical answer to physics — a reality outside of thought which redefines the meaning of thought. Thought for the separate self becomes meaningless. Thought that formulates the knowing of the Self and its loving intention has meaning. In this moment it's my loving intention to communicate information concerning the existence of the eternal Self.

§

**105. Just Being:**

The ego assumes that achievement of any sort requires effort to be accomplished. It likewise believes spiritual realization or enlightenment results from something that it does. However it is the opposite. Achievement or Self realization results from stopping what we are habitually doing — which is blocking the Self's natural tendency to be. As the Self is already accomplished all we really need to do is to stop identifying with the ego and allow that natural flow of life and Love to be channeled without distortion through consciousness. What we give reality to becomes our reality. Therefore we must stop giving reality to the ego with its assumptions of fear, of lack and need to get, and rely on the holistic Self which has its needs met through grace. Being One with the Whole of God, it is naturally supported by that Whole. Being One, it is complete and accomplished already without having to do anything to achieve that state. Being complete, whole or One is, however, a living state, where Spirit continues to unfold new knowing into consciousness to be expressed. This is an intrinsic aspect of Being, not something that needs to be done to get to another completed state. Love, like the universe, is ever expanding.

§

**106. Trusting our intuitive knowing:**

In sharing what I am coming to know, I am making my Self known. However, the Self is ever new, so I remain in the moment

without knowing or drawing on the past and open to what is there now. Who knows what will be discovered? The personality identifies with a set of beliefs and circumstances that define who it is to a degree. I am not attached to any beliefs, so am open to being impressed with something new. Where I am at now, is where many of us are at now in this transition time. I am endeavoring to live and be from a deeper authentic knowing. This is integral to the collective Self that we are becoming aware that we are. This Self awareness operates differently than the personal self consciousness that has defined our identity. It's a more open, free, peaceful, connected and loving space. As we are just acclimating ourself to this new experience it may not be clear where it is leading, except that we have a greater sense of deep authenticity and trust in our Self. As we follow our intuitive knowing we will be guided to a life rich in Love and meaning. We are all awakening to our Home within.

§

**107. Tending our garden:**

Jesus has encouraged us to tend our garden in this in between time. So as inspirations have popped their shoots above the ground, I have tried to cultivate them and harvest the early bloomers in these thoughts I have been sharing. It's a spring of Peace and Harmony, Beauty and Goodness in the garden. Far away, occasional noise can be heard, but the flutter of birds, the nurturing sun and rain, winds and clouds enclose the garden in a living dome of energy. The world is a hectic active place, but in the garden within a stillness and silence resounds. We are given to make the inner our reality and to then take it with us into the world. Our roots must be in the spiritual if we are to remain steadfast in the turmoil about. Let us each cherish our little plot of sanctuary and sanity and in the quiet hours there drink deep of its blessing from the well of spirit. In these peaceful days let us let God fashion our new Self like the caterpillar in its cocoon so that we may be ready when the time comes to take flight.

§

**108. Soon we shall see:**

We are on the cusp of a fundamental shift in how we view each other and the world. We have viewed one another as separate

people. Soon we shall see everyone as individual expressions of the same Self. We have looked at the world and felt separate and alone. Soon we shall realize that we contain the world and that everything that we see and experience is actually within us. We believed that some people knew more than we did and that we lacked the knowing we needed. Soon we shall realize that everyone knows the same Truth that we all have equal access to. We have believed that living required hard work and effort to succeed and get what we need. Soon we shall realize that we live in an abundant universe that naturally supplies all that we need. We have seen others as bodies and roles we played. Soon we shall realize that we share the same body of Christ. Soon we shall see life as it really is, and not be blinded by appearances. Soon Love will be all and fear no more.

§

**109. Awakening to a new experience of life:**

We might think, as we look out on the day and our surroundings that nothing has changed. And indeed it hasn't on one level. However, on another level everything has changed as a different Self now looks out on the world. This new Self resides in the emptiness of not knowing what anything means. It is devoid of thought and just IS fully in the present moment. It embraces and accepts everything without judgement. Everything, in fact, arises within it. The moment is infused with Love, Peace and Oneness. As we surrender to the Self and listen with the Heart, Knowing also arises that we would share and extend. For we are not here alone — everyone is beginning to rub the sleep from their eyes and look around in wonder at a world made new. How could this have happened so suddenly? One moment the world was solid and defined and the next all is Light and interpenetrated with a new dimension of Reality. Christ is now moving into the world, or perhaps we are being lifted vibrationally to see another level of conscious life that has been here all along unnoticed. At any rate the world of our inner experience is transformed. And as soon as more of us begin to share our new awareness and experience it will become more manifest and real to all.

§

**110. Being Whole:**

To be Whole is to include the inner and the outer, the Self and the world, as part of one Reality. The separate form becomes one end of the spectrum of Oneness, of Being. Everyone becomes part of who we are as we embody Christ consciousness. There is but One Voice singing through myriad Creation. And we hear that Voice in the Silence — and sound that Voice Heard in the Angel choir. As we release our separate life we become Whole and become as we have always been in the eternal realm where our Soul roamed before we awakened to it. The world is no longer spinning alone in space, but is now in the place where the Creator of the Heavens has manifested Himself. Now the celestial orbs are seen in their proper order as living Beings in a unified Existence that is the embodiment of a glorious Whole beyond conception. And now we are points where that Wholeness is manifesting Itself in the outer world of Earth. However, we need not try to understand with our mind for the Knowing of Wholeheartedness unfolds from within as a continual revelation of Love. And it is this Power that we would employ in the service of God.

§

**111. At Home in God:**

When we are at Home in God, the walls dissolve revealing unlimited vistas of Light. When we are at Home in God, we encounter no special selves — we reside in the bliss of One Self within all. At Home in God fear is no more and Peace and Harmony reign. At Home in God we begin to remember timeless places and knowing before forgetfulness sets in. At Home in God we recover our Power and the Love which would direct it. Our eyes are bewildered by the blinding Light and the many choices offered. Waiting in the Silence until our Heart should reveal which way to go.

§

**112. Relying on the Spirit within:**

We have gotten used to relying on others — people who seem to know more, and the ideas we depend on that we take from the world around us. However, now we have to learn to rely only upon our Self and to form our own ideas from living life. Only we

know what is right and necessary for us. Only we can be our own authority and guide. Let us each share ourselves, our inspiration and knowing but let us each maintain freedom. So is Spirit eternally free. Our Oneness is not with the world, but with the Spirit within and encompassing the world. Released from all attachment, from all bondage, we now take flight and choose the path God gives to us. We may momentarily stop here or there but now we know that we are on a journey without end. At Home in God, we Joy in the unfolding life of Spirit. And like a bird, sing out in the divine blessing of life.

§

**113. Into a secret garden of life:**

What else needs to be said? When we awaken to who we really are in the One Divine Self, all explanations seem inadequate. We have walked through a hidden door into a secret world that lives by different laws, different ideas, and different ways than the life of Earth that we have known. Here everything just IS and all there is to do is to Be. Life is a celebration of Love and Joy. Now life is lit by an inner sun and a multidimensionality of life is experienced as a chain of spiritual realms stretching beyond conception. Our Heaven is just right for us — a place where we are divested of old limiting judgments and patterns of behavior. Now we learn the new ways, attitudes and awareness that we will be able to manifest on Earth. We shall live in two worlds for a time until Heaven pervades all.

§

**114. Finding the Savior:**

I'm endeavoring to be evocative — to string together thoughts and images in such a way as to make the subtle gossamer energy of Spirit more tangible and real. Something invisible and fine is beginning to become more apparent to us as it slowly creeps into our field of awareness. It's easy to ignore this awareness for it is almost the nothing of an imagination, an evanescent dream that quickly disperses in the light of day. Especially if we are not looking for it or prepared we do not see it. The mind is not equipped to understand it as it is of a new dimension and reality. Yet we do realize that the Earth is in crisis and that mankind is lost. Religion has told us of changes to come

that we try to make sense of and relate to the happenings of the moment. We hope for a savior for we don't have the answers to the problems of the world. If we only knew that savior is now here with us and knew how to look. Christ is infusing the world with the energy of his Self. This is allowing each of us to awaken to a deeper Self within and all that is entailed in this Knowing. Let us each look within and so find the Savior we are looking for without. This will have to be us, as we really are, for we will each become One with Christ as Jesus is.

§

**115. Maintaining synthesis:**

Jesus enjoins us to maintain Unity with the One Self while continuing individual focus; to establish consciousness of the Whole while in the particular place we are at; to achieve awareness in the Eternal Now while in time; to experience our connection to God while on Earth; to resolve the separation between the mind and the Heart. By maintaining this spectrum of experience, this synthesis, we do not have to leave the Earth to experience Heaven, but can experience Heaven now and make it real, or bring it forth now. Our inner life and experience becomes dominant as it merges with our outer experience. This is the next stage for humanity— consciously uniting with the Soul and manifesting the Kingdom of the Soul on Earth. This process will resolve the duality and conflict that has characterized Earth and eventuate in a new civilization of Love and Divine Oneness. This is not something that the separate personality can accomplish but will be accomplished as we realize that we are more than the ego or personality and chose to shift our identity to the Self or Soul within as we become aware of its Presence. As we share and Be our Self we will be able to sustain the Christ consciousness implicit in this state of Being.

§

**116. The opportunity of this historic moment:**

Many are now living in the Light of the Soul as inspired personalities who are endeavoring to make the world a better place by being more loving and by acting on new ideas for a loving, sustainable and spiritual planet. These are the New Group of World Servers who are the leading edge of positive

change in every nation. And this is wonderful, good and necessary. However, the next stage in human evolution will involve a further step beyond merely being inspired by the Soul to being identified with the Soul. This will entail a radical shift in our civilization from one based on dualistic separate identity to one based on a Unity with the One Divine Life within all. We will live as Soul, One with the Whole. Consequently the entire dynamics, values and beliefs of humanity will be based on a different level of reality and dimension of Being. For those who are drawn to this we can begin to make the shift to living as the One Self now, by shifting our focus from the mind to the Heart. We will discover that the Heart is actually a doorway that is now open to reveal the Presence of the Christ Self who is awaiting our awareness and recognition. We can now step across this gap from separation to Unity, from ego to Soul, from seeking to finding and Oneness. Christ is here now as the inner Self we are, and who we must come to identify with. As more of us begin to realize what is possible and make this choice, the nature of this new way of Being will become more apparent to all and the momentum of change will accelerate.

§

**117. Being both experience and experiencer:**

The ego assumes that it is separate from its experience as something that is happening to it, independently. The Self is part of its experience and so creates it by giving it its meaning as a process of Self knowing. The ego projects meaning on its experience based on its assumptions and beliefs. The meaning of the Self extends from Self discovery. The Self as both the experience and the experiencer embodies the relationship that allows the Mind of God to become known.

§

**118. Heart based meditation:**

Most meditation is 'head based' as the ego and our culture are. A head based meditation is something that you 'think' you should do. A heart based meditation is just being aware in the heart and loving everything you're experiencing. You don't have to try to be detached, but by loving, embracing and accepting it all, you are automatically connected to the transcendent Self that does

encompass everything. You are not trying to cultivate a detached awareness but an awareness attached to the Self or 'I'. This is not possible in the mind which is separate from the Self — so you only get personal awareness there. The heart is the connective center. In the mind one naturally assumes that enlightenment of the mind is the purpose of meditation. In the heart, one no longer worries about the mind or enlightenment but rather connecting to what IS. Mental purposes are artificial and based on beliefs about reality. The heart is about connecting to reality so that is much more natural and easier. A mind based meditation therefore cannot be maintained for long, but with practice we can learn to live from our heart consciousness and sustain it. Doing a head based meditation keeps you in your head or concrete mind. Doing a heart based meditation connects you to Love which is actually of God.

I think of the heart as a portal. Through the doorway of the heart is another dimension of being. It seems at first as a nothingness as it is devoid of thought and emotions that we habitually give reality to. However this emptiness is pervaded by the Self — Love, Light, Consciousness and Intention. And if we stay centered there we will access the intuitive knowing of the Self and be inspired and want to share this. A heart based meditation that connects us to the Self that loves all, allows you to include everything you experience within your meditation as the Self embraces and is within all. This makes it easier than a meditation with mental conditions that need to be maintained. Eventually we realize that the Self is who we really are so meditation is just really about being at peace in our Self. We don't have to exert effort or try to control anything, we just relax into allowing our Self to be. We don't have to become enlightened because the Self is already enlightened with intrinsic knowing. We just have to trust it. We are already there, in other words. The only problem is the programming in our mind that keeps telling us that we're not, that we're missing something. Therefore we have to learn to ignore the mind and just stay in the Heart that knows.

### **119. Humanity as God's brain:**

"The Divine Purpose of humanity in the scheme of things is to create the forms into which the consciousness of God can manifest." MR. We cannot create these forms based on separate ego purpose, but only when identified with the Whole of Self Consciousness. Through relationship with others who are also centered in Christ, we may cooperatively bring forth the ideas, visions, dreams and impulses within the Mind of God and formulate these into appropriate forms which express the consciousness of God. In this way humanity acts as the brain cells of God that transmit God's purpose on Earth and in the solar scheme. In the solar scheme we become the kundalini units of God's Consciousness that awaken all to the One Consciousness within all. As the brain is the physical instrument of the mind, so is physical humanity the instrument of God's Consciousness which can access God's Mind and express its contents on the physical level of time and space.

### §

### **120. Creating with God:**

"Truly I tell you, whoever believes in Me will also do the works that I am doing. He will do even greater things than these because I am going to the Father." John 14:12 Jesus was an individual embodiment of Christ who demonstrated resurrected human life. We shall collectively embody Christ and so create a resurrected civilization on Earth. Christ is the Self that we really are inwardly. So it is our destiny to embody the Consciousness of God and create in Oneness with God. Everything is of God. When we realize who we really are we shall also realize that everything is in us. And that our experience is our choice. When we choose to be our Self, we choose to be an instrument of God's Love, doing the works given to us that we give life to.

### §

### **121. Knowing God:**

Science believes that we can't know God, but this is false. To experience Love is to know God because God is Love. Just because we experience something personal doesn't mean its Source or nature is personal. Because science can't empirically establish the connection of Love or life to a larger matrix of

energy, doesn't mean that there isn't one. Indeed, we exist within the Energy, Consciousness, Love and Spirit of the Divine Whole of God. We can prove this in Consciousness by identifying with the Whole and feeling the Divine Connection with all. Because Consciousness is spiritual it can access holistic spiritual states. Just because we habitually choose to maintain a personal focus doesn't mean that we can't access a larger more encompassing consciousness. Indeed we can by connecting to the Heart and the loving Consciousness that we discover there. When we choose to join with the Self of Love that is within the Heart, we join with the Consciousness of God or Christ. Because we do not have this under our personal control or useful for our personal agendas we assume that it is not real. However, what is not real are personal agendas. If we wait on God, we will discover a Knowing that will take us in an entirely different direction. What IS is not flashy. It IS what remains when everything temporal and material has been released. It is Eternal Love and what we Know in the Light of Eternal Love. When we look at the world through the eyes that see only Eternal Love, we will see God.

§

**122. Know Thy Self:**

'Know Thy Self' is a fundamental and ageless injunction. However, we cannot know the Self through any self reflective or psychological process as the Self cannot be known from the mind as an object. The Self is the subject or 'I' known through the Heart which connects us to the Self. The Self is known by Union with it which is Union with the One Self in all. We know the Self all the time only we don't realize this as our focus and attention is directed on thought, emotion or sensation and not on the Self having the experience. The Self includes all in Love but also stands at the boundary of the larger unknown which the Self acts to bring forth into conscious awareness. Therefore the Self is always new, allowing the unknown of God to unfold and flow through it in the moment. So the Self is the Conscious and Creative aspect of God, that embraces the Will of God and the Intelligent Substance of God. It mediates, creating the forms into which the Consciousness of God can flow and by this, extending God into the universe.

§

**123. Overcoming fear:**

In finally choosing and identifying with Christ we must overcome Satan or 'the dweller on the threshold' who embodies the will to remain separate. Thus do we do our part to redeem the substance into which our God has incarnated into on Earth. Our collective choice for Love will render Earth a sacred planet and end humanity's long voyage through conflict, duality and suffering. The ego embodies a separate will and nature. Collectively our civilization has been based on ego identity. However now God is increasing the vibration of his Divine Oneness within manifest life so that we might apprehend it and choose it. It is our destiny. We are meant to embody Christ Consciousness and become conscious extensions of the One Self of God. Love will allow us to step across the gap between the world of the ego and the Kingdom of God. Love continually reinforces our awareness of our connection with each other and the larger Life we are all part of. Love carries us through fear which would keep us in separation. Love carries us into Oneness, as a river merges with the sea.

§

**124. The planetary shift:**

Jesus tells us that, "There is nothing here that isn't God, the Oneness. What is conscious in you is what is conscious in God and in all life. The same consciousness is in everything. There is only one consciousness. This consciousness is right here, experiencing whatever you are experiencing. That experience is God having that experience through your body-mind. God is that close! Nothing is outside this Oneness, and you and everything else are it and not separate in such a way that you cannot know this. You can know your oneness with All That Is even as you exist within a human body. It's just that what knows Oneness is not what you think of yourself as. What you think of yourself as is the false self, and it can't know Oneness because the false self is just a concept, ideas about yourself. How can that know anything? So, of course, the false self isn't what experiences Oneness. And yet, you can and do experience Oneness. However, it isn't accurate to call what experiences Oneness a "you," since that implies that it is an entity separate from All That

Is, standing apart from it. Such is the problem with language, which is inherently dualistic. There is no “you” outside of the Oneness: There is no “you” at all; just Oneness. The “you” is simply a concept, a construct, designed to create the illusion that you exist separate from the Oneness. The truth is that there is only one thing here manifesting as everything. The same thing that created everything is manifesting as that everything-ness. This is nonduality.” (Gina Lake)

This understanding and awareness is part of the planetary shift that is occurring now. We are being released from the circumscribed reality of the ego and beginning to tune in to a deeper intuitive knowing that is intrinsic to the spiritual Self we have always been, but have not been able to identify with. We have been inspired by the Soul level but have experienced being separate from it. Now, suddenly, we have the capacity to become aware of and unite with the Self that we discover through the Heart and experience the Oneness and Wholeness of God. This is to embody Christ Consciousness, for this is the consciousness of God that we experience in Oneness together. We can now begin to base our lives on the knowing that comes from our shift to Self. This is to live in Love. Now we no longer need look outside of our Self for direction, but find it within, for the Self provides a wise guidance, protection and knowing.

There are many ideas now about what the Earth changes may portend. Undoubtedly there will be significant external change. However, more importantly will be our collective shift to the deeper inner and Eternal Reality of God. Science really has no idea of what is possible because science can only extrapolate from empirical law and the change involves a precipitation of heretofore spiritual dimensions of reality that transcend natural law. Miracles are merely the operation of spiritual law that are not understood by science. As we begin to trust the knowing that comes from spirit and begin to center ourselves in our awareness of the One Self, we will begin to make the collective shift to living in the Divine Life of God and participate in this prophesied transition. As God is only Good, so will be the result. We can each begin to make the shift now.

**125. Anger as a helpful reminder:**

Anger is a sign that we are out of accord with our Self. Because however much we might like to blame others or situations for our anger, it ultimately derives from our rejection of our Self and our consequent belief in the world's reality. Righteous anger related to our perception of other's wrongdoing should instead generate compassion, education and sharing rather than condemnation. And anger should provoke us to self reflection and effort to recenter our identity in the Self. As children we are indoctrinated into the world's belief systems and it will take years until we are able to disentangle ourselves from this net and discover our authentic knowing. And longer yet until we can live by it. However, every moment offers us the opportunity to overcome ego habit with the Joy, Peace, Freedom and Love of Self. When we are no longer in conflict with our Self, we will no longer be prone to anger under any circumstances. This includes the hurtful and violent judgements that we rationalize as deserved that we direct both at others and ourselves. Peace and Oneness preclude anger. See anger therefore as a helpful reminder that you are out of accord with your Self and re-member who you really are.

§

**126. The Spirit's Knowing:**

The human spirit is free and seeks to express its free nature against the material and ideological oppression that would, and has, constrained it. Thus it has always been. In the past, warlords and kings through the noble elite imposed physical subjugation on the masses, while their clergy allies imposed ideological subjugation that kept people confused and disempowered. Hope was deferred to Heaven or some possible enlightenment. Today it is the financial elite through the economic, political and military means of the New World Order of global capitalism that imposes physical subjugation while ideological subjugation is imposed through the media, education and communications industries. These latter agents are taking over from the religious clergy who are being discredited by the new secular relativism that is the current dominant ideology. This ideology holds we can't know any ultimate truth, so self interest rules. If it's legal or self serving it's ok. This ideology justifies the right of capitalism to exploit and enslave humankind. It

undermines any religious or moral beliefs that may counter the right of selfish self interest. Society has progressed in science and technology but continues to reflect the age old conflict between the forces of separation and materialism and the Divine nature of Life and the inherent rights of each individual. However, although religious authorities have been devalued as secular authorities better serve the new economic masters, the human spirit has an intrinsic knowing that can and must overcome this oppression. Love, known in every human heart proclaims that each person is sacred and endowed with Divine right and knowing. Any system that does not acknowledge and support this is wrong. The human spirit, as ever, must rise up and assert its Truth. Love and sharing, not separation and selfishness must characterize the coming time.

§

**127. More than human:**

The difference between being and not being is ever so slight. The ego loudly believes it is being — and it is being a separate human being. However, when we are caught up in the personality and its thoughts and emotions, we are not really conscious as our Self, which requires a step back into a more inward presence that is simultaneously detached from the personality while encompassing it — and those of others as well. Not being attached to thought is rather an inward listening cultivated that is attuned to impressions that can be formulated into thought but that are in themselves just what IS experienced in the moment. The Self is in another level of reality that is transpersonal and not singular. In fact we all could be said to have the same Self although we each express this Self in our own unique way. This is not something the ego wants to contemplate for it is attached to its separate being and afraid of the consequences of detachment. However, we are more than the ego program that we have identified with and must free ourselves from this delusion of separate existence. Love, which is such a positive powerful energy enables us to release ourselves into the arms of the Self and experience Peace. Being streams from an inward Source that we may either embrace or deny. Denial cuts us off from life and all that we hope for and dream of. The Self embraces Life and dances with it, experiencing its riches and the fulfillment it holds. We are more

than human beings. The spirit has wings that allow us to rise up above the limitations of the merely human to claim our Divine destiny.

§

**128. The stages of becoming Whole:**

There seem to be stages in the transition to living as a Soul— Becoming aware of the Self and noticing an inner duality. Choosing to focus on and center in the Self by noticing that we can shift where we are living from. Living as the Self by allowing Spirit to move through us.

Being in Oneness with the Whole and resolving duality.

At first it seems like we have a choice of whether to live as Soul or not, but ultimately we can only delay realizing our Divine destiny and its bliss. At first we think of the process in the terms of time, space and separate identity intrinsic to the ego. Later we realize that Reality is constituted quite differently. In being our Self we assume an identity and nature that we have always had within and merely awake from the delusion of separate life in the world that we have been dreaming in. We assume our Eternal identity in God but now can act with the Power of God in this world of time and space.

§

**129. New vibrations portend revelation:**

Many now are uplifted and inspired by the idea and experience of new spiritual energies infusing the planet, and whether these are coming from the galactic center, the coming Avatar of Synthesis, or Christ who now pervades the world with his unseen Presence matters little. The point is that one feels a higher and hopeful vibration despite all the tumult and suffering in the world. And it is particularly revelatory to realize that these energies harken a new reality that will totally transform our human experience and civilization. More than light breaking through the clouds of weary Earth, a new Heaven can be sensed that is somehow being precipitated into our reality. An inner dimension of life is emerging through the ethers into our unprepared awareness. This process is reconnecting Earth to the larger living cosmos of which we have always been apart but have been ignorant of as Earth has been shielded by a veil that kept

us separate. Now that veil, like a curtain, is being drawn back to reveal an infinite cosmic chain of living worlds, beings and existences. Now we can consciously assume our rightful place in the cosmic scheme. However, we cannot do that in selfishness, violence, ignorance and fear. Only Love that honors the sacredness of all life is now appropriate. Nature proceeds slowly so we cannot expect an overnight transformation. However, the sooner we can see what is happening and cooperate in this birth, the sooner it may become more manifest. Because we have an integral role in this process. It is coming through us as much as through the planet. We must learn to channel and co-create the New to fully manifest it.

§

**130. And then the sun came:**

And then the sun came  
Bright Light all around  
Enveloping us in warmth and Love Everything forgotten—  
Only the blessed now is—  
The birds singing  
The breeze caressing.  
Surely many are blessed like this  
In quiet moments unexpected  
Not noticing the Angels  
And the doorway before us  
We rise up renewed  
But miss the chance to pass through Heaven's gate.  
It's here before us—  
Eternity resounds  
May we pass through  
And begin to Be.

§

**131. The unified field experience:**

The ego mind perceives separate forms when it looks outward. When it looks inward it likewise perceives separate thoughts, emotions and sensations. The concrete mind is based on a denial of the whole so we project this separation when we perceive reality through the mind and experience its projected contents. However, reality is a unified field. Einstein looked for

this unified field but couldn't discover it through the concrete separate mind because it can only be experienced when United with the Whole through the Heart, which is One. The unified field of energy and consciousness is integral to the Wholeness of God that is all encompassing. To the mind this seems too remote and abstract to be actually experienced, but it is ever present and easy to experience if we stop trying to look for it with the mind. The Silence, Stillness and Emptiness within each moment is the same within all creation. The Self within me is the same as the Self within you. We are all part of the same infinite field of energy and express the same Consciousness. We are all opening up to the same Knowing, the same Truth. Everything within the physical realm is created and sustained by this unified field of consciousness which is primary and causal to the physical. Therefore as we shift our consciousness to the Self, we will change the reality of the world. Just as light bends around a Black Hole, so can Spirit alter the physical. As we begin to live in the Oneness of the unified field of Christ Consciousness, the Earth will be transformed.

§

**132. The New Earth that is being born:**

The New Earth is different from the old Earth. The old was the known world of thought where everything had a name and a history. People lived in their thoughts and emotions and that was what they experienced. In the New Time we experience one foot always in the unknown. Life is an ongoing revelation and a process of making the unknown known. The old Earth was a continuation of the past in the present because finite thoughts were merely recycled. The New time is lived fully in a never before experienced present. The old Earth was a world of disconnected separation connected through linear time. The New Earth exists in a Oneness and Unity that is continually unfolding new in the moment. As we move into the New we move into an Eternal Now that is the ongoing revelation of the Mind of God. Our job is to bring that forth and create the forms that can house the Consciousness of God. The unknown is the dreams of God waiting to be shared and manifested. These are dreams of Love that we extend to each other and so make known and real. As we sit in the Silence with each other, let us listen to what the Heart hears, feels, envisions and desires and

then share. We each have a cooperative role in bringing the New Earth into being.

§

**133. From soul inspired to soul identified:**

The difference between being soul inspired and being soul identified is the difference between the hopeful past and the realized future. It is the difference between living as a spiritually inclined personality and living in Oneness with the Divine Self. The next stage in the evolution of human consciousness entails making this shift. This is the collective embodiment of Christ. This movement is starting gradually as sparks of Love and Light ignite here and there. But soon the fire will spread as more and more people will want to join this movement of Life and Joy. It's difficult to be a lone spark surrounded by an unlit reality. But with Unity comes reinforcement and amplification. Whole pockets, cities, regions and countries will one by one become aflame with the new reality of Divine Being. Like a dawn slowly emerging over the horizon and lighting up the hills and valleys one by one until One Light and One Love reveals the One Divine Being of God to all. Then living as Soul will become the new norm. We will no longer have to strive to realize our hope and dream — we shall be living in it.

§

**134. Our dance with Life:**

If Earth has been shielded behind a veil that has seemed to keep it separate, what lies behind the veil that will be drawn back but the Holy Mother — living creative Life in all her Loving Beauty. We have merely experienced the external forms but not the radiant conscious life enlivening those forms. Soon we shall experience life ever new, and wander in the flowered and perfumed field of living creation. Then it will be our task to attune to the Divine Spirit within and consciously bring it forth to fulfill creation. It's the creative dance of life and consciousness moving to the Divine Song of God. God creates by Sound — the Breath or Cause of all that is, that continues to animate Creation. We shall likewise co-create with God to fulfill the Plan for Earth and redeem the substance in which Spirit has incarnated. We shall consciously

take our place in God's creative unfoldment, and moved by spirit, fulfill his Purpose of Love. "Creation is a dialogue to which you have not responded." ACOL A36

§

**135. Light and Love:**

Light illuminates the separate forms that Love connects and unites. Light reveals a broad landscape but Love provides direction. Light perceives but Love knows. Light crowns life but Love leads beyond life into the Eternal. Light comes from the spiritual realms where Love lives and speaks. When we experience Love we are put in touch with the God Source that is being channeled through some medium. If we focus on the Love itself we experience Christ. Christ would embrace us and make us One. Then it is our turn to embrace Christ in return in all we see. Light provides us an opportunity to Love. Light is the means, Love is the end and means. For Love is all — emerging from the darkness seeking its Self. Light reveals so Love can make real — make God real in the worlds of time and space and Light. I had not allowed myself to see the Source of Love before as I was under the spell of those who radiated it. Now, looking beyond the form I apprehend one Divine Source — a Divine Being who bestows all that is Good, Beautiful and True. With reverent gratitude I give thanks for being anointed in Love. And return it.

§

**136. The purpose of meditation:**

Many people derive benefits from meditation. However, so long as one's purpose is related to mere detachment from the objects of perception or enlightenment of the mind, those benefits will be limited. Their purpose has been related to the personal self. Ultimately the purpose of meditation is to establish a conscious connection with the Soul and this is best accomplished through the Heart which is the center of Soul consciousness and the avenue of connection. The mind as we know it is merely the tool or agent of the Heart and will be restored to its rightful place when we are centered or identified with the Soul. So long as we are giving primary importance and reality to the mind, we are ego

focused. We may become more enlightened egos but we will not become One, Whole or Self realized. Wholehearted meditation has as its object becoming aware of the Presence of the transcendent Self or Soul, as that is discovered through the Heart or Love. Then the endeavor is to live from this new focus and be the Self which is who we really are. This requires detachment from the ego mind, but more than this, it requires attachment with the intuitive knowing, guidance and intention of the Soul. Shifting where we are identified is awakening to Self realization. The goals and agendas of the personal self are subsumed and transcended. The mind is then used to express and extend the knowing of the Self. Meditation becomes a continual process of inner listening and co-creative living. The purpose of meditation becomes clarification of what needs to be expressed in Love.

§

**137. Making Heaven manifest:**

I thank all those who Love for expressing and revealing the Divine Christ. You are a blessing in the world, a font of Joy, Light and Beauty. Your courage to Be is an example for us all. The Life which you demonstrate inspires us and shows us the Way. Your humble imperfection is bathed in perfection. Your limitations exceeded in the Wholeness of Love. Just simply Being who you are, you bring forth Life more abundant. Just living freely in the moment, you are doing God's work. Trusting in the Spirit without thought of self you bring living Love into the world. And Heaven is now closer — indeed it is here in the Love you share. All I can do is give thanks and praise and return my Love to the mix.

§

**138. Taking a small step back:**

The difference between being oneself and being One Self is the small difference in where one is coming from and focused. The personal self lives in a habitual attachment to the patterns of thought and emotion of the ego program of separate identity. When one is focused in the Self, they have taken one step back outside of the personality to maintain a continual identity in the real 'I', the observing Self. Which is the same as the Universal Christ Self, as there is really only One Self in all Creation. How

do we know this? As the Self we discover that everyone expresses this same Self, i.e. our common Self, regardless of whether they consciously realize this or not. Being the Self is a step back out of separation and singularity to Oneness and Wholeness. The personal self can express Love, but the One Self is Love. The personal self expresses thoughts while the Christ Self extends ideas. The ego lives in its presumed knowledge. Standing in the Self we stand on the threshold of the unknown of God and it becomes our task to make it known and extend it. The unknown is ever new, a continual revelation and discovery. Taking a step back we go within the Whole of God, and the nominal parameters of space and time no longer restrict us. We live from the inside and extend it outwardly. Taking a step back we are no longer alone, for we now see and experience that everyone is in the same Self with us, whether they are conscious of it or not.

§

**139. Just Being:**

With time, expectations are gradually disabused, thoughts and glammers released. One learns to be content with what IS, in the Divine moment, as there is nothing else. Everything is accepted and part of God. Everyone is part of One Self. Forgetting the past, the moment is always a new discovery. Listening within, knowing arises. It's quite simple really. Being my Self, sharing what I am given to share, the day unfolds in Love, Peace and Harmony. Rain or shine, day or night, it's all the same in one sense. The same consciousness is here, present in Love. This is a moment without definition, label or judgement that has never happened before yet eternally IS. I feel as though I am being born new into the unknown Now. What would Love express now? What treasure is here to be discovered? We are here to bring this moment to consciousness and share what we know and are together. We stand on sacred land. A new world is waiting to be born. We may manifest it together.

§

**140. Choosing Christ now:**

All of us could be our Christ Self instead of our personal self if we would just change where our consciousness is focused. By

joining the Presence of the Self which is found through the Heart, we may then center our identity in the One Self and live from there. To do so requires releasing the habitual proclivities of the concrete personal mind and learning to navigate life by the intuitive knowing of the Self. This requires living in a new way. The nature of life is experienced differently when living from within it, rather than from our thoughts about it. Relationships are experienced differently when everyone is experienced in one Holy relationship. Time is experienced differently when living in the Eternal Now. Christ makes all things new. The more we share this, the more real it is to us. The more we give Love the more we realize that we have it. Fear is just the illusion that we are separate from God. In Christ all are One in God. Why not choose this now so that we can begin living in Love and Unity now. An opportunity is upon us.

§

**141. The Divine Mother:**

God is omnipresent as is Christ — the Consciousness of God. So is the Divine Mother — the third part of the Trinity. The Holy Spirit is an aspect of the Mother who has connected our ego mind to Christ so that we might know who we really are while living in separation. Now that we are able to directly access Christ our relationship with the Divine Mother has also changed. Creation or intelligent life is the Mother who we live within. This is intelligent substance permeated by the God. The Mother has been veiled as all that we could perceive of her was the outer forms of creation. Now, however we may enter in to a more conscious relationship. As the Mother has served us by giving us life, form and unconditional Love, we may serve her by bringing to consciousness the Spirit of the Father in her, and in so doing helping to fulfill her life in form. Consciousness unites and mediates between Spirit and substance/Creation. Our task is not only to redeem human life from its bondage in matter, but to help bring to conscious Oneness the Father and the Mother. This is our ultimate role as Spirit, but as the Son we should be content now with redeeming humanity by embracing our resurrected life in all. Relationship in life is the Mother, Conscious Being is the Son, the Unknown Spirit/Purpose of the Whole is the Father.

§

**142. Imagine:**

Imagine a celebration of a gathering of beautiful beloveds. We are in a glorious meadow in the fullness of fragrant Spring. The sky is pure blue, the sun is warm, the birds are singing and all life is joy. We have gathered together to share the birth of a New Age of Oneness and Love. People are collecting under various banners. There is music, poetry, dance and many heartfelt sharings as we revel in the blessing and wonder of this day. Everything is perfect Peace in this timeless moment. Yet there is an excitement that comes from realizing that we are really beginning something that is real. Life on Earth has been transformed by a Divine revelation so that nothing is as it was. Everything has become new. Now we may speak from our hearts without fear and begin to create a new world. Each is guided from within. Each has their necessary role and place. All share equally in the Divine Love, Light and Consciousness that now permeates and pervades space. We live now under Heaven's dome and all is One Divine Life.

§

**143. Living in God:**

There are a lot of things that I could do and perhaps should do, but I have gotten into the habit of waiting until impelled by spirit, trusting that spirit knows what I need to do and when. Sometimes I still don't listen and then I get a quick confirmation. However, it all works out for the best. There are no irredeemable mistakes. As I rely more on my inner listening things go more smoothly. As I stop trying to force things they can unfold more effortlessly and harmoniously. Releasing habitual patterns doesn't happen in a moment. Insights tend to need repetition. However, day by day I am getting more accustomed to just living as I will, just being as I am. I have stopped trying to justify it. Being as I am feels too good to need a rationale. So if I spend the morning in my robe meditating and writing, I give thanks that I am blessed. If there are chores to be done, I just go with the flow in gratitude. Everything happens in a Divine moment. My job is just to be present, embrace it, and let it flow through me in whichever way seems most appropriate. Letting go of judgement, things just are. Things just are a new revelation every moment. Who am I to say things shouldn't be so. Living in God is a continual surprise!

§

**144. Our Power to create our experience:**

In every moment we create our experience. We don't just passively have an experience as if it just happened to us. Rather, by the Power of our Being One with God, we choose to experience this all the time in everything. Choosing Love we experience Love in all. Choosing to Be our Self we experience the Peace, Joy and Oneness of the Self. Choosing to be is identifying with and letting the intuitive Knowing of the Self be expressed, shared and extended. It is letting the Consciousness of Christ flow through us. Everything is part of us. As we share our Self in relationship with others who are also part of the same Self, we manifest the Mind of God. We use our mind to create the forms into which the Consciousness of God can manifest. We co-create with God and a new Reality manifests on Earth. We have it within our Power to change the Reality experienced on Earth simply by choosing to Be who we really are as embodiments of Christ. If we choose to Be this all the time, we will actively manifest the New World of Heaven on Earth. Our experience is our choice. Let us begin today to Trust in the Power of God within us and choose to see and experience Christ in all.

§

**145. Differentiating between the ego and the Soul:**

We all are Souls living as personalities and acting on spiritual impulses, love and inner knowing all the time or at least some of the time. We can't help it as Soul is who we really are, although we each identify and are polarized as a particular person. However, these impulses come through the ego mind where they are often misinterpreted and misdirected. Differentiating between these two levels of reality — ego and Soul — helps us clearly see what is involved in each, so that we may realize the possibility of living purely as Soul, which is being who we really are, not just who we think we are. It's a deeper level of authenticity that embodies living from the Heart, not the brain. We differentiate the ego mind from the higher mind and just use the higher mind to express the Soul's intuitive knowing without getting caught up in the patterns of the ego or concrete mind. If we can differentiate these two states then we can choose one

over the other and not just continue living in a muddle. What we are suggesting is to choose to notice and become one's real Self, and live from an inner center of Being. Over time we will realize this is the same Self within all of us with the same Christ Consciousness that we all share. The more we live from the center of wholehearted Oneness, the more real and sustainable it will be. Some people just naturally trust their Soul to freely be who they are. Others are helped by a road map or an explanation of what needs to happen. Either way, we all end up in the same place, equally sharing the same Truth.

§

**146. Knowing God:**

If God is omnipresent we must be experiencing God all the time but not realizing it. We don't realize it because we are polarized in the ego or concrete mind which can only notice separate forms. As God is not a separate object but the Whole, God can not be perceived from a separate vantage point, but can only be apprehended when joined with the Whole. This can happen through the Heart and Love which is part of the Whole. As God is Love, it only makes sense that we need to be experiencing Love or a Loving Consciousness to experience God.

The second issue is that as a result of our habitual identification with the ego mind, we are used to only giving reality to the objects of perception that have a separate form — thoughts, emotions and sensation. God does not have a form as God encompasses all forms, so to us God seems like an emptiness, a silence or a nothing. Yet God is really a fullness that our mind cannot register. It takes the Heart's intuition to apprehend a Knowing of God and the specific feelings, ideas, perceptions, visions and intentions that arise from God's Being into our awareness. That process happens simply when we are our Self, as our spiritual Self is One with God. So it's really as simple as accepting and being who we really are, when we connect with the Christ Self through the Heart.

§

#### **147. Hearing Christ:**

If God is Love then we must unknowingly be experiencing God when we experience Love. We are, but are focused on the object of Love rather than the Source of Love. Love in our minds becomes associated with a particular person, situation or feeling. However, if we shift our vision to the Heart we may see through the experience to its Source in Christ. Love is Christ speaking to us if we would listen in the Heart. Christ is communicating to us all the time and we will hear when we attune to Love. Christ is inspiring us with Love that we are to express in every moment. The more we share it the more we are aware that we have it. Love can be expressed in many ways. Life is an expression of Love in action.

#### §

#### **148. Creating with God:**

If man has been created by God in his likeness, then we are creators like God. So far we have been creating — rather making — based on the ego's separate agenda. We can not actually create like God until we create in the Oneness of God and not based on the separation of the ego. The co-creation of man extends the Consciousness of God to Earth. God has created the living forms of creation, but it is up to us to bring forth the Consciousness of Divine Oneness that is latent within creation. All life is Divinely created and conscious, as humanity is. However our consciousness has been of a separate nature, as is that of the animal, plant and mineral kingdoms. When we unite our consciousness with Christ, we may extend this consciousness to the subhuman kingdoms and thereby assist in their evolution. When we extend Christ to each other we bring forth or manifest Heaven. Earth is in process of becoming a sacred planet. This means that all creation within Earth is to be consciously One in Christ. Humanity has been living in a self created separate reality that is an illusion. Now God is pervading mankind with his energy and consciousness and thereby awakening us to the One Consciousness, Life and Spirit that animates us all. To embrace this energy we must channel and create with it. Then we will create as God intended and manifest Heaven on Earth.

#### §

**149. Manifesting Heaven:**

To manifest Heaven, we must unite with and be our Self — who we really are — and forgetting what the ego thinks, live from within. Heaven is within us and within this living ever new moment. We stand with one foot in the unknown and the other in the world, and we must make what we come to intuitively know known by sharing and extending it. What IS here now in the Self's awareness is Truth that lives in Heaven. By extending it we make Heaven real and manifest on Earth. In my perception now I am sitting in my chair on a cloudy early Spring day. In Heaven, we are all living in Oneness, Love and Joy in an Eternal moment together. Spirit moves and the moment unfolds bringing continual revelation of God in form. Awareness of what IS is awareness of Heaven. This takes place in a space beyond time. By bringing it to consciousness and sharing it, we unite time and Eternity, Heaven and Earth. Heaven is a shared state that can only be made real by sharing.

§

**150. Freedom from 'shoulds' and attachment**

When we are caught up in 'shoulds' and 'have to dos' we are caught up in the mind and thereby not conscious as our Self. To get back to the Self we have to observe from the Heart and accept where we're at, as this puts us in touch with the observer who is the Self. Personal self consciousness has inherent judgment about what is being observed — that some thoughts and feelings are better than others. However higher Self Consciousness knows that the same attitude to all is needed. It can accept them all because it is not held or identified with any thought or emotion. It is free. Acceptance implies an embrace by the Self but not an attachment. Then we listen within to know what response, if any, is needed.

§

**151. Being born again:**

Being born again in Jesus Christ must involve an ongoing experience of Christ or it is limited to the sphere of a person's faith and belief. Faith and belief are a step in the right direction that must lead to experience of realized Oneness with Christ. This is the opportunity of the historic time we are living in. We no

longer have to hope, pray and dream of some future longed for state, because we may realize this future now. Being born again implies awakening to our true Self within and choosing to Be it. The true Self is the One Self of Christ. What we had thought we are separate from is discovered to be already within us. Choosing to claim this Self as who we are involves embodying God's Will and becoming a Co- creator with God. This is to be an agent of Love who experiences the same Self in all.

§

**152. Being a differentiated Soul, One with the Whole:**

Being individuated or differentiated is different from being separate or singular. We have believed that we are separate, however we're not, although the body is. As Soul we are an individuated aspect of the same Self. Personal self identity is an illusion that comes from being identified as ego. However, inwardly and in reality we are differentiated aspects of One Consciousness. Christ seems separate from us only because we seemingly don't know how to become One with Christ. However, with the changing energetic situation on Earth, Christ is now accessible to all. This global change is the threshold of the New Millennium. Accessing Christ is as easy as accepting our Self as we join with that Self in the Heart, while simultaneously rejecting the ego mind's interpretations of reality. Although we may now begin to live in Oneness, we won't lose our individuated Being — merely our experience of separate existence. Nothing real can be lost.

§

**153. Overcoming fear:**

In our effort to be our Self, to be free and express Love, we are inhibited by fear. It is fear that comes from the belief that there exists a will that can harm us. This is a false belief because as Self we are invulnerable and eternal. The body is not who we are so what happens to it is different from what happens to us. What others think also only has the reality we choose to give it. Now, deep down, we are really mistakenly afraid of our Self and the Power of God within us. We are really not as afraid of death as we are afraid of the Spirit of Life within us. If we gave into it, what would happen? What might we say or do that might totally

change our life? We are afraid of the unknown — and God is the unknown. We intuitively know that choosing to be our Self will take us beyond what we know and we don't have the faith and trust in God that will allow us to take that step. This is why Love is so important. Love compels us to break through our fears. Love is the power, the goal and the motive. Love connects, joins and fuses. Love can inspire visions that can transform the fearful unknown into a Heaven waiting for us. As we move in the direction of Love we are rewarded. Small steps begin a journey and before we know if our life has been transformed for the better.

§

**154. Acknowledging our Oneness:**

When we experience Love from another let us realize that it is just being channeled through them from the Christ Self within them. If we focus on the Source, we commune in Love as we are of the same Self. Let our intention be to experience our Oneness rather than our separation. Because our separate human forms are not who we are but how we can relate to one another. Acknowledging this helps us to shift out of separate personal identity and into shared Self identity. Love extends across space connecting and uniting. Self Consciousness recognizes what is occurring and gives it an expression. Love joins outwardly with what is already One inwardly. Consciousness gives thanks and acknowledgment. Once we realize that we are One, then we can open to what else IS here now that is experienced and wants to be shared. Then we open to the unknown Now and the treasure awaiting discovery.

§

**155. Seeing our Self in another:**

We've always wanted to experience Oneness (and reunion with our Source). In romantic love many people desire this and have a taste of Oneness. However, two people cannot become One although they can experience that inwardly they are One — as we are all, in Christ. Therefore Oneness is not something that we can make happen but something that we can allow ourselves to experience that already exists within. We can facilitate this experience by joining our mind with Love and thereby releasing

our judgments about what is happening or should happen. If we've ever looked deeply into another's eyes in Love, we can have the experience of looking into a mirror. We see the same Self reflected back from another. If we can stay with this awareness we can begin to share from a deeper level of Being. We can begin to live in Oneness.

§

**156. Acknowledging Galactic influence:**

Many people are receiving communications with various Galactic groups, although you won't find this information in the media. The general consensus from these messages is that certain Galactic peoples in their ships and in bases within the Earth have been observing happenings here and trying to help to a degree without infringing on our free will. They say that Earth's vibrations are increasing, which will lead to a quantum shift that will catapult Earth into a higher dimension of life that will be better in all respects. Only those who can tolerate these higher vibrations will stay on. The Galactics will present themselves at a certain moment and offer technological help in restoring Earth to health. It is a hopeful perspective that encourages us to trust in the Spirit within us that connects us in a multidimensional universe based on Love.

§

**157. Being here without thought:**

What would it be like if we gave up thinking and just lived from our Heart? Each moment would be new as we wouldn't be imposing our mind's interpretation on what it means. We would instead be feeling what is here now. Like with amnesia, we would forget the agendas and meanings that we had projected on the moment so that the meaning of the moment would need to be discovered new. As Love connects, we would be connected to what's happening now and experiencing this as part of us, not separate from us. We would all be intimately felt to be part of the same space, the same moment. Love shares and gives so there would be a natural sharing with each other. Now, if we can also forget who we think we are, and realize that we are all connected, we may begin to share from a deeper identity. This detachment from personal identity is necessary to be completely

open to the moment. Leaving behind all notions of how we should be, we may more easily fully embrace and share what IS here together.

§

**158. Men and women's roles in manifesting the New:**

Of course we are really Soul expressing Spirit, but incarnating in a male or female body does make a difference. Women typically express Love more naturally but with the downside of having a more personal attachment. Men typically have a consciousness that is more personally detached but also are less loving. Women then can help men be more loving while men can help women maintain a Soul consciousness that is detached from the personal. This is not to say how we should be because generalities are always subject to exceptions. However, being the same inwardly we may complement each other outwardly in Unity to cooperatively manifest the New together.

§

**159. The new duality of Oneness:**

We can use our physical body for human purpose or/and for divine purpose. We are familiar with the former, so what does the latter entail? It involves using our body to establish Holy relationship where we connect to and have a relationship with the Divine in others. Its purpose becomes manifesting Consciousness of the One Self of Christ. Its purpose becomes Knowing God's Mind and Intention and extending these on Earth. Its purpose becomes our purpose of manifesting the Kingdom of Heaven on Earth. We no longer see the body as who we are but as our means of coming to Know and Be our Self. We accept that we are extensions of God in the physical and Co-creative partners with God here. The body, as with everything, becomes embraced, a part of who we are and a means of expression of who we are. The body represents us but is not us although we embrace it. This is a new duality of sorts. Not the old duality of separation but the creative tension between inner and outer, experience and experiencer — Oneness manifesting as a creative process.

§

**160. Having everything, now what?**

Everyone on Earth is doing the same thing — being conscious. At least most of the time. The question is, what are we being conscious for? What purpose animates our consciousness? This may seem to be an obvious and useless question until we realize that we can use our consciousness for various purposes. Consciousness is not just holding our personality together but is also directing it along a self chosen path. We may say that we are trying to succeed in life and be happy but this begs the question, what do we choose to be happy? This is often defined in terms of externals — money, home, career, friends, interests, love, etc. When we hypothetically have everything, then what? Let's imagine being at that point now. Now what?

§

**161. Remembering:**

If we just sat in the living moment and released every belief or thought that we might use to describe it, what would we say? We are. Life is. Love is. Connection is. Peace is. A need to share and communicate is. Gratefulness is. Listening, seeing, sensing, feeling, touching, and knowing are. Desire is. Remembering only what we really want — staying at One with our Self.

§

**162. Listening to Christ:**

If Christ is speaking to us in every moment, what is being communicated? We are Loved. We are One. Life is more. We are Eternal. The world is beautiful and ever new. We are given to share our Self and Love. Being alive is a gift from God. Where we are at is perfect. We are guided and given everything we need. Just Be. Trust. Let go and Live. You are part of me. All is One.

§

**163. Sharing the same Self:**

When you said that you were the Adele part of us my heart leaped with joy for of course it's true — we are each part of the same Self. It was wonderful to hear that proclaimed and acknowledged. Sharing the Truth of who we really are with each

other is important and necessary. It's bringing forth and making real outwardly what is true within. It's making the inner the outer and establishing a new reality on Earth. It begins with affirming our real identity and as we settle into that, more awarenesses arise. It's like unraveling a ball of string — you grab whatever arises in awareness and express it, which leads to the next. It's like a conversation between two people except that we are sharing the same Self.

§

**164. The purpose of dialogue:**

As we dialogue with each other from our Wholehearted Self identity, the New will be created and extended. It will be extended rather than projected because it will stay within us as we extend our Self outward. It will remain within the Unity of our Christ Self as that is extended out into the world. It will be created because it will be formulated by the particular ideas we use and the appropriate form we choose to give it. 'It' is what IS — the Reality of the living Truth that we are discovering together as we open up to what IS here now. Our co-creative White Magic will allow the Consciousness and Mind of God to become manifest on Earth.

§

**165. The New Path:**

For a humanity identified as separate egos and consequently centered in the concrete mind, efforts to develop and illuminate the mind made perfect sense. This led to greater accomplishment on Earth and greater spiritual wisdom. However this old approach is no longer optimal for this new time because now we no longer need to rely on the mind as we can directly access Christ via a new Path. The intermediary function of the mind is no longer required. By connecting to the Christ Self we have access to the intrinsic Knowing of the Self. The Self doesn't have to learn or become accomplished, as it already is accomplished, complete and lacking nothing. The Path to Christ is through the doorway in the Heart. On the other side the Presence of Christ awaits. Prayer and meditation should be now directed to developing awareness and experience of the Self within. This is to awaken to who we really are.

§

**166. Communion together:**

We aren't trying to have an intellectual discussion of various subjects but rather to share more from the Heart as awareness, feeling, images, intuition and perception arise. To talk 'about' something is to be separate from it and objectify it. This is integral to the process of projection that is characteristic of the ego/concrete mind. However, there is a higher level of the mind that the Self uses when formulating its awareness into thoughts and words. This doesn't result in projection, but rather an extension that stays within the Self. When expressing the Self's Knowing with Love from the Heart, we are really extending Love as that is packaged in words and thoughts. These all have spiritual intention. They are meant to enlighten, to support, strengthen, comfort, encourage, beautify, exalt, evoke, or extend, etc. When we share from the Heart we are really communing with the other, and sharing with them in the One Self.

§

**167. Gathering together:**

When we meet together in Love, admitting that we share the same Self, we naturally feel grateful for being with others who are opening to the same space, the same Reality. It's exciting too, as every moment is new, pregnant with new awareness and new discovery. If we stay in the Heart and not start thinking about what is happening, each of us will notice various impressions and feelings that Love will prompt us to share. Let us share these and share our Self and make this unfolding space a conscious and articulate one. Together we stand on the threshold of the unknown and the new Reality waiting to manifest. We are partners in a new enterprise and endeavor. For what we are beginning to express is a new state of Being — that of living in Oneness. Staying centered in the Heart, let us begin.

§

**168. The answer to the mind's questions:**

The ego has many questions but no answer will ever satisfy it for long before it goes on to the next question. This is because what is really sought is an experience, not a mental formulation.

We each in our seeking really yearn to be consciously reunited with our Source, to become Whole, One. Separate identity is incomplete. However, Love pulls us out of our separation in our urge to connect with something more. The answer to our longing is found in the Heart, therefore we must shift our center of consciousness to the Heart, which is One in all life, if we are to find what we unconsciously seek. There is a doorway in the Heart through which we may pass and discover Christ waiting to receive us on the other side. Embracing Christ we unite with our Self. Staying centered in Christ we become Whole and who we really are. Living from the Heart we sustain our Self realization and experience the One Self in all. When disturbed by the questions and confusions of the mind, realize that you are in the ego, and go within the Heart to find the Peace and Wholeness of the Self within.

§

**169. The shift away from mind focus:**

Some spiritual disciplines would have you try to still the mind to gain clarity and illumination. The New Path of the Heart doesn't bother with the ego mind because that's not who we are. Instead of struggling with the mind it would have us get out of the mind by uniting with the Heart. There is no effort to enlighten the ego because the Self within the Heart is already enlightened. When we shift the focus of our consciousness from the mind to the Heart, we can intuitively access the inner Knowing of the One Self. It's something that we have to feel or intuitively apprehend because initially the Self may be experienced as an emptiness devoid of the thoughts that we commonly associate with knowing. However, if we listen within the Silence of the inner Self we shall discover what we need to know in the moment. This may not be the answer to the mind's concerns, but it is what we need to know. Then the Self can utilize the mind to share what is discovered. Instead of trying to enlighten the mind, we let the Self enlighten it.

§

**170. "Seek first the Kingdom of Heaven..."**

We believe that we have many problems, needs and concerns that our mind and will are actively addressing so that we may be

happy and fulfilled. This is the way the world and the ego work. We try to control life to attain our agenda for happiness. However, there is another way that is based on tuning into the Heart and trusting its guidance and knowing. Then we do what we are given to in Love, trusting that everything will work out for the best. In seeking Heaven we connect to the Heart that resides in Heaven as our guide. The Heart has a Wisdom that transcends what the mind can know. Only the Heart knows what we really want to realize and what will fulfill us. Living in the Light and Love of Heaven activates the magic of Heaven to manifest circumstances and shape our life in miraculous ways. Seek the Self within that resides in Heaven and everything else that we need to be happy will be provided.

§

**171. Dualistic vs. Nondual teaching:**

A dualistic spiritual teaching begins from the assumption that the seeker is separate from the sought and that learning, effort, and discipline are necessary to achieve the goal one aspires to. As humanity's consciousness has been ego centered and separative, dualistic teaching has been appropriate up until now. However, the energetic matrix of the Earth is changing and the nondual Whole of God is now accessible to human awareness. Therefore a nondual teaching is appropriate to the present moment. Jesus' nondual Teaching proclaims that the One Self of Christ is already within, waiting to be acknowledged and accepted as our Self. This has always been true but the gap in consciousness between the ego and the Self was prohibitive. Now, if we will go to the Heart, we will discover that the gap or veil is no more and that we can join with our Self. This doesn't require learning, struggle or striving — just acceptance and willingness to release patterns of thinking and identity based on the ego. Christ is discovered to be who we are. This nondual approach would just have us simply be who we are as we Unite with it. The hard part is letting go of old patterns of belief and behavior that are ego based. However, these will be naturally displaced as we live as the Self we are and share what we are experiencing with each other.

§

### **172. Embracing duality in Oneness:**

The striving to progress spiritually as a dualistic ego naturally leads to the judgements of better and worse and an attempt to control one's experience — to strive after the good and to leave the bad. A real spiritual experience of Oneness, however, requires acceptance of the total spectrum of one's experience as one's creation, before one can access the transcendence of Oneness and the Freedom to manifest in harmony with God. We can not transcend the limitations of humanness by judgement and actions based on it. As we maintain an awareness of the Love and Light we are, within our total experience, we provide an opportunity for this to manifest in whatever circumstances we are experiencing. As we maintain a Unity consciousness we may embody the Power of Love to transform any situation to bring forth Love and Light.

#### §

### **173. The path of Love:**

Now, humanity is, by and large, living life based on its beliefs about reality — beliefs that reflect dualistic illusions that are false. These may seem to be true because they are in accord with the mind that thinks them and thus manifests them, but they don't reflect the spiritual Reality of our essence and Spirit. It's as if we are all on a treasure hunt with an inaccurate map and guide. No wonder we are confused, angry, sad and bitter. Religion should have been helping us but they are using similarly flawed materials. How do we find the way? Jesus has shown us the way. Simply, Love is the way — but we don't know exactly how to apply it. We are Love. God is Love. There is One Self of Love in all that can be experienced if we love and accept everything that we are experiencing while staying focused in Love. Then if we express what Love prompts us to we will experience a confirmation of the Love, and a Oneness with it and God.

#### §

### **174. Transforming projection:**

Jesus talks about the importance of becoming an observer. To be a witness of life and events is to realize that what we perceive is our projection on the screen of events before us.

Whether these happenings seem good or bad is decided by our judgements about them. However, our experience offers us another choice. By choosing to see the Whole with the eyes of Love, we can see Love and what IS and act to create it. We realize that rather than being subject to events, we actually create them, for the nature of our experience is our choice when we live as the Self. One combines detachment of the objects of perception and the mind's judgements with a Heart centered embrace of the Whole. We accept life as it is, realizing that it is more than what we can perceive or judge. Therefore we don't have to be afraid of anything, as our Loving vision reveals the Love within. When we don't project judgement nothing can be reflected back on us and we can experience that all life is really One.

§

**175. Wake up beloved**

Wake up beloved,  
For I'm giving you a good morning embrace.  
In your eyes shines the same Love  
In your Heart is the same Being  
We are waking from a dream of separation  
Into a new day of Divine Life.  
One Self pervades the world  
And a remembrance of who we really are.  
Now we are Free and can dance in harmony  
And Joy with all life.  
Now we can truly Be  
And bring forth the Kingdom of God  
That we now live within.  
The sun is shining, the birds are singing  
And the world is transformed in Love.

§

**176. Embracing fear:**

When we feel fear, we are in our head, in belief and the ego. However, it is but a small shift to center ourselves in the Heart, in Love and Truth. This small shift makes all the difference between being here now, and thinking we are, between seeing

our brother and sister as our Self or projecting separation. Fear tells that we are not fully in the moment, in the Self. As we embrace fear and whatever is going on, we can only do so from the Self which is more. That 'more' is the Self who is the doorway to the unknown of God. In sharing what we are feeling and coming to know with each other in this moment, we are bringing forth the Truth that we are meant to reveal. Simply being our Self, sharing what Love would prompt, we begin to live in a new world that is now emerging through us.

§

**177. As a star fallen to Earth:**

As a star fallen to Earth we are here. Seemingly forgetting where we have come from, we look around in wonder. Everyone tells us what it all means, but nothing rings true. Yet there is a Voice within that seems to know. From this we may speak. It is our truth and we would cleave to it, listening and following. In this unknown place we become the doorway to the known, sharing what is given to us to share — embodying Love in this place of fear.

§

**178. Our need to share, to be able to realize:**

It's not until we share what is here and experienced in the Heart, that we even know what it IS. Standing in the portal of the Heart there is the spaciousness of unlimited Love and sensed impressions which need to be expressed in Love. What we discover and share with each other binds us together as One Self. What we discover and share extends an inner Reality into the world. What we share from the Heart's knowing makes manifest the Kingdom of the Soul or House of Truth, wherein we dwell within. As we live in this space and make it our own, we shift into a different realm and manner of Being. As we maintain this identity and polarization, we discover that we need not return to the old world of separation, of personal identity, and time. That was as a dream we've now awakened from. As more of us choose this life and consciousness the nature of it must become more apparent. God's Conscious Love is moving into the world and Light is giving it form and expression.

§

**179. Moved by an Angel:**

When I saw you, I was moved by the love, beauty, joy and life you embodied. How like a living flame you sparkled and were so alive and ever new. How you were always one step ahead of me, and impossible to grasp. How you transformed simple thoughts and movements into a magic that enraptured. Somehow you brought something heavenly to life. You seemed to come from another realm and brought some of it with you like a gossamer haze about you. I felt wooden by comparison and seemed unable to do anything but praise your beauty. You left me with a vision of Heaven and an experience of its reality. Light glowing with Light. Love Eternal and True. Beauty revealing a higher realm. Joy, pure Joy, straight from the laughing Heart of God.

§

**180. To be our Self:**

To be who we really are we must see One Self in all; we must embrace all in Love; we must stand in unknowing, trusting the Spirit within; we must detach ourselves from belief; we must give voice only to what Love prompts.

§

**181. Wandering in Heaven's glades together:**

When we are together in Love, in the Holy space of Oneness, we are in Heaven and all life sings newly created, pure and Whole. Let us leave sorry thought and wander in the sacred glades of Love and Unity, sharing the gifts of Love, like Divine fruit picked from the hanging branches. Everything here is Holy, everything that IS is a treasure and gift that we may share with each other. Spirit moves through us as the breath of God, bringing ideas, visions, feelings and urges that we would express and extend. In Heaven we are God's emissaries and agents, manifesting the Mind of God on an Earth that is now transformed. In the chalice of the Heart we are filled to the brim with Divine inspiration that would spill out to bless the world. Time is forgotten. Only what lives to Be is.

§

**182. Bringing Heaven to Earth:**

We imagine people in Heaven to be different or perfect. No, they do not need to be perfect, for the perfection of Heaven embraces them and shines through them. We can rather be just our natural Self, in whichever way this manifests in the moment. Living in God completes and fulfills everything. Our imperfect forms transparently transmit every aspect of our Divine Self as a faceted diamond radiates Light. We have released striving to be and just are our Self. Through the Heart's portal we move from time to timelessness, from thought to awareness of what IS. And Spirit moves through us. Then, although the sky is cloudy or the weather cold on Earth, we bring the Light and warmth of Heaven to the day and the moment. Living in two worlds, making them One.

§

**183. Waiting on you:**

Thank you for sharing your dream of divine creation with me and your desire that I should share it with you. How could I not be moved and impressed? Your Love was palpable, your joy immense. So many beautiful dreams of Love glorify the world. Each adds its note to a divine chorus. I also had a dream of bringing Heaven to Earth. First I had to find the doorway to Heaven. Now I stand in the doorway and wait.

§

**184. Living in Peace:**

They say that the world is in turmoil. I just hear a Silence. They say things are breaking down. I just feel a Peace. There's no reason why we can't all live in Peace. Let's just share what we have in this moment together and begin to live in Peace. There is enough for all. Love will show the Way. Let's begin.

§

**185. The Song of Life:**

What can words say when life itself sings a song of timeless Joy. As notes in a divine chorus each moment vibrates in a heavenly

harmony extending to realms beyond conception. Love infuses in a multitudinous symphony of One Divine Life. The Eternal Now resonates in reverent gratitude. The Source is also the most Beautiful and calls to manifest Creation in an Embrace of Love. When we listen with the Heart we cannot help but be lifted up and moved by Joy. Let us join the dance!

§

**186. Listening in the Heart:**

The Heart is more than a place of Love. It is the doorway to a universe, of timeless Worlds, Supernal thought, Beauty beyond conception, and the mystery and magic of Life itself. Love encompasses all, but the all is Infinite — a Treasury of riches waiting to be explored. Sitting in the Spring sun, the wings of Angels beating in the perfumed air, we can sense Earth's Heaven and the Eternal Love and Goodness that live there. And we get a sense too of even higher dimensions of resplendent Majesty and Splendor. Let us listen with the Heart and then let our mind transcribe the visions Love's creations that we sense, and the sounds of the Divine Harmony that we hear.

§

**187. Being a miracle worker:**

To be a miracle worker is to experience that our entire wholehearted experience is a gift from God that calls for a response from our Christ Self that we would share. When we have joined our mind with the Heart we experience a Oneness that is an experience of the encompassing Self. This evokes a dialogue between Self as experiencer and Self as Creator of that experience. A miracle worker shares the response of the Creator to creation and so incorporates it. We facilitate a dialogue between Creator and creation as we encompass both within our Christ Self.

§

**188. Awakening:**

It's difficult to make a personal statement about the effects of awakening on one, if one is feeling farther away from the person one was. It's difficult to recall the steps one has taken to get to a

new realization if one feels farther away from the past. In the present, which is really all there is, there is just what is here. It is difficult to even say much about that when one feels further away from the personal mind with all its thoughts and assumptions about things. The present moment is a newly discovered unknown. It is, however, imbued with Love, Connection, Consciousness, Light and Intention, among other qualities and energies. That, in itself, is saying a lot. I can still use my mind but it's just used in a different way. Rather than starting from thought, emotion or sensation, I now start from awareness. That is an awareness of the conscious space that accepts, embraces and includes everything. This is who I now am — and probably have always been — the Self who is here and joined with everything. The separate person of old has receded offstage and I don't really want to drag him back into the spotlight.

After all, isn't this what awakening is really all about? — Awakening to who we really are in Unity with the Whole? It's hard to talk about, to begin with, because 'talking about' is a personal mode of expression that reflects the separation of the concrete mind from encompassing reality. The separate thoughts are projected onto the whole as if it were separate objects, which it is not. Secondly, it's hard to talk about because we are standing in a seemingly empty space. It can take a moment before a feeling or knowing comes into awareness. As this is all a new mode of relationship, the nominal patterns of interrelationships have not yet become established enough to become familiar. At any rate, here I am, feeling that I am on the forefront of an exciting and revelatory new time, but at the same time still feeling isolated outwardly as the external connections are just in process of being formed. I'm sure some of you feel the same. After all, we are waking up to the same shared inner reality, which is the same shared Self.

It's also difficult to carry on normal interactions with people if one is no longer a normal person. It's as if another being has walked into one's body unbeknownst to those about. You may look the same, but you're not. You can respond to others in a reassuring way, but your way of being, seeing and thinking are not normal — not yet at any rate. So one feels more disconnected from the external milieu while feeling more

connected to the internal life. One feels like one is shifting from one world to another. Fortunately the inner world of Love, Life and Consciousness subsumes and encompasses the external reality of humanity, so it's really just a temporary discomfort until we have learned to live from the inner realm of the Self — until we have learned to speak directly from our Heart without fear. Our personal stories of our awakening are important. Now let us leave those former persons behind and step wholly into the unknown now.

§

**189. Finding salvation:**

I embrace the pandemic, the shutdowns, the crisis and stress, the illness and suffering, the confusion, the efforts to manage and resolve it all, the Life, Peace, Joy and Love singing within it all. God is here now and offering us a way out — or rather, a way into the Kingdom of God and release from pain, fear and confusion. Each of us can now choose to connect through the Heart and discover Christ waiting to greet us in the Heart's portal. There in that open space of Love that connects us beyond ourselves, we will discover both our Source and the Self who we really are. And in that process claim the Peace and Oneness with God that is our destiny and true nature. Then all the world may cry in anguish, we will know that really God is being consciously born on Earth.

§

**190. Life is simple:**

The mind makes things complex, but to the Heart it is simple — living from the Heart in Oneness, trusting and expressing one's Self.

§

**191. The duality within Oneness:**

Our Solar system, as the Heart center of its cosmic Life, embodies the primal Ray of Love-Wisdom. Love infuses active intelligent Life, conscious Creation, and Wisdom is the Consciousness that mediates between Creation and Spirit and that co-creates or unfolds the potential of Spirit. Consciousness

embodies the relationship between Self and experience in matter or God in matter, that allows the potential or perfection of matter by the expansion of consciousness or wisdom. Earth is that base center of the solar system that embodies the spirit of God at its densest point in Creation, that is endeavoring to manifest consciousness of God or Christ in humanity. After God becomes conscious in Creation on Earth, it can then bring consciousness of the Whole to the other planets.

§

**192. Love is:**

Love is the glue that unites space and all the separate selves within it into One. Love is the elixir that animates and gives meaning to life. Love is the magic that transforms and brings alive life and connects it to something more. Love is the Power of God that moves the cosmos. Love is the infinite Treasury which brings forth an unceasing abundance of riches. Love is the tenderness and care that pervades each moment. Love is seen in the eyes, felt in the Heart and sensed in the impelling Spirit. Love is heard in the wind and the Angel choir. We are Eternally embraced in the Love of God. God is Love and so are we.

§

**193. Your sublime Love:**

Your loving glance has awakened me to who I am. By filling me with your Love you have made known mine. Pure Eternal Love, as personal as a kiss, yet infinite in scope. Now I know that there is a realm of Love where Love is as the air we breathe. Love is the Truth, the Way and the Power. I shall keep your Love in my Heart — and give it away.

§

**194. The pandemic break:**

This pandemic is giving us all a chance to go within and find the peace and the answer to our seeming problems that we won't find without. It is also causing us to appreciate the necessary relationships that we have with one another and the value each one has to the whole. All are essential and should be valued

accordingly. We are just as dependent on the store clerk, truck driver or nurse as the corporate executive. Each one is divine and more than their role in the play of life. This pandemic break from our habitual routines of behavior and thought is giving us a chance to reappraise our situation and what we need to do. What is most important? What is our priority and what needs to change? Optional wars and political divisiveness don't seem so relevant when matters are of life and death. Greed and self interest seem so out of place when so many are putting their lives on the line to help and serve. Hopefully we come out of this with more clarity about what is important and worth pursuing and what isn't. And more centered in a deeper authentic place within.

§

**195. Living in Holy relationship:**

Living in Holy relationship with all, is experiencing that we are part of One Self — by living as this Self and what we are given to know and share by listening and responding. This is miracle consciousness. This is the Unity that binds us to God. The elevated Self experiences and expresses what the Christ Self is coming to know. It is the continuum of Oneness and the process of Co-creation. We take up our identity with Christ and our part in the redemption of Earth. And it's simple. We don't have to strive to do, we merely need to Be our Self.

§

**196. Noticing the presence of the Soul:**

There is actually only a very small and subtle difference between functioning as a separate personality and functioning as a Soul, and that is first of all whether the individual notices the presence of energy of the Soul and realizes that it carries more reality than personal consciousness. Then one endeavors to focus one's attention on it and ascertain what it is all about. One then realizes that this energy is a deeper authentic Self. And that one can actually live from this Self as it has within it a knowing and direction. One discovers that this energy cannot be misused for the personal self as it is intrinsically related to the larger Whole and the Soul level within all. Therefore this energy reorients one

to a collective purpose which is, first of all, to become conscious as a Soul and to shift one's identity to this inner Self.

This initially seems to put one at odds with others who are functioning as personalities on a different level of reality. However, one soon realizes that Soul reality is a preexisting level of reality within everyone that is meant to integrate or subsume separate self consciousness. The separate self intimately embraces this energy when realizing that it is the embrace of Love and authentic Wholeness. There is no loss except the illusion of being a separate existence with all its associated fear and belief. This more real sense of reality has many other positive qualities — Peace, Joy, Freedom, Connection, Knowing — that are reinforcing. The one dilemma is how to talk about and share this new state of reality with people who are polarized in a more dualistic experience of reality. Because one also realizes that the Soul level is nondual — anyone who tunes into this energy will be in the same space. Which is a space that subtly pervades and includes all separate selves.

The difference between this realization and a Christian experience is that typically a Christian believes that Christ is separate and different from him, when Christ is actually the Consciousness of the One Soul we all are. We are Christ just as we are really not the personalities we believed we were/are. Therefore noticing the presence of the energy of the Soul, is becoming aware of Christ within us. To fully realize this we must begin to live as a Soul and share what we experience and know as a Soul with one another. This is the threshold we are at now. Christ has 'returned' or rather God is pervading humanity's collective awareness with the Presence of the One Conscious Self of God that has always been within, but is now coming forth without. Within the Heart we can notice this energy and Presence. If the mind would begin to understand what is really going on, people could more quickly cooperate with this process and get with the program.

## §

### **197. Holy vision:**

A Holy relationship is conceived to be between people where our Unity in One Self is recognized and honored. However, it

also applies to our circumstances. Everything is really a gift and manifestation of God, and therefore perfect. Love and Oneness pervade all. What we choose to believe creates perfect effects as the mind creates automatically. If we don't like those effects we can change our beliefs and get other effects. The world is but a perfect screen upon which are forms resulting from inner causes. Some of these result from God and some from man. However, the creative process perfectly manifests the intended ideas. The suffering in the world provides a perfect opportunity for man to change the beliefs that cause the suffering. However, it often takes humanity quite a while to learn the lessons that experience is teaching, because we are so attached to our judgements and world views that are causing the problems. If we could open our Heart and mind to the present moment as it IS, and not as we think it is, we would discover that it is a reflection of Heaven, to a degree. However, mankind's creations are often a reflection of a separative and false agenda. Nevertheless, Holy vision looks past that to see the perfect Son of God who has the free will to create as the Father creates. Holy vision would support the Son in his awareness of his Self, so he would create with God, rather than against him. Let us see the perfection of the moment that we may release our judgements and begin to co-create with God in Oneness and Love.

§

**198. Overcoming blocks to the flow:**

Whenever we feel empty or bored, we merely have to open to the moment and what IS here now. There is always something going on. The problem is that we have a judgement against it and believe that we should be feeling or thinking something different than we are. Our judgements create a block. However, if we would accept it and direct our awareness to it we will discover that our Self awareness will transform the situation into something altogether different. The Self will bring out the aspect of the Self that was hidden or blocked by our judgements and fear. Suddenly all is right with the world and we are back in the harmonious flow of life.

§

**199. Correcting vision:**

To see Oneness we must see without fear. Often this fear will manifest as a projection of what other people think of us. We are then projecting our power on to others, for it's our choice to determine our projections. However from Wholehearted Self Consciousness we no longer project but rather extend our Love and Wholeness to include the other. Rather than endeavoring to change and improve the effects of separative identity we shift to Self identity. This has its correspondence in working with the ego to replace negative belief with positive self affirming belief. Some improvements can be made but it is simpler to just shift out of the ego altogether. The Self is integral to the Whole of God, and what is all encompassing can not be opposed. Therefore fear is impossible for the Self who only sees with Love.

§

**200. The power of song:**

Music has the power to move one in ways prose or poetry cannot. No wonder that combining these in choral or vocal music creates such a powerful effect. By Divine Song the world was created and is sustained. No wonder that we are moved to song to express the feelings and yearnings of the Heart. As the world was created to express the Love of God, so do we reflect that Love in our song. We need to hear it to remind ourselves of our purpose and the true nature of our life.

§

**201. Imagine Mary:**

I believe when we see Mary again we will be surprised. She is more than the Immaculate Eternal Love of God. She embodies the living Life of God in all its creative wonder. Imagine a dancing maiden as carefree, pure, beautiful and joyous as a Spring meadow; as full of unconditional compassion as the collective mothers of the world for their children; as wise as the mountains who have seen endless years; and as Free and Transcendent as Spirit bringing supernal Truth from the Divine realms to Earth. Imagine Her as God's living Mind in form, expressing Love. She just IS.

§

**202. Preparing for transformation:**

There are very many people throughout the world expressing Love, doing good and endeavoring to make the world a better place. Imagine the light from these light-workers irradiating all corners of the Earth bringing clarity and understanding of what is really important and necessary now. We would realize that we are on the threshold of a wondrous new Time and therefore the old ways of the past, of fear, selfishness, greed, injustice and exploitation must go. Only Love and the recognition of the Divine right of each in the One Life of God can carry us into the destined future. Let us let all that is unfitting go and trust the Spirit within, which is God. Earth hasn't developed for 4.5 billion years to self destruct but to burst from its cocoon into the next stage of its Divine Life.

§

**203. Sharing together:**

What we are really doing is coming together in an inner place of the Heart where we are all connected. We are moving from thinking that we are separate people with varying beliefs, needs and dreams to experiencing that we are all equal divine extensions of the same Consciousness, the same Self. As such we are all united and must help each other by sharing what we are aware of, what we feel and are coming to know within. This is a new space that isn't revealed by what we think, but by what we are experiencing in the moment. This involves sharing of the Truth that we are discovering together as this is prompted by Love. Love is the key. Love provides the motivation, the direction and the means. Each one has equal access and an equal role. This space where we meet is a Holy place beyond the world where we can listen in Peace to our Heart's yearnings, notice what is here, and imagine our deepest dreams. We stand in the doorway leading to a new world, and it is our privilege to venture forth into the Kingdom of God, and bring back the treasure found therein.

§

#### **204. Pandemic clarity:**

The pandemic has helped foster some realizations. The city is quiet, the sky is unpolluted, isolated we are forced to take a break from our frantic routines, withdraw and go within. The solitude and peace feels good. Clarity begins to arise in our minds. Things can radically change. Suddenly the government has found trillions of dollars to do good it said it didn't have before. Suddenly real human needs and concerns are being addressed instead of mere political ones. In the media we now see stories of the real servers — those average people who are doing the necessary jobs to help and keep things running. Suddenly the heretofore prominent rich and powerful self servers don't seem relevant or useful. Now they are distractions we don't have time for. The past deficiencies of government planning for social benefit are now obvious as is the status quo establishment priority of profit. Now the need for legislation that benefits human need is apparent. Realizing how easily everything can be transformed, we now no longer want to return to the past. It's no longer good enough. We need greater change for the good. We have seen that far too many people are struggling and living in want, even in wealthy countries, while obscene disparities allow the elite to live in false entitlement and luxury. Let us continue the momentum of change and make the necessary reforms so that everyone can be assured of the necessities of life. The imbalances and injustices need to be rectified so that all may live in peace. The capitalist war machine is seen to be so unnecessary and unsuitable for sustainable life on Earth. Let us put this money to better purpose. Let us take control of our governments who have been putting the desires of the establishment elite first. Now let us put the people and the Earth first. Now that the world has stopped, let us reset it based on Love.

#### §

#### **205. Pandemic lessons:**

I would like to look at this world wide pandemic time as the beginning of the transition to the New Age. We have all dreamed of a glorious future for the planet. This could only come about when the old world order has passed away. Let's look at the economic collapse and confusion as a necessary breakdown that is prefacing transformative positive changes. In all the

concern about sickness and death now there is a realization that human life is precious and more important than momentary economic dislocation. We are also valuing the contributions and sacrifices of the average person who is usually overlooked for the famous and the powerful. We are learning that we all need each other. We are discovering that great change can happen quickly and that the wherewithal can be found to make these changes if there is sufficient collective will. Therefore anything is possible, and considering that the heart of humanity is sound, positive change can be expected. The only thing holding us back is the powerful self serving few who control the exploitive global system. But rather than focusing on the negative, let us focus on the dream and vision of the reality we want to create and live in. Now is the time when we can create a society without fear, where from the abundance of Earth, each can be assured the necessities of life that are shared for all. Life can now focus on the joys of living, creating beauty, sharing love, and experiencing an unlimited present where all dreams can be realized. Moving away from artificial distractions, we may delve into the mystery of life itself and the common awareness that now integrates the world. Let each feel that they can trust the spirit guiding them from within and embrace the new spiritual energy that is sweeping the world at this time.

§

**206. Getting back:**

In this transitional time as the awareness of Christ Consciousness gradually pervades humanity, a Unity experience will be intermittent until it is sustained by sharing it consistently with others. However, when we've lost it, and are back in separate self consciousness, getting back is as easy as opening to what IS in our Heart. It's always there, waiting to be accepted, and joined. The self tends to return to its habitual ways of effort and thought. These will not work. We don't have to strive because we are already complete and Whole — we just have to choose our Self within. We don't have to think — rather we have to refrain from thinking and join our mind with the Heart. Awareness of what IS trumps thought. Thinking is now secondary and derivative from feeling, intuiting, sensing, envisioning, and intending. We are now centering our awareness in the inner Self and living from there. When we momentarily

loose it, it's as easy as bringing our attention back to the Wholehearted space of Heart consciousness that is always within — and getting out of our head. Then sharing and extending this Self Consciousness. Because what we express and extend then becomes more real, manifested, grounded and integrated. We will slip out of Self awareness. But we haven't lost it — in the present moment it is now an ever present Reality that can be chosen.

§

**207. The transformative power of a simple awareness:**

We have experienced just how radically our world can be changed by something as ephemeral as a thought. Inventions from the wheel to the internet have created and transformed our civilization. Other beliefs like democracy, equality, free will and human rights, have established who we believe we are and how we live. Now we are discovering a new ephemeral awareness that will change our experience of the world more completely than anything up to now. This is the awareness of an inner Self.

Christianity and other religions have posited that we have an immortal soul, but this idea has been more of a belief than an experience. Now it will become an experience, for we will contact the Soul and be able to shift our identity to the Soul level and be as we really are. God, in creating a human being, has been having the Divine Soul within the human being gradually integrate its component aspects — energy, physicality, emotions and mind. Now it is time to integrate the Soul itself and have the Soul take over, as it were. Who we really are is the Divine Self, but this Self is mediated through the immortal Soul Consciousness which is One with all others as Soul.

Now we are developed and integrated enough to disengage from the separate personality and shift to functioning freely in Soul consciousness. This entails living from a different level of Reality, that lives life in a different way from the dualistic ego. However, it all begins by noticing the subtle Presence of the Self within. The Soul may be imagined as the distinct consciousness of the Divine Self, just as Christ is the Consciousness of God. However, the Soul also utilizes higher mind to express its spiritual intention, that is different from personal mind and will.

The Life of God proceeds in Divine Order. All things have their time, place and cycle. Now is the prophesied Time of the Second Coming of Christ, which could also be described as the Time when God has decided that humanity is ready to meet God and become One with the Divine Self that has been within it, guiding it, but separate in consciousness. Now it is time to consciously rejoin our Source while maintaining physicality. God has altered the matrix of energies that form our reality, and that now allows us to become aware of the Self of God within. As God is Love, this is basically a simple process. Through Love the Soul will be found. Christ is here now.

§

**208. Living from within:**

We are shifting from living on the outside of life to living on and from the inside of life. When we go within to find our Self, we also discover a new realm of life that is within all. When we live from the Heart of life we can more easily flow with the current of life, and feel the newness of every moment. When we are centered on what IS inside in the moment, we are at One with our experience and not separate from it, as an observer being acted upon by life. Now, when One with the inner Self we create our experience which is part of us. There is no separation — everyone and everything is part of us, as we really are within. Love, which wells up continually from within, connects us to God and all within the living universe of Being. We realize that we are now integral to Creation — bringing forth God's Kingdom into forms that we create. Bringing the inner to the outer, manifesting Heaven on Earth.

§

**209. Keeping everything simple:**

I must admit that I am not as compulsive or obsessive about things as I used to be. I am inclined to let a lot of things go that would have concerned me in the past and moved me to action. I am still moved to actions for some things need to happen in life, but this seems to happen at a more relaxed pace. A chore is no longer a chore when it is prompted by Love and necessity. Letting the world go by, leaves me at Peace and able to listen

within. When caught up with the compulsive mind, subtle inner listening is more easily lost. Keeping everything simple helps. Our modern lives are too complicated with too many extraneous and artificial distractions that we believe are normal. Simple wholesome food is better, simple pleasures more satisfying, a simple heart felt sharing better than any amusement. A quiet hour of peace and silence in the garden is a blessing. In these moments one can hear and feel things that might otherwise be missed. We are crossing the threshold into a spiritual realm — we have to slow down to align ourselves with its inward energies.

§

**210. Among the sacred:**

So much thought typically is expended on the concerns and problems of the world. Yet the solution will not be a thought—  
Off by itself a flower blooms  
Rooted in the dirt it lives complete  
Without need to wander,  
Life will give it all it needs—  
Joy to be among the sacred!

§

**211. Opening to the One Self:**

Every morning I wake up in the energy of love, coming out of the astral plane, as it were. However, the physical plane is necessary to get in touch with the Whole and the energy of the Self within creation. It's not until I arrive back in form that I can get in contact with the Unity of Self Consciousness beyond form. This is the Self energy we share and the awareness of what IS. This shared field of Love is our place of Unity. From here we express our Self to one another and what we are becoming aware of. Let everyone speak from their Heart. Let everyone be prompted by Love and Truth. We are all coming to Know the same thing — let us share it. Let us rest in the Peace of Unity together, and Trust that what IS here is enough. Because joining with the Whole, there is always more. As we give voice to what we have now, we are given more. Giving and receiving become one. Being in form becomes being in prayer that connects us to what is beyond form within the moment.

This is the inner space of Christ Consciousness. It's within all of us and is our shared Being, our shared Consciousness. Let us see this within each other. Let us Trust that we can live from here. This is our new home and the Kingdom of Heaven, becoming manifest as we share it.

§

**212. A blue sky mind:**

The more that we express ourselves as and in Self Consciousness, the less we will be inclined to go back to our old personal identity. Energy follows attention. And as the personal self is the false or artificial self, we shall not be losing anything real. One day we will just wake up with a mind as clear and unobstructed as the open blue sky above and we will not want anything else. For we will have and be one's Self. When I include and encompass everything, what could be left to want? When we have joined with God, what else could be missing? Now my mind is the servant of my Heart. Now I rest in Wholeheartedness. Now I no longer worry about what anyone thinks, because I no longer worry about thought — it's not where I place reality. Thoughts come and go as clouds in the sky, but only the space of Self Consciousness matters, only Love. The more I live from here, the less I care to go anywhere else. Having everything I need, wanting nothing else, the moment unfolds. Now I commune with the Angels but soon we shall speak together openly and the New begins in earnest.

§

**213. The Path of synthesis:**

In Zen Buddhism they practice walking meditation with open eyes. This is a good practice because we need to practice being in a meditative state while living. Oneness allows us to see the inner in the outer or the One Self in the world. The whole point of meditation is to synthesize the two into the One or duality into God. We therefore don't want to meditate only to return to everyday personal consciousness. We want to establish a meditative or inner focused awareness to be in the world but not of it. This is the Path of the synthetic Heart.

§

**214. Threshold of the New:**

Isn't it remarkable? All the world ceasing their routines and going within. Such an unusual time upon the Earth. The cities are quiet and expectant. Into this silence we can project many imaginations but something real and destined is happening in all the turmoil. We can sense that there is something else that we can't see going on. There are crises and tumult but something positive too. There, you felt it too. Mankind has not come this far to self destruct. There are other powers and influences working for good. In the news, compassion and service to others predominates. Finally there are stories of real people and real concerns. In a crisis people show who they really are. We needn't have worried. There are too many of us who care. However now we must continue to act. We cannot return to normal. Changes need to be made for the better. The crisis has revealed the problems — now let's fix them. And in this process who knows what else may transpire? Something new and better wants to happen. Something unknown. I believe we can all feel it. Let's help it happen.

§

**215. Dreaming in the sun:**

Sitting in the bright blue sky April sun,  
Cool breezes thrashing the branches about  
The chimes ringing excitedly in the warmth  
I feel nothing could be better  
The day is mine without distraction  
Everything is at peace  
Directing my mind wherever I choose  
Friends here and there send their thoughts  
And I dream undisturbed.

§

**216. Sharing the Heart's visions:**

On a day I met several people and listened to each. One told me of his erudite ideas about various serious matters, and that was interesting. Another told me of his cares and worries and I felt compassion. The third exchanged pleasantries about goings on of note and that was nice. But only the fourth really moved me

when she told me of her yearnings and vision for our future. Why can't we speak more from the Heart? It is the most moving. And the Heart always includes others. The mind creates many concerns but it's only the Heart that can lead us forward in the realization of our dreams. Ideas without Love are empty. Self concern without collective vision is lacking. If the ideas of philosophers were so valuable we could be listening to them on the radio instead of the singers who touch us and move our spirit. Let us learn to speak from the Heart of our dreams and visions. These contain the eternal reality. These call to us as spirit calling us home. Let us dare to share those sacred innermost feelings which direct an entire life, like a compass pointing us to an eternal objective. We have many concerns in life, but underneath and superseding these is the spirit's destiny. Let us bring these to awareness and strengthen each other with our Heart's visions. What moves us the most? What is most beautiful? What do we love the most? What is our highest vision of what life could be like? What would it be like to live in Eternity, in Heaven?

§

**217. Relying on Christ:**

Today, instead of just keeping Heaven to myself, I decided I would let everyone in. Yes, I put you all in Heaven with me, like new characters suddenly added to a plot. Most however didn't realize right away that they were now in the script too. I exclaimed how Beautiful and Holy everything was! I exclaimed how Eternal Love pervades everything! I exclaimed about the Peace and Joy we can feel now! But I'm not sure how many felt it. I think the problem was that I was using my own words. From now on, I'll try to use Christ's.

§

**218. Beyond knowing, there is a Realm...**

In the bowered moment, when embraced by Her Divine arms, and all world seems like a fairy tale come to life, what could we want that is not given, that is not part of our Love complete? Life is a wonder and a mystery and a divine dream that has come to life. And everything that we can conceive and imagine is but the dew on a magic realm impossible to know.

§

**219. Bringing Heaven to Earth:**

Conversations involve communicating thoughts and emotions. More intimate sharings involve deeper feelings. What if our relationships were about sharing dreams more? We would pull the gossamer threads down and weave these together. And as each one adds his vision we would be creating a complete land of dreams crafted from our collective imaginations. Isn't this what the world is? Each builds his creation and adds it to the overall design. Each has an essential role and set to build. This is the way the world has worked, only now we are learning to build on God's Plan. By going within the Self, we go beyond personal agenda and ego. Learning to open to what IS, in the living moment, we open ourselves to God's Voice, and the Heartfelt calling of Spirit. Standing with one foot in the unknown, we bring forth what we discover within, and find what we desire and yearn for. We grasp the Heaven of our collective dreams and slowly pull it down to Earth.

§

**220. The new purpose for thought:**

Jesus tells us that the patterns of thought that we have known and used are based on learning, on the mind, whereas the new patterns of thought we will be creating are based on revelation in Unity of the Self's Heart consciousness. ACOL N12: Old thinking was judgmental with right or wrong, good or bad thought. New creative thought is not the ends but the means for something more. It's the vehicle for Reality, the Truth that IS, that we all share and are discovering together. It's a state of being that we are extending by creative thought. In the past we put the emphasis on thought as reality, now we will put the emphasis on the Reality the idea is extending. The thought will manifest it. We used to think then speak, now will become aware, then share our awareness creatively.

§

**221. Living in the Time of Christ:**

Living in the Time of Christ, which is now, is just as it has been except that the moment is connected to Christ. That is, our

everyday experience has a backside or depth that wasn't apparent before. When we live from our Heart, we are part of a larger space that enfolds the moment that unites us. The walls of personality have become translucent to an inner Light. Thought that comes from our head no longer seems so relevant — now it is more of a distraction. Love wants to be expressed but we fumble with words and don't know how to really say what we feel. An intimacy that felt appropriate with a lover feels uncomfortable with everyone we meet. We struggle to cope with this strong sense of commonality and connection. By ourselves we can feel inspired, but we know that this incipient Oneness is meant to be shared. We look for others like us who are also becoming conscious of the possibilities in the New Time. We can frame our experience in psychological terms, but only the framework of Christ reveals the magnitude of this epoch.

§

**222. A land beyond the mind:**

When we were focused in the ego mind, our interpretations of our experiences and reality were various and this contributed to dissension and competition, that fed into the ego. Who was right or who had the better thoughts assumed importance. We argued over trivialities and lost the whole point of communication. Now, however, we have direct access to what IS on a different level of reality, so the object of communication is different. Now we use thoughts in an endeavor to formulate and extend what we are becoming aware of. The Heart is central to this experience. What IS is a unified space that is the same in all. It is an actual level of reality and not an idea or an abstraction. It is a space of Love and Heart Consciousness. It is pervaded by the Self of Christ or that One Consciousness which is what we essentially and eternally are. We therefore are awakening to our real Self and discovering that we are more than the finite human being we thought we were.

We transcend the concrete mind where we had been polarized and ascend to a more rarefied state that is Whole or One. No longer camped out on the level of the personal mind, we loose interest in its problems and concerns which don't apply to this new level of reality. Different laws now come into play. We have come out in a new land after a long voyage and things are

different here. We have to learn new ways of being. Fortunately this new land comes with a natural intuition built in that will now serve as our tool for knowing. The old maps, rules, and ways are no longer helpful. We have awakened from our dream of being human and discover that we are One in God, and placed in a newly created world to Co-create with God, what God intends to manifest. We will know what that is by discovering what we Love the most. Love, and not belief will guide us. And Peace, Joy, Beauty, Community and all other Good things will follow.

§

**223. All express the same Self:**

One change of note when identified with our Self, is that we discover that everyone else is too. We are all part of the same Self. People who we had judged and been critical of before are suddenly seen as equal expressions of the same Divine Self. This can be a challenge for the ego who loves to judge. This can be a challenge for us to see through the form to the Self within. This is not to say that everyone will be Self conscious — undoubtedly most wont. However, we must focus on the One Self and affirm this. Some people don't see this because they haven't yet joined their mind with their Heart, perception with vision.

§

**224. How to release the ego mind and become Whole:**

The ego superimposes an interpretation of reality on experience. We reside in God but don't know it as we perceive the ego's thoughts about our experience. What we know or perceive is what we give reality to, which are the thoughts, beliefs and emotions of the ego mind. Detachment from the ego is just another thought unless it is associated with attachment to the Heart. The Heart provides a space outside the ego mind that allows detachment to happen. The Heart, as the center of connection to our inner Self allows transcendence of the ego to take place. Otherwise detachment from thought while staying in the ego mind will not be effective. This is why so many mind based meditation techniques don't get us very far. The ego is headquartered in the mind so it naturally assumes that the mind

needs to be improved or enlightened. It doesn't. Because we are not the mind — it's only the ego that thinks so.

Realizing this fundamental fact is important and time saving. We don't have to concern ourselves with the concrete ego mind because it is not really who we are — it's just who we believe we are. We don't have to achieve knowing because the Self who we really are already knows. We merely need to shift where we are focused or identified from the personal self/ego mind to the inner Self/Heart. The Heart is really a portal to another dimension of Being where the Self resides. The Heart embodies the Consciousness of the Self. The problem is that we have become so habituated to our attachment to thought forms and emotions, that our initial experience of the Self, which is devoid of thoughts and emotions, seems to be a nothingness. And so we revert back to ego consciousness. We must stay in the space of the Heart and as we do so we gradually realize that it is pervaded by Light, Love, Consciousness and Intention. As we open to our inner sense and hearing we will realize that our intuition can ascertain a knowing that will guide us across the trackless open space of the Heart. We can reside here and using our intuition, Be our Self. I say 'our' because we will discover that this inner Self is the same One Self in all of us. We leave the world of separation and enter the kingdom of Unity, Being, Christ and God.

The conceptualization of this situation and process is quite simple, as you can see. The 'doing it' merely requires understanding of what needs to happen, and the repeated practice to overcome the entrenched habit of separate personal consciousness. This practice must involve expressing or sharing one's Self for this is the way to affirm its reality. By extending it we manifest it. As we give more energy to the process of being the Self, we shall gradually shift our identity to the Self and begin to live in Truth as we really are in God. For the Self lives in God. We will begin to manifest the Kingdom of God on Earth. As this is the next phase in the evolution of the Earth, we shall merely be cooperating in the realization of our destiny — a destiny long prophesied.

**225. Breaking down the barriers that have kept us apart:**

I'm really excited that we are beginning to come out of the fog and the darkness and are emerging, one by one, into the light of a new day on Earth. This is more than just another day, it is rather a New Time where we can really feel that things are better and different. The turmoil in the world is announcing this change if we have ears to listen. The human spirit is rising up and along with cries of supplication and despair are the clear sighted voices of reason and compassion. We are all in this together and must put aside our differences and work together. We have the capacity to do it, to create a world that works for all if we will assert our will for it. The voices of selfishness and power sound so discordant now against this upsurge of Love for humanity. Love is sweeping the world to break down the barriers we have erected between the haves and the have nots, the establishment elite and the people. It's the people that are keeping everything going, that serve and care. So many now are stepping up, helping, persevering, and reaching out. We are realizing that everyone is important and necessary. Let us keep this momentum going until all that separates us and makes us unequal is overcome, and we emerge into one world made new. We cannot go back to exploitation and denial of basic human rights and needs. We must embrace our common humanity and the Divine Spirit of God that each embodies. To deny that is to deny God. Old rationalizations for this denial will no longer suffice. War, lack, exploitation and inequality are no longer viable for the future of Earth. There is more than enough for all to live in peace and harmony, sharing and love. Let us keep the momentum of compassion and change going until the Earth is made new.

§

**226. The Eternal Now:**

Love continuously wells up in the Eternal Now. We often don't realize the Infinite and Eternal nature of Love because we are focused on the objects of Love rather than the Source. If we would direct our vision to the Source we would experience living in an Eternal Now that is continuously showered in Love from beyond. Love synthesizes our experience in a Oneness, uplifts us in Joy and bestows Peace. In the Eternal Now, the moment stretches out to Infinity while paradoxically being totally Present.

Sharing in the Eternal Now is sharing in a relationship made Holy by the Love of God that encompasses all. Here we reside in the Sacred Heart. Now we are at the gate of Heaven, and Angelic strains pervade space. How may we give this expression? Moved by Spirit we must give voice to it, move and dance to it, and celebrate as a marriage feast. For we are now One in Eternity and our Joy has no bounds!



**227. Touched by an Angel:**

I am just giving words to your love as it flows through you to me. I am just giving a voice to your joy as I see it sparkling in your eyes. I am just giving a form to your dream as it wraps around me in a sweet embrace. My mind can't really comprehend you. But I am moved and inspired by the beauty of you. I had thought you would be spiritual but you spiritualize everything you touch. I can see now that everything is divine — your holiness blesses everything. You somehow do it all by your Self — living in a world unseen, making it real on Earth.



**228. When the music plays:**

When the music began to play it was as if I was lifted into the air, transported in a beautiful rapture. Love and Joy were dancing together in a fair land beyond the sea, and I was suddenly dancing there too where everything lives for all time. Everyone was just grateful to be, appreciating this moment beyond care. It was a community of lovers of life and beauty — everyone glad for each other and the spirit moving through us. Such moments are rare gifts given by the magicians of music.



**229. Our resurrection:**

At Easter time nature is resurrected — dead looking branches sprout green leaves, trees come to life, and out of the barren ground new shoots suddenly appear. Nature is magically transformed and soon is all green and in fragrant blossom. And so are we when we accept Christ as our Self. Not just in our mind as a belief, but in our experience. St Paul said he/we must

“die daily” (to the ego) and be reborn in Christ. This doesn’t have to be dramatic — it can be as gentle as waking from a dream and carrying on living from a deeper authentic place within. This is a place where our immortal individuality merges with the larger Life that encompasses us all. When we recognize no difference between mine and yours, when we share the same Truth, when all is One, then we shall be reborn as the Christ Self we each inwardly are. It has already been accomplished, we just have to choose to be it and live it.

§

**230. Staying in Love:**

We have to detach from the painful situation that we see on the news everyday. It’s like we are allowing ourselves to be beaten up by a bully who has made us think he is stronger. Detaching means waking up from that false belief and remembering the power given us by God to create our reality. It means walking away from a situation that can only affect us if we let it. Remembering who we really are is to identify with the Divine Light, Love and Power that we have and that gives us the means to see the Divine Oneness that is shining through the pain, fear and confusion on the surface. We cannot relieve that pain if we become immersed in it. Fear and false belief are its cause. Let us be its antidote by affirming the Truth of the Self and the choice we have to live free of fear, pain and confusion. Now is the time when collectively we may choose Unity and God over separation and the fearful beliefs that have dominated human thinking and human life.

§

**231. Becoming a power station:**

To the extent that we stay in the positive energies of Light and Love we reinforce the change we are wanting to experience in the world. The energies we embody are radiated out into the world and increase the vibration of the planet whether we know it or not. Visualize your Self as a transmitting station for the One energy of God breaking through into the world. Maintain that vision and awareness as you go through the day and you are making a necessary contribution to the transformation of Earth that we all await.

§

**232. We are not alone:**

The biggest illusion that causes discouragement is the sense that we are alone and powerless to make a difference. We are never alone as we are all part of the same Life and the same Self. All lightworkers are endeavoring to bring forth different aspects of the same inner Truth. We are all working for the same goal. Those of us in physical bodies are continuously being aided by those on the inner dimensions who are waiting as we are for the day when we shall meet face to face. Our efforts are being augmented by those on the inner side. Now we are close to the Time when life on Earth will be transformed and the long reign of fear and separation will be over forever. The Spiritual Hierarchy of Earth, and the Galactic Alliance are working for this imminent moment too— which won't be long from now. So let your Light shine and know that victory is destined!

§

**233. Staying tuned in to the Light:**

There is a higher strata of energy above the collective mind space where humanity functions with its confusing welter of thoughts and emotions, hopes and suffering. This higher pure Light and Love is integral to the Reality of the Consciousness of God that is slowly moving into the awareness of humanity. Through the Heart we can tune into this Self Consciousness that would be synthesized with human consciousness to awaken it to its Eternal and True nature. Rather than battling with the conflicting array of thoughts, beliefs, emotions and fears that humanity has been subject to, it is more effective to maintain a focus on the inner Reality of Spirit that is here now to transform our experience of who we are. By expressing our Self from this inner space of loving consciousness and living from here we may be more effective agents of change than if we get caught up in all the stormy weather of human concern and turmoil.

§

### **234. Moving into the New:**

In this New Time we are transitioning into, the vibrations of the personal self are being raised so that it can become a direct vehicle for the Soul. The Soul will be able to integrate the personality and we — as Soul — will be able to express our Self as we really are. Now our consciousness has indirectly expressed as a separate self, disconnected from the Wholeness of our Being. The process of the personal self touching the Reality of the Self will begin to allow the transfer of identity along the line of energy created by the self's expression of the Self. This line of loving Self Consciousness gradually allows the shift from separation to Wholeness to take place. Then we are no longer confined in the concrete mind with its programmed need to learn, we are now functioning in a space that pervades the external world and IS One. This is the inner dimension of the Soul.

Our concern as Soul will now be discovering what IS here now in the new reality, and expressing, sharing and extending that reality until all humanity, and indeed all nature, is synthesized with it. Our focus will then shift to living from within and extending that without. The slow process of integrating more love within humanity over the last two thousand years has prepared humanity for the reality of Soul life, as it is an embodiment of Love. Love is an energy that attracts and unifies the separate with the Source, the Whole. In God, nothing is separate — everything created remains eternally part of the Creator.

We shall stop believing in God and will start experiencing our Oneness with our Source. This new awareness of the reality of the Soul consciousness is here now providing us with a new choice and opportunity. This is to realize our destiny and awaken to our true Life and Self. This opening will enlarge until it reveals a new world, prepared by God as a field ready for our co-creation. We shall, in expressing our Self, create the forms into which the ideas, dreams and Consciousness of God may flow and manifest. This is White Magic or Miracle mindedness.

**235. Being lifted up to join Christ:**

Christ in Palestine said, "If I be lifted up from the Earth, I will draw all men unto me." He knew he would be resurrected as he was One with the Father and that what was willed must come to be. He was also speaking as the Cosmic Magnet of Love and knew the inevitability of the reunion of the separate selves with their Source, for this is the Plan of God. This Plan allows for the physical self to develop to the point where it can accept and embody the consciousness of God directly on the physical level. This is part of the fulfillment of God's need to express Love and Self on the dense physical level. We are essential in this process. We won't know exactly what this entails until we do it, however. The key is Love. Love that utilizes the mind to fulfill the Will of God. And it is the Will of God to expand until all has been redeemed, raised and made One, all within it. These ideas can help us connect our history and religion with our experience now, so that we may not be afraid of the changes, but are able to go with the flow from God, to see it for what it is and embrace it.

§

**236. A Time for renewal:**

As we have become increasingly secular, the ideas of religion have become increasingly a myth that lack relevance to the present. Many supernatural religious notions are now not believed and religious morality has become confused with man made concepts, leaving us with mere collective habits of faith and behavior. It is time for a renewal. However not a renewal that is an attempt to return to a past that is gone, but a renewal based on the reality of spirit now. Faith in belief must shift to faith in the authenticity of spirit experienced now. This is particularly related to the psychological awareness of a deeper authentic Self Consciousness within that contrasts with the ego. That many are turning away from old beliefs is natural. People need to find within themselves the authority that has been given to outer authorities and their systems of belief. That authority will not be discovered in the separate mind with its confusion of disparate thoughts, but through the Heart which connects us to what is real and eternal.

§

**237. This interim period:**

During this interim transition period we shall undoubtedly be fluctuating between personal consciousness that is focused on particular thoughts or emotions, and Soul Consciousness that is attentive to what IS in the moment. Soul awareness will necessarily generate thought, vision, imaginations and creative intentions, but these will start from the intuitive apprehension of the Heart. This fluctuation will be between: mind - Heart; thought - awareness; part - Whole; time - Now. The more we can release the ego with its intrinsic tendency to be identified with thought and emotion, the sooner we can remain centered in the Soul. The more we can express our Soul awareness, the more real it will become for us. We are getting much encouragement from the spirit world who can see better than us what is really happening now. They know that our collective Ascension is imminent. We can sense it, but being in form, the Reality is not obvious. Our eyes perceive what our minds believe and the Heart's knowing is yet an incipient vision.

§

**238. The new experience:**

The mind naturally wants to know what is coming and what to expect in the transition to the New Age. Unfortunately the endeavor to conceptualize the changes cannot be very successful as we are moving from an experience of reality defined by the concrete mind we have identified with, to the realm of the Soul and buddhic consciousness, which is a different dimension of reality that does not translate readily. These changes are also defined by something more than astronomical and astrological progressions and changes of energies. Something radically revelatory and transformative is also in process. A new divine energy of Synthesis is unifying form and Soul in such a way that identity that had been focused in the form will be transferred to the Soul within. Or, to put it another way, the Soul will consciously take possession of the form and thus be able to express its nature through the form directly and not indirectly as it has been, through a separate self.

The human kingdom will merge with the Soul kingdom, the Fourth hierarchy with the Fifth, and God/Logos will have a

creative agency to manifest the Mind of God directly on Earth. We, the human beings in process of becoming Christed Souls are naturally struggling to understand and cooperate in this divine process of Ascension into a New Age of life on Earth. We can cooperate with this destined transformation by allowing the Heart to integrate the mind, and by doing so move from primarily functioning in thought to functioning in feeling and intuition. Thought becomes an afterthought or something we express to give form to what we are becoming aware of as we open to this new synthetic energy and Presence of Soul. This is the key difference in this New Time — now we can notice a distinct Self Presence within which heretofore has been too subtle and indistinct to recognize. This inner Self is something that we can gradually shift our allegiance and identity to. This is the radical awakening to who we really are as Soul, which has ever been our Eternal reality, although we have had difficulty in living as such.

The energy of the synthetic Whole of the Self of God is becoming more apparent. This is experienced as an energetic space that is One within all forms of creation. We experience it when we get out of our head and take a step back into the conscious energy that is here now in this moment. This energy is navigated by our intuition that senses and interprets the subtle impressions of spirit in the moment. We are encompassed and embraced by God always, so it's just a matter of discovering what is here now that is available for us to know, express, bring forth and manifest. It's as simple as speaking from our Heart in Love. Because we are really just sharing our Self. However, as the One Self is part of God, we are really co-creating with God that extends God directly on to the physical plane. The conceptualization of this is straightforward but accomplishing it requires our willingness to leave the mind and move into the unknown realm of the Heart and live in a different way. It's not hard — in fact it's easier — it's just a fundamental change in how we experience ourselves and life.

§

**239. Love is divine:**

The Love that we express and embody is divine. Whether this Love is expressed to a pet or a partner, as a project or a dream,

Love is One and connected to its Source in God. In the past, Love often didn't get the respect due to it because its contribution wasn't as obvious as the mind or the will. Like a mother's child rearing it was something taken for granted and deemed preparatory to the later accomplishments of the adult. However, Love in the New Age will define our life and civilization. Love will be realized to be more than a personal feeling, it will be experienced as the nature of the God we live within, as the air we breathe. It will pervade everything we do and create. As the current in the river of life, it will move us along and bring us to new shores of experience and wonder. Love won't just be confined to our emotional life, but characterize the Whole of our life. When we have a question we shall not go to the mind, but will go to the Heart which knows what we really need and dream.

§

**240. Loving dialogue:**

Dialogue must be organic or spontaneously determined by what is there in the moment to be expressed. Dialogue is more than just saying whatever comes into our heads. It requires a process of inner listening in the Heart, that hears more than just words, but the Love and intention behind the words. Personal love respects boundaries and proper behavior that honors the other. Love of Self doesn't recognize boundaries in dialogue because there are no personal agendas and the needs of the Whole are inherently accommodated. Love moves us to be totally and freely our Self with others, without thought of ego or restriction, judgment or fear. Loving dialogue always places us in the unknown now where each moment is a revelation.

§

**241. Creation of the New:**

Creation of the New begins with the experience and realization that we have a shared Self. The New World is the extension of the Oneness and Unity of this into expression and form. This Self is not personal or separate but is One Conscious Space or Being within all. Awareness of this Heart Space or Presence within is the first step. Then comes the realization that this is a communal Self that is Christ Consciousness. Then comes the

realization, through sharing what we become aware of here, that we can shift our identity from the personal self to the One Self. This embodies becoming who we really are as a Christ Self. As we stay centered in the Self, live and be from here we participate in the collective shift that humanity is in the process of making from a civilization based on the separate ego to one based on our Unity with God. Creation of the New entails bringing forth the potentials latent within our shared Being. As that Being is of God, we are extending God into the physical plane of time and space. In the process we redeem the separative nature of the matter we are incarnate in. Creation of the New is a redemptive process. Creation of the New also entails making what is unknown, known. It is a process of discovery and revelation as what IS is formulated, expressed and shared. As what is, is One, we can only do this together in dialogue and relationship together. Inwardly we are all linked and part of One Self. This is the new Self we are all awakening to. Let us make the shift and begin to share what we are coming to know from this awareness.

§

**242. We cannot do it alone:**

Discovering our interdependence as integral aspects of One Self is facilitated by discovering our dependence on Jesus Christ who embodies the One Self and is “the Way, the Truth and the Life”. That is, we cannot be our Self in separation but must accept our Oneness and Unity with Jesus Christ to be our Self. Because we share the same Self. If we try to leave Jesus out and do it alone we leave ourselves out. We are destined to become One with Christ and brothers with Jesus by accepting Christ as our Self. In other words, there is but One Self of God within all creation which Jesus embodies and is. Jesus encourages us to do the same and be like him. This is to accept our God given nature and destiny.

§

**243. Discovering new conditions and patterns of Soul life:**

When one resides in the Self we are in an inner strata of being removed from the usual concerns and habitual patterns of thought. We are connected inwardly and in rapport. We can

share our personal response to this awareness, but sharing as Self is a new skill that seems to require practice. I naturally hope that we collectively make sharing from this inward place of Oneness and Unity the new normal. I hope that living fully in the moment as it unfolds new leads us to the new world — a Heaven on Earth — that we all dream of. I hope to make this shared collective experience more tangible and manifest. Right now it feels like looking out on a new land that we will not know until we begin to explore it together. This new land is us, united in Love and embraced by God. As Jesus has said, we need to discover the new patterns inherent here and bring them to awareness. Jesus has already mentioned some of these: giving is receiving; no loss but only gain; what one has we all have; needs are fulfilled by God; all are encompassed by One Self; we only learn in Unity; we only know what we share; everything must pass through us; living in a state of grace, etc. These new patterns are within the new conditions we now experience by living as a Soul.

§

**244. The elevated self of form:**

Jesus mentions the 'elevated self of form' which is a new God given creation resulting in the ascension of the personal self so that it can be an instrument of the Christ Self and allow our identity to transfer from the separate self to the real Self within. The elevated self then becomes the One Self's means of connection to the physical world, allowing the collective manifestation of Christ and the Kingdom of the Soul in the world. Our collective imprisonment as ego is over. The only thing now keeping us in the world we have known is the habit of thinking we have established and which has been reinforced over many years. If we can release our attachment to our minds and join with the Self in the Heart, we will discover a new reality waiting to greet us. This is an experience of a deeper authentic Self which is connected and integral to the One Self within humanity. By claiming this Self, we instantly are in connection to the Self within all and a different order of being to that which we have lived. As we trust and stay centered in the Self we will intuitively apprehend a new way of living by the laws of God rather than those of the ego.

§

**245. A New Day begins:**

When we connect with the spacious Self in the Heart, we unite with a new conscious reality coming into being in the world. This Self accepts and embraces all aspects of our personal self, because it is not affected by it. As we shift our identity to the One Self, we will realize that we are becoming who we really are. So our attachment to the old patterns of belief and thinking must go. To live in the new dimension of the Self, our minds must be free and open to see and accept what is here now. God is pervading the world with his Conscious Presence while at the same time lifting up the personal self to the point that we can become aware of the Presence within. This is inducing a synthesis between the human and the Divine. However, we must freely choose to take this step of acceptance and cooperate in this process. Love is showing the way — Love of self, Love of Self and Love as Spirit moving within us and the world. The reign of fear and separation is over. Love is bringing everything to Oneness and Peace. A New World is being born and coming into being through us. Let us not try to perceive it through our old eyes that just see what we have believed. Let us see with the Heart and realize that Christ is here and coming. As quietly and inexorably as a new day beginning, a New Time begins.

§

**246. Awakening to a world transformed:**

When we unite with the Self in us, we unite with the Self in all, and that quickly the world is transformed. Everyone is living in Oneness with us. They may not realize it, but we can share it with them, and must share it if we are to be true to our Self. We become points of the emergence of the Light of Spirit into the world. Like the invisible dark energy that sustains the universe, we become conscious of and embody the invisible but real energy of Spirit that is now emerging in our awareness. Our scientific instruments cannot register the dark energy and matter in the universe, but our consciousness is an instrument that can detect it. We are becoming aware of another dimension of being that has always been within us unseen and unexperienced. Now we are becoming aware of this dimension of Oneness as a Divine revelation. One by one we are awakening to a new reality

that now defines our experience. As we begin to consciously share what we are experiencing now, we will begin to manifest this Heaven that some of us are beginning to live in now.

§

**247. Co-Creating with God:**

Unless I am feeling inspired, I am not feeling as I am, for each moment holds new awareness, feeling, ideas, and discovery. And if I am not noticing this, I am not in my Self. Each moment is unfolding new in the eternity and infinity of God. Releasing the mind's hold on what has been just cognized a moment ago, I am now in an entirely new moment. It seems to be impossible to catch up with what's happening in the moment, for as soon as awareness happens, the moment has changed. It's quite fascinating — this blend of time and timelessness, change and stillness. Everything that IS seems to be unchanging, yet we are only progressively becoming aware of it all. Life seems to be a process that brings the infinite potentials latent within, to conscious awareness, where these are then expressed and manifested. We are really co-Creators with God, doing his work on the physical plane. Living in the Eternal Now of God, we bring it forth into the realm of time and space.

§

**248. Discovering our Self:**

Instead of just reimagining ourselves, which is a mental process and leaves us susceptible to creating another false self, let us actually discover our Self. In this moment, pervading the space around and within us, is the energy and consciousness of the Self of God. This vibration is imperceptibly increasing in strength so that we may become more aware of what is at present a subtle energetic Presence. As we center our awareness in this space and intuitively feel into it, we excitedly realize that we are on the threshold of the unknown. We are awakening to a new experience of our deeper and real Self that we can sense holds the possibility of a wider range of experience than we have known as a separate personality. It is an experience of another dimension of reality that doesn't readily translate into the linear and logical vernacular that we have conceptualized our experience by. Suddenly we are part of a Self that includes and

is within everyone. Suddenly the dramas and concerns that have been at the center of life are rendered superficial and incidental. Free of the past and our beliefs about things, we may look into the Isness of things as a revelation. Suddenly everything is a Divine creation and connected in Oneness to God. Suddenly we are no longer living in the world we have known, but are entering a new world created by God for us. Here, we all are brothers and sisters in Christ. Now, we are getting our bearings after being born anew, but soon we shall begin to trundle about and begin to live here in earnest. Here Love is what we are and Love and Joy are what move us. As we gradually forget the dreams of life we are awakening from and adjust our eyes to this new panorama before us, let us begin to share what we are experiencing now, what we are sensing and dreaming that is now possible. We are the pioneers of a new land and time, and must open ourselves to what we are given to build and create now that all is Whole, and God again rules over all.

§

**249. By Divine decree:**

What if by divine decree, not thought but only feeling would be spoken — and only feelings that uplift — love, joy, gratitude, praise, wonder, peace, unity and the like. Rather than dull mental talking ‘about’, each would express from the Heart everything that IS. For all that IS, is of God and perfect and deserving of reverence. Only the Beautiful, Good and True would be honored with attention. And everything that was not, would slowly fade away.

Prose is too dull, that’s very plain.  
Logic and judgement — the spirit’s bane.  
The Heart is nourished on beauty and love,  
Imagination and vision from above.  
Let joy speak the words, let light fill the sky,  
Let each share their toast, let none be shy.  
Giving all honor to She who creates,  
Who gives life to Love and opens the gate.  
Let each enter surely, let none decline,  
The field beyond, is really a shrine.  
A land for the dreamers, and poets of song,

A magical realm where all are now One.  
Each will be welcomed, all will be loved  
Leave bags at the gate and meet your beloved.

§

**250. A New World is being born:**

It's very gratifying to relate to others who are beginning to experience, as I am, that we are all part of the same Self. And who are beginning to leave the old mind that would interpret everything in terms of separation. We can now begin to experience Christ in the world, not as an other, but as who we really are. We can now begin to experience the moment as an unknown land that it is our joy to discover, share and be in. We can now begin to experience the turmoil in the world as the process of a destined birth. It is the birth of the new reality of God emerging from within to transform separation into Oneness. Let us consciously bring this forth and share this awareness so we more quickly move through this time of transition.

§

**251. This remarkable time:**

Now, collectively, we are being asked to stay home. What a wonderful opportunity to discover what is here now within. Restrained from our habitual doing, we are being encouraged to just be with our self. In this world transforming time we must look at what is going on with new eyes, for this world moment has never happened before. What we discover is that we are not alone. We are all together, one and connected in something rather remarkable that is happening to all of us despite our physical separation. Something is uniting us and helping us realize that we are a unity. Our common circumstance is deeper than we think. We are awakening to a new day in the world and if we really would understand the full import of this moment we would shout with joy. Something long foretold is beginning and our happiness and our life is about to change in a way we can hardly imagine. Within the Heart now is a Presence within us all. It's here to awaken us and bring us Home.

§

### **252. Embracing the New now:**

It is natural to be expectant now as many people are sensing that we are in a turbulent transition and that changes are coming. We are both fearful and hopeful for both possibilities are latent in the moment. However, the greater reality is only positive, and is of such a nature that it will transform our world and our experience, and fulfill age old prophecies. Rather than just waiting, we can align with the new movement of spirit now that has already altered the energy matrix of Earth. We can become aware of this most easily by tuning into our Heart where we can apprehend the subtle Presence of an inner Consciousness, that we will discover is the Self and Spirit of God, now emerging into our collective awareness. A Time foreordained is at hand, where the Age of separation will be superseded by the Age of Unity, when we may each awake to the Soul and live as such. We may begin now if we will release our attachment to the judgements of the concrete mind and wholly trust the Self that we can intuitively feel within. We may make the shift now from ego to Soul, that is imminent collectively. Let us stand in spiritual Being, and share the Truth of who we really are and what we are becoming aware of, and we will flow in harmony with the Divine current of this Time.

### **§**

### **253. Trusting Spirit:**

The changes happening in the world now are shaking up our lives, our beliefs and our faith. These changes are testing us and forcing us to go within and find that which we can rely on and which can support us in coping with the circumstances of the moment. Despite the turmoil in the world, our particular situation may be much simpler and less fearful, so it is wise to not take on the uncertainty and fear being promulgated in the media. We can live each day in Peace, Trusting Spirit to not only provide for our needs, but to lead us to the fulfillment of our dreams and our purpose in life. Everyone is different, but everyone also has an individual guide that knows best what needs to be done. Let us not forget that we are collectively in a transition to a better world, and that within the tumult of events, the Spirit and Consciousness of God are moving and orchestrating change to a forgone conclusion. As we cooperate with Spirit we flow in harmony with the positive good that is unfolding. Love is moving

through the world and breaking down the barriers placed there by fear and selfish interests. As we act on Love we strengthen the movement of God in the world and facilitate the transition. We can become instruments of God as we stay positive and aligned with Love and God's Will.

§

**254. Living in Heaven now:**

In the past, we had to die before gaining Heaven and Oneness with the Divine. However, we are now afforded the opportunity of living in Heaven on Earth if we choose to embody Christ Consciousness now. God is manifestly pervading Earth with his Consciousness and Spirit that are now accessible in the Heart. As an escalator ascending, humanity is being imperceptibly elevated to a new level of reality where we can become aware of the Oneness within all life. We may choose to 'get off' at this level and unite with the One Self. We can now live in Heaven while in the world. This fusion or synthesis will transform human civilization from one based on separation and ego to one based on our Unity with God, if we embody it.

§

**255. We are being asked to wake up:**

For those of us who have been moved to 'go within' during this pandemic, we may have discovered something that has changed 'normal' and aligned it with a spirit moving within the world. Normal is now more connected and grounded in an inner Self that has become more real and tangible. Outwardly we are also more united. The value of the average person has been affirmed. The common needs that we all have are now front and center. Special interests and special relationships have given way for the common bonds that characterize humanity. Suddenly peoples of all nations are in the same boat and equalized. Outer changes are forcing us to cleave to the guiding spirit within. These are positive developments. We may feel that these changes are related to the Time of Christ spoken of by Jesus and provide additional motivation to get straight with the Lord. I certainly feel the urgency of this time and the opportunity to experience spiritual breakthrough. I feel Christ is here now

knocking at the door of our Heart. He is shaking up and waking up the world to his Presence.

§

**256. Faith in the Heart's knowing:**

We may not know what to do or how to go forward in this time of crisis, but spirit knows, and if we can just trust it we will discover that everything is good. Jesus has reminded us that we no longer have to try to plan or control our life. We just have to live it as we are given to. This requires inner listening and faith. It may manifest in specific acts we are moved to take or it may just involve waiting and letting events unfold. Often circumstances take care of themselves. Our needs are met by God when we give ourselves to God. "Nothing real can be threatened." Our faith must not be in our beliefs but in our experience of intuitive knowing that we have when centered in our Self. The Heart knows, the mind only believes.

§

**257. Each is unique:**

As we center ourselves in the Heart and in the Self, we shall be putting ourselves in telepathic rapport with each other as we will all be centered in the same space and the same Truth. We will discover that we are all trying to share the same experience and express the same thing. Therefore we each are supporting and cooperating with each other in this process. One may articulate an aspect that another is unclear about. One may touch something that is as yet too vague for another. As we are opening to a new level or reality it won't always be easy to translate and formulate this into a 3D vernacular. Each person has their own perspective and gifts to enrich this process for all. Let us trust in our Self and our own unique experience of it. Although the Truth is one, our expression of it is variable and unique.

§

**258. The inspiration of nature:**

It is sometimes easier to feel inspired by spirit when in nature, as nature and spirit are both alive. Inside structures we can be in

our heads more and that is something we need to escape from. Heart centered meditation in a quiet place of natural beauty can be ideal to allow us to feel centered in and inspired by spirit. Each moment is new and alive as nature is. The wind of spirit moves through us as the wind blows around us. Subtle inner impressions come to awareness as the fragrant scents are carried to us in the air. Feelings arise in the Heart as the sun warms us and makes us feel good. From far off we hear the sounds of calls, and gentle strains of music from somewhere as the birds sing and the trees rustle. We are invariably touched and embraced by life within and around us in nature. Every sense has its spiritual correspondence.

§

**259. The principles of co-Creation:**

Jesus tells us that we must become aware of and embody the principles of creation, just as we have done with the principles of learning that have characterized the time of the ego. Three interconnected creation principles are, movement, being and expression. Spirit ever moves and unfolds, and we must flow with it if we are to express and be our Self. Our Self is ever new and must stay open to new knowing and inspiration which flows through us from within to the without we express ourselves to. This is co-Creation with God. Just as we are a creation of God, our Self further steps down God's creation to manifest spirit on the physical plane. We are intermediaries, bringing forth Divine Ideas from the Mind of God, and giving them form and expression. By doing so, we extend another Reality down on/to Earth. This corresponds to another formulation of these principles that Jesus mentions — convergence, intersection and pass through. Spirit converges in us, who are the intersection between spirit and form. It passes through when we give it expression through the self of form, which is our representation in the world.

§

**260. The work of Creation:**

Jesus tells us that Light was the “first act of Creation when the three creative principles came together”. ACOL D15:8. Light is an expression of mind purposed by Love. The first movement of

God created matter or form, and gave it life. We embody the movement of that spirit which has been breathed within the forms of matter and has now become conscious of its Self and is reuniting with its Source. Now it can co-Create with God a further creation. We are the Self elevated to fulfill its purpose with God. The Spirit of God exists within all the matter of Earth and it is our work to consciously elevate or redeem it — to let it pass through us and let eternal spirit supersede the temporal form. To let the Wholeness of God supersede the separation of form.

§

**261. In transition:**

I don't know how many of you have felt as I have as a result of communion with Jesus. While I feel more my Self than I have ever been — more grounded, centered and inspired — yet it is difficult to express this with others without feeling like I am proselytizing. It's so wonderful having this experience of Wholeness and Unity with my Self that I want to share it, but it's not an easy thing to do. The experience of intermittent Oneness doesn't readily translate into everyday terms and conversation. Thus, I am at present, mostly left to myself, to write my impressions, feelings, intuitions and vision, assuming that this will lead to more concrete and manifold connections. I'm trying to be evocative without being presumptive, straightforward without compromising the Truth. I am grateful to be living an inspired life and excited about the changes that I feel are leading us toward a prophesied transformation. I take solace in the fact that there are so many people acting on spirit for the greater good — and acting on Love.

§

**262. Let your voice be heard:**

I know it can feel uncomfortable or awkward to talk about one's connection to Jesus Christ and to share one's impressions of this experience. It's easier to talk 'about' the abstract and intellectual beliefs associated with faith than the intimate details of one's actual experience. Therefore it's helpful to remember that we are all really opening up to the same Self, the same Truth and the same consciousness. Everyone knows and is

remembering the same thing as the Truth is One and shared. In the world of the ego, some people seem to know more than others, but this does not apply to the Self. Each person expresses this Self in a unique way that only enriches everyone's understanding. I am just saying this to encourage the introverts, like myself, who may doubt themselves. There is nothing to fear. Shout it out and let your voice be heard and appreciated.

§

**263. Becoming:**

Jesus talks about the Trinity of God, Love and Creation which correspond to spirit, consciousness and intelligent matter or movement, being and expression. As long as we resist these we experience these acting upon us. But when we accept our Wholeness and surrender to them, they are what we do as a co-creator. As we are still becoming, we are still subject to being created anew as an 'elevated self of form' who can embody and express Christ while on Earth. This elevated self is not really who we are, but is the instrument of the Christ Self who we really are that has replaced the personal self. Becoming is the time between identifying with the ego, and later with the elevated self, until we have finally identified with the One Self and are living in Wholeness.

§

**264. Accepting our Self:**

As Jesus has told us, "Acceptance of me is acceptance of your Self." ACOL F1:1 We share the same Christ Self, that we can now directly access due to the shift in the energy matrix of Earth. This change defines the New Time that we have collectively entered and the destiny that is God's Plan for humanity — that we shall consciously reunite with our Source and live in Oneness with God rather than in separation. Christianity has prophesied the return of Christ, only we have given it an interpretation in terms of separation, as the ego would. We have imagined a separate divine man returning. However, Christ is returning within all of us so that we may Unite and become One, as Jesus became One. The Self contacted within the Heart, who we really are, is One or the same within all

of us. This is a Time when we shall collectively awaken to our real Self identity and begin to live as such. To the ego, this is a fantasy and a delusion. To us, however, it is as simple and natural as being authentically Whole and real. We cannot accomplish this shift as an ego, we can only do it by joining Jesus Christ. In Unity, it is done for us, as it is already accomplished.

§

**265. God's Plan:**

When Jesus became One with God, he, in effect, brought the Love of God down to the emotional level where humanity could access it. Over the last two thousand years humanity has gradually integrated this principle of Love. When he resurrected the body, he revealed and demonstrated the true eternal nature of our Self. As he became One with the God in all, what he accomplished, was accomplished in us. The nature of human life subsequently was altered to fulfill the Plan of God, that entails the return of humanity to awareness and unity with God. We are now prepared for the next step in this process — the direct contact and unity with the Self of God or Christ. What Jesus accomplished, we too shall accomplish. He is waiting for us now to become aware of him as he knocks on the door of our Heart. God has pervaded the Earth with his Self. The Age of Unity is beginning. The story of Jesus Christ contained two parts: Jesus the man and Christ the Conscious Self of God. Jesus in becoming One with Christ demonstrated our future — which is here now and waiting to be realized.

§

**266. Being my Self:**

Being in the Self is being aware, but without the ego or a separate identity. It's a state of Peace and Love where everything is safe and accepted, where everything just IS, without any personal agendas or concerns. It's a unitary state where everything is One and happening or unfolding together. I still have an individual identity but it is now the embodiment of a larger Self that is within everyone. It's as if a veil has been removed between my focus of awareness and the reality of my identity that allows me now to rest or stay in my Self. Now I am

more fully present because I am Whole and not separate from my Self. It's not a special state — fireworks aren't going off — it's very quiet and normal or natural because it's the essence of being without anything added to it. Fear is not added to it because there is no reason or basis for it. If everything is part of the same Self, there is nothing outside to threaten it. There are just some individuals who aren't aware as the One Self. Love will gradually relax their fear and allow them to be here too. We have entered a new territory in being together without walls to separate us.

§

**267. Being in the moment:**

The key to releasing the concrete mind, its memories, emotions, and thoughts is to stay present to the awareness of the space of Self consciousness now. Centering in the experience of now is entering within the moment and letting the intuition discover what is here. In the Peace, Silence and Stillness, the Self IS. Realizing that this space is shared with Jesus Christ helps us to know where we are at. As we stay focused on what IS, new awareness comes to us which we can share and express. In the living moment, impressions, feelings, visions, ideas, and intentions arise too conscious awareness, to be shared, extended and acted upon. We bring forth what is within the moment. As we share this space and knowing with others, it becomes more real and manifest.

§

**268. Accepting Jesus Christ:**

We have been enjoined to accept Jesus. This is more than just believing in the divinity of Jesus Christ. Accepting Jesus Christ implies accepting the Presence and the experience of Jesus Christ as our Self. It implies releasing our personal identity and accepting an identity that is grounded on an inner Oneness of being that is shared with all humanity and indeed all creation. Accepting Jesus requires realizing that our life exists in a Unity that we must surrender to. This Wholeness is already complete and accomplished and just requires acceptance. It is not a completion or an accomplishment of the separate self, it is a

relinquishment of the separate self in the acceptance of a deeper Oneness with the Presence of Christ.

§

**269. Jesus is here now to return us to Truth:**

If Jesus came in to our home and had a private conversation with us, I'm sure it would have a pronounced effect. Yet it is the same when we are reading his Word — we are having a real connection with him. We are inexorably connected as we are part of the same Consciousness, Mind, Life and Self. The Word allows us to become aware of this. The Word allows us to access and unite with Jesus Christ. Once we've made that contact we can remain in connection by staying joined, centered in or united in the One Self that he is and we are. This is an experience that we can become aware of as we stay in our Heart and the loving space within all, that is the Self. This energy, space and Presence not only pervades our collective awareness, it pervades the Earth. So that when we are noticing the Self within, we are noticing God coming into his people to return them to Home. Here, in the Silence, Jesus has come to return us to the Kingdom and the Truth of who we really are in God.

§

**270. Swimming in God:**

One of the first things we realize when centered in God, is how peaceful it is. We had expected excitement, stimulation or emotion, but it is very still, silent and natural. It's an emptiness that's full, a Love that's all encompassing. It's a Reality that's missing the unreality of the ego. Maybe, in part, that's why it's so peaceful — there's no chatter, drama or even thought. Everything just IS. And into this Isness we dive in, looking for pearls. The pearls are here — treasure to be found simply by noticing what is within this moment, this space. We hear a call from God and we answer it. The treasure begins with the Oneness of us. Now we begin our work/joy of co-Creation with God. God provides the pearls and we bring them forth into the world. This is another pearl — the relationship of receive/give that we have with God. The more we give, the more we receive. Now, it seems that we are swimming in God and have lost our

contact with solid Earth. All is permeable and malleable. Images and impressions unfold. Now I am soaring in the sky of God and far beyond everyday haunts. Saying this I land again and begin to pour the chalice out. Beness is a pearl, and sharing this together.

§

**271. Love is God:**

As the concrete mind where the ego is based is only conditioned to perceive the concrete forms of thoughts, emotions and sensations, we don't perceive the formless context in which these are experienced. We see the elephants in the room, but not the invisible space encompassing them which is the Self. God is omnipresent but not experienced because we're looking from minds that have separated from God. To see wholly we have to reconnect with the Whole which is experienced in the Heart. Love is God and is within all Creation. Our concrete minds misinterpret the nature of Love and take it to be a personal emotion. It is so much more than that. We project it on to our particular love objects, but this limits Love's all encompassing nature. Love might be described as the feeling of the Self. Through awareness of Love we connect to the Self we really are and to God. Let us cease the mind's searching and begin the Heart's finding of God.

§

**272. Enlightenment:**

We believe that it's necessary to enlighten the mind, but the Self is already enlightened. We just need to get out of our mind and into the Self to realize we needn't bother with the concrete mind. This saying highlights the difference between Path of the Heart in ACOL and most traditional approaches to spirituality that are based on belief, effort, will and mental realization. This New Path has only opened now in fullness, because it's only now that Christ has become so accessible through the Heart. Joining in Unity with the Self, we can intuitively access the Self's enlightened Knowing. However, this derives from Unity or Oneness with the Self and is not something that the personal self accomplishes on its own. In fact, it arises only after we have released identity with the separate self. Let us realize that the

goalposts have moved. The goal is no longer of the mind, but of the Self.

§

**273. Sharing One Self:**

Sharing the same Self sounds frightening to the ego who exults in his separation and singularity. Yet we all breathe the same air, on the same Earth under the same sun animated by the same God. However, just because our bodies are different, doesn't mean that the 'I' or Self animating our egos is different for each. Indeed it is not as we shall discover when we merge with our Soul and realize that we are One with everyone. This doesn't imply that our outer expression or interests will be the same. We will actually become more individual and authentic. So we won't become robotized clones. Rather we will begin on our own unique path in the Infinity of God's Mind. Sharing our individual expressions and embodiments will enrich us as we each have our unique gifts to share. Having a shared Christ Consciousness doesn't bother the spiritual Masters and it won't bother us as we become the Self we are awakening to.

§

**274. Healing the pain of the ego:**

We all experience a number of deep emotions and related thoughts — sorrow, guilt, remorse, self condemnation, fear, loneliness, confusion, bitterness, lack and longing, etc. — that we try to repress or deny. But by doing so we keep them. It's only when we bring these to conscious awareness and accept them that it is possible to heal them by the compassionate Self who is the real witness. All these thoughts and feelings derive from our unconscious assumption that we are the ego, separate from God and who needs struggle just to survive and get felt needs met in a threatening world. This is not really who we are. By opening to the transpersonal Self by the love that connects, we can gradually come to realize that we are more than an ego. If we can accept ego programming as just a part of our human experience based on a fearful but false belief of separation, and stay centered instead in the Self of Love, we may heal the ego's pain and free our identity. Our real Self has not left paradise. If we can live from the Heart where our spiritual Self is known,

instead of from the head where ego programming is based, we may learn to live in the Oneness within, in Trust and Peace. We may realize that our bodies are our vehicles, not our identities. The Truth will set us free of the ego's suffering — and this experience will show us that we are really part of God's Self and not ego.

§

**275. The gifts of the dark night:**

Reflecting from the vantage point of the Eternal Self on painful feelings or memories that might arise to awareness in the moment, is a bit like traveling by train through a tunnel. It's dark but soon we are back in the Light again. The Light is the awareness that the Self shines on the ego that accepts and embraces it yet with a detachment that knows that we are more than ego. Lessons are learned with a gentle compassion that says we no longer have to do or think about what brought on the pain. The situation is subtly transformed. We no longer have judgements about our experience, or judge ourselves for judging. Attaining this latter meta level is really necessary for shifting out of the ego. We not only have to resolve our particular experience but also resolve the experience of being a human who is prone to such experience. This only the Self can accomplish. In this way we can transform our human feelings into art forms that reveal another dimension of meaning. This is the landscape of the soul, revealed in clarity through human experience.

§

**276. No escape:**

Jesus tells us that we shouldn't try to be 'spiritual', we just need to accept who we authentically are in the moment, and our actual experience in the life we are really living. There is a natural tendency among spiritual seekers to strive for different or better circumstances — and this includes suppressing uncomfortable or discordant thoughts and feelings by striving after ideals. Jesus tells us that it is necessary to experience Oneness in the midst of life, not by escaping from our experience. Wholeness includes everything within our experience. Our spiritual practice then is just an ongoing

acceptance and expression of spirit in the moment that comes from just being the Self who we are.

§

**277. Our thoughts and feelings are not really ours:**

“Our thoughts and feelings are not really ours.” This is wisdom that is not at first understood or appreciated, for of course the ego believes its thoughts and feelings are its own — and prized possessions for the most part. Many people strive for years to acquire knowledge that they believe makes them special. Likewise they are attached, ashamed and condemned by their negative feelings. Bottom line is that the ego identifies with its thoughts and feelings. This situation is an unconscious problem for the personality because thoughts and feelings only have as much reality as we choose to give them, so the ego doesn’t cope with its experience effectively. When we become aware of thoughts and feelings, our response is really to be determined by the Self who is eternally free and detached from them. The ego has a skewed perspective and agenda. So if we could realize that ‘our’ thoughts and feelings are just any old thoughts and feelings that come into our awareness as a passing cloud might, we would be better able to let the Self decide what, if anything, is to be done. We would not become reactive or be afraid of our feelings and try to control our mind and our life. The ego may have created these thoughts and feelings, but that doesn’t make them any more real than the ego itself. Illusion can only create illusion. That’s why we shouldn’t give too much reality to the ego’s world. Let’s not worry about it and rather let the Self decide what to make of it all.

§

**278. The simplest, easiest and most direct Path:**

There are many different paths that advertise that they are a way forward in life and many different teachers who say they have the answer. Probably most offer something positive. However, mankind’s ultimate goal is to consciously reunite with our Creative Source or God. If we want the most direct, simplest and easiest path to this goal we would rely on Jesus Christ. Because to cleave to Christ — who is waiting for us in the Heart — is to immediately achieve the goal, or a least an experience of

it. Because it does seem to take some time, as Jesus says, to sustain Christ Consciousness. We end our dependence on any intermediary steps, any learning, any discipline and struggle, any teachers, and immediately rest in Christ. Love is God. The Heart is the Source. There is no separation. We can Unite now with our Christ Self, who we can actually access, feel and notice within. It's that simple, easy and direct. Why take a long convoluted path or depend on someone else when it's so easy to do. There, it's done. The only hard part is resisting the habits of our thinking process which diverts our attention to separate forms and away from Jesus Christ. Staying present and focused are the keys and then accepting, trusting and expressing the Self we gradually shift our identity to. The Self is One and of God.

§

**279. Dancing to a Spring piper:**

In May's beauty, with everything green and flowering, we can sense the new, the destined future and our Heart's dream. In the warm sun and fresh fragrant air we can feel the joy of life and all it holds within. Why not live in this future now? It is here within us waiting to be called forth. The Eternal enshrined moment calls to us. We may put it on as a ritual robe. This holy day is such a vestment, anointing us with Heaven's balm. All we are and will be is waiting to be lived now. In the holy moment when we are lost to worldly care, we may dance in the Heaven of our dreams, now. The piper is playing and Love wraps all in her divine arms.

§

**280. Harkening to a call:**

From far above the worldly din a call can be heard — a siren song of Homecoming that only our Heart can hear. This is our call, our song evoking us to respond and surrender, to give ourselves to it, and begin the voyage Home.

§

**281. Life transforming:**

Earth is a living jewel in the cosmos. Where else does precious spirit burst through the barren rock in such a wondrous display of life. The plant kingdom is radiating, the animal kingdom is domesticating, humans are awakening to the Divine within, and God and his Angels are reaching down to elevate all Earth to Heaven. The universe proceeds in cycles and a new cycle begins now. All those unused strands of DNA have been placed there for a purpose. We have no idea of the glory that lies ahead. Let us not judge from the present chaos. Night is darkest before dawn. But a new morning breaks on the world and a new Presence is here to ensure that this transition will go as smoothly as possible. Human life will flower and human evolution come to a fruition of glory commensurate with the magnificence of Earth. We are the flower and the seed, and the beginning of something so new and wonderful, there is no name for it yet. Relax, trust your Self, and Be the Divine Spirit we are.



**282. Living dreams:**

As I get older, dreams become more real than life. I believe that we all started out this way — as children live in a world of their imagination. But then the world closes in, responsibility, duty and thought. Finally I'm managing to find my way out of that trap. Again the world becomes luminous and shimmers as a dream made real. What vision would we play on the screen projected by our mind? Why not let the Heart conjure up what it desires? A fairy tale commences of a magic kingdom where love is ever present, all is good and beautiful, and all share together in the divine cornucopia of creative life. There is art, music, song and all matter of interest — all expressing the supernal wonder of the infinite divine. There are realms of perfection, and yet there is always more, beyond what we can conceive. Such a vision is hovering above the world now, waiting to be brought forth and lived.



**283. Self Realization:**

The possibility of Self realization begins from the fundamental understanding that the Self of God is omnipresent. The only

reason we are not noticing God is because we are habitually identified with the ego, as our self, which is a program of belief established in the concrete mind. This program was created by denying the Whole/God in the fearful belief that it was threatening to a separate sense of identity. Therefore the way back to God and the Realization of our real Self, which is One with God, is to release our attachment to the concrete mind where the ego is situated. Although there are many spiritual practices that endeavor to do this, it is hard to release the mind from the mind. By focusing on the Heart, which is connected to the Self by the Love of God, we can leave the mind and become consciously aware of the Christ Self. This requires adapting our consciousness to the seeming nothingness that is our initial experience of our Self. Like the air surrounding us, it seems to be empty. It takes time to acclimatize our awareness to this formless space and energy. When we do, we realize that it is pervaded by Light, Love, Consciousness and Intention. As we stay centered in this space, we discover that we can intuitively apprehend a knowing that we can formulate as thought. This is the initial experience of Self. Sustaining it requires living and being from this place of Oneness with all — expressing what we discover and not returning to our old separate ego identity. Thus we have to demonstrate our confidence in ‘nothing’ as our fundamental Reality. Of course, this ‘nothing’ is full of God and perpetually unfolding in Love.

§

**284. Brotherhood:**

Brotherhood is realizing that we are all equal extensions of the same brother or Son of God. That is, that we all equally share the same Christ Consciousness with Jesus and the other Spiritual Masters. This realization requires loosening and expanding our identity until we, as Christ, are One with the Life and Mind of God that is within all Creation. So brotherhood is not based on being separate individuals who have a loving connection, but rather is based on the experience of having the same Divine Self, which is the Self or the Creator. This same distinction applies to the idea of group consciousness, which refers to having a shared consciousness. This is the experience that we can look forward to collectively as humanity moves from the Age of separation to the Age of Unity that is coming.

§

**285. The space of Self:**

The Self, like God, is not confined to a form. It interpenetrates our bodies but extends beyond encompassing all forms. It is a space of Love and Conscious Awareness that we can feel. It is informed by Intention and Intuitive Knowing. It is the 'I' that animates and empowers our personal self consciousness. When centered in our real Self, we navigate life by trusting our inner senses that hear, feel, intuit, envision, sense and accept the Self's Knowing and allow it to be given expression, movement and creative form. This space encompasses all forms and obstacles, affirming only God. Individuals are joined in it in Wholeness and Oneness.

§

**286. Exploring the Now:**

Sometimes, one's consciousness may seem empty, but if we embrace the feeling that is there, something will arise to awareness. Just now, for example, it is a cool cloudy day in the garden. Everything is lush, flowering and scented. It's quiet but occasional far off sounds can be heard. I'm feeling gratitude, peace, love and curiosity to see what will arise now into this empty space. Reflecting, I realize just how important inspiration is to me. This moment is new and I desire that my experience should be also new and without preconceptions. The crow agrees. Synchronicities again affirm the moment's awareness. I go deeper into the Whole and suddenly it is no longer about me. Light is enveloping the planet and increasing our vibrations and our consciousness. The Energy of God is emerging from within and bringing a new dimension of Being to our awakening awareness. Everyone is being nudged out of their habitual habits of thought and behavior to feel what's happening. We may not consciously understand the wider implications but we are feeling quickened and are acting on an authentic sense that we feel. The world's turmoil can only have one outcome if we will trust the Spirit which is moving humanity as a whole by the Breath of God. Some are pretending not to notice, but soon that will be hard to do.

§

**287. God is here and coming:**

Spirit affirms the reality of Spirit and doesn't emphasize the battle with materialistic forces that causes us to fear and delay our embrace of the Truth. Yet this is what the conflict going on in the world is all about. While the ultimate victory is assured, people pursuing selfish aims are doing all they can to confuse, block, mislead, and promote contrary objectives to those for collective Good. Fighting these efforts is best accomplished by affirming the Truth, and what is best for all. And many world servers are doing just that. At a certain point the efforts to reform must cascade and the resistance crumble. For nothing can long deny the Power of God claiming his own. God has worked behind the scenes, but now his army is coming and naught can withstand it — or want to. As the Earth is being embraced by Love.

§

**288. Resolving duality:**

Jesus tells us that the relationships that we have with each other are necessary for us to realize that we are all part of One Divine Life and Consciousness. We are both an individual expression and the One who is Cause. The Love that we feel with each other that allows us to experience being One, is of God. This is the immediate purpose of human life — to consciously reunite with God or Christ. For when we unite with the divine consciousness of the Self, we unite with God. This invisible God pervades all creation and unites it into One. This is the Avatar of Synthesis who resolves and transforms duality into Oneness, by incorporating the resistance into its Self, by which something altogether new is created — the elevated form. This elevated form can now be the vehicle for the Self. When we meet in Love, surrendering to Spirit, we will be given God's new clothing to put on.

§

**289. Coping with negative feelings and thoughts:**

We all have painful memories, guilt, regrets, grief, remorse, bitterness and sorrows. These are inevitable in life. All we can do is let Love embrace these, incorporate any lessons and stay

in the present moment in the perfect Self. The present moment is the only reality — memories, thoughts, and emotions just have the reality we choose to give them. Let us embrace these but realize our real Self is unaffected. Listen within to see if a response is needed. Trust the Self's response if there is one other than acceptance and forgiveness. We embrace it all but move on in gratitude, peace, love and wholeness. Take a deep breath and enjoy another new day with new blessings.

§

**290. Be the change:**

Jesus has said repeatedly that cause and effect, means and end, giving and receiving, are the same. The ego, who lives in an 'if this, then that' reality, doesn't believe it, but it's very easy to test. Choose Love and we are immediately connected to what we want Love for. Express Love and we immediately feel the Love we have given. Be Love and we are immediately the cause in the world, the mover and creator. We are not trying to get anywhere, we are immediately there. We aren't trying to control or create change, we are the change. Only by choosing to unite with the Whole can real change be accomplished — and it happens immediately. Living in the present moment, there's no other place to be. Living in Oneness, there is nothing to be done. Life just unfolds and flows through us in the moment. We are now what we want to be.

§

**291. Being present as Self:**

To be our Self, we have to see everyone within our Self, so that no matter who we are relating to, we are always relating to the same Self as it is expressed through different individuals. Doing this requires standing in the unknown Now and staying attuned to what we hear, feel, intuit and come to know by our awareness of what IS. We don't respond from our heads but from our Heart, as the Heart is the center of the Self. By standing with one foot in the unknown, we are able to hear the Self speak and then give to it voice. What we share for others is what we give to our Self. In this process we bring forth the kingdom of the soul and make it manifest. In this way we sustain Christ Consciousness.

§

**292. Being the bridge:**

If we are going to embody Christ, we have to stand in the unknown. This is the portal of the Heart that is the bridge between what has been known and what will be known. We are the intersection between worlds and must allow what would come into being to be born and expressed through us. Each moment is new. Without planning or an attempt to control the process, we must give expression and form to that which would be shared, extended and manifested. In this way we will gradually create the new world that inwardly we are opening up to and living in. In this way we co-create with God.

§

**293. Being informed:**

Consciousness without the ego is consciousness of the spacious Self. The wholehearted consciousness of the spacious Self includes and is informed by everything experienced. It doesn't separate into mine and yours as the ego does. It accepts what IS here now in the moment in Love. It doesn't judge or interpret its experience but rather uses its intuition to ascertain what IS here and apprehended. Then it expresses what is known. In this way the unknown is revealed and extended into the known and manifested world.

§

**294. Realizing a vision:**

Now we stand upon the prow and like explorers of old, can see a distant shoreline through the mists. After a long voyage we are nearing the new land we have sought, and can feel the excitement welling up. Coastal birds soar out to greet us, the air is fresh and the sun is warm and inviting. We have left the old world for a purpose. It was too confining. We wanted something more expansive, freer, less conditioned and restricted. And from what can already be seen, an aura of beauty and love seems to grace our vision. We have shared our hopes and dreams but soon we shall be there and be able to live in the new land of oneness and harmony.

§

**295. Utilizing imagination and visualization:**

I feel that we spend too much time and expend too much energy thinking about the world as it is, and not nearly enough reflecting on the world as we wish it to be. Watching the news, for example, typically just reinforces our everyday thinking. Energy follows thought, so that we live more in what we don't like than what we really desire, dream and hope for.

Imagine a world where fear no longer existed, where everyone was fully expressing all that they are, where our love and connection to our fellow man was universally accepted and where we all lived in harmony on the planet. Imagine not having anything to complain about or make excuses about. Imagine being friends with everyone and feeling totally at ease and at peace all of the time. Imagine having all your time to do exactly as you wish. Imagine a world that is a new revelation. Imagine a feeling of being alive and filled with joy such as you have rarely felt. Imagine being able to freely express all the love in your heart all the time. Imagine how you had always wanted to be, only now you finally are living and being that. Many people now imagine the return of Christ or the Ascension of Earth — imagine what these might be like.

In short, let us use our imagination for us rather than letting it unconsciously be used by our fears and our conditioned beliefs. Inspiration and imagination are necessary steps in creating what we really want. And human beings are essentially creators. So let us create our highest vision so that we may manifest and experience it. The world is changed by ideas, and these have been seeded by the dreams and imagination of our Heart.

Now, if we would realize that this destined future already exists within, we would make quicker progress in manifesting and experiencing it. Everything that we may dream already exists. Therefore creation doesn't involve will, effort and struggle to create it, but trust, acceptance and surrender to allow it to be expressed through us. This is because the dreams of the Heart live in the Wholeness and Oneness of the spiritual Self that resides in God. We access these dreams by going within and

becoming aware of what is there and what would be expressed in Love, made real and manifest. Let us withdraw from the world and in the stillness and silence of the Eternal Now, unite with Spirit and begin to let it flow through us, creating the life of our dreams.

§

**296. Feelings that inform us:**

It seems that there are certain basic feelings that we can navigate life by:

Love, compassion, affection, passion, desire, kindness

Peace, contentment, serenity, stillness, silence

Truth, reality, isness

Joy, exuberance, excitement, vitality, aliveness

Gratitude, blessing, grace, appreciation

Freedom, unlimitedness, invulnerability, eternity

Connection, unity, oneness, wholeness

Reverence, awe, holiness, sacredness, wonder

Beauty, harmony, revelation, order, divinity

Forgiveness, release, mercy, detachment

Let us note these feelings when we are aware of them and what they tell us, guide us to know, be and do.

§

**297. The peal of space:**

I imagine being on a residential terrace on a landscaped viewpoint above a beautiful valley. From this serene height life can be contemplated in relation to the infinite beyond. Far above everyday cares, the world from this vantage reflects the patterns of the infinite Mind of God. From here, nothing negative or fearful intrudes. Above the world, space embraces all and seeks notice. From here space rings like a bell that calls all to itself, a holy Oneness. Suddenly things are transposed. Space asserts its Self from within and pervades the moment. Everything that would be, is and awaits notice. Oneness encompasses all. Inner and outer fuse. The forms of creation reveal its manifold possibilities — an orchestration and embodiment of Love. Now there is just the surrender to it and the living of it, ever new and free. We cannot say what the unknown future brings, we can only live it now and let it unfold.

§

**298. Love is:**

Love is awakening us. Love is calling us Home and waiting to embrace us. Love is caressing us and soothing our fears and worries. Love is opening our eyes to the wonder and beauty of life. Love is encouraging us and giving us strength to trust it. Love is giving us visions, dreams and words to speak. Love is guiding us and showing us the way. Love is revealing new realms and glory. Love is connecting us together as One. Everything is expressing Love. Love is all there is.

§

**299. Love impels us:**

Now many people are sounding the note of Love. They are acting for one another and the greater good. They are sounding out a view of a more loving, hopeful and just world. They are sharing their feelings, their ideas and aspirations. Even in adversity they are reaching out and helping. In the tremulous moment with change all around us, Love impels us. We are humbled by our shared plight and inspired by our shared opportunity. Love unites us and enlarges our sense of who we are. Love reveals ever more. Now nothing can daunt us. Love has already crowned our victory.

§

**300. From unimaginable heights:**

From the Heart of All, streaming into the world from Her Immaculate Purity, crystalline Love embraces, uplifts and affirms a Goodness beyond imagining. Now awakening us from sleep, from yearning and despair, Her Love can be felt, encompassing and pervading the world from supernal eternal heights beyond time and space. Soon may we shall know, see and experience a fullness of Her that we have longed for.

§

**301. Soaring in the Infinite:**

Soaring high in the sky,  
a white bird sails with the sun.  
Lost to all but the Infinite,  
it will keep its mission inviolate,  
trusting the winds  
and an inner sense guiding.  
Feeling that exquisite bliss  
that comes from total surrender  
to the Spirit carrying it  
to some end as yet unknown.  
Like a dream its evanescent life,  
crossing the vast sky  
and many miles before land.  
Sunlight glints and the free air exhilarates  
Wings lifting us above all Earthly care  
as sounds as hymns lift it gloriously higher.  
Eyes scan the horizon where land turns to vision  
and all merges in light divine.  
To what end this call?  
Space seems but the chamber of a divine Heart  
we are soaring in, Angels accompanying,  
Love embracing,  
going Home.

§

**302. Hearing the Song of God:**

Would that we could always hear the Song in our Heart, and feel the Heartbeat of God within. By that Divine Song are the worlds created and sustained. By that Heavenly Sound do the spheres move in ordered harmony and is all life animated. Let us hear the chords of the Divine from morn to night for we live in and by God and the many worlds are but dreams in the Mind of God. Let us be a voice, a hand and a mind for the Love of God. Let our note merge in that Divine chorus spreading across Earth now. Awakening has come and is coming. Christ and his host are entering triumphant. Only Light will be left and Earth will begin a New Day — in Song.

§

**303. Our unexpected opportunity:**

We have been collectively afflicted by a pandemic crisis  
We have acted for the greater good  
The world has been transformed  
We have gone within  
We are asserting our love  
And our truth  
And the world is being transformed  
For the better —  
We are one humanity  
And a new world is emerging.

§

**304. Love will prevail:**

No longer can prejudice, injustice, privation and hate be tolerated. We don't need to suffer these anymore. We don't need to live in a world of fear and pain anymore. We have suffered enough. There's no reason, no excuse. Let's end this charade of false reasoning that justifies this desecration of the divine human spirit. We can stop beating ourselves and the world up. Our compulsions and obsessions are destroying the planet and each other. We don't need to be the best or have the most. We don't need to kill our brother over anything. Let's stop this madness. We have been insane — marching our armies, destroying whole nations for greed and power. The excuses don't work anymore. We are tired of the lies and hollow pretense. Let's change our laws, our attitudes and assumptions. Our world cannot bear this anymore. Man and nature together cry out in distress. Our slavery to false illusions must end now. The human heart says yes, we can do it together, yes, it's time, yes it will be beautiful, yes! Let those who doubt and fear stand aside, Divine spirit is moving in humanity, and Love and sharing will prevail. Yes, it's time.

§

**305. The violence of judgement:**

Our judgement is violent and vehement by its nature. It is an attack on Love, Truth and our Oneness with God. Every judgement is based on fear, separation and Self denial. By it we condemn our brother and our Self. Judgement is a painful cross

we don't need to bear. Let us set this cross down and join Christ where he is standing and beckoning us. He has shown us our Eternal Life. Let us join him in it. Let us leave this world of conflict and suffering. A new world and a new consciousness beckons.

§

**306. A garden transformed:**

In the perfumed garden, with roses hanging down luxuriant and flowers of all assortments mixing happily together, all is peace and harmony. A soft breeze, the warm sun and feelings of joy and contentment waft in the fragrant air. Thus does nature remind us of the promise of Heaven and life lived in the Eternal summer land within. In fact, the aura of that realm intrudes upon the present with a Love that's felt to embrace this wondrous scene. It's a moment I've often managed to step into, like a world through the looking glass. It's always the same — the Truth of Life and Love everlasting beyond change or decay. There is a Light here by which we can see clearly which thoughts are out of accord and which are in line with Love. This is no place for ego — all are gifted with an equal divine grace. Intellect and reason don't play so well here, but everything resounds for reverent appreciation, wonder, new awareness, and Love. Feelings here reverberate forever — to the end of time and back again. For this place is beyond time and space. It's a timeless space that can pervade the present if we allow these worlds to merge in us. Now everything we have ever yearned for is now, and everything we would be, we are. There is no lack, no separation. Heaven is now being manifest on Earth, through us, as we acknowledge its Presence and share it with each other.

§

**307. The Immanent Self:**

The ego, as our false personal identity, is headquartered in the concrete mind from where it projects its separate assumptions and thoughts on to the seamless reality of God's creation. No matter if we disbelieve in the reality of the ego, as long as we are focused in the mind that has been stamped with the ego's patterns of belief, value, attitude and behavior, we will be

confined within the prison cell of ego perception, although the door is now open. Meditation in the mind creates a sense of temporary liberation, but it's not until we avail ourselves of the Heart's portal that we can establish a Unity with the Self that will allow us to maintain a transcendent Oneness beyond the ego mind. Jesus says we should join the mind with the Heart, which leads the us away from the ego's conditioned nature and allows us to then express the Heart's awareness and intuitive knowing. This then needs to be shared with others to be made real and manifest. The mind then becomes the servant and no longer the master.

The matrix of energy that has kept us imprisoned has morphed. The prison door is now open and we can now exit the ego world, if we would realize what has happened and avail ourselves of this new opportunity. We do not join in separation, but with Wholeness, with the new Self we are awakening to. We do not become a larger separate self, we become an embodiment of the shared One Self. Life then continues on under different conditions and laws. Notice the Presence that is here now within the Heart. It's you as you really are.

§

**308. Speaking from the mind or the Heart:**

The mind bifurcates its experience and talks 'about' things as if we were separate from life. The Heart expresses directly what IS experienced and known without separation. The Heart is always in the present and what is here now, alive and happening. The mind is just in its thoughts which is to be nowhere. The mind, caught up in thought, misses what IS here now. Thought is the object of its focus of attention rather than awareness of what is felt, sensed, intuited and known within. Heart consciousness is to be centered on the Whole, on that which encompasses, includes and embraces all in Love. It is not thought but a reality or dimension of being that IS. It is actually devoid of thought. To express from the Heart is to articulate the underlying Truth that we all share. It is to extend it from within our Self to the Self in the other. We are One Self, coming to know and consciously embody who we are. From the Heart we speak to the Self we share. From the mind we speak to the separate persons we believe we are.

§

**309. A Self reflection:**

As someone who spent many years on the path of the mind, seeking enlightenment, understanding and knowledge, I finally realized that on this path I was never going to achieve the Oneness that I also sought with God and Christ. My mind was illuminated by the Light of the Soul, but I was not identified with that Soul, my Self, and was not living in a Oneness that I intuitively knew was possible. I worked with the Holy Spirit and experienced miracles, but it was not until I embraced Jesus' Teaching in *A Course of Love*, that I was able to directly get an experience of the Oneness of my Self and Christ. I'm sure this approach may not be for everyone now, but I feel more and more will naturally embrace it for the ego is being deactivated, leaving people to be their real Self. Awareness of this inner authentic Self, which is initially assumed to be individual, in time is revealed to be the One Self within humanity and the world. As it is the Self of Love, we are motivated to embrace and express it. And as more people do, we shall realize that this change will transform life on Earth and bring a new civilization of Unity and Love.

§

**310. Listen and awaken:**

It's morning in the world, and unbeknownst, a caressing hymn of Love moves as the new light of dawn, pervading the Silence, our dreams and the Stillness holding us. Wake up, it gently whispers, listen to my Song and release your cares and your fears. Open your eyes to the New Day you have yearned for. Move with my Music. Let your thoughts of the sorrowful past go and let yourself be moved by me. Feel my Love lifting you. Believe the hopes that arise in your Heart. A New World has been prepared for you and the portal to it is before you. Step through and meet your Beloved and begin the celebration of Love. Wipe the sleep from your eyes — this is no mirage but the awakening from illusions long holding you. Claim your freedom and soar with the wings of spirit you have forgotten. Let your voice proclaim that a New Day is born for all in Holy Love.

§

**311. Blessed Peace:**

How fortunate we are to have this Peace — to be able to hear the bees as they move among the flowers bathing in the sun along the path and the breeze stirring the leaves. What an under recognized blessing is Peace! From the door of Peace is the inner sanctuary found and our retreat beyond the world. These last two months have blessed us with an increased experience of Peace which many have used to connect within. There in the temple of the Heart, we are renewed and recalled to our purpose and Truth. And in Spring, with new life blooming all around us, we can feel hopeful that our fresh vision will be fulfilled, despite the tumult of these times.



**312. The garden path:**

There is something magical about the overgrown garden path. A world of life awaits our notice. Plants, scents, birds, bugs and fairies all contend in a riot of exuberance. The magic is in what we can't see but can only feel. This reminds us that visible life is actually only part of the wonderful wholeness of life. We are accompanied by unseen lives which complement and complete us and which are the inner livingness of the forms of creation that we see with our eyes. The Heart, however, can sense another realm that makes life worth living, and gives joyful content to the form. Life is more than form, and we wander into an inner realm as we stroll mindlessly down the garden path.



**313. A new choice:**

There have been countless words expended over the centuries on spirituality but today it comes down to the simple opportunity of connecting to another dimension of reality that is now accessible, that is one in all and where we have our real being. In the past the ego or personal self utilized many strategies to invoke an experience of this soul that resides on an inner dimension of being. Today this inner dimension can be simply and easily accessed through the Heart. The many thoughts and efforts about invoking the soul are being resolved in the simple experience of the soul that is now a real possibility. The 3D/4D human kingdom and the 4D/5D soul kingdom are

converging, to a degree, offering one the opportunity to shift one's identity to become one's Self or Christ conscious. Which is to be identified with the Whole and not just with the separate person. That which seemed so difficult in the past is now as easy as expressing the Self that we connect to in the Heart. What will take longer is overcoming our mind's thinking and the conditioned interpretations of this experience. And learning to express the knowing of the soul. Because this latter is of a different dimension of being that operates in a different way than our personal separate reality has functioned. We shall discover that connecting to this Presence of an inner Self implies connecting the One inner Self within the world, which is God. At any rate, things have changed, and awareness of this 'new' dimension of reality is impinging or emerging in humanity. At present it's a subtle experience but I assume that it will increase in strength, and become more noticeable as more and more people begin to center themselves in the soul and live from there. Collectively we will become Christ conscious and experience living in the Divine.

§

**314. Regaining the Sacred:**

We have lost the feeling of the Sacred and the Holy in our culture. It hardly registers in our consciousness — a faint memory beyond remembering. We may see Sacred images but they evoke little feeling in the modern mind. Yet could we know, we would discover that our entire world is held together and sustained by a Sacred Life enshrined in Holiness. Within the Silence encompassing each moment is a Holy Song, the Sound of God that is a creative prayer of the Most High, a Supernal Paeon of Eternal Joy and Love. All Creation is an expression of this Love from Divine realms beyond conception. Within our Heart we discover this Divine nature and the Heart of God beating within all. The is the most Real, the Purest, Highest, and that which has created and sustains all life.

§

**315. Self direction:**

Everywhere people are full of advice as to how to cope with life and what is happening on the planet. Much of it is reasonable

from a personal point of view. However, from the viewpoint of someone becoming their Self, it's mostly irrelevant. Who we really are as a soul means that we are internally directed and not needing external guidance. This direction is not based on preconceptions or ideals, but is based on an intuitive felt sense derived in the moment. That is not to say that we ignore the facts around us, but that our purposes, priorities and methods are all derived from within. The spiritual Self lives by different principles and laws that the human being although, as we embody Love and the Good of all, these encompass and support human well being. Our inner directedness simplifies life. The mind makes everything complex and confusing, but the soul keeps things simple. We have one guide and this is Love or Spirit. The mind has a role in determining how this is applied, but is the servant of the Heart. What this looks like can vary as expression is related to the mind. Inner Self direction involves self sacrifice and surrender to our Self until one can sustain Self consciousness. Then we are just being who we naturally are.

§

**316. Resolving the duality of the ego:**

Resolving the duality of the ego and the other, or the world, entails moving to the connected duality of the ego, or personal self, and the One Self. This latter duality is maintained as two points on the spectrum of one consciousness. These are the point within form and time and the point of the Whole in Eternity, between which we fluctuate in our experience. These are also the experience and the experiencer. Resolving the ego's duality entails first consciously connecting the concrete mind, where the ego is headquartered, to the Heart where the Self is centered. By joining the mind to the Heart we become Whole. By shifting our identity to the Self while expressing our Self through the individual self of form we simultaneously synthesize the two while becoming One. We live in but are not of this world.

§

**317. Dialoging with God:**

When we are feeling lack of any sort or desire for something, we are really in our minds and assumptions our minds have made about the present moment. Becoming aware of this, to resolve

this experience we are creating, we can center our consciousness in our Self (by uniting with the Self in the Heart) and invoke the Self's Love to experience it and the fact that we already have everything within. Then we need to find a way to express this awareness. When we are in thought or emotion we are not really being conscious as our Self, which instead accepts thought and emotion, but with a detached awareness. The Self's awareness reminds us of the Truth of who we really are in God. And in Truth in every moment, Eternal Light and Love are streaming into us, filling us and connecting us to our Source. Centered in God, our experience is our choice of whatever we want to create and manifest. Transitory thoughts and emotions don't matter. It's only what the Self knows that matters. And what the Self knows arises from its dialogue with God. God tells us that we are his beloved Son, and our momentary confusion is resolved.

§

**318. Living in Light:**

In our Self we live in Light. It is a Light that lights up everything from within revealing everything to be part of an interconnected Whole. This means that everything is expressing the same Self. Which implies that everyone is speaking with the same voice and Self although they may pretend not to. Imagine your happiest scene. You are there now, wherever you happen to be physically, and free to express everything your Heart would express. We are living in Love, and it's our opportunity and service to include others in the happy scene we are imagining and experiencing. By seeing them in it, we are choosing to see the Self they are, in the same Light and Love the Self resides in. We are demonstrating that the Self is omnipresent and not limited by circumstances. We may choose to live as Self continuously, providing we continuously extend it. If in fear or doubt we block what Love would express, we will believe that we don't have it. We will have given our faith to belief rather than to Love. Let us Love and share what we really feel.

§

**319. The one simple solution to all problems:**

If the answer to life's dilemmas and uncertainties is so simple — consciously re-memembering our Self — why has this not been discovered and practiced more? I feel there are two reasons. Firstly, we identify as separate egos, and consequently imagine that a solution to an ego problem is a better ego state and not a shift in identity out of the ego. The ego doesn't want a solution that doesn't include it. Secondly, I feel that it's only in the last few years as a result in the changing matrix of energy on Earth, that awareness of the Self has become more accessible. It's a subtle vibration but getting stronger all the time. This is because God's Plan includes the conscious reunion of a separated humanity with God. Or in other words, humanity becoming conscious of its Soul and able to live as Soul. This simple solution will resolve all of humanity's problems, conflicts, suffering and confusion once this is lived by enough people. Fortunately, as the solution is really the choice for Love which the collective Self embodies, we shall want it. Of course it's fearful belief that blocks our choice for Love — belief that it's not realistic. Again, it's the ego's interpretation that makes this seem true. However, from the Self's vantage point, Love always works. If we can remember our inner Self we will be able to get around the obstacle of the ego and flow with life harmoniously and joyfully, being who we really are.

§

**320. Knowing God:**

Our false anthropomorphic image of God is a real hinderance to experiencing God. As is the secular notion that we can't experience God. The latter belief is related to secular science which misrepresents science. Science is really just an inductive fact based way of thinking and coming to know. And so long as the experienced facts of human consciousness are not excluded, science is open to metaphysical experience, because consciousness itself is an instrument to apprehend reality. However, if we would change our minds about the nature of God, we would become more open to the possibility of experiencing God. If we conceived of God as the living Whole of Reality, or the Creative Being within all, it might make the possibility of an experience of a fundamental Source or Being more achievable. Jesus tells us that as we are part of God, we

can experience God as the loving Whole within which we move and have our being. And since we experience this through the Heart which is the connective medium, we get around the ego mind that assumes that this experience is not possible. It is not possible to the separate mind as God is not an 'other' to be experienced from a separate vantage point. We must rejoin the Whole of God to know God.

§

**321. Being of service:**

In the tumultuous times we are living in, the one thing that we need to remember and do to cope, is to endeavor to stay centered in our Self within the Heart. The Self will guide us if we trust it and surrender to the flow of its life unfolding in the Now. As our Self is part of God, it has within it a transcendent wisdom that knows best how to align us with our deeper purpose and bring it about. We have to trust, listen within, notice synchronicities and grace in the happenings of the moment, and follow love and joy. Jesus has encouraged us to not try to control our lives, which is an ego attitude, but to embrace our life and let it flow through us and be expressed. All the conflicts in the world can be confusing and the suffering can bring our vibrations down. We are of more service when we maintain a positive high vibration by focusing on the Truth within and live by Love, in Oneness with the Self.

§

**322. Dancing with God:**

Looking back, I can see in retrospect that many of my peak experiences in life entailed unconsciously dialoging or communing in Love with the Self through relationships of Love. Love connects us with our purpose and those things that we need to express. We may not even know what those are until Love brings them to our awareness. Of course, expression of the feeling of Love is an initial step along with everything that is entailed in that feeling. We establish a relationship based on that Love, but what does that lead to? If we would be conscious, we would realize that Love implies Freedom, shared identity and non-attachment to make it a Holy relationship. We see the other as an expression of our same Self. If both have this same

purpose, then the relationship can be used to bring forth knowing that can be shared and extended. If one person wants to use the dialogue for a separate agenda, the flow becomes blocked. In the moment of Love, spirit gives us words to speak, feelings to articulate, visions to sketch, and impulses to act on. We are then co-creating with God what would be brought forth from the unknown of God and made real and manifest. The other becomes our cooperative partner in this process. Relationships embody our dance with God through the other as we extend Creation.

§

**323. Observation and Vision:**

True observation is perceiving the world without judgement, mental interpretation or projection. It is perceived with new eyes in Wholeness, Light and Love. Vision is seeing the world in Oneness as embraced and encompassed by the One Self — that is, by us as we really are. In observation there is still an emphasis on the reality of the externals, although these are seen in the Light and Love within. In Vision, the outer is embraced by the inner, but the inner is the Reality. In the Vision of the Heart Consciousness, the external is a mere representation of the inner and the real. In Vision there is no separation, all is an expression of One Self, of God.

§

**324. Self action:**

Everything is difficult and complex when polarized in the mind. Action is dependent on understanding, correct interpretation of the situation and correct choice of strategy to cope with the circumstances. One is always doubting and second guessing, learning and optimizing. There are always external factors to adapt to. One may develop an area of expertise but one cannot know everything. Life is experienced as being uncertain and stressful.

Centered in the Heart, everything is more harmonious. When one trusts the wisdom of one's Self and one's intuitive knowing, one does not have to know everything. One is basically just being one's Self and all action just naturally flows from Being.

One still has choices, but it is a choice as to how best to express the Love and inspiration one feels. It is not, therefore, a choice about how to achieve something ulterior, but how to express something intrinsic. There is a creative tension, but not a tension filled with fear of failure. Action springs from the Heart as life and spirit are in continual movement. These move through us as we contain all as Self. Our actions as Self flow from Love and extend Love. We are not trying to accomplish anything because everything already is complete and Whole. By just Being, however, we raise the vibrations of the whole, redeem the matter we live in, and help to liberate and expand consciousness — although this happens automatically.

§

**325. Let us pray and experience:**

Let our prayers not be to a God we are separate from, but to a God who is our essence, who is here now and experienced. Let our prayer be a communion with our Self and our Eternal Source and Being. Let our prayers remind us of who we really are in God and restore our awareness of God. Let our Oneness with God reflect our Oneness with all. In our Oneness with all, let us share our experience and our knowing with each other and extend and manifest the Divine on Earth.

§

**326. Releasing ego patterns of belief:**

Not only are we habitually ego identified, and reinforced in this by the culture we live in, but the fear we experience causes us to gravitate to the ego, which we believe will keep us safe in a world we perceive as threatening. We have difficulty even remaining in an open meditation state because we habitually assume that we need the ego to cope with everything we 'have' to do. In other words, we don't trust God to keep us safe and provide for our needs. If we would reflect on this for a moment, we would realize that it doesn't make any sense. We are safe and invulnerable in God who has already provided all we need. If we live in Trust we will experience this. God has actually deactivated the ego now, so the only thing keeping us confined is the conditioned pattern of thinking that the ego established which we may now release. We can release the habit of fearful

separative thinking if we want to and know that it is possible. Let us now center ourselves in the Self within and then share our Truth which each other. We live in God and can now choose to experience this.

§

**327. Speaking as Soul:**

Just because a person is talking in spiritual concepts doesn't imply that they are speaking from the soul rather than the personality. The personality speaks from the head and the emotions. The soul speaks from Heart consciousness and one's intuitive awareness in the Now. The soul is always in the present and speaking from its knowing, not its belief. Therefore the soul expresses what one IS and is coming to know through its authentic experience. It extends its Self in being its Self. The personality talks 'about' stuff from a separate vantage point as if it were apart from the Whole and the living moment. There are many advice givers and knowers dispensing personal wisdom, but the soul shares its Self and its authentic knowing, which is an expression of the One Truth.

§

**328. The Self of Love embraces all feelings:**

People assume that unless they are feeling high, good, loving, joyful or many other positive feelings that they cannot be centered in their Self. While it's true that positive feelings are indicative of an alignment with the soul, the Self embraces all feelings. Therefore one can be identified with one's Self and noticing the full gamut of feelings in one's environment. Love embraces awareness of hate, fear, boredom, guilt and other feelings one may notice. Because one's environment is encompassed by one's Self. In these situations, it's important to re-member who you really are in God, and to invoke the energy, Love, Consciousness and Power of God to create the experience of choosing to be Christ centered.

§

**329. Awakening:**

Awakening implies forgetting who you thought you were and becoming aware as a larger, freer identity that encompasses one's total experience. It implies a mind free of conditioned thoughts and beliefs, that can now serve the consciousness of Love and Light that you are. Awakening doesn't imply that we now know everything, just that we are in touch with an intuitive knowing that is like a doorway through which we enter the Mind of God. As we share what we discover, we proceed and embrace more of who we are. By creatively extending what IS here in the Now with each other, we enlarge what we encompass and know. Awakening then involves a reorientation to life and living. We end a separate personal approach to life based on fulfilling felt lack and need begin to live from the inside of life, flowing with it and co-creating it with God.

§

**330. Flowing with the energetic shift happening:**

Earth is said to be going from 3D to 5D, which means for humanity, going from a separative ego identity, to being a loving soul infused personality, to being a soul that is One with the Divine within. We can accelerate our shift in consciousness by listening to the Heart and endeavoring to live in the spiritual Self that we access there. The brain is the past, the space within the Heart is the future. By shifting our identity to the Heart we start using the higher Mind to express what we feel and get in touch with. The shift involves more than a new set of ideas, it involves approaching life from an inner awareness and experience. We won't have to think things out or try to control our experience in life, instead we will flow with Spirit and Love. We move through the Heart's portal to an inner dimension of Unity and Being.

§

**331. A new Reality:**

A misconception about the new spiritual Reality that is now emerging from within into our awareness, is that it is somehow less real, because it is more insubstantial than the solid reality around us. No, it is actually more real. The higher the vibration, the more real in a sense. Just because it can interpenetrate form doesn't mean it is less real or secondary. The new field of reality

is a unified dimension of being. We might call it the energetic substrate of life, that is conscious and alive. It is infused with the Presence of the One Self that is within all. As we tune into it, we will discover that we are accessing the One Self that is within all. This reality has an Isness that is tangible and that supersedes the reality of the forms of the outer physical plane. We will discover that we can stay centered in this space or energy and live by its intrinsic wisdom and guidance. And thus be the Self this energy embodies.

§

**332. The Purpose of humanity on Earth:**

The purpose of humanity is to be the co-creative extension of God on the physical plane which creates the forms that the consciousness of God can flow into to Be on the dense physical level. This extends God's Being and manifests the dreams, ideas, and intentions of God. As God is Love, this entails expressing the hidden Love of God that must ultimately have effects in the wider Milky Way galaxy. We correspond to God, so just as we have to express all the Love that we feel to become our Self, so must God. Love must be integral to the mystery of life itself and the purpose of Earth as the base chakra its solar life.

§

**333. Tuning in on the Self:**

As Jesus has told us, we are still in an interim period where the awareness of the Presence of the Self will be intermittent as well as our ability to sustain Christ consciousness. We needn't blame ourselves for this, but just realize that this is so for now. As time goes on and as more of us interact from our shared Self consciousness, this fluctuation will abate. However, just because we might slip out of Self awareness momentarily doesn't imply that we should give up on this. It will come back and as suddenly as that we are aligned and at One again. It's always here — it's just a matter of being able to notice and tune in on it. It's like a signal that sometimes comes in stronger than at other times.

§

### **334. Living from the Heart:**

When we center ourselves in Love, in the Heart, we center ourselves in our shared Self and Jesus Christ. All these have a common center. It doesn't matter what the mind thinks — the mind by itself doesn't know. It's only when one with the Heart that we have access to knowing, that derives from the Whole. In the Heart we are at Peace, which the mind struggles against. In the Heart, unknowing and knowing commingle which the mind also struggles with. It's not until the mind surrenders to the Heart that it can be a useful instrument of the Self and can formulate and extend the Self's knowing. Surrendered, the mind waits patiently until the unknown is heard or intuited and then expresses what is known. What is extended is the shared Truth of Christ. As we all share the same Self and Being of God, we each make this Self known with each other as the potential latent within it is discovered and unfolded. The mind, by itself, is always looking for something concrete and separate from the Whole and has to be trained to value what is of the Whole. Love seems too simple to the lower mind. Yet Love aligns us with Christ Consciousness wherein we rest in Oneness with each other. From this Oneness with the Whole of life we are part of, we can explore what is latent within the Mind of God where we reside. The Heart is the portal to the Infinite as that is experienced in the living Now. The concrete mind would stay on the outside, but we must dive in to secure the treasure waiting for us to bring forth. The portal is now open. Let our Self reveal the New World God has prepared for us.

## **§**

### **335. Becoming one's Self:**

Accessing our common Self through the Heart is awakening to who we really are in God. Maintaining this awareness entails sharing what we experience and what Love would prompt us to express. By this action do we affirm it and incorporate it into our Self. As we are all opening up to the same thing — the same consciousness, life and spirit, there is no better or worse, there is just what IS. What IS is the eternal Truth of our Being that ever unfolds new in the moment. With practice we may allow it to move through us into manifestation by giving it form and expression. By this do we become part of the conscious Heart center of Earth — and the embodiment of Love. This requires a

focus on the Whole and what is best for all. Thus does the human kingdom merge with the Soul kingdom and the separate personality become the Divine Self, that it inwardly has always been.

§

**336. Affirming our Power:**

As Jesus has told us, once we know and have experienced who we really are as an embodiment of Christ and an extension of God, then we can call forth this consciousness if we desire to. Then we can access the Power that is intrinsic to who we really are. This is not to be used for the personality but for the good of the Whole and the Plan of God. This Plan entails shifting our identity to the Soul and co-creating with God the New World which is destined to become manifest. The Power is the Power of Love to overcome all that would resist and remain separate — not by force but by the attractive Power of Love itself which would induce all to accept the bounty it offers. In our free will universe each must freely choose to accept what God offers. However, suffering results from denial. Our collective suffering results from humanity's denial of its divinity and the awareness, knowing and power that comes from that. Now is the time to reclaim our power and take it back from those we have given it to who are deceiving us and controlling us in fear. Let us remake the world in Love and sharing and begin to co-create the New World that would be born.

§

**337. Coming into our inheritance:**

We don't really understand what's happening in the world we perceive because the mind basically just projects its beliefs onto the world and takes them as reality. These assumptions as they are formed in the separate concrete mind are missing that which unites them and gives them context and meaning. Therefore there are occult factors that are missing from our analysis. These are acquired when we join the mind with the Heart and the Whole. Then, it's easy to understand that human civilization has been based on some false and fearful assumptions that have resulted in unnecessary pain, confusion and suffering. We can then understand that there have been those who have

exploited the mass of disempowered humanity by these false beliefs and continue to do so. However, all things proceed in cycles, and the cycle of our bondage is nearing an end. God wills for humanity to be consciously reunited with the Divine that has ever been within, and to be given the gifts of the Kingdom which are humanity's rightful inheritance. All are chosen to receive this. However, as the gifts of Heaven must be shared, only those who share or Love will be able to have this opportunity now. Let us give thanks that the beginning is nigh and trust our Self to participate in the movement of Spirit that is transforming the world.

§

**338. To embody Christ:**

To embody Christ is to sustain a consciousness of Love that embraces all and experiences all as equal extensions of the same Self. To embody Christ is to be a conduit for the Spirit of God and to channel and express that Spirit. To embody Christ is to identify with the Whole and not the form. To embody Christ is to co-create with God that which is revealed and prompted by Love. To embody Christ is to unite with one another in our shared relationship with God. To embody Christ is to become who we really are and begin our eternal life. To embody Christ is to accept our role in the spiritual Brotherhood of Earth, acting on the Plan of God. To embody Christ is to Be fully and freely our Self in the moment.

§

**339. Something has unexpectedly changed:**

Times have changed. Being oneself or being true to oneself used to imply maintaining one's personal integrity. Now the 'bottom has dropped out' of the self, so that our sense of 'I' rests in a deeper place — our Self. At first it's easy to overlook this change as the spiritual Self always has been the real 'I' within us. Now, however, our experienced Self is larger, more solid and real than it used to be. We may think that we are becoming more conscious, evolved, integrated or mature but it is more than these. The new Self we are now is a different animal, and it's only our habit of thinking that we have maintained from the old self that keeps us from fully realizing the

change that has unexpectedly transpired. However, if we would take stock of our Self now we would realize that our reality is different. No longer do the old agendas matter so much. We feel a sense of detachment from the beliefs that we had been so invested in. It feels like we've stepped back from the world into an inner room. There's a sense of peace, centeredness and confidence that we didn't have before. We are feeling more alive, but strangely more removed as well. It's as if this new Self is anchored in a deeper stratum of being. We might not know what to make of it all, if we hadn't already been interested in spirituality and had been exploring this area. Now we can begin to put two and two together and correlate our experience to what we've been learning. Now we can integrate our life into the happenings and movement of spirit on the planet. Something momentous is really going on and we can feel it emerging within us. We can give a name to it now, although what it IS seems beyond names and labels. Whatever it is, it feels more real and tangible everyday. Can you relate to what I am sharing?

§

**340. Embracing the Truth:**

There is a lot going on in the world now. Which is to say, a lot going on within us as we accept and embrace it all in our Self's loving awareness. What is to be done with it all that is rising to awareness? Release it to Christ and let God decide. Don't hold it or react to it, attack it or defend it. Let it all move through and listen within in the Silence and Stillness of the Heart. Let us sound a note of harmony, healing, Love, beauty and Truth. And the Truth is always uplifting. There has been longstanding suffering on Earth. We are all complicit by our complacency and inaction. The system itself incorporates evil, violence, exploitation and injustice. We have bettered ourselves but have not cared for those locally and abroad who were abused and used to maintain the system that we benefited by. However, now the human spirit is rising up around the world and throwing off oppressive ideas and attitudes, fears and illusion. Humanity has always had the power to free itself from its false bondage. Now it is throwing off the lies, delusions, fears and distractions and claiming its divine knowing, empowered by the movement of God within. Oppression isn't just racial, sexual, or based on class or creed. The human soul has been oppressed by the ego

matrix, the world system based on it and those who controlled it. Let us throw it all off and create a world that reflects who we really are as we embrace the Truth. There is but One Divine Life of Love in all that the world must reflect.

§

**341. Acknowledgement and appreciation:**

Acknowledgement and appreciation are essential in sharing with each other. It's all too easy to use conversation to just express one's own thoughts and feelings without fully honoring the other's truth and the importance of our relationship. The latter involves awareness and Love that helps keep the communication in the present. Acknowledgement shows that we really care and are listening. Appreciation shows that we notice the good that the other intends and does. When sharing from the Heart it is more natural to incorporate these qualities than in an intellectual discussion. Dialogue is a sharing from the Heart so it's natural to honor feelings shared and reciprocate in kind. This is Self reinforcing.

§

**342. Experiencing God:**

We are never separate from God, the living Whole and its Source, but we are conditioned to think we are separate. God is like the air we breathe that fills us and sustains us, yet is invisible. Because we give reality to what our minds think, our beliefs about reality become more important to us than the reality of God. Yet if we could hold our mind still and just notice our experience without interpretation we would be experiencing God in the Silence and Stillness embracing us. God is experienced in this timeless sentient loving space. And this connection with the Whole that we are an integral part of, offers us a wisdom that supports and guides us if we will listen and intuit what we feel and apprehend. We can feel it in our Heart. In this connection with God we are connecting to our real Self. This liberation from ego identity is what we are collectively awakening from. Like awakening from a fevered dream where we were lost, threatened, vulnerable and afraid, humanity is consciously rising from its sleep to reclaim its Divine knowing and power. We have forgotten who we really are. Now,

consciously reconnected with God, we can rebuild the Earth on the Divine Plan that is destined for it. Let us shift our allegiance to the reality of our experienced Self and release the false bondage of ego belief.

§

**343. A new choice:**

The world offers us a choice. We can continue to think that we are separate personalities programmed to believe that we are vulnerable, deficient, threatened, lacking, powerless and afraid — or we can jettison this false ego identity and claim our God Self. Continuing as ego means maintaining our life in the ego's world with all its attendant confusion, stress, conflict, suffering and death. Choosing to awaken to our real Self brings an eternal life of joy, love, peace, connection, truth and beauty, among other things. Rationally the decision is a no brainer, which is exactly it. We shift out of the ego mind and into the Heart, which is One with the Divine Soul. Because of the shift in the matrix of energies composing Earth, the veil between our ego and our Self has been rent which allows us to connect directly with the Self. We can now escape from the artificial reality we have been living in — like a cinema playing bad movies. A New World can be chosen and lived in now.

§

**344. Reimagining one's life:**

It's possible to reimagine one's life and to put it back on a timeline that aligns with the soul. Our normal life memories are primarily those of the ego's experience and interpretation. However the perspective of the soul was excluded. To re-experience one's life from the standpoint of the truth of the soul, we must get in touch with the soul, by uniting with the Self in the Heart Consciousness, and then see our memories from that vantage point. This is to bring to awareness our real Self's participation which completely changes our memory. For example in a memory where we regretted something that we either did or didn't do, the soul supplies what we really thought and felt that was unexpressed. We allow the soul to speak and act in our imagination and consequently our life is reimaged. We are not making anything up, we are just bringing to

conscious awareness the part of our Self that we had not noticed at the time. We thereby complete and rectify the memory and bring it in accord with the truth of who we really are. This invariably improves our memories and Self perception.

§

**345. Earth's ascension to 5D:**

Those who resonate with Jesus's ACOL teaching on Unity with the One Self are preparing for the Earth's ascension to 5D. This path of Unity with Christ as experienced in a Wholehearted acceptance of what IS, is more than a 4D path of becoming a loving personality that is inspired by the soul. ACOL is a nondual path leading to Oneness with the Whole and the Self of God. It is being given out now because the Earth is in process of ascending to 5D and if we stay in the flow of energies, we can also avail ourselves of this opportunity. 4D will still be possible, but 3D will be phased out. The era of separation, ego fear, oppression and suffering will end. This is hard to believe now as we look at the conflicts, suffering, confusion and oppression in the world. However, just as the seasons change, so do the larger cycles of the universe change, and civilizations rise and fall. Our modern perspective is very limited, as is the reality that secular science acknowledges. However, those with multidimensional and metaphysical awareness assure us that our collective time in purgatory is ending. The transition is happening. And we have an important role in this process. By making the shift from personality to soul and living as such, we anchor the new Consciousness and Co-create the new civilization that will manifest on Earth.

§

**346. Revelation:**

Today, in the peace and beauty of the garden, with the sun shining down and the birds singing, I feel a surge of hope and joy. Our human world and our beautiful planet are not lost but unbeknownst to us are being saved and reborn. We shall not see the results for awhile yet, but everything is in process and in Divine hands. The secularists cannot see and the religionists only partially understand the full understanding of the events that are happening in the world now and that are in process. We

have lived behind a limiting veil for too long and have been conditioned to see a distorted perception of the whole of reality. But this universe is a living Divine Being as is our Earth, with a Purpose that includes humankind, that will not be denied by temporary ignorance and evil machinations. Religion has always prophesied a new time — and this new Age is beginning now. A Divine intervention is occurring through the intercession of Spirit and our Galactic brethren to make this transition as harmonious and effective as possible. Nuclear war will not happen, the corruption and dark control will be exposed, the economy will be wrested from the 1% and allotted to humanity, those who are unwilling to embrace love will be removed, new disclosures and technologies will be revealed for the good of the whole, and all life will be reborn into the Divine Light.

§

**347. The gate is open, let us proceed:**

The world is full of passing thought, however, it's not what we think that is important but what we know and what we do with this. I am weary of thought, however fine and well intentioned. What we know is what we feel. Not reactive emotion, but our deepest feelings, what we Love and dream of, what inspires us and moves us. A conceptual system is an artificial thing, dead at birth. Likewise are ideals. The time for ideals is over. Thought is a means to express a truth, not the Truth itself. Now is the time to stand in spiritual being and claim the divine Power we have from our union with God. Let us hold aloft the flaming torch of Truth and move forward. The Portal is open. The Way before us is clear and beckoning. Let us proceed to Life more abundant together.

§

**348. Trusting the Self:**

Standing in unknowing and listening in the Heart works for the seemingly mundane as well as for more 'important' matters. Recently I was on a trip and my car overheated in a small town. My attempts to fix the problem didn't help and I didn't want to drive further so I asked for help at a filling station and was directed to an auto garage. I had had a cooling system issue for some months and two different dealerships I had taken my car

to hadn't been able to resolve it — although they did charge me for their work. However here in this small town I was led to a mechanic who was able to diagnose and fix the problem. This story shows as well that guidance doesn't just come within oneself, but from others as well, as the Self includes everyone. Synchronicities are God communicating with us.

§

**349. Deliverance is at hand:**

We might as well have blinders on for all we see. We have lived in a bubble, projecting the contents of our minds on to the forms we see, but not seeing life beyond our perceptual wall. Yet all creation moves in joy to the Divine Song of an unseen Creator. Beyond the veil are crystalline timeless worlds of surpassing beauty waiting to be explored, of unsurpassing life waiting to be lived. And from these supernal realms a call can be heard calling us Home. Beyond this world of limitation, suffering and fear are realms of Light and Love and Beauty that are our destiny. Our voyage through duality is nearly over. Listen in the Heart to the call of Love, and surrender to it. Release this world and ascend. Moving into the Earth now is a spirit and energy that would liberate us from our confinement and move us through the hidden portal to the kingdom within. Surrender to the wings that would lift you beyond care to a blissful reunion with God. The Lord is coming with his great host which naught can withstand. Earth's purgatory is over. Deliverance is at hand.

§

**350. Realizing our Heart's desire:**

Love is the answer to every problem. To begin to apply this we go to the Heart, entering the portal to the field of boundless Love, Light and Peace within all creation and surrender ourselves to it. We allow ourselves to float on this energy by releasing hold of our minds which would interpret the experience. We see that everything encompassed by this Love and let it all be. We rest in God and the unknown Now. We listen, feel, sense and intuit what IS here now and what we are coming to know that we would express and share. We stand in the doorway to the New World that God has prepared for us where we can create anew by bringing forth the creative seeds

in God's mind. These are crystalline seeds of Love, ideas, potentials and dreams of Love. All is now Whole and United. And all we are asked to do is realize our Heart's desire. We hear it calling.

§

**351. A choice for Love:**

The world is in necessary tumult. Let us not try to understand, control or react, but just let it all be. A new world is emerging, better than the one we have been living in. Let us stand in Love and affirm it. If it can't pass the Love test, let's let it go. Everything built on fear, separation, greed and control over others must go. Secrecy, violence, selfishness, lack, and false authority must all go. Institutions, creeds, habits, laws and governments based on these will crumble. Everything based on Love and Unity will flourish. To establish a new civilization, a new world, everything unfitting must go. Many will not incarnate again on our new Earth. We all have the opportunity but must choose Love and sharing.

§

**352. Our purpose in life:**

It is a great success for an individual to finally achieve awareness of the divine idea(s) that he is to champion as well as the Voice that will articulate it. Our Soul has an intimate connection with certain intrinsic divine ideas that seem to be inherent to our being. These will vary among individuals. These ideas seem to underly an interest in an issue in all its related permutations. It is for us to thoroughly ground and manifest this idea which has its source in the Mind of God. This is the human role as a Soul in co-creating with God and thereby extending the divine into the physical world of form. The Voice necessary can only be that of the Soul who alone knows the divine ideas that animate it. These are discovered by uniting with the Whole where the Soul and ideas live. The Voice is the animating Word or Breath/Sound behind the Consciousness of the Soul. Let us pray that we may find these and our purpose in life.

§

**353. Riding the flow:**

As we increasingly rely on our feeling sense to navigate through life, we shall come to better value all the subtle nuances of feeling that enliven and enhance our intuitive knowing. Our varying moods and feelings come from different places in our inner universe that each have their value. Rather than judging these we will learn to accept these and thereby consciously ascertain the gift of knowing that they offer. Love isn't just one feeling but encompasses all feeling sense. Each specific feeling, mood or affect has a place in furthering the revelation of Love in the dance of Love. As we make these conscious and articulate we bring them forth and claim them. We shall stop trying to control life as we experience it through our feelings by our judgmental interpretations, and start freely flowing with life as it unfolds new in the moment. This is what we want — to stay on the crest of the wave of the Now — which we won't do if we have fearful attitudes and preconceptions. However, if we can stay open to whatever is being experienced, and bring this to conscious awareness, we can ride the flow of energy to an exciting and creative life.

§

**354. Imperceptible ascension:**

I think if most people who have lived a few years would reflect on their lives they would agree that they are in a different place in consciousness than some years ago. This is not just related to different circumstances but also to a different quality of self awareness. I'm sure that most are freer of the ego than they used to be and consequently freer from the past and personal dramas one might have been invested in — like old school subjects that are now only dimly remembered. On the other hand most, I would warrant, they also feel a deeper Self connection and an authenticity and confidence that comes from this. We might not be a Self conscious Soul yet, but we are closer to it. I believe younger people have this naturally — they didn't have to grow into it as the older generation has. It's imperceptible but every day must involve an incremental increase in vibration that is slowly raising us to the level of the Soul. The gradual change allows us to integrate the ascension process that God has ordained.

§

**355. Choosing to live out our deepest dream:**

Who hasn't had remembrances where we only belatedly realize all the options we weren't aware of in the moment? On retrospect we always find that there are things we might have better said or done, if we had been more aware. Perhaps it's always this way — the moment is layered like an onion and there are always deeper places we can speak or live from. Likewise there are always associated timelines crossing that offer us more choices than we realize. Depending on our choices, our whole lives and circumstances can radically change. Some timelines better mirror the Soul's reality — which at a deep level is like a timeless fairy tale. Spirit lives out a story in the Mind of God. The more we choose mundane reality, the more we are mired in it. Let us go deeply within and choose to live out that dream that makes our Heart sing. Too many realistic compromises and we loose it.

§

**356. Calling forth memory of who you are:**

Memory has advantages. At the deepest level we remember who we really are in our spiritual Home before we left on our incarnational adventure. (Part of us is still there.) That knowing is useful here in this sorry vale of ignorance and travail. If we can call it forth it will give us the confidence and means to manifest what we need to and accomplish our aims. Fear will not daunt us and obstacles not discourage. We are divine Spirit who are of God, and carry God's power and knowing. What we are here to achieve has already been accomplished within — it's just a matter of affirming it. Cleave to your dream and let it carry you, like a boat down the river of life. Remember who you are as the captain of your ship. Enjoy the voyage and the companionship of other Souls sharing in your life together.

§

**357. Remembering:**

Being future oriented I've been surprised by my recent appreciation of the past. However, in remembering the past from the Soul's deep reflection also connects us to where we're going

as we are moving to identify with the Soul. The past gives us an opportunity to become aware of the Soul's view which is to become aware of who we really are and all the Love available to us. A distant perspective implies a space and timelessness that are characteristic of the Soul. In the Soul's view every day is Holy, and all seasons and weather reveals the sacredness of the moment. Even busy circumstances contain a silence and inwardness that sounds the Soul's note if we listen for it. The petty details are forgotten and it's the Heart's feelings that come to the fore — a moment that's shared, a few words spoken in love, the simple circumstances made Holy. That past is present, as is the future being made real and manifest now.

§

**358. Following your muse:**

It's disadvantageous to become too habituated with the artificial comforts and amusements of modern life. It can isolate us from real life. Nature is always new, fresh and alive regardless of the time or weather and models life for us. Likewise satiating our appetites can be dulling. We end up snoozing by the fire. Let us notice when the muse makes an appearance and follow her, staying within her aura. Let us hear her divine words and the song about her. Nothing matters as much. Her perfumed scent carries an inspiration that cannot be acquired by time, effort or money. She lives in the spontaneous now. If you do not follow you will lose her and all will be lost.

§

**359. Ego or Self:**

The ego always is imposing its interpretations on to its experience, trying to get something or make something out of its experience. It doesn't allow things to just be as they are. The ego always has an agenda and tries to get its needs met by manipulating its experience. It tries to control life based on its agenda for happiness. It sees people in terms of roles with expectations and demands. Relationships are based on trades of giving and getting. This is all different from the Self's attitude to life and relationship. The Self accepts things as they are. Life fulfills the Self's needs so it doesn't experience lack or a need to control life to get more. The Self doesn't project its

interpretations on to others in the moment. It resides in unknowing and allows what IS to reveal itself new. It doesn't separate itself but sees everything happening as part of it. Rather than assuming fear and a need to protect itself, the Self feels Love and a commonality that assumes mutual interest and intent. Rather than standing outside of life and trying to control it as the ego does, the Self allows life to unfold as it will and move through it into expression. The Self plays a role in facilitating the manifestation of life, by expressing what becomes known in the moment. This is what Love would express.

§

**360. Revisioning the moment:**

Having wearied of the 'news' and the never ending problems, ignorance, avarice and selfishness, I've been just reminiscing. Remembering all the blessings and opportunities, I am grateful. Remembering all the missed opportunities and unconscious behavior, I am regretful. I am redoing everything in my mind however, and saying and doing everything I would have wanted to without leaving anything out. Now I am at peace and can open my mind to the moment without reservation or distraction. Rather than indulging in thought, I am opening to feeling and imagination. Analysis only gets one so far. However I'm dreaming of a world where everyone is friends — and friends forever. Everyone also knows who they really are and go around being this all the time. We're all living in paradise without care. Now what does each day hold? What do we want it to hold? We can manifest our Heart's desires after all. Suffused in Love and Light, life is an unfolding paean to the Divine. All are happy just to Be. Saying all the loving things I've always wanted to say, I'm open for new revelation.

§

**361. Living in the Now:**

Heaven's greetings! So would we address one another from Oneness. For everyone we meet would perforce be in Heaven too if we were. Living in the Eternal Now would include all, whether they were aware of it or not. The Self resides in God in Oneness. We can too if we will release our false attachment to the ego and our conditioned thoughts. Heaven used to come

after death, but death is no longer necessary to experience it now that we can access Christ directly. Let's wake up! The world has changed. What was improbable yesterday, is available today. The Heart portal is open. A Divine world awaits!

§

**362. An interest in space:**

Often an early interest can foreshadow a future path. I was always interested in space — the view over a wide panorama, the sense of reality turning to imagination at the horizon, the starry heavens, the associated sense of the infinite and the eternal, etc. Such are characteristic of the infinite eternal Self, who brings another reality to the physical reality of the world. The Self's Consciousness is an inner space of Love and Light that's mirrored by the cosmos we are encompassed by. Seemingly empty, the space of Self is infused with a Presence that has a movement of Spirit like the wind that one experiences in the vastness of nature. Space is open, and so is the Self. Open for new revelations.

§

**363. One Consciousness:**

Having the same Self consciousness doesn't imply that one will have identical interests. We don't, although some groups may resonate more with us. We needn't be afraid of sharing the same Christ Self — it doesn't impede our freedom to be exactly who we are. Just as Love doesn't impede us but empowers and connects us to everything that's meaningful. Identifying with the Self is like having the freedom to explore the cosmos or the Mind of God. Being Self conscious also connects and joins us in a global community, a family of shared nature and Source. The world has been divided — how good it will feel when all recognize that we are all part of One Life and Consciousness.

§

**364. Relying on our Self:**

Instead of going outside ourselves for stimulation, education, amusement and satisfaction, we can go within. After all, what's more important, what someone else thinks or what we know

within? Distractions from the emptiness of not knowing, or relying on one's Self? The world is full of opinion and belief. This is a losing cause. What does it matter? It's of more value to know your Self. Then you know the Truth that IS beyond belief. Then you can Live, being who you are. Beliefs are a poor substitute for knowing. Thoughts about life are a poor substitute for life itself. We all know all we need to. Better it is just freely expressing our Self. It's a creative project that only gets better as we go along.

§

**365. Love is mounting:**

Love is binding the world in a web of Love and Light energy. It's bringing us all together — or making us realize that we are all connected. This energy is getting more pronounced by the moment. Crises only allow more of it to manifest. In suffering we call out in Love. We are all one and all in this adventure on planet Earth together. Soon Love will be so powerful that we will be able to overcome our fear of each other and God. After all, that's where the Love is coming from.

§

**366. Becoming the solution:**

Those realizing that Earth is in a destined transition to a more unified and spiritual state will have an easier time coping with the upheavals we are going through as a result. We are in a process to a New Millennium or New Age where life will no longer be based on separation and fear, but on the awareness of our oneness with the Divine Life and Consciousness within all creation. Therefore the old dualistic ways, beliefs, attitudes, behaviors, institutions and laws must change to embody the new incoming energies. Currently solutions to the world's problems are being attempted on the level of the old, whereas the solution lies on the level of Love and Oneness. The fear which held the world in its paw is manifesting as a virus, or in widespread fears of destitution. We must each avail ourselves of these new energies that facilitate our connection to the Divine and our authentic spiritual Self. Then we must look at our situation with new eyes and live by the Truth that we are connecting with. We all have it within ourselves — we must take

our power back that we have invested in false authorities and beliefs, claim our intrinsic knowing and act on it. Let us become part of the new spiritual consciousness of connection to Spirit that is emerging on the planet.

§

**367. Ascending:**

To accept Jesus Christ is to change one's consciousness whereby life becomes something we create rather than something that's happening to us. To accept Jesus Christ is to recognize that we are in God and share God's nature. This is to be an extension of Love in the world and a creative force for good. Now our life and consciousness includes all. And in my ascension are all lifted with me. Hearing the call I rise up. Let us ascend together. Let us unfurl our wings and fly in the free space of life and Love. Let the forms dissolve in this dream and let us ascend to the city of Light above.

§

**368. Learning from the Self:**

Most of us, being conditioned by many years in school, invariably think we will find the answer to our dilemmas about life through a mental process. Yet it's not. It's more an intuitive feeling sense that we learn to trust that guides us in every moment. As often as not, we have confidence in our inner Self despite conditioned beliefs that are contrary. With time, once we have recovered from the indoctrination we experience in society and school, we hopefully learn that we can navigate life by a feeling sense apprehended in the Heart. That doesn't imply that our mind becomes useless baggage — it is repurposed. Rather than going to the mind for the answer, the mind is used to formulate the answer derived from our intuitive feeling. This must seem like a 'come down' for the mind as it's currently the 'go to' reality in our society. However, the mind works better when it's in a servant role rather than a leader role. The only 'right answer' to life is aligning with our inner Self who is our life and who knows what will bring us happiness and fulfillment.

§

**369. The ego cage:**

The ego has been something like a wire cage of thought that has surrounded consciousness. It has kept one's consciousness separate from the surrounding Whole of God and other consciousnesses. From within the ego's cage of belief everything perceived is overlaid with the ego's belief system which is projected on everything seen through the ego structure. Everything is seen through the lens of fear, separation, lack, attack, external need, vulnerability, guilt, self doubt, need for control, learning, pain and suffering, etc. Individuals in the past have had a difficult time overcoming the restriction of the ego to identify with the encompassing reality of God. Therefore Christ consciousness was rarer. However, due to the changing matrix of energies that compose the Earth in this time of transition to a more spiritual Age, the ego cage is being dissolved. Therefore, all that is really keeping us in ego thought is the habit of thinking we've developed. If we can realize our freedom now and overcome ingrained conditioned thought, we may collectively identify with the One Self of God which pervades the Whole and begin the Divine New Age of Unity and Love.

§

**370. God's answer to our prayers:**

The ego in prayer to God is always asking and God is always answering, but not in a language that the ego can register. The ego asks in separate need but God answers in Wholeness and fulfillment that negates separate need. Therefore the ego doesn't believe God is answering or even there. The ego wants answers that validate the illusions of its beliefs and God doesn't validate illusions, but frees one from illusion. The ego doesn't want to be free of its false beliefs — if it were then God's answer would suffice. God affirms only the eternal fulfillment and creative power of the individual, therefore if the ego believes it does not have this, then God is powerless to help, except by two dynamics — joy and suffering. Suffering is the dynamic built into creation that results from ego belief that helps turn consciousness away from the false beliefs of the ego. Joy and Love are built into creation by moving toward the connection with the Whole of God, and thus away from separate ego belief. God's answer is always the same — God's Son, who is here now and waiting to be embraced as who we really are.

§

**371. Sitting in the garden:**

Sitting in the garden. Dappled sunlight and flowers quivering in the gentle breeze. Everything is rich and luxuriant, quiet and warm. Early summer is still moving toward its fullness. Days are long with ample time for everything or nothing. The Now is replete with abundant life. The light brings a sense of goodness, hope, joy and beauty. Sounds of life and distant voices complete the stillness of the moment. Now there can be no regret — everything is too content. However, we can go within to the Eternal moment behind all becoming. It's always the same and yet ever new each time it is experienced. A light from Heaven illuminates. Only now I know why I am here. Awakening from a dream of separate life, I am now consciously united with the Source. My body may be sitting in the garden, but I am roaming in distant realms, inhaling the intoxicating scents, beholding the dazzling views, feeling her Divine embrace. In Reverence we live and move — giving thanks for each blessing and passing it on. Birds are feeding and so am I feasting. Life shimmers like a dream come to being. It is a Dream of God's — and so do we have our real Source in the Mind of God. Let us awaken to this Dream and share in it together.

§

**372. Knowing:**

We can learn every concept and system of thought, but unless we are willing to step into the unknown and share Love's bequests, it will not avail us. Jesus has repeatedly said that the future will no longer be about learning, but about relying on one's experience. The Self is already accomplished and complete and so doesn't need to learn. We just need to trust the Self's intuitive knowing, which is intrinsic to the Self. As the Heart is the center of the Self, Love is the basis for knowing. Not knowledge, which is the concrete mind's formatting of knowing, but knowing as a process of getting in touch with something felt in the moment — an inner Truth. Stepping into the unknown entails releasing the mind's hold on its thoughts and assumptions and being willing to experience what is actually

there within in the moment. This is the Self's knowing. By doing so we discover an eternal Truth that is the same for all.

§

**373. The shift in identity:**

One idea helpful in making our ascension to the 5D world that Earth is becoming, is realizing that we really aren't the separate human beings that we have believed we are. That was just a temporary state of being. We are really part of God and the One Life within all. Once we make the shift to identifying and experiencing our Self as such, we will no longer have questions about our personal purpose because we won't be personal. We will simply flow with spirit and endeavor to express and manifest all that we become conscious of, for the good of all. Once our blinders are gone, questions of meaning will become moot. As the Earth ascends in vibration day by day, it will become easier to embrace the larger Life and eternal Consciousness that we are and have always been inwardly. The vision of the One Divine is becoming clearer through the fog of thought. Like the sun burning off a fog, soon we shall see that we are all part of the same Self, regardless of our differing physical bodies. Then a new world will open up to us and creation will manifest on a higher level.

§

**374. Seeing with the Self:**

Gaining consciousness of the Self doesn't necessarily change one's life. It changes one's consciousness which changes one's experience of one's life. Instead of feeling separate from one's experience as if it was happening to you, one's experience becomes part of one's Self and a creation of one's consciousness. As Jesus has said, there is no need to escape from our life. We just need to experience it differently in Wholeness and Truth. As Jesus has also said, then we no longer need to judge, fear or reject anything, for the Self embraces all. It is just a matter of correct vision or seeing with the eyes of Christ. Everything in life is encompassed by the Self in Oneness, so our consciousness of this transforms our heretofore dualistic experience.

§

### **375. God:**

When I mention God, I am not referring to the anthropomorphic Father of Judaeo-Christian thought, but to the Divine Being both immanent in all creation and the Transcendent Cause of it — a Mother/Father completed by the Divine Son, or Consciousness who Jesus became One with — thereby demonstrating our nature and destiny. God, like Christ, is a loaded word in our vernacular and it might be better to avoid it except that it is an essential factor in the universe and our experience. The Divine Trinity is behind and within all creation, and thus omnipresent in the world and our experience. This used to be more theoretical than something experienced, but now that the Earth's 3D matrix and the ego structures are disintegrating, we may consciously experience the Trinity and become the Son we have always inwardly and essentially been.

## §

### **376. The scheme of the cosmos:**

Manifest Creation in the universe consists of the process of the out breaths of God or the involution of Spirit going deeper into matter followed by the in breaths or evolution of Conscious Spirit back to eventual Unity with its Source. It is a cyclic process as are all things in Creation. Evolution consists of the great chain of hierarchies of being that gradually ascend in vibration. Humanity is dual, consisting of the hierarchy of egos or separate personalities who are slowly transiting to the hierarchy of soul. This transition is what Jesus is helping us to accomplish. This soul has always been within, only now we shall shift our identity to it and thus the nature of our life and experience will become different. Beyond the soul kingdom are more rarefied kingdoms and dimensions of Being. Just as the life waves will move animal consciousnesses into the human kingdom, and plant consciousness into the animal, etc. Everything has its part to play in the supernal design. Conscious life is also universally hylozoistic, that is, each life is an integral part of successively larger Wholes. Humanity is a chakra of the Earth as Earth is a particular chakra of its solar life, and so on. We may feel like we are stepping into the unknown from the perspective of our 3D world, but it is an infinitely ordered unknown where everything has a place and purpose.

§

**377. Three steps in the Path of the Self:**

The Path of the Self might be said to have three parts. *First* there is the experience of connection to the spiritual inner Self through the portal of the Heart. We leave the ego mind and center our awareness in the conscious Presence of Love and Light that pervades all life. This Self is One within all. Although this energy is devoid of thought forms, through a feeling intuition we can apprehend a knowing that guides us. *Secondly*, realizing that we can center our awareness in the Self, we must overcome and detach ourselves from the habit of ego identity and thinking which would interpret our new experiences on the basis of separative and false assumptions. *Third*, to ground and make real our new identity as Soul/Self we must share our intuitive knowing and what Love would have us express and extend. We do this in relationships with others who are also shifting their identity to the One Self of God that we are all of. We begin to Co-create with God.

§

**378. Reflecting on the purpose of love:**

When we recall our earliest memory, likely there was an experience of self consciousness and an awareness of being in circumstances without any corresponding explanation as to why. There was undoubtedly an awareness of family relationship and hopefully an experience of love or being loved which was perhaps the most meaningful element. Years later we will have internalized some explanations for our worldly circumstances but have we come up with a why? Coming up with a why requires connecting to another dimension of reality and some meaning or purpose related to it. It is not enough merely to have succeeded in creating a successful physical life. How do we connect to a higher, inner or more spiritual dimension and the purpose for our life on Earth? No one else can give us the connection that we must establish ourselves. The world provides many related ideas, but what we need is our own experience — nothing else will really suffice.

As love was the only meaningful element in our initial experience, it's a good place to start. We can use our feeling of love as a search light to examine our life's experiences to see if there is a way to use love to connect beyond this life. When we do, we discover that love itself has an eternal quality that carries us beyond this world. Our love for certain people, ideas, visions, and hopes connects us beyond our temporary terrestrial life. Further examination of the specific ideas, feelings, qualities and visions invoked by love explains what's really meaningful to us and what we're about. We realize that our life on Earth must entail grounding these. All this supplies a mental framework. However, we must stay in the vibration of love to most effectively act on these. Depending on our particular interests and inclinations, we gravitate to a particular sphere in life where we may carry our work of love. What all started as a small seed blooms into a garden.

By living in and from love, we discover over time that we are connected to another level of reality. Love allows magic and miracles, synchronicities and grace to happen that evidences a higher wisdom and guidance. The more we live in love, the more we feel connected to everyone and everything in an experience that transcends the world of time and separate form. Gradually a feeling of a higher world of spirit begins to pervade our life. We begin to have discrete breakthrough experiences of the spirit world. The more we stay in this wholehearted space and live from there, the more our experience is uplifted and infused by the spiritual beyond. Love has established the connection and living in love allows that connection to expand until we have manifested it on Earth. The mind seeks answers, but love provides the answer and leads us to knowing and life more abundant.

§

**379. Oneness:**

Oneness is not like having everything glued together into a single thing. It is an awareness of a higher dimension of reality that pervades all the separate 'things' so that everything is experienced to be an expression of this one higher reality. This higher reality is conscious — and we each are an individual and unique embodiment of it. We each express the same conscious

Self in our own way. Which is to say, we all express Love in our own way. Oneness doesn't restrict our freedom by confining us to being just One, it liberates us from the confinement of separate ego identity and its conditioned thoughts. In the One Infinite and Eternal Self, we now have the freedom to live in an expanded consciousness and explore what IS in the realms of God. How could this be boring or limiting? Oneness is as ever new as the moment. Just because we share the same consciousness of Oneness doesn't imply that we will have all the same interests or purposes. Oneness is each individual's unique portal into their highest dream. Oneness contains them all.

§

**380. The Path to the New World:**

A New World requires a New Path to it. The old ways based on faith in separative belief will not avail. New life requires a new vessel. Fortunately a New Path is opening to our dazzled vision. A portal is opening in the Heart that will take us to the new world that God has prepared for us. The Path leads to another dimension of being — a world of Light and Love and Unity. To proceed this way we must leave our comfortable habits of thinking and proceed empty handed in Love, just accepting what will be given us. There, with an open mind we will get to name the rivers and mountains as our ancestors did, and begin life anew in a world that has never been before. To explore this sacred land we must rely on our sacred Heart and our holy brotherhood. This new world of Oneness is the Heaven that can only be experienced when we have dedicated our lives to Love and the good of all. It's a place of Beauty, Peace and Joy, and the threshold of the living cosmos. The portal is open now. See your Self in all and proceed.

§

**381. Being in Heaven now:**

What if, as in a near death experience, you suddenly found yourself transported to Heaven and were surrounded by beloveds in a perfect eternal day of Love. What would you want then with nothing to attain, do or have? Unlike life on Earth which is geared to accomplishing the next task, there are now

no more tasks to be done. Imagine an eternal day that is an unfolding exploration of Love and what arises new in awareness to be discovered, known and expressed. Now every nuance of feeling can be accepted without fear. Now the unknown Now opens as a continual revelation of the mystery of God. No longer are we enclosed in a finite world but now the sky opens to the infinite and every experience reverberates in the timeless embrace of Love. Heaven is a living world but one consciously saturated with the divine. Now we are conscious of a multidimensional cosmos that extends to Lighted realms beyond conception. Everything although more rarefied is also paradoxically more real than on Earth, as if the veil blinding us has been removed. Imagine Heaven as fully as you can and then realize that Heaven is here now on Earth, if we could but see it. Walk through the Heart's portal and be in Heaven now. Your beloveds are there too if they only knew it.

§

**382. The primary oppression:**

There is much political discussion of different forms of oppression in society, but the primary oppression is unrecognized and that is the oppression of the ego. We are unconscious of this because we assume that the ego is the reality of who we are, rather than an artificial program of personal identity that humanity has chosen to internalize. The ego is really the false self that we believe in because we are oppressed by fear. This fear and the belief that we are separate that has been cultivated by those who would control and exploit us and keep us ignorant and disempowered. This dynamic has been reflected on Earth in the battle between the forces of good and evil and in other consequent oppressions. The ego structure keeps us experiencing limitation because it is a limiting belief system based on a fear of our innate connection with God. However, the matrix of energies that compose the Earth are changing and the ego structure is being dissolved. God is liberating us from our bondage so that we can now freely choose to claim our identity as soul and our connection to God. The dominance of evil and the forces of materialism and selfishness are nearing an end, and a New Age of Love and Unity is imminent.

§

**383. Living from within:**

It's necessary that we define our lives by what we experience within, rather than what is going on around us in the world. There are many people screaming but our responsibility is to maintain our spiritual center and keep our vibrations as high as possible. This won't happen if we take on the negativity around us in the world. This is not to invalidate others' experiences but merely to affirm the need for authentic peace and Self centeredness. We can most effectively help others by being our Self and demonstrating a compassionate God centered consciousness. We have to trust that what we are led to do is optimal otherwise we doubt our Self.

§

**384. Staying in the flow:**

There seems to be a natural ebb and flow or cycle of inspiration from the soul. For me, mornings are normally a time for inwardness, in breath and inspiration and later in the day is more suited for action. If we aren't feeling inspired we can think there is something wrong, but we must learn to trust the natural rhythm of the Self and make the best use of our time. Circumstances or events are part of the process too if we don't get reactive and judgmental, and can respond with an acceptance that can include these in our inner life. Because everything is. However aware acceptance isn't the same as attachment. We can notice things happening around us in the world without getting personally involved. Our involvement must be with the Self who embraces all, but is ever more. When we can stay centered, we can stay in the flow without predetermining how that should be or how that should look. Those on the New Path of Oneness aren't obvious by any external signs, save being peaceful and compassionate.

§

**385. Service:**

The highest form of service is not what we do for others but who we are with others. Sharing our Self and seeing others as part of that Self affirms the reality that we are moving towards. Lack and powerlessness are of the ego, therefore the Self doesn't

affirm that, but rather demonstrates that we all have access to the abundance of God. Service naturally reminds others of who they really are by establishing a relationship with who they really are as a Soul. This relationship sees everyone complete, whole and unblemished. Service involves Heart centered communication without judgement. This service may not get the acclaim as more obvious forms of service, but it is effective. Just by radiating who we are as the One Self, we are raising the vibrations of the world.

§

**386. This time on Earth:**

It's hard to believe, if we observe the media, that the Earth is in a transition to being a more spiritual world. The chaos, conflicts, suffering, confusion and insoluble problems seem the most apparent. However, the seers and sages who have access to a higher wisdom tell us that Earth is ascending to a more spiritual Age, as numerous religions have prophesied. If we each go within, we will notice that we have changed and grown a lot since we were younger. The trajectory of the development is taking us to a more aware, self conscious and empowered place. We are merging with our Souls which is exactly the divine Plan for humanity. The Spirit within humanity is pushing us to liberate ourselves from limiting beliefs, unproductive behaviors and outmoded ways. The impulse of the Spirit and Soul within humanity is awakening us and freeing us. We might not be able to see where this is going, but we can tell that individually and collectively humanity is moving in a spiritual direction. Despite the problems there is also more obvious Love and good will. The old ways based on separation, fear, greed and violence are not fitting or suitable for the future, so institutions based on these must break down for the new to be born. Let us not worry, but focus on the vision of civilization based on Love and connection to God which is coming into being now.

§

**387. Creation for the greater good:**

We are each points of Self consciousness through which God moves from within to extend without. Therefore our function is to co-create with God the forms which shall manifest the seeds

within the Mind of God that God wills be extended or born on Earth. We ourselves are thus the co-creative extension of God on the physical or outer plane. We determine what particular seeds, ideas or dreams of God are to be co-created, by which hold the most Love. What moves us the most? What is the most beautiful? What is most needed now? What embodies our highest vision? What is the greatest good? These kinds of reflections guide us in our task of Love. The co-creative work is really to give an appropriate form to what Love would express. Love always carries us beyond the known to the supernal unknown. There are higher dimensions of Love, Light and Life which would be known and manifest. Our task is to discover these, make these known and bring them forth. We are no longer creating for personal or separate purpose, but for the Whole.

§

**388. We are resurrected:**

As Jesus has told us, his resurrection accomplished the resurrection for us as we are all one in Christ inwardly and in reality. We have not understood that, believing that he died for our sins and merely showed us his immortality. No, he showed us that death does not characterize who we really are and that we can experience immortality if we choose Christ. He didn't die for our sins because there is no such thing as sin. We have believed that we had to wait until we die to experience eternal life, but this is not true either now. Our Christ Self is now accessible. By choosing to connect to the Christ Self in the Heart and shifting our identity to this Self we shall have and live our eternal life now. The Second Coming has begun.

§

**389. Moving from 3D to 5D:**

Earth is ascending from 3D/4D to 4D/5D. 3D is the vibration of ego, self aggrandizement, survival, and an emphasis on the material form. 4D adds the love of the Soul, concern for others, community, and spirit. 5D adds the awareness of Oneness and the experience of the Divine Life and Consciousness within all. It's God's Will that Earth now be raised from the ignorance, confinement and suffering that has characterized our past and

be consciously reunited with the Divine. We can be grateful and hopeful that this planetary shift in energy is in progress with a quantum leap imminent. We can align with this shift by keeping our vibrations as positive, loving and high as possible and by going within regularly to open our Heart and mind to the Presence of the Divine within. Then we must act on our inspiration, what we feel and are given to know. We must share and Be our Self and thus embody as best we can, the new movement of Spirit into the world.

§

**390. Overcoming our human nature:**

We are really spiritual beings who are having human incarnations. Once we realize this fact, one of the first things to be done is to release accumulated beliefs that we are merely humans who also have limiting conditions and deficiencies. We accomplish this not by repression, but by loving awareness of any such beliefs that arise in consciousness. We accept them without attachment and identity because we know that we are more. Therefore we needn't fight against them because we know that they're not true. We don't therefore put energy into them, but can just ignore them as they die from lack of belief. This includes any regrets, guilts, and painful memories. All of these thoughts, beliefs and emotions were inevitable aspects of our human life and thus perfect as they were. We need not judge against them but can just let them be, knowing that we are larger.

Concurrently we connect and unite with our real spiritual Self that we experience within the Heart. This Self is the real 'I' within the naturally 'imperfect' human. We shift our focus and attention from the human concerns and patterns of self consciousness to the Self and listen, feel, intuit, sense, envision, intend and create what we are coming to know as a Soul at One with the Whole. This Self expresses through its human form, but we are no longer identified with the form but with the Divine Self within.

§

**391. Our need for relationship:**

Most of us, in our desire for relationship, think we want love, sex, companionship, gratification and support. We are trying to get something that we think we lack. What we really want is to discover and share our Self. If the other person wants this also, then we have aligned life paths that share a common need and purpose. This co-creative path may lead to differing expressions related to differing aspects of the Self's Truth. However, it is not a path based on lack, but on the abundance within and our intrinsic completion. We share in a holy relationship where we become the same One Self cooperatively bringing forth our shared Truth and what we are discovering together.

§

**392. Thought and ideas:**

Thoughts are really external to the Self. We may have a personal attachment to some thoughts but none of them is who we are. So when we are having a discussion, the thoughts are as forms we are bandying about and often attacking one another with. We share our Self by sharing our feelings and our awareness of what IS in the moment. This is to express Love. The Self is not attached to thoughts. It is attached to Love as it is an expression of Love. Expression and extension of Love is what the mind is for. Thoughts are used for this but only have value for their content and purpose, not for the thoughtform itself. After the thought is expressed it is released. The moment is always new and without attachment. Ideas are different from thoughts and are preexisting in the Mind of God. Ideas reflect the actions and aspects of Love that we may choose to energize and which reflect who we really are. Ideas are really to be lived and embodied.

§

**393. Hold the vision:**

It is important, if we are to fulfill our potential and purpose that we envision clearly what we want to create as our experience of life. We must hold that consistently in our mind's eye day in and out. It is in this way that successful creators function to realize their dreams. Staying in the moment, see everything that happens within the Oneness with the Divine Self which you are manifesting. Act 'as if' this is accomplished, which it is, within.

Continuously breathe from the center of the Sacred Heart. Envision the connection of spiritual Light. Know that you are living from and extending your Source. Remember that you are here to ground this Consciousness. Trust and share what you are given to in Love.

§

**394. Tuning into the One Self:**

The Age of the ego was about separation, learning and seeking. The Age of Love, which is Now, is about Unity with what IS. Now we have found what we have sought and are at Peace. Now the separate creations of life all express the same Life and Consciousness. Now we know our Purpose is to embody and express that Life and Consciousness — to Be the One Self in whichever way is right in the moment. Earth is ascending and as it does, more will awaken to the Presence of the One Self of God that is emerging from within. God is synthesizing the spheres. Soon all will be One. We can begin to tune into the One Self now and choose it as our Self that we will share together.

§

**395. Embracing the unknown Now:**

When we release our attachment to the ego mind and stand in the unknown now in the Heart, our experience defies our ability to describe it. It's a formless place of Love, Light, Consciousness and Intention that pervades the world. As a conscious being we are embedded in a larger living Whole. The moment is ever new, yet the 'I' is changeless. We are in a temporal world yet have our Source beyond it in the eternal. We are here for a purpose of Love. We must awaken from the dream of separate life and reclaim our knowing that we must share with each other. The world is ascending in vibration. An awareness is emerging that we are really part of the One God Self that we are becoming conscious of. We are uniting with that God Self and becoming Whole. God is pushing through the world, transforming it and revealing the Divine that has always been within. We are part of it. Let us refrain from ego thought and look past the concrete mind to experience the Life and Consciousness within. We are living in God now and are One.

§

**396. Accepting our role:**

Once we have embraced our Self and our place in the scheme of things on the edge of form, our role is to dialogue with God and to bring forth the consciousness of God into the world of form. God is speaking to us all the time. Our task is to intuitively hear or sense what is being conveyed or known and then to co-creatively express or extend this with others. We are cooperating in bringing forth the shared Truth of our being. Loving consciousness knows, the mind extends it. By embracing wholeness and Love, and abandoning separation and fear, our experience will expand to include others who are also living in the spiritual realms of God. New revelations, peoples, awarenesses, and realities will delight and amaze us. The inner will manifest in the outer, the seeming duality of life and form will be resolved. There will be just one Life and One Consciousness unfolding that we are integral to.

§

**397. God is intervening:**

As Jesus has told us, God gave humanity free will with which we chose to experience separation from God, knowing we would one day be awakened from this voyage. However, the voyage has been darker than anticipated, as evil has taken advantage of mankind's forgetfulness to cause levels of suffering that were not intended. However, God is intervening as the time of humanity's experiment is over, and so we are slowly being awakened from our forgetfulness, and fearful experience. God's agents are clearing away the evil entities that have afflicted humanity. The energies of Earth are being raised and cleansed so that we might see the Truth again and rejoin God. The tumult on Earth reflects this Divine and destined process. All will be made new, and Earth will become the Eden foreordained. Love will rule and all will be One in God.

§

**398. Holding the vision:**

Vision is creative. However, we give too much energy to the media's negative visions. We need to put more energy into our highest visions — of a loving world where everyone experiences

that all creation is part of the same Divine Life where the consciousness of God pervades. An abundant world where everyone cooperates for the general good without survival fears and can live out their highest dreams. Where everyone has enough to live well in vibrant healthy harmonious lives. A world where every moment is a joyful discovery that we share together in. A world where we can freely be all we are in each eternal moment. A world now stewarded back to its pristine state by an aware humanity. A world that now takes its place in the larger family of beneficent Galactic civilizations.

§

**399. Living our divine idea:**

When we realize that divine idea that we resonate most closely with, we also realize our participation in God, for these ideas exist in the Mind of God. Thus we do too as living sparks of the Fire of God. Living out this idea puts us in synch with God, our Power and Purpose. Recalling this idea immediately aligns our consciousness. Now we are who we really are. Now we are in the moment and able to share what we know. Now everything is right with the world and the future is happening as it should in the present. Love is being embodied and we are happy.

§

**400. Standing in the shower of God energy:**

In reality, as the unfolding moment IS, the energy ascends, because God is putting increasingly higher energy into it. We might imagine Now as an experience of an eternal new infusion of higher spiritual energy from God. As we stay open to it and let it flow through us into the world by also expressing it, we are purified and fulfilled. When we have forgotten fear, each moment will be lived to the fullest and we shall be who we really are all the time. Imagine standing under a shower of God energy, refreshing, enlivening and aligning you to your Self and the ever new Spirit. This is the energy of our eternal Life in the eternal Now. Soon we forget who we were as a separate individual and join the ranks of the Brotherhood of the God initiated. Our 'sins' have been washed away and we are made new. If each Soul embodies a unique Idea in a Mind of God, as we manifest these Ideas, we creatively extend the Wholeness of God's Mind into

the physical realm. Therefore we each have a necessary part to play.

§

**401. Awakening to what IS:**

When, soon, we have awakened to who we really are, we shall greet Jesus and the other enlightened ones as brothers who all share in God's Sonship and Life with us. Then we shall see each other as individual expressions of the same shared Consciousness of Love. This is then refracted through the mind of Light in an infinite variety of ways. As our sun comprises the Heart center of its cosmic Life, Love is our primary nature and purpose. The Consciousness of the Whole is all encompassing and understands the relationship of everything to the Self. Whereas for long we were lost in the illusion of separation, soon we shall find our Self at Home in the Eternal Oneness of God. The higher realms will share this Oneness and not be qualitatively different as the 3D Earth is. It's a simple step, awakening from sleep, but it has been a difficult one because we have been entrapped by the ego. With the ego matrix dissolving, it's a simple matter of shifting our identity to the Self who is here, who we are, by uniting with it. The Self uses the new mind which is attuned to what IS — or the Truth.

§

**402. Reaching out:**

To the ego, the description of the Self's reality is just thoughts, conceptions, and perhaps ideals, just as religious faith has been an ideal. The ego doesn't really understand the Self as it resides in a different dimension of reality, based on the illusion that everything is separate from God. Therefore the Self's words by themselves mean little to the ego. What has more of an effect is the Self's Love which reaches the individual trapped by the ego. That Love may be misinterpreted but it will be felt and appreciated, for we all need to experience Love. As the Self honors free will, it gently addresses the individual caught in ego programming and speaks directly to the Self within without reinforcing the ego.

§

**403. Prayer:**

Jesus tells us that “prayer is also a constant dialogue of asking, being answered, and responding. This is the aspect of prayer that makes it an act of creation.” ACOL T6:3 We ask for union with the Self, experience it and intuit a knowing related to this process that we then share. This is a co-creative process as we only know when united with the Whole of God. Our knowing is simply an awareness of what IS.

§

**404. The necessary turmoil in the world.**

Humanity is naturally distressed by the turmoil, uncertainty and crisis in the world. People prefer things stable, reliable and positive. It is more difficult to hope now as we witness the breakdowns and problems happening all over the Earth. Few are immune. However, if we realize that we are in the midst of a Divine process and transition that is spiritualizing the Earth and which will result in a better world, we may come to terms with the necessity for fundamental changes in our beliefs, values, institutions and lifestyle. It's important to recognize in this respect, that despite technological and social progress, the global political and economic system incorporates exploitation, injustice, greed, violence, and obscene disparities in wealth and power that are not only neither loving nor spiritual but which are evil and which cause great suffering. Our civilization is an externalization of the ego which is a false identity. Therefore, the truth about the underlying exploitive basis for our civilization must be brought to awareness, as well as those who are controlling and ruling for their profit. This entails disclosures of facts that aren't widely known, as well as revealing the hypocrisy and betrayals of our leaders, and hidden corruption. The pandemic shutdown is providing a break from normality and an opportunity to go within, connect to and clarify one's own truth. As the reality and access to one's own soul is becoming easier, it is an opportunity to awaken to a deeper place of authentic being and to flow with the movement of positive spirit in the world. This is about shifting to an awareness of our conscious place in the Divine Life encompassing all creation. And to make the necessary changes in our lives and the world. This vision is the realization of the Heart's yearning and God's Plan for Earth.

§

**405. Imminent disclosures and world changes:**

What are some of the deeper issues that need to be resolved in humanity's transition from a civilization controlled by evil or separative exploitive forces to the New Age of Unity, Light and Love? First of all disclosures are needed of the hidden control and corruption of the world by the monied special interests of the New World Order that manifest through such essential institutions as governments, the financial industries, the intelligence agencies, and the media. These institutions incorporate rule of the few over the many. Whistleblowers are bringing the hidden control and corruption of democracy to light and revealing little known nefarious activities and secret military projects. Secondly is the transformation of the NWO's or the 'deep state's' main method of acquiring money and power — the debt enslavement private banking system — to a GESARA based international monetary system that would fairly distribute the wealth of the world. Third would be the end the never ending imperial wars and the nuclear threat. The Divine Forces of Light are therefore working for disclosures currently blocked by the mainstream media, for a cessation of war and for the transformation of the economic system that has perpetuated rule by the powerful few. Galactic Forces (the good extraterrestrials) already have blocked the possibility of nuclear war, and have a control of the worldwide electronic financial system that will be reconstituted when the current world economy collapses soon. Disclosures will then escalate. Evil entities are already being removed by the Divine intervention of the Galactic Forces, which will also be disclosed more openly soon.

§

**406. Transitioning to a Heart based culture:**

When we shift to a Heart based center of life we shift away from the mind based culture of the separative ego to a culture of Love, connection, Wholeness and Life within the Divine. Our entire civilization is making this transition as the Earth is infused with Divine new energies that will reveal the underlying Reality of the One Consciousness of God and which will correspondingly dissolve the matrix of separation that has kept humanity

imprisoned in illusion. Our collective voyage through the experience of separation is temporary. A new cycle of Divine Creation commences. Now, although we maintain our separate bodies, our consciousness is awakening to the Soul level, and the eternal Self who we have always been in reality. Our new civilization must reflect our real identity as Souls and multidimensional Beings who are integral to God.

§

**407. Who am I?**

When we ask ourselves the question “who am I?” we naturally assume the answer will also be personal. But it isn’t. The “I” we are is infinite. It embraces the world. So our assumption about the answer limits our ability to know it. Therefore it is better to ask “who is the Self who is the knower” for then we open our minds to the possibility that the Self is God, as indeed it is. We embody the Consciousness of God or Christ. However, this needs to be experienced rather than just conceived. To experience it is to open our mind and Heart to the idea of it that rests in God. We then become one with God — the physical self merely is our avenue of expression. Our “I” shifts from the reflection to the Source. By accepting all, we become the consciousness of the all of creation. By releasing all we choose the freedom of Self identity.

§

**408. Arise and remember:**

In summer’s garden all is perfection and as it should be. Nature’s beauty, harmony and life enrapture the senses and instill a peace. All aspects of the scene are embraced in a Oneness that infuses the mind and leads us to go further within the Infinite and Timeless moment that the outer scene reflects. Memories arise as to why we’ve chosen this incarnation on Earth. We are here to remember who we really are and to reclaim the Power and Knowing that is ours as living Spirit. I embrace this garden world in Love. It is all part of me — but I am more. A call can be heard, Arise and Be! Now I am no more of the Earth, but of the Heaven above and the unknown Now. Heaven now pervades the ethers. The worlds are fusing.

§

**409. Love and inspiration:**

All my best moments have been qualified by Love or inspiration or both. To women I give thanks for the Love which connects us to all that is alive and good — all that makes life worth living and unites us to our Self and the Divine. Beauty, joy, and relationship all are realized through Love. We live in and by the beating of a cosmic Heart which infuses all and carries us forward to the sublime beyond. To inspiration I thank the stars. Ideas, like seeds, rest in the Mind of God awaiting discovery. These are dreams God has placed in us that we can realize to grace the cosmos. The dreams of God are as heavenly fruit hanging from the trees, waiting to be picked and experienced. And as we bring these out into the world, it becomes more Heaven like.

§

**410. Let us refashion the world on the basis of Love:**

We all have experienced the beneficence and importance of Love, yet we are afraid to imagine that we could create our society on the basis of Love. Christ taught and exemplified Love, yet we refrain from systematically building our civilization on this most essential energy, quality and consciousness. Why? What value could supersede Love, which is God? An evil voice whispers that we must be 'realistic', that Love is just personal and cannot become law to govern society. Let us recognize this is an evil lie, by which evil can claim the world that it has no right to. Love is meant to rule all as it gives life to all. Let us open our eyes and quit listening to the evil one. Let us refashion the world on the basis of Love as God wills that it be.

§

**411. Dancing with the Divine:**

When we look into each other's eyes we are looking into our own Self. There is but one Consciousness, one Love, and one Truth that we all embody. If we look beyond or through the person, we gaze into an eternal heaven world where the Soul resides in Oneness. We have a choice — we can focus on the form that the Self is expressing through, or we can gaze on the formless Self we are part of. We can feel Love for the form or we

can also feel Love for the Divine expressing through the form. Then we join the Divine dance, the unfolding of ever new Spirit in the Eternal unknown moment.

§

**412. Coping with experience:**

Spiritually we are often admonished to keep our vibrations high. This is easier said than done because the effort can cause us to fight against ourselves in dualistic striving. Better to invoke the Self who encompasses all. All vibrations are subsumed in the Self who is all. Awareness then leads to release. The Self embraces all but is more than all. This freedom of Spirit is the highest vibration. We don't try to rise above ourselves. We give ourselves to the Self who is both immanent and transcendent, as is God. God is in everything as is the Self of God. By accepting all, we accept the God in all, rather than fighting against our experience in judgement. By accepting we let it all pass through and proceed on our merry way.

§

**413. Uniting Heart and mind:**

By uniting the Heart and the mind, we prevent the tendency of consciousness to stay in the ego mind's world of false assumptions based on separation. Imagine Love swirling out from the Heart center until it creates a portal that encompasses the mind. Now we pass through a hidden gate into the open field of buddhi. We have left the ego's world and have stepped into the unknown Now of living life. The mind is now secondary to awareness of what IS. Oneness and Love pervade. We have left the familiar consensus world that we believed in and have stepped into the new. The moment offers fresh discovery and opportunities to explore. We align with our multidimensional Self and remember who we are and why we are here. Now we have reunited with the Self who brought us here. Now we can awaken others who are also here to help manifest the Kingdom of Heaven on Earth. We have freed ourselves from the matrix and can begin to be our Self. And we are not alone.

§

**414. We needn't understand the world:**

It's natural to want to understand what is going on in the world. The complexity of happenings is bewildering and compels attention. However, these myriad dramas have a single theme — the illusion of separation and the unconscious urge to awaken. Love, not sex, is the great force pushing us forward to free ourselves from our imprisonment in the separate ego world. All the myths, archetypes, stories and timeless themes of life on Earth are variations on the dream of life lived in separation. We needn't know every permutation because these are all based on the same thing. We unconsciously struggle to awaken from this dream and free ourselves from the illusion of separation and the world that is a manifestation of it. Love, which is of God, ever pushes us forward and out of separation into larger identities, involvements and activities until we eventually find the way out — which is really the way back in to the Source and Self we only left in consciousness. We need not understand the world, as it is based on illusion, we merely need to find our way back Home. We won't find this path in the external world, but hidden in our own Heart. There we find a doorway to an inner dimension of Love and Conscious Oneness. There the Self awaits to embrace and awaken us to who we really are and what life is really about.

§

**415. Accepting the changing energetic dynamic:**

Day by day the vibrational matrix of energies on Earth is ascending from 3D (ego) to 5D (Soul), making it easier for us to likewise contact and develop a more spiritual awareness and free ourselves from the ego. If we each reflect on how far we have moved in our lives, I feel most would agree that they are more Self aware and Self centered now. Not self centered as in ego oriented, but more loving, tolerant, broad minded and understanding. The increasing influence of the Soul is improving us and helping us overcome bad habits and reactivity. We live now as personalities in the Light of the Soul (4D) and no longer in the darkness of the ego. We are finding it is also easier to step away from old conditioning and open our minds to new ideas for general betterment. We are held back more by the system we live in and it's institutions and laws that incorporate exploitation, greed, injustice and violence. Political effort to change the system takes awareness that is being hindered by the

mainstream media, which is part of the establishment. However, we are encouraged to realize that the transformation of Earth is ordained and inevitable. Therefore the sooner we align with the higher incoming Soul energies, the sooner we will live in the future of our dreams.

§

**416. Choosing to Trust God:**

It is only natural as the ego attempts to control life by its will and thoughts, that the global political-economic system, that incorporates the dynamics of the ego, should be controlling. Look at the effect that colonialism, imperialism and globalization has had on native populations who had lived in freedom and plenty. Now they live subject to a ruling regime that has usurped their freedom, culture and ease. Now they live under alien laws. Those who adapt may succeed, but their sovereignty has been lost and the system and those who control it now rule. Jesus tells us that if we are to reclaim the freedom of the Self that we need to release the ego's fear and endeavor to control life. We must trust the guidance of the Self and God who fulfill every need we have. If we can collectively learn to live by Love and Trust, we can establish a civilization that will honor each person's basic needs and rights. Then we may discover that scarcity was only part of the illusion and that abundance is our natural state.

§

**417. Using the mind:**

When we are aligned with the Self and the Whole, there is still the question of what we want to use our mind for. In aligning with the Self we will discover that there will be various qualities and ideas that are resonant that need to manifest. As we focus our attention on what is desired, and visualize what is needed to be created, these qualities and ideas will cohere. Love attracts and coheres. It is not our separate will and desire that is operative, but that which is integral to the higher Self. We use our mind to bring our Self into manifest being. Everything that is expressed is done with detachment from personal desire. Now, for example, I sense the Whole as a space of Light, Love and Consciousness that intends to be embodied through us. I feel it,

sense it, visualize it, and name it as the Self we are. My mind conceptualizes it within all. As I maintain my focus on this idea it becomes more energized, attractive, and powerful. Finally, I release it out into the world to merge with similar ideas that are manifesting the New and expressing the Truth we are becoming aware of.

§

**418. Resolving desire:**

When we notice that we have a personal desire, how do we transmute it? A desire assumes lack, but in God there is no lack so that the desire reveals our focus on self rather than Self. We shift then to Self awareness and give the self the Love and quality it thinks is missing. Sexual desire troubles many, but this is resolved the same way. This desire for connection and union is resolved by choosing union with the Self who then embraces the self in Love and union. This raises the energy and focus from the sacral to the throat center where it is expressed creativity. Choosing union with the Self is choosing to join the mind to the Self in the Heart.

§

**419. Freeing ourselves from the hologram of the ego's reality:**

The world is but a hologram that we believe is real because we believe the thoughts that interpret our senses. However, even science says that empirical reality is but a pattern of energy in space. Spiritualists would say this energy is the energy of the Mind of God that has created the dimension of space and time to experience and know its Self. If we can remind ourselves of the hologramic nature of our experience it is easier to feel the Presence of Heart Consciousness within it which pervades and encompasses all life in the moment. This orients us to who we really are as an extension of the One Life and Consciousness within all. We align with our purpose which is to manifest the Consciousness of the Self and create the forms which manifest the seeds of potential within it. This is to express and share who we are with each other as we all awaken to our Christ Self. This is to manifest a new Reality on Earth — a dimension of Oneness that Unites all. We must free ourselves from the hologram of the

matrix of the ego's reality that we have hypnotically accepted. Releasing the ego mind which has created it, we may move free in spirit and reunite with those Beings who are here to welcome us Home.

§

**420. The Ascension of Earth is in process:**

The fact that there are many Christed Beings now overshadowing us, channeling to us, supporting and working with us demonstrates that the Ascension of the Earth is well underway and that we may expect some profound revelations and experiences in the days to come. Spiritual Beings from around the galaxy have come to observe and midwife Earth's birth into the Light. We are fortunate to be on Earth at this unique moment for this is not just another cyclic change but the liberation of the Earth and its humanity from the bondage and suffering that have afflicted it for millennia and Earth's transmutation to a higher vibration that will prevent the return of evil. The Galactic Forces of Light are helping to cleanse the planet. We, Earth humanity, must avail ourselves of this opportunity, affirm our sovereign Spirit, throw off our oppressors and establish a world based on Love, Oneness and sharing.

§

**421. Our task:**

I have a task that I have been born to accomplish. I am to awaken to who I really am and share the Truth that I know. We are each eternal Soul, but have believed we are limited personalities with the particular conditioning that defines us. No, we are immortal Spirit, here to bring Light and Love to Earth, to spread our wings and live free in the Infinite embrace of God. We are here to live by and affirm a higher Law and bring a new Reality to Earth. A new dawn is breaking and we are the Light bringers. Love is embracing the nations and we are its embodiment. Spirit is moving through the world and bringing hopeful change and we are its agents. Not just talking but embodying.

§

**422. Asserting our God given power:**

We have blindly accepted our disempowerment and our victimization. We have believed what others told us, who we thought knew more as they took advantage of us. We have accepted the way things are, despite the injustice, the cruelty, the disparities and suffering. We have rationalized our inaction and complacency. We have suppressed our knowing and our feelings of outrage. We have dreamed beautiful dreams but settled for what we deemed realistic. When saw the affronts and the pain in others we looked the other way. We have let ourselves be mislead and deceived. We have led our belief in law usurp our belief in what is right. We have let ourselves be distracted and controlled, ruled and exploited. We have settled for what we thought we could get and deserved.

Now it is time to wake up and look around with open eyes and see what is really happening. The horror may shock us, but hopefully also stir us to action. We have languished too long in deluded powerlessness. Spirit is calling. It is time to reclaim our Divine Power. We, the great mass of humanity can take back our power and force the changes needed in the world. No separate power can withstand the human spirit united with the Will of God. And it is God's will that humanity assert our Divine nature and remake the world for the good of all.

§

**423. The power of music:**

The first movement of creation by God is sound or the song of God which began and upholds all life. So it is no surprise that music can arouse the created soul so effectively. Music that uplifts the feelings stirs the imagination to create visions of magic, wonder, Love and joy that reflect the spiritual reality of God's word that underlies creation. Music creates a living link to connect, inspire us and lift us to the supernal realm where creation began. If we can touch it, then we have a way to reestablish a conscious connection that transcends time and space. Music must eventually play a stronger role in education, therapy, healing and fostering creativity.

§

**424. The revelation of God:**

The biggest change within an Earth humanity which has felt separate from God, is experiencing contact with God once again. For too long God was taught and believed to be separate from us and thus we had to rely on various intermediaries. Once we realize that God is within us, guiding us, all fear will leave and we will take back the power we have given away to the false authorities of the world. We are of God and need not defer to any outside source for the Truth. When enough people realize this, the old system will collapse and a new a better world based on Love and Oneness with the Divine can take its place. The Presence of God is pervading the world and moving into our awareness. This is coincident with our awakening to the Soul, who is our real identity. Claiming our Divinity we may throw out the imposters who have been our leaders and remake the world as we know it is meant to be.

§

**425. Changing our story of the world:**

As the story we believe about ourselves creates our experience of the world, let us choose different stories from the ones we have taken on from our culture. Those stories might have been about creating material success and personal happiness, but these also included beliefs about the world that contributed to its impoverishment. Life, in this paradigm is a struggle, the world is harsh, satisfactions and joys are fleeting, pain and suffering inevitable, death is certain. Our blood, sweat and tears may create a happy bubble, but it may be an evanescent one too. Why not a story about waking up as a Son of God aware of the joyful opportunity create a world where the Divine dreams of God are realized in Freedom, Oneness, Love and Peace. We have unconsciously taken on the false beliefs of the ego not only about ourselves but about the reality of life. Let us free our minds by cleaving to the Heart and the Divine Self within. God is pervading the world with his Self and giving us the opportunity to now choose it and by so doing choose a reality totally New and Divine that resounds to only Holy law.

§

**426. Cultivating the Holy Relationship:**

The Holy Relationship is not just a spiritual relationship with another but is our ongoing relationship with the Self we all share. We live in this Self and can see it and respond to it within all. This is miracle thinking. It's not a special thought, just an awareness of what is there and a willingness to express this. As we see and experience the One Self in all we no longer need to worry about conflict with the ego because there can be no conflict in something all encompassing. The ego's denial makes no sense and must be discounted. A miracle now is just sharing what IS with another. This equally serves giver and receiver, who are part of the same Christ Self Consciousness.

§

**427. Metaphysical consciousness:**

The mind and its beliefs and assumptions are creative. So if we assume that consciousness is confined to the brain, we shall limit what can be experienced in our consciousness — even in meditation. This is why mind based meditation techniques are not as fruitful as they might be. If, however, we assume that consciousness is really metaphysical it allows us to link our physical self with our spiritual Self. Consciousness is the mediating principle between spirit and matter and a coequal part of the Trinity. Connecting in the Heart to the Source of the consciousness of the One Self, then also connects us to the other aspects of the Trinity — the Father/Will/Purpose, the Mother/Creative Intelligent Life, as well as the Son of God/the Consciousness within all Creation. Assuming consciousness is confined to the mind, prevents these spiritual experiences.

§

**428. The limitation of secular science:**

The assumptions of secular science are dominant in our culture today. These are beliefs that assume that only empirical or physical reality exists. These assumptions also conceive that psychological and spiritual experience must therefore be governed by physical laws. Both of these assumptions are false. Science as an inductive and fact based way of establishing truth is legitimate, but where it errors is when it attempts to apply non factual assumptions to establish conclusions. Assuming that

metaphysical reality doesn't exist because it can not be substantiated empirically is a false assumption. Early scientists were also religious people, but science has gradually been taken over by materialistic and reductionistic thinkers, and the resulting secular science has become predominant in our education and culture to the detriment of our understanding.

§

**429. The opportunity of inner awareness:**

When we rest in what IS in the Heart space within, we rest in God. Any other interpretation is a judgement of the ego. Whether we can define or articulate our experience well doesn't invalidate the nature of this experience which is empty of ego. This state of unknowing is the portal to the Kingdom of God within. Rather than shaking it off as a random and inconsequential momentary lapse of our normal consciousness, if we would cultivate and explore this quiet inward state we would discover that it contains within it an intuitive knowing and a will. What we discover in the stillness and silence within is our Self. We make it real to us by expressing what we discover, which is what we also Love. We give form to the Truth — to the visions, ideas, dreams, creations, feelings and intents which express what IS and would Be.

§

**430. Raising our vibrations:**

How do we do it? Realizing that we have reason to be hopeful and to therefore feel that our efforts (paradoxically to relax and accept what IS) will reap consequences, we may practice ongoing prayer, alignment and inner listening. We don't take on the energy around us personally or in the culture. We remind ourselves that our role is to be a Light in confusing times and an example of someone who is embodying the new energies of planetary Oneness. We don't have try to be more spiritual, we just have to be our Self, and therefore live with total integrity, authenticity, openness, Love and candor. Naturally this will imply good self care habits of a balanced healthy life. Often when we think of getting 'higher' we infer effort, but it might be better to say just be willing to accept and share what IS now here within the Heart in the moment.

§

**431. The turmoil on Earth:**

To understand the turmoil in the world at present, one must understand that global capitalism is controlled and embodies evil to a degree, as all of our human civilization has. Secondly, that the end of this era of suffering is at hand as the world is being infused with higher energies that will transform Earth. Consequently the forces of materialism, separateness, power and exploitation are causing chaos to instill fear and make it easier to suppress and control the population, to resist change and maintain their advantages. The elite groups at the pinnacle of power and wealth are ruthless and sociopathic. The pandemic was their creation as a bio war effort to kill and control the population. The related economic shut down is also meant to disempower people and provide the justification for a massive subsidy to the banks and top corporations. Whether people are pushed into poverty is of no concern. Finally, the political riots that are being cultivated by the same global cabal are meant to distract and divide people and justify more state surveillance and suppression. These developments are being enabled by the establishment media which is the cabal's main means of indoctrination. If we can decipher the hidden hand of evil working through the establishment it will be easier to not get pulled in and to maintain our alignment with the spiritual Forces of Light and Love that are pouring into Earth now to transform it. Ascension is imminent so we needn't worry.

§

**432. Just being our Self:**

Living in the Self and the Kingdom of God is challenging if we continue to believe in the illusions of the ego world around us. If we remember that we are here to be our Self and demonstrate that it is possible to free oneself from the ego, it becomes easier to see through the ego's world to the Truth within. It doesn't matter how many still believe in fear and separation or how horrible the news of the ego world is, illusion is illusion and is not more real by the number believing it. It is not difficult to find the Kingdom of God for we are all living in it unconsciously. Get out of your head, take a deep breath and look around — you are there, connected to your Heart and your Self in the moment. It's

that simple. So just stay in the Peace, Love and Truth within instead of reverting to ego normal. Notice what you are feeling. Why can't you just live from this place of intuitive knowing? You can! Now you are beyond the world and the person you have believed yourself to be, and are connected to your Self. It seems initially like an empty place until we realize it is not. We are now breathing in concert with the Life within all. We are now at One with the Consciousness within all. We are now aligned and listening to the Spirit within all. We have taken a step back from identifying with the body and are now identifying with the One Christ Self. We can live from this place, and as we do realize that we have not lost anything — we are just awakening to who we really are. Let us share our Self knowing and so begin to extend the Kingdom of God on Earth.

§

**433. Recognizing a new dimension:**

It's helpful to remember that our task is to recognize the new dimension of reality that is emerging from within. This is a unified dimension — a Whole that is both real and conscious. This dimension is more real than our present 3D reality because it is a living Oneness that synthesizes the separate forms of 3D reality into the Oneness of the Divine that has always been within all creation. Now, however, it is possible to free our awareness sufficiently from the ego and its 3D world to notice this new level, plane or reality. This is really God, pervading our world and lifting it up so that it may be joined and fused. 3D will be gone soon as well as those who only live for the separate self. Unless one can vibrate to Love one will no longer be able to inhabit Earth. The turmoil on Earth is sorting out who will stay and who will go to other worlds more appropriate.

§

**434. Who are we?:**

When we reflect on significant moments in our past, we will discover that the same Self was always there. We might have been caught up in a reaction, feeling or belief in a particular situation, but beyond that the same Self was there observing, being. So it is today and everyday — the eternal Self in an eternal ever new moment is always here. Who is this Self? Why

is it here? We must resolve these questions if we are to have peace. We can not answer these questions until we include Love in the equation. In every moment Love is trying to be expressed. What is Love trying to achieve, express or manifest? The Self endeavors to embody Love and until it can do so perfectly, we will not be our Self. We are to transmit the eternal Love of the Self to the temporal world of space, time and circumstance. We are to extend the Being of God in the world. Instead of 'Who am I?' we need to ask how can we best express the Love which pushes to be expressed. When we discover this, we discover who we are and our place in God.

§

**435. Making cause for celebration:**

The world, which is a place of sorrow and suffering, was meant to be a place of joy, celebration, Love and beauty. We can see these in the world still, for the human spirit is indomitable, but day to day life has far too much dreary toil and hardship. Many people at the top in society in the West are comfortable but billions of people on Earth struggle to survive and overcome the exploitation by people at the top in a political economic system built on power, greed and exploitation. However, the human spirit is now rising up to assert its power and overthrow its oppression. This oppression is incorporated in the global system itself and those who control it. It is reflected in beliefs of fear, vulnerability, self doubt and lack. It is reflected in the power we have vested in political, religious, cultural and scientific authority that we are realizing has been misplaced, as they are hypocrites, deceivers and deluded. Let us take our power back from the 1%, reform the world on the basis of Love and have a celebration!

§

**436. The action of Love:**

Our first act of Love is to accept and love our Self. Secondly to Love our self. Then to Love and embrace all. Finally to Love and express Spirit. We, as Self, surrender to the Spirit of God that it might pass through us into manifestation in creation. In the process we identify with that Spirit and Self. We transition from created form or personal self to co-Creator.

§

**437. The Purpose of Love:**

When I was young I was puzzled by Love. I realized that it was a very important and powerful energy and urge, but didn't connect it to anything more than a personal longing for union or an attachment to beautiful ideals. I now realize Love connects us to our Self, God, Christ and all that is. Feeling the connection and experience that Love makes possible answers the questions about Love within the mind. Love is the connector and attractor and when we choose to unite with Love in our Heart, we also connect with the Source and all that is One with it. By embracing it we also discover the Purpose that it has for us.

§

**438. Overcoming indoctrination:**

It's always a surprise when I discover just how indoctrinated people are — and more intelligent people often even more so as they rely more on their minds and less on instinct, emotion and intuition which can keep a person balanced. Secular scientists who profess to be fact oriented are so only within their limited domain, outside of it they are as prone to bias and judgement as the next person. Certainly the media is an agent of cultural indoctrination but also our educational system is. People are not taught to think for themselves, but to incorporate and internalize the beliefs of the day and the place. To a large extent we have been collectively hypnotized to accept a reality that is ultimately false. Fortunately today in the Earth's transition to a New Era, it is easier than it has ever been to free ourselves from our brain's conditioned beliefs and connect with our Higher Self which holds a transcendent knowing. And we are enabled to do that by connecting to the Heart which allows us to step out of the ego mind and access our inner Truth. Knowledge will be discovered to be not something outside of us that we have to learn, but something that is already within us as the Truth within. We will overcome our indoctrination and judgments by learning to Trust our Self and our own access to the Truth.

§

**439. Awareness of the Presence:**

Each day is as new and pristine as when the world began. If we don't bring the past into the present we can be at peace and experience the wonder of the Now. However, we tend to view the moment through the lens of thoughts and emotions we have accumulated in our mind, thus not being in the moment at all, but in our head. We need to get out of our head and connect with Love and what IS now. If we realize that in the silence and stillness within the Heart we are meeting the living Presence of the Divine we can focus our attention better on it. This is God and the Self we are. The moment is the vesture of God. We aren't fully in the Now unless we are conscious of the Presence of God within the Now. Then we realize that God is everything. We also realize our equality and Brotherhood in Christ. Being in the moment is an opportunity to connect with our Self. We move from awareness of this Christ infused moment to living in Christ by sharing our Self and what we are coming to know in this living moment.

§

**440. The cycles of time and the planetary shift happening:**

Religion presumes that time and creation proceeds in cycles of eons. Hinduism uses the term kaplas to refer to vast astronomical Ages that correspond to the vast periods of time that modern science describes the universe by. Civilization in this view proceeds through qualitatively different periods or yugas, the next being Satya. Christianity says a New and better Millennium is coming after an Apocalyptic period that we obviously are in the midst of. Spiritualists talk of a New Age we are beginning where civilization will be under the influence of new astrological energies. Others talk of a planetary Ascension in process that will not only involve linear change but a Divine lifting of the energies of Earth out of 3D time into a fusion with the eternal or 5D reality. Science, other than substantiating the vast periods of time which define the universe, can not say anything about the Divine process and plan. Fortunately we are not left alone, and many spiritual beings — Angels, Enlightened humans, Extraterrestrials — have been communicating with us and sharing their wisdom so that we may better understand and navigate the cyclical transition we are now experiencing. This

will not only involve the return of individual Divine beings to Earth, but will involve the infusion of the energy and consciousness of God into all mankind so that we may each choose to become One with Christ as Jesus demonstrated. The change in energies will require us to establish a spiritual civilization to embody them. Consequently many existing institutions, laws, beliefs and values are being disenergized and new forms are emerging. Thus the tumult on Earth as we struggle to adapt. Jesus' teaching in particular will enable us to merge with the flow of Divine Spirit moving through and uplifting the world and realize the opportunity this presents for us. It can be as simple as uniting with our higher Self who we can now become aware of, waiting for us in our Heart.

§

**441. The dissolving ego cage:**

We might imagine the ego as a wire cage that has surrounded one's consciousness. This cage is comprised of thought, belief, fear, emotion and memories so that no matter which direction one looks, one just sees — and identifies with — this constricting framework. This corresponds to the belief that our consciousness is contained within our brain and our body. However, this is just another limiting and false ego belief. Because consciousness really has its source in the larger space encompassing us just as the air is both around us and breathed within. As the matrix of energies is changing on Earth now, the ego cage is being opened up and broken apart to allow our self consciousness to freely merge with the Self consciousness that encompasses us. Now it is getting much easier to see without taking on and projecting the ego mind. Now it is much easier to just rest in our larger Self without thought, judgements and preconceptions. We are being liberated from our experience of separation by the effect of the Divine energies coming into the world now. It doesn't feel like something external that is happening to us because we are really just gently awakening to the real and larger Self we are. However, it's helpful to realize that this Self that we can now merge with is actually the same Self for all of us. This is the Self of God that we have always been unconsciously.

§

**442. Leaving the mansions of the mind:**

We are loath to release our attachment to our many fine thoughts, our lofty ideals and the belief systems that we have worked so hard to establish. Life feels empty and bereft without the wonderful worlds that the mind creates. These are like fabulous mansions of interest, comfort, beauty and companionship. They provide reassurance of our importance and identity. Yet, after awhile we grow weary of wandering through these beautiful palaces with their splendor and tire of the art, the library, the discussions and conviviality. Outside is a larger living world and there our beloved waits for us. Now this life of mind feels like confinement. Spirit calls and no worldly palace can satisfy or restrain us. Out in the meadow beyond the wall our beloved awaits and nothing can keep us from leaving all we have to unite with Love and Life. Beyond the wall of our ego mind Christ waits to greet and embrace us. He will exchange our precious possessions for Life more abundant. He will exchange our transient pleasures for eternal bliss. He will replace our comfortable confinement with the freedom of Heaven. He is here now, waiting.

§

**443. The next phase of Creation:**

We think that we are confined to a place or time, but when we find the portal in our Heart we can enter in to a wider inner universe of life that transcends the limits of our 3D world. There we stroll down the scented gardens of the Eternal and revel in the Light, Love, Beauty and Peace of the realms of God that stretch beyond imagining. There the celestial strains fill the sky and all Creation is One with God. Standing in the doorway we can be in both worlds now — living in Divine Oneness and transmitting or extending it to physical Earth. This is the Plan. God is now revealing an inner world he has prepared for us that we might make real or manifest on Earth. The next phase of Creation on Earth is beginning.

§

**444. Extending the Mind of God:**

Thoughts are of the ego but divine ideas spring from the Mind of God, where they remain. Therefore in reflecting on an idea like 'eternity' or 'freedom' we can connect to that idea where it resides as an aspect of divine Truth. These spiritual ideas therefore contain a line of energy that connects them to God along which we can travel in consciousness to also connect with our God Self. Divine ideas resonate with the Soul in contrast to man made thoughts that are based on fear, separation and illusion. The positive ideas that characterize qualities, purposes and potentials latent within us are aspects of Truth to be embodied. We each contain some essential divine idea that we must discover and live. By so doing we bring the Divine Ideas in the Mind of God into manifest form, allowing God to consciously extend further into matter. Thus God gradually masters and redeems the substance that God is incarnating in. This corresponds to the endeavor of the Soul to master its human instrument so that it can fulfill the Soul's purpose.

§

**445. Living by Love:**

What we need in the world now is not more knowledge and technology or more money, laws and organizations but more will to live by Love and to carry this out to the full extent and implication. If we did we would transform the world. Love must be demonstrated on a collective and global scale. We must look beyond ourselves, families and communities to embrace the downtrodden and destitute, and those just struggling to survive in many places around the world. And we must Love the Earth, our Mother who gives us life. If Christians believe one thing it is that Love is the way to God. Yet we have far to go to really put that into practice. The chaos in the world is revealing a choice. We can continue as we have to further wars, ecological destruction, exploitation and global suffering, or we can realize that we are one family that is integral to one divine life — and act like it. The will to live by Love is sufficient to transform the world.

§

**446. Revelation is beginning:**

As we center ourselves in the Heart and the Self within, we join the movement of Christ consciousness that is emerging in the world. This is also part of the revelation of a new world that is coming into being through us. This kingdom of the Soul/God/Truth/Heaven is a Oneness or Unity that will be manifested through us as we choose it as our Self. This is Earth ascending to 5D. Our collective voyage through separation is coming to an end. We are reuniting with God and reality. We are awakening to a new dimension of reality that we may become aware of now as we awaken to our Self within. As we choose to be our Self, we join together as One for we are all part of this same Self, Life, Consciousness and Spirit. Everyday the energy strengthens, the movement intensifies and gains momentum. God is reclaiming the Earth, cleansing it, awakening it and raising it up. Life and our civilization is being transformed. The veil that has kept our consciousness separate and limited is being dissolved and an infinite Living Divine Cosmos is being revealed to our astonished gaze. It is happening now.

§

**447. Radical awakening:**

Human development has been characterized by slow incremental organic growth and learning. However, our circumstances have changed and we are now able to take a quantum jump and choose radical awakening. This path proceeds by a different process. Rather than the gradual development of the personality by slowly integrating it with the Soul by refining our mind, emotions and behavior, we can now directly access and choose to be the Soul. This is because awareness of the Soul is now possible in the Heart. The Soul is the Heart and Self consciousness center. Heretofore we had an indirect access through the mind, instincts and sentience. However now, as a result of the change in the matrix of energies pervading the Earth, we may become aware of the Soul as it emerges into our awareness from within. This is an awareness of a new dimension of reality that expands the possibility for what life means and offers. The Soul as the inner 'I' or Self can be chosen as our real identity as we release our separate personal identity. This is radical awakening to who we really are. As the Soul is group conscious our new identity is One with the larger

Whole of life and shares the consciousness of the One Self of Christ that is within all. This is a consciousness beyond the old limits of space and time — an eternal consciousness that is one with God. This process is really as simple and natural as awakening from sleep. For this is really what is happening as we awaken from the hypnotized and false consciousness of the separate ego which was a dream of life, but not life itself. Now we can be authentically all that we are and live fully in the Eternal Now that is life more abundant.

§

**448. Increasing intuition and telepathy:**

As we become more Self centered and identified, we are naturally going to become more intuitive and telepathic. As there is only one Truth that we all know and share, as we tune in on it we will naturally support and strengthen this intuitive knowing in one another. As we endeavor to express our awareness and feelings it will have the effect of cooperating to bring forth more subtle aspects of our collective knowing. As we shift from the brain to the Heart we will increase our sensitivity and ability to tune into the Dreams and Ideas in the Mind of God awaiting manifestation. As energy follows awareness, the more some of us access the rain cloud of knowable things latent within, the more we intuitively support one another in this process. As we are all part of the One Self, what one receives/gives benefits all. Our role is to be co-Creators with God and therefore to use the mind to express and format the intuitive knowing of what Love/God wants to bring forth and realize. We are shifting away from using the concrete mind for a personal agenda to using the higher mind to extend our intuitive knowing of what IS there in the Mind of God. We can telepathically support each other in this process.

§

**449. Not thinking:**

I used to do a lot of thinking. I think less now and just endeavor to be in the moment and open to what IS. Each moment is new. Each moment offers insights, awareness, intuitions, visions and feelings. This is why this writing is structured as it is, as a succession of experiences. These are all pervaded by the same

consciousness, the same spirit, the same purpose. Yet each moment offers new discoveries. Actually it's all part of the same eternal moment as it unfolds new in the present. Duality has shifted from self and other to Self and self experience, time and eternity, consciousness and expression, Love and Life, inner and outer. All are encompassed by the Wholeness of God/Reality. The Love of God is unfolding in the present and as it does it reveals the nature of God, if we allow it to pass through us and be expressed. We have interpreted Love personally but it is really God revealing its Self. Sitting in the garden, I don't have to go anywhere or do anything except allow my Self to be aware of what IS here now and what would be shared and made conscious. Thought is derivative and secondary to experience and awareness. Because in the next moment I've already forgotten the thought. But I can't forget what IS.

§

**450. The vanquishing of evil:**

Jesus tells us that human beings on Earth are extensions of God in form who at a certain point in their collective incarnational journey began to identify more with the body than the spirit of God within. Giving belief to fear and separation, an ego identity of associated beliefs, values and behaviors was internalized. This made them susceptible to being used, manipulated and controlled by selfish evil forces, who gained control of civilization on outer Earth thousands of years ago — and have maintained control through those human minions dedicated to power, greed and predation. This battle for control of Earth has continued to this day. However, the Forces of God, of Light, Love and Truth have been of increasing influence and, in fact, are poised to defeat evil on Earth and its global deep state, and take overt control. This is happening through a Divine intervention facilitated by Galactic Extraterrestrials in concert with a Divine spiritualization of Earth. Earth is ascending to become a 5D planet ruled by Love and the conscious Oneness of all life. Evil entities are being removed, but humans themselves must reclaim their divine knowing and power and remake civilization so that it works for all and not just the few. Now is the time to realize that we are being misled by our 'leaders' and establishment media and stand up to the power

structure. Let us not align with any 'ism' or group except the good of the whole. Love and the spirit within will guide us.

§

**451. Christ through men and women:**

Both men and women will embody Christ but each emphasizes a different aspect of Christ. Women epitomize the Love of Christ, the creative force that heals, joins and makes whole, vivifies and gives life, is always new, alive, joyous and creative. No matter what words or actions women use they transmit this divine force of Love. Women trust the wisdom of the Heart. They are grounding Love in life. Men epitomize the consciousness and wisdom of Christ. This is not the mind's beliefs but the awareness of an inner knowing. This derives from the spiritual will that surrenders to the divine Will and would make this known and conscious. Women create life from Love, men would raise it up or infuse it with the divine. Men act in relation to women's loving creation of life. Men and women are really Soul and express both aspects, but epitomize one aspect or the other. Today however, both men and women in endeavoring to become whole or Soul attempt to express and integrate the opposite gender qualities. Men are attending to their feelings, women their intellect.

§

**452. The Goddess returns:**

If we are now beginning to embody Christ and become the Divine Son of God, we are also becoming the Divine Goddess who brings Divine Life into the world with all the Beauty, Joy, Wonder and Blessing entailed in this sacred process. For too long creative life has been dominated by the patriarchal ego's judgement and control. Now it is time for the Divine Goddess to step out in honor and freedom. Just as Earth, in ascending to 5D, is leaving the limitation, exploitation, pain and suffering that has been the experience on Earth, so are those embodying the Divine Goddess and the Way of Mary, moving into a new empowered time of creation. New life and creation will arise in Oneness. New forms to express the Spirit and Consciousness of God will be brought forth. Nature will resound with a beauty and perfection not yet seen on Earth. The Divine She will come

out of the shadows of subordination to assume her coequal role in Divine co-creation on Earth.

§

**453. Holy Earth:**

The world is a Holy place. If we don't see it as such it is because we are still under the spell of the collective hypnosis of the ego. We don't see things as they really are, we just see the contents of our minds as these are projected on to the world. We have been indoctrinated in school and our culture to believe what isn't true and as most people that we see around us and in the media mirror these beliefs they are reinforced. Unless we see that all creation is One and inseparable from God and all that's good and beautiful, we don't see things as they really are. Unless we realize that everything has been created by Love to manifest Love, we don't see the Truth. Unless we experience this moment within the eternal embrace we are caught up in the passing facade. Unless we see each of our fellow brothers and sisters as an equal divine embodiment of the One Life, Consciousness and Spirit, we are caught up in judgement and illusion. Earth has long been a Holy place where unholy things have happened. Now it is being cleansed. It is our responsibility to honor and sustain the Divine Life that is being revealed from within.

§

**454. What do we know?**

When we join in unity with the Heart and the Self within, what do we intuitively know that we can share? We know we are Love and can share Love to connect, support, heal and empower others. We know that we are all part of One Self, Consciousness, Mind and Spirit. We know that life in the moment is always new and always offering us gifts, choices, joys and discoveries. We know that we trust our Self and our knowing and act on it that things will turn out for the best even if we can't specifically see what lies ahead. We know that as energy follows attention, that as we maintain our highest vision and act in accord that we will move to realize it.

§

**455. The new paradigm:**

The new paradigm emerging in the crucible of tumult in the world is that each person has a connection to a divine knowing within that is intrinsically for the good of all. Therefore we must stand in our power and assert what we each know is right and best. By doing so we will take the power back that we have given to the establishment's false leaders, authorities and experts whose hypocrisy, lies and self interest are becoming more glaringly obvious all the time. We have felt powerless and doubted ourselves and as a result have been manipulated and used. One thing the Covid and related economic crises are demonstrating is that our leaders and authorities can't be trusted. Therefore it is time to act on our own spiritual knowing even if that means standing against the establishment status quo, because we have been betrayed by it. In extreme times the Soul rises to the occasion and such a time is now. We have a sense of what is right and best for all that we need to live by.



**456. The Self's transformative power:**

More important than feeling good is maintaining Self awareness. Feeling good is like having a preference for warm sunny weather. We may have such a preference but in all weather the Divine IS and the Eternal Now unfolds. When one is not feeling good which might be for various reasons, one may see it as an excuse to let one's energy down. However, if one can maintain Self awareness that accepts and embraces all — even not feeling so well — soon you will be back on a positive track, at peace and inspired. The Self has a transformative power that will change how you feel if you let work by not fighting against thoughts or feelings but allow the Self's Love and acceptance, forgiveness and detachment to work magic.



**457. Experiencing Harmony:**

It's good to remember that it isn't up to us, personally. We can rest in and rely on the Self that we are. When we feel personally overwhelmed, turn everything over to the Self within. Then we are blessed and graced by God. By transparently offering our

self and our process we allow it to be lifted up in the Light and Love of our Self. Then everything within and around mystically aligns and resounds in Harmony.

§

**458. Affirming our Truth:**

We often feel confused and powerless yet really have the Power of God within us if we would act on the knowing of our Spirit and the impulse of our Heart. No matter where we are in life or where in society we find ourselves, we have continual opportunities to speak our Truth, to share who we authentically are, and to make a difference for the good. Particularly now in the pivotal moment it is of the utmost importance to stand up for what you know is right. Those who are more aware of some of the deeper trends have a responsibility to let others know what's really happening now. Many are suffering the effects of widespread indoctrination and therefore are confused. Be the light in the darkness. Demonstrate the Love, Power and Knowing that is intrinsic to us as Divine Self. We can make an important difference now in expediting and facilitating Earth's transition to the Light. Let us not wait on others to do what we are here to do. We must be the change we want to see and embody the consciousness we want to experience. Joyful is the Spirit who exults in his God given freedom and purpose.

§

**459. The money changers:**

When Jesus taught in Palestine perhaps the time he showed the most righteous anger was toward the money changers in the temple. This evil is still present today. The modern money changers, bankers and financiers have turned Earth's Garden of Eden into a den of thieves. The private banking system is a debt slavery system that sits atop global capitalism and holds most of world in its clutches. It is a system of predation that incorporates the legal theft of the earned wealth of mankind. Usury for many centuries was outlawed or restricted but it gradually weaned its way into legitimacy by preying the needs of power. Money is a form of the energy of spirit that goes into work and creative endeavor. The banking and financial industry siphons it off into private pockets creating vast wealth for the

few that corrupts all aspects of society. This industry needs to be reformed and made a fair public utility that benefits everyone.

§

**460. Freeing ourselves from the ego mind:**

We have been prisoners of our minds. We have not realized this as we think we are free as we travel the world. However, everything that we experience is an interpretation based on our mind's assumptions. We see the forms of the world on to which our preconceptions are projected. Our every experience is colored by the mind through which it is viewed. Some people have created beautiful mansions of thought while other's worlds are more rudimentary, but we all live in the circumscribed realities of the ego mind. The mind imposes its limits on our experience of reality. To really free ourselves and expand our experience of life we must free ourselves from the ego mind. The first step is realizing that we are imprisoned. A fish doesn't realize that it lives in water because that's all it knows. We, however, can get out of our mind if we want to. There are different techniques but the best is to get out by connecting through the Heart with the inner Self that you really are. If we can stay centered in this space long enough we will realize that it is not empty but full of Self consciousness. If we can shift our focus to the loving Self we will also be out of the ego mind and able to observe what IS without judgement. Centering our identity in the spiritual Self we are identifying with the Whole that embraces and includes all separate forms. Listening within the Self we become attuned to an intuitive knowing that precedes mental formulation. We can give it creative mental form, but what IS is a reality that transcends thought. The more we shift our center of identity to the Self within, the more we life free in an expanded living conscious universe. And the more we desire to help others also free themselves from all the has restricted and troubled them. We are awakening as a collective now.

§

**461. Sustaining connection with God:**

It's easier to sustain Self awareness by sharing what we are knowing and experiencing when we connect to the Whole and what IS. As this is a unitary state of reality it doesn't readily

translate into concepts natural to the personal self. We may consider it a shared collective awareness of what IS — the consciousness and reality of God in all. This is a unlimited space within which we are free to focus on whatever potential, seed or idea within the Mind of God that we choose to focus on. We are really guided by Love in this and what we want to express and manifest. Right now, as it is still early days in our collective embodiment of Christ consciousness, it seems most natural to focus on the possibility of this choice that is now accessible to us. This entails the recognition that a new dimension of reality is emerging into our awareness now, as part of God's Plan to return humanity to consciousness of its Source. We were created as an extension of God in the physical, but were not meant to remain lost in physicality but to consciously reunite with God. Now is that Time.

§

**462. Speaking from the Heart:**

How do we make the shift from speaking as personalities impacted by God, to the Self who is creating its chosen experiences in God? Let us release our attachment to our separate minds and agendas and take on Christ's agenda of Self expression in the world. Let us give up our plans and concerns and fully embrace the moment and what we are given to know, express and do now. Let us cut the rope that has tired our ship of Self to shore, and begin to float free down the river of life. The dappled light of the silk tree shimmers like the refracted light glistening on the river bottom. The soft breeze caresses. Each moment is unfolding new from God. Surrendering to it, it flows through us as we embrace and express it. We are now at peace. Vistas are seen — pastoral scenes and cities we flow past unperturbed. An eagle soars above and a light down river seems to beckon.

§

**463. Listening within:**

If Jesus Christ or Mary were standing before us, what would we want to express or ask? What do you still need? What's missing? Imagine it and then listen for their response.

§

**464. Taking a step into the unknown:**

Jesus has endeavored to utilize as many different avenues of awareness as possible — memory, feeling, will, thought, desire, imagination, etc. — to impart the necessary incentive to go beyond the ego, but we must take the step which translates these into an experiential awareness that we recognize as an awakening to who we really are. We must step into the new Reality and decide to live and be from there. More than a concept or a hypothetical possibility we can now shift to living in an entirely new dimension of being — the Kingdom of Heaven. And by doing so we leave the personal self and all its associated ideas behind. We can choose a larger Self that is One within all. We can choose to live by the laws of the Soul, rather than the laws of the human. It seems like a fearfully big step until we realize that it's what we've yearned to do forever.

§

**465. God is here:**

It's a blessing to know one is in the right place and where one is meant to be. Feeling Peace allows one to step outside the ego and open to the Being of the Self. This is a boundary-less place without names or definitions. Everything just IS in Oneness. Love prompts expression. God is here.

§

**466. Beyond this world:**

Slipping out of the ego mind and joining the unity of the Self, isn't just a release from personal conditioning, but is primarily a release from the world matrix and the control this belief system has had on us. We are liberated from believing any of it as we might hear it from others or the media. We become free and sovereign law givers to ourselves. We, as Self, decide what is right and best, true and false. The expectations and assumptions of others are noticed but not reacted to. We don't have to fight against the world, we simply go our own way, embodying our own truth. We are not here to change the world around us, but to live in another world — the kingdom of Truth, Love and Oneness. This reality is beyond the dualism of 3D

Earth and right or wrong belief. It embodies living and fully expressing what IS in the moment. At present humanity is awakening from its deluded and controlled consciousness and discovering its own knowing of the Truth. This will result in a corresponding rejection of the false authority given to what we have believed in and those who profit by it. This may be a shock. However, we must learn to trust our own knowing and stand on our own feet. We will be gratified to see we are not alone in this.

§

**467. The Great Awakening:**

The imminent Great Awakening isn't going to have just an individual effect but will have a collective impact as billions upon Earth see, feel and experience a higher level of Reality, and a more powerful experience of Love that will unify everything. A greater feeling of Joy and Hope will surge through us as the realization sinks in that something more wonderful than what we could imagine is indeed happening now. This experience and vision will enable us to see past the false assumptions and agendas of our current world, and give us the vision and encouragement to transform this world into what it should be. And enough of us will be changed to change the world.

§

**468. From belief and faith to experience and knowing:**

Religion has largely failed in its purpose of connecting people to God. It has held aloft a Light and propounded an ideal of Love that has been absorbed to the betterment of humanity, but the practice of religion has been compromised by man made ideas and used for the power of the priests who have kept the people disempowered. Now, however, the Age of belief — and the separate ego who has the beliefs — is over. This is being supplanted by the Age of direct spiritual experience. We will all become spiritual knowers with faith in our Self, rather than a belief system. We will no longer rely on intermediaries and authorities but will become our own authority because of our direct access to Christ. The Age of the mind will succeed to the Age of the Heart where all will be able to live in Heaven now

because the new Realty of the Kingdom of God will pervade the Earth.

§

**469. After the storm:**

The world as we have known it will not return to normal, as the forms and beliefs that have comprised it are disintegrating. These have all been based on the separate ego, and this structure that has imprisoned humanity is dissolving and loosing its reality as the new energies of spirit infuse the world. Therefore any attempt to maintain our security by holding on to the outdated forms of the past will not ultimately be successful. What will work is realizing that the new energies are of Love, Unity and God, so to the extent that we can trust in Love and the good of the Whole and go with the flow of spirit, will the transition proceed in harmony. Everyone will be safe and provided for. Things will become better, not worse. The world will be cleaned up and old destructive practices curtailed. Fear will no longer rule. We will discover wonderful possibilities that have been undreamt. It will be like a rainbow after a storm where everything has been refreshed. Or rather like a beautiful dawn after a fearful night. Let us look for the Light of that dawn that can already be experienced within the Heart. A Presence is there that is awakening the world.

§

**470. Letting things be:**

There is a tendency to think that we have to be responsible now to redress the problems, to teach, heal and do the many things that could be done in this time of tumult and change. Rather it were better to be the solid rock in the crashing waves, grounded in God. Let us just be the peaceful island in the sea of confusion, calmly sharing our Light and Love. Let us not act on assumptions or obligations, but from that quite Voice within which ever guides us and shows us what needs to happen. Everything is unfolding according to the Divine Plan, regardless of appearances. Let us embody Trust in the Self within, putting our Faith in God and the Spirit moving in the world.

§

**471. Needing each other:**

We cannot do it on our own. We cannot be who we really are without relationship. Love impels us forward to discover and express who we really are as we become conscious of our truth and our purpose. By sharing we claim and choose our Self and make it real and manifest in the world. We all want to express the deepest yearnings and feelings of our Heart. We all want to experience this mirrored and amplified by another. We all want to realize by our relationship that we are actually part of the same Conscious Self. The era of duality has not allowed this idea to be widely accepted because it contradicted the dominant assumption of the reality of separation. But the energy matrix of the Earth is changing and the underlying Oneness of the Divine Life and Spirit, which all creation is an extension of, is becoming more noticeable. Not only is this energy getting stronger but the energetic hologram of ego reality is dissolving and therefore freeing us to discover a higher dimension of Reality. This dimension is not an artificial illusion as ego reality is, but is part of God itself and thus is alive and conscious. This is a level of reality where we all have our real consciousness established. When we live and be from here we live in the eternal ever new Being of God, One with the Whole. We need to share this space and what we discover here with each other to co-create and manifest the Kingdom of God or Heaven upon Earth. Isn't this what we've all felt in brief moments in Love? We were transported momentarily. Now, however, we will be able to sustain this as we move away from separate ego identity and full claim the awakened Self we share. Now the Oneness of Love can become a collective experience and the new norm. Let us share what we feel and know in our Hearts together.

§

**472. The dance of relationship:**

In the dynamic of Holy relationship, giving and receiving, needing and being fulfilled, hearing a Voice and answering, all happen together. As we go with the flow of spirit in the living moment we uncover the Mind of God as that is revealed to us to bring forth and manifest. Consciousness unfolds in the dance and play of life. All we have to do, is just Be. It's a different way of life to what we have lived. It reflects a different reality to what we have believed in. However, if we are dedicated to this

purpose, we will experience this and a new world will come into being.

§

**473. Choosing Christ:**

Love is a bottomless well of living Truth to be drawn up, discovered and shared. However, personal love or an assumption that love is just personal, hinders what might be experienced. A person is satisfied with his feelings for the other without realizing that this is only the first step in the revelation of Love. One unconsciously holds on to the form through which Love is experienced which can result in losing Love, as Love is ever free and unbounded. If our first commitment is to Love, then it is to Christ for Christ is the Consciousness of the Love of God.

§

**474. Self Love:**

Loving as Self is the same as loving as a personality except that the emphasis is on Love itself rather than the person expressing it. The focus is on the Whole that is pervaded by Love rather than the part. The focus is on the awareness facilitated by Love rather than just the feeling of it. Love is the awakener and enlivener and is the partner in the co-creative dance. Love stirs consciousness to awareness and knowing. Love, freed from ownership, is life unfolding the Mind of God. It is the ever new moment in the Kingdom of the Eternal. Love is the Dream of God, enrapturing us and leading us on. It is the river of Spirit, which surrendered to, carries us to our Home in God.

§

**475. Admitting we share One Self:**

In our group we must admit that we are all part of one Love, one Heart, one Consciousness and one Self. Our purpose must include living from our shared Oneness and seeing others also in the One Self of Love. We live from it by wholeheartedly staying centered in it and not reacting from the ego mind, but cultivating an inner listening that is responsive to the Self in all and appreciative of the Self's intuitive knowing. We are

endeavoring to live as Soul, one with Christ. This entails shifting away from separate personal identity to embody our identity in God.

§

**476. The Heart portal:**

A new doorway has opened up for humanity to the inner multidimensional realms of Being. This is the Heart portal which is the new and destined Path that will lead us to our Self. Releasing our confinement in the ego mind, and it's separate 3D world, we find that uniting with the Heart opens up a nameless path into life itself that is beyond the concepts that have defined the reality we have experienced. Imagine a portal opening to an inner field of living Light and Love that is pervaded by a Conscious Presence. As we absorb the Peace here we realize that we are now in our Self. A sublime music fills the air and we feel a Joy and Oneness with all creation. Living here beyond the world while in the world, transforms the body we are using to express our Self in the world. It becomes an outer extension of the inner Reality that we have chosen. It is the Kingdom of the Soul and the Buddhist threshold to the Divine Life and Consciousness of God. Here we connect with multidimensional world of Spirit and even higher aspects of our Self. Here in this open space of life, we Joy in sharing the same Self, as we share the same air under the same sun. We are all equal embodiments of the One God who encompasses all, of which there is ever more — an infinite universe as a mansion within God's Mind. Now we can really begin to explore and revel in the heretofore hidden wonder of Life. The trees are laden with fruit, jewels are scattered about, beloved companions await. And everything we have ever dreamed of is here now.

§

**477. What then?**

Now that we have chosen to be the One Self of God who we are... Now that we have surrendered our will to the Divine... Now that there is no more personal I... We still seek the Divine Prototype that has created us. We still seek to harmonize with the Divine Idea that is our essence and purpose. We live within

Christ. But what does Christ strive for? When all have finally awakened and the world has been made new, what then?

§

**478. Service:**

Service is Being Whole and our Self. It is living in Love. It is sharing who we really are and what we are given to express by Love. It is seeing everyone as part of the same Self. Service is our individual contribution to the redemption of matter in which our God has incarnated in. Service is the liberation of the energy of God that has been imprisoned in the forms of creation. We can't act in this on the basis of our individual will, but only from what is best for the whole. We therefore become a conscious agent of God. By our creative acts, we extend the consciousness of God to the physical. We help to unify the separate consciousness with the consciousness of Christ.

§

**479. Stay Self conscious:**

Stay in connection with the Heart and the inner Self of which we are all a part. Remember that we are always connected with each other and tune in on what is wanting to come through and happen. The news and momentary distractions only take us away from our center and what's really important. Allow Love to guide. Live in the moment that is overshadowed by the eternal, the beautiful, the true and the good. Live your deepest dream and see everyone in it with you. Everyday, the awareness of the One Life and Consciousness of God that is emerging in the world gets stronger and clearer. Wondrous things are afoot. We are all part of something miraculous that is happening now. A New World is being born before our eyes.

§

**480. Claiming and asserting our knowing:**

The crazy Covid related restrictions to our lives and the crash of events in the world give us an opportunity to step back from our habitual ways and reflect on what is our truth and right for us. We might want to withdraw the authority we have projected on to the confused leaders of the world as it is becoming

increasingly obvious that we have to choose our own path and not rely on others who are only serving their own vested interests. It is therefore a time of collective awakening and choice. The media promotes one version but as we look further into the issues we discover that other viewpoints are equally viable. We must claim our own truth and our own power. For too long we've been manipulated by other's agendas — particularly the agenda of money in the world and all that it has corrupted. We must take our stand for what serves the good of all. Let us not be fooled by the special interests under the guise of international organizations or global consortiums. If it doesn't promote peace, freedom, human dignity and empowerment then it is a false authority. We each know the truth and what is right if we will go within and access it. Let us stand in our own knowing and assert it now. The world needs correction and we know what needs to be done.

§

**481. Unfurl your wings and fly!**

Spirit is ever new and free and not restricted by any judgement of what it should be or do. It thereby releases us from our attachments and beliefs. Truth is not found on the level of the mind or in any doctrine. Truth is an experience of a reality beyond the mind. Truth is complemented by Love and is therefore eternal. We are entering a New Age where we shall move out of the ego mind, and the limited concepts that have defined our experience, and enter into a larger unlimited living sphere of reality. We are released from our bondage as egos and are able now to fly free as spirit in the Cosmos of God. The door of our cell is now open. Unfurl your Heart wings and fly!

§

**482. A vision of Oneness come to life:**

When I visualize my circumstances I see myself residing in an estate on a mountainside above a beautiful valley with its towns and pastoral scenes. Above it all, I'm reflecting on the nature of life on Earth while imbued by the sublime ethers of space beyond. Occasionally I travel down to the plain and the joyous interactions of creative life and Love, brotherhood and community. There I experience the One Self not as a vision, but

as a real living moment of relationship. The vision comes to life, the hope is realized.

§

**483. The liberated Self:**

In the fellowship of life, everyone is doing their own thing. Some are building, creating, performing, playing, teaching, leading, studying, researching, organizing, praying and loving. But who is the I who is doing it all? Who is the real Self, the knower and doer? The ego likes to take all the credit, but the ego is just a mask, a persona. Who is the real Self? Until we discover this we are lost in the play and drama of the world. This might seem exciting for awhile but as soon as things stop going so well, the fun ends. Then we will have wished that we had reflected on life and what it's really about. Not that there is a cognitive answer, but we might discover a deeper Self within and the I who has been us all along. This discovery reorders our priorities and frees us. It might be fun to play the roles we have chosen in the world, but wouldn't we rather wake up from this dream life? Other possibilities exist. Other realms beyond anything imagined await the Self who is liberated from Earth's dualism.

§

**484. I am:**

The Earth is shifting its alignment to embrace higher vibrational energies that are loosening the matrix of life on Earth to allow new awareness and integration. We can align with these spiritual energies of God by centering our awareness in the Heart portal where we connect to our multidimensional Self. This has a similar effect to the Earth — our cellular vibrations are lifted so our nervous system and brain can mirror our God Self. A higher knowing becomes stabilized. The brain is repurposed to work with the Heart. Let go of any agenda and just allow this sacred space to unfold. We are awakening to who we really are.

§

**485. Christ is coming:**

Christ is not waiting for the world to change but is leading his vanguard forth to change the world and proclaim the New

Dispensation and Covenant. His Spirit is sweeping the world and awakening all that can be roused. His Consciousness is emerging within each mind as the Voice of authentic Truth. Love is preparing the way. The Angels sound the call. The tumult is the sound of the cries of distress that he comes in answer to. For long enough has humanity chafed under a despotic and evil rule. The day of liberation is at hand. Let us put aside our divisions and establish peace and brotherhood, justice and sharing. Let Love be the watchword. Let us join the procession and celebration. The Light has won. We have been saved by a Divine intercession.

§

**486. Resolving conflict:**

How do we resolve the conflict on Earth between good and bad, right and wrong? Fighting just gives reality and energy to what is opposed. Better to affirm the Truth which is Eternal. In the world now, however it is difficult to see the Truth as everything is such a confusing mix. Truth must be best for all and for the planet. Truth must lead to peace, safety, joy and beauty. Truth must be loving and fair for all. The Truth is that we are all equal souls and deserving of our equal needs and rights. Evil would pit us against each other. The Truth is we are one. Until the system reflects our eternal spiritual Truth which we can each access within, there will only be more conflict and suffering.

§

**487. Standing up for the Truth:**

The collective awakening going on now to our inner Self and Truth must imply a corresponding awakening to the falseness of outer authority. We have been indoctrinated from birth to believe that others knew better than us and that we must look up to and learn what the experts in whatever field said. Whether this be from a priest or scientist, a TV reporter or bureaucrat we give what they say more reality than it deserves. We have been unconsciously hypnotized to believe the world's fear based and dualistic assumptions about reality. Part of what's going on now in the world is an unraveling of the status quo reality so we might see what it is really based on. Disclosures are revealing what has been hidden. Lies are becoming more obvious. The

many false authorities and leaders are becoming exposed, allowing us to take back the power and authority that we have projected on to them, and claim our own power and knowing. We must then say 'no' to the false self servers and choose to make the needed changes in the world that we know need to be made.

§

**488. Freeing ourselves from the world's rule:**

We cannot free ourselves from the ego's conditioned beliefs and know the Truth until we can transcend the brain where we are functioning and controlled as egos. However, through the Heart we can transcend the brain and access the Self's knowing. Then it is easy to perceive the false authority of the world's leaders. Science has been taken over by a false empirical materialism of the secularists. Politics is a rigged game by the economic powers behind government. Culture is increasingly defined by deconstructionists who aim to destroy universal values. The exploitive debt slave economy is justified by paid servants of the privileged in academia. War and the New World Order are likewise defended by the elite who are part of the system that aims at world domination. The media say they are communicating facts when they are manipulating and propagandizing. Religionists tell us we need to listen to them while they keep us disempowered. From the cradle we are taught false beliefs as truths — that we have to work to have our needs met; that life is a competition to get and that there is not enough for all; that life is a battle for survival where the strongest win; that if it is legal it is right and one must play by the rules; etc. It's all part of the ego's fear based survival program used by the powers that be to keep us disempowered, ignorant and controlled. We can't see the trick of this shell game so long as we are believing what we are told. However, as we connect to the Heart and it's intuitive knowing we can free ourselves from this worldview and begin to live by Divine Truth and Love.

§

**489. The younger generation:**

We are now in the apocalyptic transition to the New Age. The older generation who are more identified with their thoughts are more concerned with what is breaking down and how to

establish a strategy to cope with the tumult and fix the problems. The younger generation are less invested in the existing system and thoughts about what is happening to the world. They are more concerned about staying in the flow of spirit that is bringing in the new. The older generation strives for intellectual answers. I believe the younger generation strives for an inspired life as an answer. The younger folks are less attached to the belief systems of the world and want more concrete and practical changes. The young find it easier to live from their Heart without regard to the past. This is what is needed now — stepping outside the box, doing what needs to be done. Not trying to fix the system but to create something new and better.

§

**490. A portal is open now:**

In reviewing some articles in a spiritual magazine I realized just how much has changed in the last few years. Belief systems, no matter how sublime are no longer the answer. Spiritual leaders and thinkers can no longer be emulated. Thought has become passé. Each individual must choose now to authentically live and be from a deeper inner place. The Heart has opened up new world and opportunity. In the middle of our daily lives, a new portal has appeared which changes everything. Life has been transformed only we hardly realize it and carry on as if little has changed. Let us share awareness of the new Kingdom of the Soul that lies before us. Let us step through and together share what we discover. A new dimension of reality has pervaded the world. Let us move through into Conscious Light and Love and begin to be.

§

**491. A change in spiritual practice:**

Spiritual practices have traditionally involved rigorous striving, self discipline, study, prayer, austerity and conformity to the rules of the order. However, things have changed with the New Covenant. We no longer try to attain something that we already are, within — we merely become aware of it and allow it to be. Striving is related to self will and mind and a sense of lack. Surrender to the New is related to the Heart and that which we

already have to embody and express now. Separation and duality defined the old world that one sought release from. Oneness and Unity defines the new Reality that is beginning to pervade Earth. New methods are thus needed. We no longer seek for the personal self as that is not who we are in the New. We rather accept a larger Self as who we really are and share it. The Self has its own movement and spirit, that we embrace and allow to move through the personal form. However, we are no longer totally identified with the separate form but have shifted our identity to the Self who extends and expresses itself through the form. The former path was individual, the new approach to Union with God is based on our cooperation in making known, sharing and manifesting the One (group) Self of which we are all a part.

§

**492. Claiming our sovereignty:**

Now is the time to awaken to and choose our sovereignty. That is, to free ourselves from all false authority and belief and recognize our spiritual autonomy. Our collective awakening to the God Self within must be concomitant with the renunciation of the world of the ego and false representation of reality communicated to us via the organs of the establishment. We must begin to see the agenda of the special interests and how we've been deluded, deceived and manipulated by the forces of money, fear, privilege and vested power. We must see how the media and political establishment have indoctrinated us to disempower us and keep us from seeing what is really going on. We have collectively been controlled and exploited by fear based materialistic forces that have kept us divided and ignorant. Now on awakening to the Light within us and a knowing that comes from God, we can claim the Power to take the world back from the deceivers and create the civilization that is meant to be — one based on the reality of our life in God and the Oneness of all creation with the Divine. We can choose this awareness now and live as the Divine Self that we truly are. The time to free ourselves from the delusion of fear, separation and ignorance is now. Let us claim our Divine knowing.

§

**493. From Peace a New World arises:**

Blessed Peace is resting in the Self, allowing what IS, to be and unfold. More calming than positive thought is awareness of the Self. This is our shared space of Self consciousness. You are here too. This is the Unity we have discovered and joined within, with what IS. This is the Love and Light that connects us in Oneness. This is the stillness and silence where we become aware of our Truth and what we want to express and share. This is the pregnant moment, full of new inspiration and joy. This is the Eternal Now, overlighted by Heaven. This is the whole point of meditation and prayer — to be able to access this awareness and live from here. Our concern now is no longer with the external world, but in extending the inner world we are now living in — making it real and manifest. This is what this New Time is really about — opening to this new inner dimension of reality, living in its Oneness and bringing forth what God has prepared to be revealed and manifested. We need to share in this together.



**494. Fellow voyagers:**

We no longer have to ask one another ‘what’s happening?’ because consciously or unconsciously we are all caught up in the same epochal moment and are all doing the same thing — getting free and awakening to an inner authentic Self. From that to being this collective or Christ Self. We are individually and collectively transitioning to a new world and a new Self. A lot of emotions are firing off in this process but it’s not really a personal process but a release from personal process. After the tumult of this world crisis and birth comes the unfolding New World and a happier time free of troubles. Look around at your fellow companions on this guided voyage back to God. We are already circling the airport and will soon land.



**495. New pioneers:**

Do not try to escape this moment, believing that you should be somewhere else. Rather dive into this moment and come out the other side. From external uncertainty, anxiety and confusion, open up to what is here now within and emerge into safety,

connection, beauty and inspiration. There is a portal in the moment that opens to an inner dimension of being where we discover what is eternally real and true. We have overlooked this in the past but it has now been activated and opened for us now. It is our doorway to the future and the Heaven that it is our destiny to live in now. Let us proceed and discover the infinite treasure placed there by God to be discovered and shared. If we are still looking without to find what we think we need, we are looking in the wrong place. Going within we find it is already there waiting for us. Let us take our place in the great migration to the New World that is beginning, and like the pioneers of old, realize that we have a wondrous new land and opportunity before us, within. We will cultivate it with what we co-create and bring forth in unison with God. Earth will be made new.

§

**496. Extending God:**

The inner Self is not a singular consciousness but the awareness of our collective and shared consciousness. It's a space that holds everything that we might become aware of — forms, ideas, visions, impulses, intentions, intuitions and knowing. It's the space of the infinite circle between the dot in the center representing the Spirit of the Father God, to the periphery of circle representing the Life of the Creative Intelligence of Mother God. The Son mediates and co-creates utilizing both the Purpose of the Spirit and the Intelligence of the Creative Life. Humanity has been creating or making based on a separate agenda, but soon will be co-creating with God based on God's Intention and Plan. This is humanity's role as the brain cells of God to create the forms that can extend the consciousness and purpose of God on the physical level. As extensions of God, we extend God.

§

**497. Utilizing the mind properly:**

Intellectuals are wont to talk *about* life in whatever area they are specialized in and think that this has some value. Spiritualists may also spend much effort focused on their idealistic system of belief. Scientists likewise are perpetually thinking about and testing the theories that are their concern. The average person

may be more down to earth, and focused on everyday matters but these are largely determined by his assumptions and beliefs about life. The point is that life itself and the actual awareness of our experience in the moment is oft overlooked. How do we get out of our head so that we can appreciate life in the moment? Thrill seekers and sensualists try to get out of their heads through the avenue of the senses, but this gives but fleeting relief. A better method is through the Heart, which as the connective agency, allows us release from the ego and access to the larger Self. By wholeheartedly centering our awareness in the Self we can free ourselves from the compulsive ego mind while at the same time availing ourselves of the inspiration intrinsic to life as a Soul. It is a way of being that is no longer based on thought but rather on awareness of what IS. Because when we move out of the personality we move into a larger living moment that is God. Then we are no longer focused on what we think and believe, but what we have become aware of that we want to share, express and extend. We then use the mind for the Self's purpose rather than being used by the ego mind. We become integrated with life, rather than separate from it.

§

**498. Freeing ourselves from thought:**

Jesus tells us that we are imprisoned by our thoughts. As long as we are caught up in our thoughts we are not noticing what IS — the Reality of our consciousness of life in the moment. Living a life based on our thoughts is living based on learning and belief. This is the ego's approach to life which is to endeavor to control it based on its agenda. It is not an approach which seeks to become One with life, as the ego assumes it is separate. That separation results from its belief and fundamental denial of its connection to God. Therefore, so long as we continue to maintain the conditioned patterns of the ego with its reliance on thought, we will live artificial lives consciously separate from life. However, if we can realize the falseness of the trap of the ego mind, we can stay in Love and conscious Oneness with Spirit.

§

**499. Expressing Self:**

How would our communication with each other be different if we consciously realized that we are sharing and expressing the same Self? How would our perception of each other be different if we saw each other as embodying the same Conscious Self? How would our relationship change if we related to the Self within rather than just to the outer personality? The personality runs on its conditioned program. What if we just stepped back from this and noticed what we are feeling? What really is going on? What would we really love to express? Imagine your family, friends and neighbors suddenly aware of a conscious Presence within and a sense of connection to a deeper experience of Self. How might you want to share this? How would you articulate your experience? The Presence of God is emerging from within now, changing our experience of who we are and what life is all about. The more we can make this conscious, and share it, the sooner it will collectively transform our world.

§

**500. Remembering who I am:**

Every morning I wake up in Love and in thought. Splashing my face with water, I remind myself of who I am and why I am here and so release the thoughts as vestiges of sleep. I consciously center my awareness in my Self and listen and feel for what IS here now. Initially I am polarized as a separate personality opening up to the Whole, but soon that flips to the Self seeking to extend itself into the world. Now everything is part of me. It is sufficient to Be at this point. Expressing what I am aware of helps to hold this focus. This is why I would encourage everyone to practice dialoging. By consciously articulating and sharing Self consciousness it becomes more manifest and real in the world. We need to live as the One Self. By extending it with each other we are creating a field of increasing potency that can affect and attract others. The object of connecting to the Self within isn't to inspire the personality but to awaken to who we really are and to become this. Our personal journey to this awakening is preparing us for our new identity as a Self of God. God is moving through the world now and waiting at our Heart portal to greet us as our Self.

§

**501. Self expression without fear:**

We have learned to think in terms of right and wrong, good and bad, but these terms merely indicate our dualistic indoctrination. This judgmental thinking can hold us back from sharing what we sense, feel, see and intuit within, as we fear we may be judged, be wrong or make mistakes. However, we all already know the Truth within as it is part of us. And we all have our unique perspective on the One Truth that enriches the Whole. Therefore we need not fear expressing our Truth as life is not lived without expression. We can't do it wrong if we are being authentic because the Truth is the Self we are. Thoughts and feelings only have the reality we choose to give them. We each have the universal right to have whatever thoughts, feelings and perceptions we have, and the necessary right to express these to come to knowing. Let us realize that we cannot be judged and free ourselves of the fear of Self expression.

§

**502. Asking God:**

We often stumble about unconscious of what we are really trying to do. Why not ask God, who has the answers. What do I need to experience now? How can I facilitate this experience? What do I need to know? What is holding me back? What do I love the most? How can I express this? What is my highest vision of the possibility of life? How can I best realize this? What do I feel is most beautiful? How can I embody this?

§

**503. Be at Peace:**

Stay in the peaceful center of the hurricane of events whirling about. Just because the world is going through tumultuous change doesn't imply that we must be. The Self is the still center. Here life unfolds ever new, but in peace. We can feel the movement and go with the flow while staying centered. Life is moving through us as we embrace the Whole. There are unavoidable and necessary changes happening on Earth as things are brought to awareness that had been hidden. Things are likewise needing to be dissolved to make way for newer and better forms and circumstances. It's all good although there is

unavoidable suffering too. However, the suffering has been there all along, now it is only more conscious. The distress should be short lived before we breakthrough into the New Age that is nearly upon us. Let us stay at peace and let things be.

§

**504. Completing our voyage through time:**

One reason that I never been terribly interested in the past, is that we really don't know the past, we just know what we been told about the past. As the saying goes, history is written by the victors to tell the victor's story or rationalize the rulers' version of reality. That's the way it has always worked, so we have little reason to believe we will get an objective understanding of history. This is on top of the fundamental fact that the ego's understanding and perception of the world is false to begin with and based on denial of Eternal God. There is a real past but it is a dim memory. Our future, as our divine destiny, will merge again with our past divine Source when we have consciously reunited with our eternal Self in the present.

§

**505. The coming judgement:**

We are in a transition on Earth to a more spiritual world, as has been prophesied by religion. Those that cannot love, however, will be shunted off to other worlds appropriate to their development. Only loving humanity (4D) and conscious human souls (5D) will continue to inhabit ascended Earth. Satan and his demons, who have been a persistent negative influence, are being removed in a divine intervention that will allow a golden Age civilization to develop on Earth. Incorporating Jesus's Teaching in ACOL will allow us make the shift to living as a conscious soul, one with Christ. This is living in Oneness with God. The veil that has circumscribed our perception and experience is dissolving, allowing an unhindered view of the larger spiritual reality that we live within. This will take a few years to fully materialize but it is happening now at an increasing pace. Consequently the old civilization as it is based on outmoded thoughts and energies must be fundamentally transformed. The interim changes will be challenging but we can take solace that a better world of love, joy, peace, connection

and oneness for all is being created. New technology, invention and attitudes will help heal the Earth and restore her to radiant health and beauty.

§

**506. Recognizing the influence of evil:**

The ego is more than just a program of false personal identity that humanity has internalized and adopted. It is also part of evil's scheme to confuse, mislead, exploit and control humanity. We tend not to think in terms of evil in our modern world, but it is a real influence embodied by real entities and their human minions, that is behind the violence, greed, exploitation, inequality, injustice, corruption, selfishness and suffering in our global system. Spiritual teaching has not focused on evil but rather on the eternal Truth and Goodness and how to align with God. Evil ultimately doesn't have any substantial reality although we can believe it does and therefore let it effect us. Evil has remained hidden from us so it could manipulate us more effectively. However, in Earth's ascension we must take our power back that we have unconsciously given evil, and to do that we must become more aware of how evil has hidden behind the establishment and used and manipulated our consensus reality to control us. This may be a shock, but we need to see the Truth, and we can't if we are believing the lies of the ego and its secular artificial world that we take for granted. We need to realize how politics, science, media, finance and culture have all been pervaded by evil influences. We shall find that some of the conspiracy stories are getting at this hidden influence of evil.

§

**507. The oppression of the ego:**

The ego is the fundamental oppressor conspiracy from which all the others derive. Racial, class, gender, sexual and other oppressions are all based on the ego matrix reality and the control it exerts on our perceptions. The ego is a denial of our connection to God and a replacement of our acceptance as a divine being with a judgement of our separation and deficiency. The ego then replaces divine surrender to the life of God with the endeavor to control life to get its felt needs met and

aggrandize itself. This is a masculinized mind based control effort that denigrates and controls the feminine and other human aspects that it judges to be threatening. It results in an endeavor to dominate that is evil. It attempts to dominate the inner Self, deny its existence, and substitute its authority although the Soul is the real individual. The world ego matrix is fostered and used by evil to keep humanity ignorant and enslaved. Our civilization is an externalization of the ego and its dynamics. Our laws and institutions are therefore instruments of evil oppression to a much greater extent than we realize. As we awaken to our Self and the Truth of our Being in God, we must concurrently take back the power that we have invested in the ego and recognize its false authority that is reflected in the world's establishment.

§

**508. Embodying Christ:**

Christ is always here, in the silence, the stillness, the peace, Love and unity within as the Presence and Consciousness of the Self we share. Behind the sounds and words we might hear is a Voice and a knowing we can intuitively sense. What does the Voice of Love want to express? What do we feel and envision? Embracing all we perceive, the Self is all encompassing. It is a dimension of reality that we have only recently been able to access with increasing facility. It is a New World to discover and co-create together by a miracle mindedness. As we step into this moment together, we move into virgin territory. As we explore the Mind of God we shall bring forth new ideas, visions, and creations waiting to be given form and manifested. We shall live in the divine. Heaven will be born on Earth.

§

**509. Beginning to dialogue:**

Co-creation of the New Reality proceeds simply and directly from sharing what is here in the moment as we open up to the Unity of the Self within. As we dialogue together, it is a bit like unraveling a ball of string. We become aware of the loose end that would be expressed and follow the thread as it continues to unfold. Expression is based on awareness of what IS in the moment. Our will is to extend this space and the knowing within

it and allow it to come into being through us. We are all exploring this same Truth together as we share our One Self. The Self contains an infinity so we may focus on different aspects of the same consciousness and life. The plane of Oneness is a reality with seeds of latent potentials to be brought forth to bloom in physicality. What those will be we will only discover by beginning an open dialogue with others who also choose to be the One Self.

§

**510. Becoming sovereign in the world:**

Learning to detach from the ego mind in the process of uniting with the Soul, is more than a personal detachment from belief and thought, it is also a detachment from the artificial reality matrix on Earth that the ego is enmeshed in. Our ego based civilization is based on the false and illusionary premises of fear and separation. Joining with the Unity of the Self then implies being no more of the world in consciousness. Rejecting ego programming also implies rejecting false authority as it is experienced in the world in other society's beliefs and judgements, rules and expectations. We become sovereign — that is we derive our Truth from within and live by it. Institutions, laws and community patterns of behavior only have value and reality to the extent these support Love, brotherhood, sharing, peace, equality and justice — qualities of the Self. We, embodiments of the sovereign Self, need not concern ourselves with the world's beliefs, values and expectations. We merely have to be true to the One Self who we really are.

§

**511. Living as Self:**

As we awaken and become aware of the inner Self and center our awareness there, we discover that we are all part of a unified plane of consciousness. This is a level or dimension of reality that is within all creation. We also discover that within it is the intention that we become more identified as the Self and thereby move away from our false sense of ego identity. We also discover that within the Self is an ever new movement of spirit and an intuitive knowing that guides us. This knowing would be expressed and shared so that it may become more manifest and

real in the moment in the world. The Self is aware of the Truth of what IS. This is also a shared Truth that unfolds as we bring it out and let it flow through us. We merely give it form through our minds. Thus our minds assume their real creative purpose of co-creating with God — for the Self lives in God. As we shift our identity to the Soul or Self within, we no longer live by the beliefs and programming in the world. We become the Free Divine Being that we eternally are. We live by the Laws of the Soul and Spirit, and begin to manifest the Kingdom of Heaven on Earth.

§

**512. 2020 and the desperate deep state moves:**

We live in God, but our consciousness has been imprisoned in an ego matrix civilization based on fear and a belief in separation. The deep state or cabal is the controlling apex of the matrix that endeavors to reinforce the fear, control, domination, disempowerment, deception, and violence in the matrix for its own selfish power, possession and predation that it derives from humanity's imprisonment. The Earth's increasing spiritualization is destabilizing the ego matrix because the Love and Oneness of God now pervading the world are dissolving the matrix's false and artificial structure. Consequently the deep state/cabal are doing everything they can to create conditions that will hinder humanity's awakening by creating more fear, separation, suppression and chaos. Because in conditions of chaos and fear the establishment can enact extraordinary measures benefiting the establishment and monied interests that would normally not be accepted by people.

In 2020 we have witnessed how the deep state's man made virus provided the rationale to separate everyone in fear by masks and social distance. It provided the excuse to shut down businesses and the economy to 'keep people safe'. This created an economic recession, poverty and justified new laws to stimulate the economy that mostly allowed a great transfer of wealth to the already rich banks, corporations and the wealthy. These developments cause social tensions exacerbated by the deep state to create riots and social division, that increase the separation, fear, police suppression and confusion about what is really happening and why. The crises of 2020 have not happened by chance, but have been a deliberate and desperate

attempt by the powers at the apex of the New World Global Order, and the establishment it controls, to forestall the awakening of humanity to emergent divine knowing and the predestined ascension of the Earth. We must step back from a view of events propagated by the deep state's controlled governments and media, and access the Truth within. Then we need to assert our knowing and the power we have that comes from God. The awakened 99% can end the matrix and its NWO.

§

**513. Transforming a civilization based on ego:**

Humanity now is beginning the epochal shift from being ego identified to becoming soul identified, from a civilization based on fear and separation to one based on Love and Unity. The reality of the ego matrix has been an artificial one and thus has been the society that has developed from it. The unitary energy of the soul is now infusing the planet, however, awakening us to a deeper authenticity of being. It's easier to make this transition if we have an awareness of the dynamics of the ego and see how this is reflected in the structures of our civilization.

The ego is based on an attack on God, who is then denied. This attack is then reflected in our attacks on others — by our judgements — as well as on oneself — by self doubt. This creates a world of insecurity. The ego believes it is the body and that its lacks are supplied externally. Thus we have a world based on competition for scarce resources that one tries to accumulate. As the ego is based on a belief in separation that has resulted from its fear and attack on God, it is thus based in the ego mind, which is always endeavoring to learn how to better control life to succeed in its agenda of self aggrandizement. The ego lives in its beliefs which it then projects on the world. The ego regards Love as just another objectified need. Pain and suffering are inevitable as the ego results from denial of the Self.

Thus we see a civilization built on war for possessions and power. We see a society built on consumption and accumulation. We see an emphasis in society on glamour and status to reinforce the insecure ego. We see a society prioritizing the mind, education, knowledge and technology. We see

domination of feminine receptive and intuitive attitudes. We see a struggle to survive and compete that colors all aspects of life. We see a scientific emphasis with its materialism. We see a civilization with no higher morality than self interest. This is our modern secular society.

If we are to become whole and live as the eternal soul we really are, we must not only embrace our culturally repressed feminine qualities of love, cooperation, intuition, receptivity, intuition and respect for the divinity in all life, but we must take back the power, legitimacy and authority that we have projected on to the ego matrix of our modern artificial civilization. Our individual awakening must coincide with a collective awakening and a transformation of our society to reflect the nature of the soul and the divinity of life.

§

**514. Beyond thought to awareness of what IS:**

As we move into the New we will increasingly be inclined to disidentify with our thoughts — and other's thoughts. We will notice them without claiming them or reacting to them, for our consciousness will be polarized in the Heart space which contains them. Thoughts come and go as clouds in the sky of awareness. Likewise we will not identify as the person having a thought but as the Self consciousness that is free of any attachment to thoughts of the ego mind. Our focus will shift out of the brain and the personality to the energy of the larger Self. From identity with form we shall identify with space — the space of the loving Self that is within all. It is a space wherein we all have our being. It is a Self consciousness that is One. Instead of maintaining a personal consciousness that is centered on thought, we shall maintain a Self consciousness based on what IS as we become aware of it in the moment. We shall shift from prioritizing intellect to prioritizing intuition. Intuition can plumb the seemingly empty space of Self to apprehend what IS within it. This knowing can come in several ways — as a feeling, a voice, a sense, a movement, a vision, a will or intention — but it is something prompted by Love that we will want to express and share with one another. In this way we make the unknown Self manifest — which is the Will of God. The mind will be used to

extend what Love would manifest. The mind will serve the Self rather than distracting from the Self as the ego mind does.

§

**515. Moving beyond what we have learned:**

Jesus has encouraged us to realize that everything we think we know and have learned is not true. This seems to be a radical position until realize that that it has all been taught on the assumption that we are an ego — which is not who we really are. Everything therefore that we think just reinforces the ego matrix which actually imprisons our consciousness. Just because we feel comfortable in a civilization that externalizes the assumptions of ego programming, doesn't imply that this artificial world reflects our real Self — it doesn't. The real Self is still here and it's influence seeps through the matrix in those feelings of love, joy, peace and acts of good will, but the primary structure of the matrix is based on the delusion of fear and separation which are false. However we are continually reinforced through the media, culture and institutions of the world that are all based on ego. It's hard to escape and find another reality unless we go within the Heart and give reality to Love and the consciousness of the Self which embodies love. However, the ego compartmentalizes Love and doesn't realize what Love really is. The ego is taught to denigrate and minimize Love so that it could be possessed as a discrete something that can be had like all its other needs. However, Love is the way beyond the ego matrix, if we can find the Heart portal that opens to another dimension of being — the Kingdom of the Soul and the Self within all. This the Path leading beyond the world to acceptance life as it really is and the consciousness of who we really are. Here we move beyond delusion to the eternal Truth.

§

**516. The key is acceptance:**

Everyone wonders what they have to learn and do to experience the future that we dream of and that calls to us. However, learning and doing are ego modes and the future is of the Self. So the answer is just acceptance — it is already here now waiting to be discovered and lived. It is waiting within the Heart

until we choose it wholeheartedly and release the ego's agenda for happiness. The Self offers the abundant treasures of God to those who accept the Self as who they are and return to their home in God. As prodigal sons we have denied God and choose a separate reality that led to suffering. Now God calls us back to the riches of Heaven that are ours if we will choose to return to the Oneness of God. Our God Self or Christ is knocking at the door of our Heart. All we really have to do is accept him as our Self.

§

**517. The new choice for Unity:**

When we access the portal of Unity with the Self, we see everyone within the same eternal moment and space. Leaving aside fear and all ego thought, we rest in the Peace within. Acceptance, Love and Trust have been chosen. This is acceptance of our wholeness, completion and perfection, just as we are. We are no longer identified with the body, the form and the separate self, but with the spacious Self. We become as Jesus is, One with the Whole Self. We become enlightened in that we know everything that is here to be known, now. The key is not keeping this a separate state of awareness, but including everyone and everything in it. This is the new choice and revelation that is now available to us.

From within the portal opens  
Through the door I pass  
Now the gift is given  
Now I am, at last.

§

**518. From seeking to finding:**

In our prayers, our desire for Unity, and our longing for Oneness, we are unconsciously focused in the separate self and its sense of incompleteness. Once we contact Unity and access it, then we may turn around and see the world in Unity and Oneness. What we receive, we give and extend to the world. We become points of Light, Love and Self awareness in the world. We channel the knowing of the Self. Together with others who are also choosing to be the One Self, we may manifest the new

Reality of God in the world. Let us cease seeking and striving and accept the Self that we can now become aware of. Christ is knocking on the door of our Heart. The New Time is beginning.

§

**519. Imminent events:**

I believe that it is helpful to know that the Second Coming of Christ that we are all preparing for is part of the Ascension of Earth that is in process now. We are in an apocalyptic stage but events are quickly going to heat up, guided by divine forces. We can expect sequential disclosures and revelations that will open our eyes to things that have been hidden. We can expect the Earth's systems to be transformed one by one beginning with the financial system that will all be for the better. We can expect Earth to experience an inflow of spiritual energy that will radically increase our spiritual vibration and awareness. Earth is being lifted out of 3D and those who cannot Love will be released to other worlds. The enlightened Masters will reappear to guide and teach. Christ Self consciousness will pervade and be accessible to all. New technologies for free energy, and healing of our health and the planet will become available. Evil will be no more on Earth. The New Millennium will begin and Earth will be consciously reunited with God.

§

**520. The New Moment:**

We are new in each moment and cannot be held or judged by our past. Only the present is real, so let us be fully in the present and release all thought of the past. Everything is here now. What, of everything, we choose to focus on and give reality to is our choice. The future exists in the present as a potential that we can access and make real now. Which future we realize is again, our choice. The present moment is the doorway to the Eternal Now of God awareness. This can only be experienced as the Self in Unity with the Whole. The ego cannot experience this. So let us move through the portal which is now open to experience the New World or Kingdom of the Soul in which we will begin to live. Here, in this Divine moment all has been made new.

§

**521. A visualization exercise:**

As we have been enjoined to dialogue with each other and to freely express our Self, I will share a visualization meditation I have found helpful. We begin as the separate self preparing to unite with the One Self by focusing our awareness in the Heart center or cave in the head where the energy of the personality touches the energy of the Soul. On the other side of this portal is the presence of the Self imbued with Love, Light, Consciousness and Intention. When centered in the Self we turn around in the portal looking back at the world through the third eye/ajna center. We now see the Oneness and Eternity of the Self within the forms of the world. We live in the Eternal Now, accepting the movement of the Self and what IS, letting it flow through us as we express what Love gives us to share. From separation and seeking we move to oneness, acceptance and expression. Our separate form becomes an elevated form that now is a conscious representation and extension of the Self within. We maintain this consciousness throughout the day, expressing what we are given.

§

**522. Ascending:**

To be ascending to 5D Earth is to embrace a deeper and larger Self identity that is inclusive of the whole. It's to recognize the One Divine Life and Consciousness that we are all an aspect of on Earth. It is to begin to live in Love and trust with the flow of spirit in the world for the good of all. It is to live a life based on Unity rather than separation and personal agenda. To ascend is to awaken to who we really are spiritual beings. It is to begin to co-create with God and each other the New World — to manifest the Kingdom of the Soul on Earth. To ascend is to move beyond fear into Love, to live in a higher and unified vibration. To ascend is to bring forth the future we dream of and make it real.

§

**523. A morning meditation:**

Regularly I need to withdraw from thought and simply focus on awareness in the present moment. This is more than simple sensory awareness. It is cognizance of the 'I' who is aware. This touches on an expanded and timeless dimension of being. This is a sentient consciousness that is infused with Love. It is as if another Being from some heavenly realm was looking through my eyes at this unknown world that I find myself in. This Soul is therefore free of the mind that I normally project on to my experience and so sees what is, without interpretation of what it is or what it means. This is a peaceful state because our ego mind, as it is based on fear, cannot help but cause anxiety as fear is unconsciously projected everywhere. Now, however, there is no fear and no separation because everything is also connected. Soul consciousness pervades everything experienced. This leaves the question, 'What am I doing here?' as if one had suddenly awakened to find themselves in a strange alien world.

The answer is not found alone, but in relationship. Because everyone we meet is actually having the same experience — only they repress it so they can continue to function as a separate personality. What if we were to consciously avow our transcendent 'I' and the awareness that we don't really know who we are or why we are here. What if we are not alone in waking up in this unknown world? What do we say to each other? What do we feel, want, and need? There is Love and a desire to express oneself. There is a disconnection from our normal ego mind and its world of meaning, but a connection to a shared consciousness. Where do we begin? What do we want to create? Everything seems new and experience an opportunity. Let us start fresh and create a new world of meaning based on Love, Unity and connection with what IS now and what we truly desire and vision.

As Lightworkers we have been told that we have incarnated on Earth to help raise the vibration from separative ego to unitary soul consciousness as part of the Ascension of Earth and the deliverance from evil. The ego matrix reality of Earth is more than an impersonal confluence of energies. It has embodied a conflict between forces of involution, selfishness, evil and fear and evolutionary forces of Love which would free humanity from

its present bondage so that it may be conscious of its connection with God. To this end are we now waking up and freeing ourselves from the ego's conditioned programming. The 3D ego matrix reality is dissolving from the influx of the 5D unitary spiritual energies of God. Like awakening from a dream, a new and glorious day of unlimited opportunity presents itself now. We cannot create the new world based on outmoded ego thought as seen in the world, we must learn to trust the intrinsic knowing of the Self we are awakening to. This is discovered through the Heart which is the portal to the new Earth that is within, waiting to be brought forth.

§

**524. The deep state behind the chaos:**

The world seems to becoming more bifurcated and polarized. Most of the mainstream media is aligned with the establishment, many scientists, much of academia, global corporations and entertainment. The opposition is mostly on the populist fringes, in religion or on the internet and social media. The establishment is represented by WHO and the UN and the global lockdown approach to the coronavirus with its economically disastrous results. It could be said that the deep state of international money is the real power behind the establishment. The deep state has been hidden, but now that the establishment has been more extreme and obviously unreasonable it becomes easier to intuit its influence.

Many notice that their economic circumstances have not improved by the establishment's globalization. They also notice that their culture and values are increasingly threatened by the mainstream media and entertainment industries. Likewise their religious values are being attacked by the establishment's secularism. Alternative views are being censored or vilified as conspiracy thinking. There is a populist opposition to the deep state's pandemic and lockdown moves, and its destabilizing insurgency. The polarization seems to be manifesting in increased protests and riots. Some of the rioters are actually paid insurgents by the deep state that are meant to create conditions for increased police state suppression that will reinforce the establishment. The MSM has subverted religious and normative cultural values and many feel beleaguered. As

the establishment's policies become more extreme and unreasonable as in the lockdowns, and as more disclosures happen revealing hidden deep state agendas, more people will be drawn to an anti deep state position. Because the deep state is exploiting America for its goal of global domination. This awakening process will be a realization of the false authority of the establishment and the collective disavowal of the foreign influence corrupting and controlling the US and the world. The name of this corrupter is money.

We live in God, but our consciousness has been imprisoned in an ego matrix civilization based on fear and a belief in separation. The deep state or cabal is the controlling apex of the matrix that endeavors to reinforce the fear, control, domination, disempowerment, deception, and violence in the matrix for its own selfish power, possession and predation that it derives from humanity's imprisonment. The Earth's increasing spiritualization is destabilizing the ego matrix because the Love and Oneness of God now pervading the world are dissolving the matrix's false and artificial structure. Consequently the deep state/cabal are doing everything they can to create conditions that will hinder humanity's awakening by creating more fear, separation, suppression and chaos. Because in conditions of chaos and fear the establishment can enact extraordinary measures benefiting the establishment and monied interests that would normally not be accepted by people.

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predestined ascension of the Earth. We must step back from a view of events propagated by the deep state's controlled governments and media, and access the Truth within. Then we need to assert our knowing and the power we have that comes from God. The awakened 99% can end the matrix and its NWO.

§

**525. Imagine the Wholeness of life:**

Imagine experienced reality as a Wholeness that interpenetrates and encompasses everything. Imagine one's Self embedded and integral to this living divine Oneness. Imagine creation as an extension of one's divine Self. Imagine the relationship between Self and God that is experienced in the Now as an ever new unfolding of Love within God manifesting through the creative Self. Love is given a form of light guided by God.

§

**526. Consciously connecting past to present:**

We are inclined to think about the past. So let us remember a far past when we decided to incarnate on Earth so that we might bring the Light and Love of the Heavenly realms to Earth. And so we might establish a conscious connection between our Self in spirit with our physical self on Earth. By doing so we could then live in Heaven while on Earth. We would thereby fulfill our role in God's Plan for the spiritualization of Earth. When we feel Love we are connecting to that consciousness of our Self and our purpose. When we see each other, let us see each other in the eternal Light and Love of Heaven, realizing that we are fulfilling our original purpose. Let us live in the Eternal Now which unites past and present, self and Self, Heaven and Earth. We no longer have to live by the false belief that we are separate. Love and Light have connected us with our Source and our purpose. We are awakening to what we are really about and who we really are now.

§

**527. Shifting our focus:**

So long as we are aspiring, striving, and praying for spiritual connection and unity we are focused in the separate self.

However, we are never really separate from God and our real Self. Realizing this we can assume that the Oneness is already accomplished and can live with this awareness. We can look out at the world through eyes that see everything as part of a Oneness. Seeking was reinforcing an assumption that is not true. We merely have to remember who we really are and shift our focus from identity as self, to identity as Self.

§

**528. Becoming One:**

We all long to express all the Love in our Heart and realize a Oneness with another. We can actually experience this all the time by not holding back our Love and by realizing that the One we long to unite with is here now. Everything we've ever wanted is here now within this moment, if we will completely accept this moment as it really is, and not just project on to it what we think it is or want it to be. The One we really long for embodies the whole of life, not just part of it, and we must accept all we feel and experience if we are to claim our Love. Life is ever new and we must embrace it all and let it flow through us if we are to become Whole and One with Love.

§

**529. Holy relationship:**

In a Holy relationship of Love we create a field where each totally expresses all they are and experience which evokes a reciprocal sharing from the other. The purpose is a shared discovery of what IS that it may become known and manifest. Personal relationships involve roles, agendas and expectations that limit freedom. Soul relationships are based on service to God. These reflect a devotion to a larger life and purpose. Life is what is as Love prompts it to reveal what IS and what may be. This process results in a transmutation of what is experienced by Love so that what is within and potential may become manifest. This transforms matter and resurrects the consciousness within.

§

**530. Speaking from the Soul:**

When we speak from the Soul, we stand at the edge of the unknown, not knowing what is next to be touched, known and expressed, but as in a dialogue with the beloved, trusting and feeling that it will only reveal more Love and bring us closer. Accepting the moment and what is within it weaves us together in an intimate web of Light and Love. Such a dialogue validates the Oneness that we feel but expands that Oneness to encompass more and more. Each has a necessary role in bringing forth the gems from the Mind of God, and giving them form. It's similar to a conversation between two lovers only the focus isn't on the person, but on the gifts from God that we are manifesting. Beyond space and time, the dreams of God are waiting to be known, made conscious and lived. These are dreams of the Heart that we would share together and make real.

§

**531. Connecting to our mythic life:**

If we look at the world as it is presented in the media, we see a distressing situation, tumult and conflict. However, if we go within we experience a diametrically different reality. The first is based on the interpretation of our mind, the second on the experience in our Heart. Here we feel peace, love, light and connection and a grounding in the good, the true and the beautiful. There may be some fleeting thoughts or emotions that differ, but these are as clouds framed in the vast expanse of sky. That sky is the consciousness of the soul who looks within and feels, senses, imagines and conceptualizes spiritual realms extending into infinity all accessed through a timeless doorway into Now. The Eternal Now is the portal into the Mind of God and the multidimensional Reality where we have our being. Aspects of our Self lead parallel lives in other worlds happening concurrently. Here time is mutable and we can just as easily touch the future as remember the past. The One Reality is Love which omnipresently is what everything expresses. The further we get from the external world, the more drenching and powerful this becomes. The inner is the timeless fairy tale that is the actual reality of our existence. Here we remember what is real and what is meant to be.

§

**532. Let's celebrate!**

How do we wake someone up who is still asleep? Reason and argument don't seem as effective as we might think because their minds have been programmed and so trying to alter the program is slow work. Better, as Jesus says, is to demonstrate another reality by living from it. If enough of us can show that another and better way of life is possible, this can be reassuring. It's like having a celebration — the music and merriment can induce one to join the fun, to sing and dance and forget one's 'shoulds' and fears.

§

**533. Taking control of one's mind:**

Our every thought is a prayer that asks to receive what we think. Because this is the way the creative mind works. What we think we affirm and give reality to and thereby bring into manifestation. This works even if we are unconscious of the assumption that we are living by as are many of the cultural core beliefs and values that we absorb from the world around us. We don't question the dominant myths and ideology of our culture. Everyone just takes them for granted. We are not usually even aware of what these are. They form the mental superstructure of our hypnotized life, the web of the matrix that keeps us imprisoned. However all entrainment is based of the false assumptions of the ego: the legitimacy of —

fear and vulnerability; of our judgements about the world and the world's authorities; of our deficiency and lack; of the need to control life and need to work to get; of scarcity and competition; of our fear of others who seem different; of our sense of powerlessness and victimization; of our justification for self aggrandizement, power and greed; of our internalized obligations and 'shoulds'; of our belief in our separation from God. Etc.

All of these negative fearful beliefs must be consciously thrown in the hopper and released for they do not reflect the Truth of who we really are. We must then consciously remind ourselves of our Truth and stay centered in it. Positive affirmations can

help, but it is easier to just join the mind with the Heart and stay at One with our inner Self. The mind will then not miscreate but will manifest the positive and harmonious effects of our Divine Self.

§

**534. Claiming our Power:**

In Christ there is no fear because we realize that everything is part of us and no hinderance to manifesting the Will of God, which is our Will. Anything perceived or experienced only has the power or reality we give it, and if we give it none, it has no effect on us. Nothing outside of us has any power to effect us because nothing is outside of us as we encompass all. What we give reality is the Christ Self we are and which we surrender to that the Will of God may be made known and fulfilled. This Will and Intent is that we may each recognize who we really are in God, embody our Christ Self and manifest the Mind of God on Earth. This is to consciously reunite with God and claim the Divine Power we have to fulfill God's Will which is also ours. This is merely to accept and be our Self. What is going on in the world now is going on in us as everything arises to awareness that we may choose what is real and beneficial and therefore retained. Anything based on fear and separation is to be released. Anything based on Love and unity is to be affirmed.

§

**535. Choosing our God Self:**

In every moment what we see and experience is our choice. We can choose to see and experience the ego's projections or see and experience everything as part of our divine Self. The ego sees a world based on fear and delusion. The Self sees Oneness, Love and limitless Divine possibility. The ego resides in a prison of conflict and suffering. The Self resides in Heaven. There really isn't much of a decision to make. Let us choose to release our attachment to the ego, from its thought and the past and awaken to who we really are in this free divine moment. Let us awaken to the larger living Life of God now and realize that we are embedded in God. Thus do we derive our consciousness — not because of the random action of some atoms. We reside in the Mind of God and magic and miracles are our birthright.

§

**536. Something has changed:**

Before the first light breaks on the horizon and the world begins another busy day, a Presence moves in quietude in every mind. We open our eyes but cannot see it as 'it' is looking through us. We turn around but cannot see it as it is our Self, now openly within us. Yet we don't notice the difference because we take it for granted as the Self we have always been. Yet it's different now. We are more grounded in something real. We are more at peace and less troubled by dissension and troubles. We have stepped back from the frantic activity on the surface of life. We are living from a deeper place. Something has changed imperceptibly that is changing the world.

§

**537. The effects of awakening in the world.**

As we are now beginning to collectively awaken to a deeper authentic place of being and knowing within, it is only appropriate that we should release our old beliefs and sense of reality as these have been manifested in our present civilization. We cannot maintain two different and opposing realities. Therefore the old beliefs based on fear and separation that have been grounded in our current systems and institutions must be recognized to be outdated and no longer viable for the future. The control and power of the sociopathic few over humanity is no longer acceptable. The abhorrent human suffering of billions of people can no longer be accepted as right and normal. The mechanisms of banking and finance that keep all nations and most people enslaved to debt is no longer acceptable. The systems of government that are corrupted and controlled by money and hidden power are no longer acceptable. A media set up to indoctrinate and control the masses by deception and distraction is no longer acceptable. Industries that poison the planet and toxify our bodies for the profit of the few are no longer acceptable. Never ended violence and war under false premises are no longer acceptable. The list goes on. We must assert our divine knowing and power and clean house. Then build a new and better society built on the reality of the soul.

§

### **538. Creating the New:**

Our task now is to awaken and become our Self — to become divine creators giving life to ideas in the Mind of God that would be birthed. We are not to escape from the world but to bring God into the world through embodying and extending the Truth in our Self. Every purpose of Love may be given form in Light and acted out, demonstrated and expressed. By this process do we transmute the matter in which spirit incarnates and extend the nature of spirit further into manifestation. God intends to fully and consciously incarnate. Earth will become a sacred planet transparently expressing God. Becoming our Self does not require accomplishment — it requires recognizing that our divine Christ Self is here now within the Heart, waiting to be acknowledged and accepted. The portal to God and the 5D soul dimension is now open. Let us make the shift in where we are living from and take up our task of grounding the New World.

## **§**

### **539. Recognizing the ego's falsehoods:**

In awakening to the Truth and Power within our Self we must concurrently recognize the falsehoods of the ego within society:

We are all doomed to die. Life is a struggle for survival. There is not enough for all, therefore competition is justified. We have to work to get. People deserve what they have. Suffering is inevitable. Some people are better and deserve more than others. Punishment is just. Education teaches the truth. The media informs us of the facts. Our leaders have our best intentions in mind. We live in a democracy. Our militaries are for defense. God judges us. People sin. We must war to make peace. Using and exploiting others is ok if it's legal. If it's legal it's moral. We are victims of circumstances beyond our control. Everyone is different. Happiness derives from getting. Love is something one gets from others. Science has shown that there is no God. We must put ourself first. Violence is normal and can't be eradicated. Some people know more than others. Humans are deficient and separate from God. Humanity has evolved from animals. Humans aren't good enough as they are and have to be different. Love is conditional.

## **§**

**540. Flying free:**

Each person has to follow their own muse and chart their own course across the boundless sky of life. But how exhilarating it is to soar free enraptured by the view of the infinite, to breathe the sharp air and feel the animation of spirit. Each moment is new, each breath a confirmation and discovery. We embark into the unknown, but it is also a coming home, a return to a divine realm we have come from. We have completed our mission and sing a song of joy and triumph. Looking around we see that we are not alone — others too are returning from this pilgrimage. Great plains and mountains are ahead, and a golden light shines on the horizon.

§

**541. Sacred benediction:**

How blessed is the eternal moment in Love's bower. In a Silence unbroken by thought or word, benediction is received and shared. Removed from overwhelming complexity is one simple Sacred Touch that shall remain when all the stars have burnt out.

§

**542. All I see is part of me:**

If we are to create a new reality, we must align with it, as it already exists within us in this moment. To align with it we must unite with it and live from the Oneness and all encompassing Wholeness that characterizes the New World in this Time of Christ. We must give voice to the ideas latent within it. We must move and act on the animating spirit within it. We must sound the note that we hear within it and create the inspiration that proceeds from it. This new reality has a presence that is real. It is a unity within the diversity of creation. It proceeds from God, and as such has the infinitude of God within it. The new reality is synthesizing the Earth and bringing everything together into a divine Oneness. Let us leave our outdated judgements and knowledge and open to the divine spirit of God now felt and apprehended in us. A veil is being drawn back. A larger living universe can now be seen. A new reality is coming into manifestation through us if we will accept and allow it.

§

**543. Coping with life:**

It is not easy being born on Earth. Indoctrination in false and confused conceptions begins early and continues for many years. Then we must live with this hodgepodge internalized programming. The pressure to survive as an adult gives scant time to really figure out what life is all about. There are many so called authorities in various fields but their knowing seems more presumption than fact. Fortunately if we are loved we learn the most important thing and if we are encouraged to be self reliant we have a basis for becoming self determining. We all have the silent voice of the soul to guide us but this is easily overridden by contrary ideas that we are taught. It takes effort to live with integrity and time to begin to be aware of one's own inner truth. In our current time many of these false notions, authorities and related policies and practices are becoming more obvious and problematic. Everything is a confused tumult. This is forcing us to go within to ascertain what we really feel and think about these issues. It turns out that the fundamental assumptions about who we are and who God is that have underlaid our civilization are no longer adequate for the future. Such is the time of change that we are in. Fortunately there are guides that we can trust. These reassure us that we need not fear for the truth is good and the future will be better than the past.

§

**544. Choosing God:**

It's quite a big change from either believing one was separate from God or that God doesn't exist, to experiencing being an extension or individuated expression of God. Of course we only have the latter experience if we join God in Wholeness and realize that we are not separate, but One. God's being is our being. Such is our One Self which is not singular. This is experienced when we join our awareness and identity with the Self in the Heart and release our identity with the ego. This will be humanity's opportunity to experience in the New Age when collectively we choose to embody Christ consciousness.

§

**545. Asserting what we are:**

When we seek there is an assumption of lack, but inwardly and in reality we are complete and lack nothing. Therefore center your awareness in the Self and manifest what you desire, be it Love, Light, Peace, Freedom, Power, Oneness, Knowing, Joy, Energy or whatever. Call it forth and embody it. And what you claim for your Self you affirm for all as the Self is One in all.

§

**546. A change in consciousness:**

ACOL has not changed my life, just my consciousness. However, changing my consciousness has changed my experience of my life. Rather than something separate from me that I am having, it is now my creation and part of me. It is a choice up to the point where it is sustained. Then it is just what IS.

§

**547. The false understanding of secular science:**

Science is not a world view or paradigm but an inductive way of thinking that relies on repeatable testing. However, 'science' has become a secular and materialistic world view in our culture as a result of materialistic influence. This has led to confusion and indoctrination and false understanding in education and the media. As science's laws are seen as facts, the beliefs of secular science are likewise seen as authoritative. This has resulted in increased agnosticism and atheism in society and the denigration of the authority of religious and metaphysical truth. There should really be no conflict between physical and metaphysical domains that concern science and religion respectively. Scientific thinking can be applied to metaphysics if consciousness, rather than empirical facts, are used as the medium of study. NDE's, OBE's, parapsychology and past life memories, for example, are all experiences in consciousness that can be studied scientifically without need of empirical testing. Creationism brings up another issue. God created man as a spiritual being. Secular science assumes that man is the body that evolved. The spiritual man incarcerated into the animal form but is more than the body. Unstated assumptions are misleading many to believe in the legitimacy of secularism.

Science cannot really answer the ‘what’s and why’s’ merely the ‘how’s and when’s’ as per the physical level. ‘What’ is ultimately a pattern of energy that is another name for spirit purposed by God.

§

**548. Our God given need to express our Self:**

The human being has a fundamental need to express himself, just as God does. Expression is part of the process of knowing and creating which are part of both the nature of man and God. This is part of the process of expanding, manifesting and differentiating. As our consciousness expands we manifest increasingly rarefied and differentiated ideas. That is also intrinsic to man and God. What is true of God is true of man as man is an extension of God in the physical realm. When we are conscious in the Unity of our Self we are consciously living in God.

§

**549. God Wills that we Love:**

Man and God share a feeling nature. When we feel Love, we are feeling God. We don’t interpret it as such because the ego mind separates Source from object in order to justify itself and its agenda. The ego objectifies Love as it does everything. Then it strives to possess the good objects and avoid the bad. This dualistic projection is resolved by Self Love which accepts all in Love, as does God. God must therefore accept evil. But God also wills that we return to Oneness with God and therefore leave evil and lovelessness behind.

§

**550. The implicate future:**

We can all sense that things are unstable and in flux in the world. Contrasting with this, however, when we go within we feel and increased sense of peace, grounding and hopeful expectancy. The ego is fearful but the Soul can’t wait. Rationally we can explain the fears as a result of knowing that the old world must pass if the New is to come into being. The unknown is only fearful to the ego, not to the Soul who realizes that there

is no loss, only gain. If we realize that what we feel and know will soon be the experience of all, it can help to resolve the discrepancy between the inner Self and the outer world. Soon all will realize that we are inextricably joined the One Divine Life. Soon our daily life and routines will be based on Divine Life and Consciousness. The sooner most of realize that our inner sense is real and trust it, the sooner the world can resonate to it.

§

**551. Our need to consciously renounce evil:**

The ego matrix world isn't just an impersonal limitation on our capacity to experience the totality of reality, it also embodies a deliberate evil intention to oppress, control and use mankind. This manifests as mind control. It is embedded in our global systems of economics, politics, media, education, science, industry and culture. The secret evil powers have been hidden and invisible but now in the apocalypse where everything that was hidden must come to the light of conscious awareness. Humanity must see those who have taken the role of the evil powers behind the various systems of the world and reject these false 'powers over' authorities. Humanity must choose Light, Love, Peace and Goodness. Then the matrix will be quickly dissolved and the New Era begun.

§

**552. Turning within for the Truth:**

When people don't believe their governments anymore, the Light has won and change will occur quickly. The covid restrictions have been contributing to this with all the misinformation and conflicting authorities and 'facts', from state to state and country to country. Normally people might just ignore the confusion, but when it's adversely effecting your life, you have to think about it and make some determinations. On many issues it's become more apparent that we can't trust the leaders in many fields and have to learn to think for ourselves and take our power back. On the global level most countries are experiencing increased populist movements that reflect distrust in the establishment and status quo. The lockdowns have also helped us withdraw from our normal routines and go within —

where we will find the Truth and peace of mind. Then we just need to assert our God given spirit and do what's necessary.

§

**553. Going within:**

Going within is a new attitude that needs to be cultivated. Rather than going to our mind or the world for information, inspiration and reality we must practice cultivating a reliance on the Self. We have everything already within us, and in the moment can access the knowing, feeling, imagining, willing and inspiration that we need. Humanity's orientation has been an external one based on the mistaken beliefs and thoughts internalized by the ego. These have been false because they have all been based on the false assumption that everything is separate from everything else. The ideas within the Self are all held in a Wholeness that includes everything. Everything that IS is eternally available. That which we need is that which is here now within the living moment, within the Self. It is merely a matter of becoming aware of what is here now, which is always the answer to our prayers. When we claim our access to Truth and act on it, we take our power back that we had projected on to the world. We bring God back into the world as the Self lives within God.

§

**554. Recognizing the return of God to Earth:**

In awakening to our inner Self we really are awakening to God. Our collective awakening will recognize the Presence of God in the world once again. For too long mankind has lived in separation from God. Now it is the time to free ourselves from the ego matrix delusions and embrace the Divine Life and Consciousness that is pervading the world. The Light and Love of God is emerging from within with a Power that is overcoming all resistance and denial. Earth is being lifted up into a Divine embrace. Everything is being spiritualized. This means that the forms of our civilization must also change to harmonize and embody this infusion of spiritual energy. This is what this time is about — recognizing the Presence of God and concurrently releasing our belief in the false notions and authorities that have characterized our civilization.

§

**555. The conspiracy of evil:**

The fact that there are a plethora of conspiracy theories now circulating on the web, in particular, is due to the increasing awareness of deceit and subterfuge within the establishment. As most of these are hidden and are covered up by the establishment and the media they have been forced on to the internet and social media where there is less establishment control - although censorship is increasing. The existence of conspiracy theories speak to the fact that there is deception in politics, economics and the media, and hidden and occult powers behind the happenings of the times that are largely unacknowledged, although suspected. And this is based on truth, because the physical world results from metaphysical causes. The conflict on Earth between good and evil has its basis in the fact that behind the life on Earth is a battle for dominance and control between benevolent and evil spirits who try to influence humanity. Evil has been dominant in mankind's external affairs, but spirit is now actively purging evil entities from the Earth as part of Earth's Ascension. Increasing disclosures are revealing just how entrenched evil has been in human affairs. Conspiracy theorists and whistleblowers are pinpointing specific nefarious subterfuges as everything must come to Light in this process of Ascension.

§

**556. The pathless Path:**

Spiritual Teachings are a signpost or map, not the destination. No matter how uplifting the vision is, the actual experience of Reality is more. When we surmount the mountain, the breathtaking panorama is exhilarating, but we are meant to release ourselves from Earth, unfold our wings and fly. There is no path across the boundless sky, but trusting the spirit that guides us, inhaling deep draughts of life giving space, eye focused on the Infinite, we will soar safely in Oneness with the Divine. Embraced by the unknown Life all around, floating free in the moment, our experience becomes a call and response with God as God reveals itself in all. Surrendered to the Will of God our life now One with God's Life and Consciousness as it breathes and extends through us.

## §

**557. A new Doorway into the Divine:**

It could be said that the ego began in fear of the reality that the incarnating self experienced. It consequently denied God in life resulting from a belief that it was separate and a vulnerable body. Around this fear, rejection and belief constellated an internally consistent program of identity based in the concrete mind and using the will to control life to meet its felt lacks and needs to survive and be fulfilled. Thus the ego believes in the importance of mind, learning and knowledge. The ego unconsciously projects the mind's assumptions and beliefs on to the world which provides interpretation of its experience. The ego replicates the original attack on God by its internal self condemnation, guilt and self doubt along with external attack in its judgements and endeavor to control its circumstances. It results in a life oriented toward 'getting' and 'using' that is ultimately unsatisfying because its return to oneness with God is not realized.

Naturally the incarnating self, polarized in the ego mind, sees its needs in the terms of its reality that is based on mental belief. Therefore spiritual wisdom becomes internalized as part of the ego's programming. Spiritual development therefore initially involves spiritualizing or enlightening the ego. However, the purpose of the wisdom is ultimately to facilitate the union of the separate self with the real spiritual self or soul. As the ego gives its fundamental reality to the mind, it naturally assumes the answer to its dilemma will also be mental — thus the emphasis throughout history on knowledge, idealism, systems of thought and enlightenment. Buddha emphasized enlightenment of the mind. Christ released the Holy Spirit to humanity to address this need to enlighten the concrete mind. However Christ also taught the importance of love in uniting with God and for the last two thousand years mankind has been slowly integrating this principle.

About the year 2000 when Jesus gave out his most advanced nondual teaching, *A Course of Love*, he said that the Second Coming and time of Christ was beginning, and that we can now each access and become one with Christ. We do this by a New Path of the Heart to become one with the soul. God is pervading

mankind with His consciousness and giving us the opportunity to wake up to who we really are in God as soul. This entails the shift from separation to unity, from personality to soul, from fear to love, and from the conflict between good and evil to a new heavenly realm on Earth. This involves not only the shift to new Aquarian and Seventh Ray energies but the Ascension of Earth to a higher spiritual vibration where Christ consciousness can manifest collectively. The Heart is really the connective center. The ego has taken Love personally but Love is really God. Now a Heart portal is opening that will allow us to escape our identification in the ego mind and step out into a larger expanse of being and life.

§

**558. The Divine Dance of Synthesis:**

In my experience Synthesis is accessible now as a unitary plane of reality that is imbued with Consciousness, Love, Light, and Intention that lies on the other side of the Heart portal. It is difficult to describe as a third dimension would be difficult to describe to one who lived in only two dimensions, but it has an *Isness* that is more real than the external reality the ego experiences. It interpenetrates and is within our separate world of forms as the soul is within the personal self. It is an abode of the Eternal Now, of Peace, Oneness, Wholeness and Self. When we center our awareness in the portal we can experience both realities simultaneously — the One Self and its extension through form. However, the inner subsumes the outer. As we attune and listen within we can apprehend an intuitive knowing, a feeling and an inner sense that we can translate into mental concepts. The Intention that is made known is that we are to shift our identity to this inner space and learn to live from here. The Love here embraces and accepts all, non-judgmentally, completely and leads us further into revelation in the realms of God within. The Light gives substance to what Love would reveal.

What is our role or place in all this? We are to awaken to who we really are as the one Self of God and co-create or manifest what is waiting within God to be brought forth on the physical plane. It manifests through us in a process that combines redemption of the old and creation of the new. The old refers the substance

in which the Logos has incarnated which was already qualified with energies opposed to the spirit. The new refers to seeds of potentials latent within the Mind of God that we are to create forms for so they can be brought forth. As an encompassing Oneness, the Self lies behind and resolves the polarities of dualism. As we channel the synthetic energy the opposites are transmuted into a new constellation. As we are units of solar kundalini — being of the Earth, the base solar chakra — the Third Logos of Life Force or the Intelligent Mother, brings alive and animates Consciousness — the Second Logos. Ongoing creation becomes a dance between the male and female aspects of the Divine Hermaphrodite. The living moment is defined by the ever new unfolding of creative life as this is experienced by consciousness.

Evil on Earth has been focused on repressing the Divine Feminine so this process of redemption and transmutation couldn't happen. The life force was blocked and the Earth remained a non sacred planet. Now, however, thanks to a Divine intervention, evil is being removed and consciousness is being freed to once again to fulfill its original purpose. Now we can identify with the One and usher in new life and a new world of Being. Then in Divine relationship we can take up the creative Divine dance. In the center of the square Kalachakra temple symbolizing Earth are the male and female representations of this.

§

**559. Awakening in the Now:**

Reality is more mutable and multidimensional than we normally realize. The Now is different depending on where we are viewing it from. However Love connects all the levels. Love connects to the Self and God and to what would be. What would be is the Reality of the Being of God coming into conscious expression as who we are now. Now in the physical world of form, God is here and we are awakening to the fact that we are extensions of God. After a long forgetting we are remembering. After thinking and getting lost in it we are freeing ourselves. Now everything is part of us. One Light pervades. One Life encompasses. One Spirit animates. Creation's diversity reveals Me. We are One.

§

**560. Choosing a new Dream:**

Imagine having everything you want and need — love, security, comfort, interest, beauty, etc. What would animate you then? Imagine that inwardly you now have all you want and need are are complete. What desire, intent, vision or feeling would urge you on to still unrealized life? This is situation that many of us are facing now and an unexpected opportunity we had not thought would be possible. With the fulfillment of the personality opens a new portal on to a larger expanse of reality. This is the end of the old world but the beginning of a new world and time that is emerging now from within. It is a time of miracle, magic and myth that bespeaks of our return to the timeless and divine realms of God. A new inner dimension of reality is coming into view from the mists of the unknown. And with this revelation all things are made new. The choices before us now are as limitless as the stars. Traverse the Heart's portal and wander in sublime realms and possibilities beyond anything conceived in the old world we have known. The Dreams of God as living jewels are now ours to live within and manifest.

§

**561. Following the song in our Heart:**

Little as we realize it, our real inner life is the stuff of divine myth and magic. Everything within it is alive and conscious. A sublime song and timeless harmony imbues every moment with bliss. We are not passive onlookers here but completely moving with what brings us the most joy in an interspecies community based on Love and cooperation. A Higher Vision orders our affairs as if we live in the castle of a Supernal King. Rather than just perceiving stars, we now perceive the Heavenly realms within those stars. The universe is now seen to be a doorway to Infinite Spiritual dimensions beyond conception. We needn't worry about it, we are too happy to just experience it all as the new story of our life. We have moved from the outside of life to the inside of life, from effect to cause, from time to eternity, from dreams of forgetfulness to a dream of remembering. From this Heart portal to eternal life within flows a vortex of energy swirling out into our present world lifting and inspiring, calling us to embark and follow where Love would lead us now.

§

**562. There is cause for celebration!**

Sound the trumpets! Let the musicians play! Let everyone dance! Festoon the land with art and beauty! Let all hearts be glad and merry! Let all spirits rejoice and be free! There is great reason for celebration. Earth and all her inhabitants are being freed from long oppression and suffering. A New Era of Love, Peace and Divine Oneness begins. Christ and the spiritual hierarchy will once again be recognized and honored on Earth. A new Light and a new Day begins for us and the cosmos. The gods will once again walk openly on Earth!

§

**563. From thought to consciousness:**

While we are still invested in our thoughts, beliefs and judgements about the world we will not have peace. We will be on the roller coaster of satisfactions and disappointments, of conflict and uncertainty. Truth is beyond the mind and rooted in what IS. Until we accept what IS we will not be at peace. What IS is found within the moment in a Oneness that embraces everything experienced. A Light and Love suffuse and unite everything. We can't help being One with creation as we are the One Consciousness within it. In the stillness we realize that we are an extension of God.

§

**564. Speaking from the synthetic Self:**

We may speak from thoughts that we have internalized or we may speak from what we experience within. The latter results from an intrinsic intuitive knowing that is integral to the soul. When we speak from the Heart we articulate a Truth and knowing that we all share, as the Self is one. In the transition from the personality to the soul we must learn to live in the moment, speaking words that formulate our awareness of our actual experience. What is the moment presenting to us? What do we yearn for and desire now? What imaginations and visions are being triggered? Moving beyond the linear and intellectual, let our minds give expression to Heart's world, its vision and knowing. We are now awakening to a deeper level of our shared

collective Self. How do we begin to make this real and manifest? Synthesis is a key. We are integrating soul and ego. This synthesis already exists within and as we began to live from the Self the personality is automatically subsumed as the extension of the Self in form. The synthetic Self is discovered on the other side of the Heart portal. There, in a boundless field of Light and Love we meet and discover our shared being.

§

**565. Cooperation and community:**

Let our every expression embody a yes! Let us honor, affirm and appreciate each other. Let us acknowledge the Love that connects and enfolds us. Let us give thanks for each other and for what each contribute to the Whole. Let us practice nonjudgment, forgiveness and acceptance. Let us forbear self righteous and separative attitudes. Let us refrain from disrespect and coercion. Let us remember who we really are as divine beings and our shared truth. Let us support one another in our common goals. Let us trust the spirit and the Plan. Let us cooperate now in opening to the new and in co-creating the new world that God would manifest through us.

§

**566. Living by the Love of the soul:**

The ego assumes it is lacking and needs to learn and do to gain what it lacks. The Self is already complete and accomplished and just needs to Trust itself and Be. This is the difference between the old and the new way of life. And a difference between the person we have believed we are and who we really are within. The latter is the authentic 'I' or Self we have always been except that we have not identified with it directly. Instead we have lived on the surface, in our senses and our conditioned thoughts about what was real and true. Now, however, the matrix of energies that have comprised our world are morphing and thereby allowing us to gain a direct awareness of our soul self. This is a deeper and authentic level of our eternal being. With this awareness comes the collective opportunity to shift where we are identified and centered. We shift from living as ego to living as soul. This changes everything as the soul lives by different laws. The never ending thinking, learning, controlling

and doing of the ego isn't required as a soul, which surrenders and lives from the larger Life of God. The soul doesn't act from separate purpose but lives to fulfill the larger purpose of the Whole. Therefore it creates in unity with Christ in accord with the Plan of God. This is sensed by Love. What does Love call us to? What would Love express? What is the Dream of Love that we would manifest?

§

**567. Seek and ye shall find:**

Jesus in Palestine said, "It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God. If thou wilt be perfect, go *and* sell that thou hast, and give to the poor, and thou shalt have treasure in heaven, and come *and* follow me." Matthew 19:24. I believe this applies to the knowledgeable spiritual personalities that many of us have become. We have learned and have accomplished much and have acquired rich knowledge, position and circumstances. However, further spiritual progress requires that we leave our valuable possessions — our attachment to knowledge and belief, in particular— and traverse across that no man's land of emptiness, guided by Love, on our path of return to gain the promised land. This corresponds to our need to release the concrete mind to reach the open field of buddhi, and Oneness with the soul. There in the seeming emptiness, silence and stillness we will find what we are seeking.

§

**568. Letting the Self respond:**

We are unavoidably moved and triggered by one another in both negative and positive ways and this is as it should be as we learn and grow. The most positive way to respond to the ongoing stimulation of our inescapable relationships is not to react, but just allow and accept what's being communicated in the moment, and then go within and see how or if the Self wants to respond. The Self doesn't worry about ego, vulnerability or need to protect itself. It is solely concerned for the good of the Whole. There are no rules, every moment is different. Yet every moment also offers another opportunity for Love and Truth to be

expressed, even if that Self Love entails just walking away. There are no obligations, the Self is forever Free.

§

**569. Clarifying terms of self, soul and spirit:**

There are three levels of self: the separate personal egoic self; the immortal group conscious soul self; the Self, Spirit or Monad that is a spark of God or the All. Likewise spirit can be differentiated on different levels as: the vital physical spirit; the animating conscious spirit; and the Divine Spirit that is of God. When the term soul is used it carries a dualistic feeling, so Self is often used instead to refer to our intrinsic conscious 'I'. For example when talking about shifting conscious identity to the soul we use the term Self more naturally as soul connotes a dualistic 'other' while Self connotes a nondual essence. The term spirit is also used to refer more to the animating energy and Will than to consciousness. Mind is differentiated from soul as the intelligent substance that is formulated by consciousness to create. Mind is also triple as: concrete ego mind; abstract higher mind; Universal Mind. The fundamental triplicate of a human being is composed of Spirit, soul and mind as these are manifested in a body on three different levels of reality. We are thus multidimensional. Love is all inclusive God but refers primarily to consciousness although it is also expressed through spirit, mind and body. When we are experiencing Love in whatever way, we are experiencing God, although we may not realize that.

§

**570. Going with the flow of spirit:**

We have long aspired to develop ourselves and have utilized various methods to do this, but in these Ascension times perhaps the most powerful dynamic is happening to us regardless of our efforts. Spiritual energy is flowing into the planet — lifting and unfolding us from within. This is activating the potential and destiny that we have always had. We may best fulfill this potential by allowing ourselves to go with the flow and the greater wisdom within it — to remain open and surrender to the unknown spirit, while noticing the synchronicities and harmony that confirms the direction. As we trust and let go

feeling the rightness of it, we allow our transformation to proceed. For in the process of Ascension that we are now collectively engaged in, we are moving into a new dimension of being that will be quite different from the world and way of life we have known. Our minds and programmed ideas won't get us there. Wholehearted, we dance in the movement and joy of life as the energy mutates and ascends. One expands and encompasses a wider energy field, a deeper beingness.

§

**571. Disclosures coming:**

On Earth for all of recorded history we have not only been restricted by ego programming but by the entrainment and mind control of the evil entities who have gained control of external Earth. (There are also inner untouched realms of Earth.) This mind control has pervaded our thinking in all aspects of life from education, business, culture, science, politics, religion, media and entertainment. Everyday the indoctrination is reinforced through the institutions of our society. The deep state controlled mainstream media is at the forefront in indoctrinating us. So the Apocalyptic disclosures coming in 2021 will come as a shock to many. However, the truth must come in this time. And if we are to awaken to the truth within, we must face and renounce the lies, propaganda, and false beliefs that have kept us controlled, dumbed down and used. Many of the ideas the media have condemned as conspiracy theories contain important truths that need to be acknowledged. These range from the existence of an evil cabal which has controlled the Earth, to the real perpetrators of 9/11 to ET's and their important influence. Disclosures must lead to the awareness of wrong doing and conviction for crimes. Earth must go through a purification by the Light on all levels before we can fully begin the New Age to come.

§

**572. Moving beyond linear thinking:**

People think and believe but they don't know or they wouldn't say and do what they do. Human knowledge only has relative truth as it is based on a perspective that is separate from the whole. We may know something about how photosynthesis works or something about thermodynamics, for example, but as

the empirical level is just part of the whole of reality, our understanding is limited. Physical appearance is caused by metaphysical conditions that science can't access so our conclusions and interpretations about what is going on is partial and flawed. Modern secular science doesn't recognize this and wants to be able to make claims about the nature of reality that are beyond its scope. The latest theories of modern physics, for example, are just as incomplete as the laws that Newton formulated. Although science has developed its understanding and technology to utilize the physical plane more effectively we still don't know what things really are or why they are, from a flower to a star. Unfortunately science has developed our ability to create effects that are out of proportion to our wisdom. Therefore we are poisoning our environment and toxifying our bodies, creating an artificial and unhealthy condition that is not sustainable. We must gain more wisdom by learning to align with the soul, rather than rely on the deluded hubris of the ego mind. Placing more emphasis on the intuitive knowing of the Heart will balance the out of control thinking of the one dimensional linear mind. Learning to access the spirit will open consciousness to metaphysical realms that will provide the wisdom lacking in rationality. Humans have created in separation with hazardous consequences. Now we have to reconnect with God and create with wisdom and a higher purpose.

§

**573. Our Apocalypse:**

We are blessed to be living in a period of time called by Christianity the Apocalypse. This is a time of the revelation or disclosure of great knowledge. As humanity has unconsciously been living in a state of entrainment and hypnotized delusion, this will involve waking up to its control by evil as this evil has saturated the institutions of society. We have continually been indoctrinated by this evil cabal, deep state or hidden powers at the apex of the global system. There will be increasing disclosures beginning with the fraud in the US Presidential election that's unraveling and including more individuals who are culpable of crimes against humanity. Naturally many of the most wealthy and powerful are involved. The truth needs to be seen by all so people can be released from their mind control. Many

prominent individuals will be implicated. Politics and media in particular have been fronts used to perpetuate frauds of democracy and independent news. Both have been controlled by the deep state to manipulate, deceive and mislead humanity against its best interests. Concurrent with the disclosures of the bad, however, are revelations of the spiritual truth which is wholly good. Earth is now beginning a spiritual epoch that will be free of evil, suffering and want. Earth will be restored and all will be made new. Christ will return and inaugurate a spiritual Age.

§

**574. Take Her Holy hand:**

When we have tired of war, and pompous vain glory,  
When have tired of death, pain and suffering,  
While the birds sing to life and joy,  
When we have seen the horror of hurtful words  
And vehement thoughts, in our absurd battle  
To be right and best,  
Maybe we will put down our swords,  
Open our hearts and minds,  
Listen and really see.  
There in silence, a maiden stands open armed  
Offering succor, Love, release,  
And a dream of life we've longed for.  
Let us take Her Holy hand  
And follow.

§

**575. Invoking one's muse:**

What if, instead of communicating by speech, we communicated by song. It would feel odd and uncomfortable I'm sure, but we might be surprised to discover how freeing it would be to another part of our Self who is dying a slow death. What if instead of prose we used poetry to converse. This too would take effort to adjust to, but we might find that the mythic part of our Self communicates best in another way that is more Heart centered. In olden times people used to sing more and value a poem coming from the Heart. We've lost some things in our modern technological age like the value of silence and simplicity. The art of living has been replaced by passive

consumption. Let us walk alone under the stars and try to remember. Let's find our muse in Her silent grove and apprentice ourselves. We've forgotten what real art and beauty is. Let's call forth our muse, and give Her voice.

§

**576. Surrendering to spirit:**

What is more beautiful than a soul consecrated to its transfiguring spirit. Surrendering to that which is greater, means taking over and becoming that spirit. Something is given up for something more. Consciousness ascends on the updraft of Love. We are multidimensional beings. We have a choice where on the spectrum of consciousness we will be. However, to ascend we have to release the weights of fear and attachment. We have to demonstrate our priorities in life by what we give preference and greater reality to. When we hear the call we must respond. This is tested in the crucible of life. Spirit is a fire that burns up all the dross. Not for the self, but for the Whole.

§

**577. Releasing mind control:**

From the spiritual perspective, Earth has been and is mind controlled. And if that were suddenly switched off many would go mad because they wouldn't know what to think when they realized that everything they had believed was a lie. They couldn't rely on their connection to God because they believe they are separate and without an experience of connection. They would therefore be suddenly thrown into the void of their minds and become subject to all sorts of fearful imaginations. This is why planetary awakening must proceed slowly accompanied by increasing reliance on Love, forgiveness, faith that there is a God and good will toward others. Then we can begin to take tentative steps into the unknown experience of the Reality of the Divine and the reformation of our belief and the way we use our mind. Part of this process entails realizing that the authorities who embodied our indoctrinated beliefs that we have placed so much trust in, have been lying, using and manipulating us. This is the process that we will be going through in 2021 when a cascading series of disclosures beginning with the attempt to steal the US election reveals the

nefarious acts and actors of the deep state. We will collectively become more aware of the hidden agendas and with public support, be able to gradually release the mind controlled beliefs that have kept us in delusion and disempowerment. It will be a difficult but necessary process of disillusionment that will precede our awakening to the Divine within.

§

**578. Healing scientific secularism:**

Scientific thinking is inductive, fact based and utilizes repeatable experiment to determine the laws of nature. However, because of increasingly materialistic influence, science as a world view has become secular and a deluding factor in our society. The early scientists were mostly spiritual men who held both scientific and spiritual attitudes because these reflected two legitimate but different domains. Science today, however, has succumbed to reductionistic and materialistic assumptions that are confusing and misleading people. Scientists have become the authorities of the day, but like the priests of old, false authorities. This secular thinking permeates our education and our society. It reflects the sense of alienation that afflicts modern man. As religion is losing its influence, psychology can begin to heal the rift between man and God by exploring one's authentic experience within. As secularism is based on the mind, the Heart must be called on to make our experience and our understanding whole.

§

**579. Relating from Oneness:**

Going from communicating as a separate person to communicating as an individual who shares the same consciousness and the same Self is not something that is learned — it is just naturally done. The learning is the preparation that takes place in the 'room' of separation, but the being of wholeness takes place automatically when one steps into the next 'room' of Oneness. Once we realize that we are actually in the same shared space, there arises a great feeling of relief and joy. We've sensed this potential for a long time but have not been able to actualize it or make it real. As more of us tune into this possibility it will become more real in the world.

This is a step into 5D Christ consciousness which is what humanity as a whole will be moving into. It's the vibration of Love and shared Truth. In this state or dimension we are free of the world and all past conditioned thoughts. We just are and are opening to a new and pristine world where we can now create a new civilization based on our Unity with God. Because being in our shared Self, is being in God. Let's begin to explore this space and what we are experiencing and knowing now.

§

**580. Resolving differences by accepting our common Truth:**

The resolution of conflict and its resultant suffering is not aided by our continued separative thinking. In our ongoing conflicts, we must affirm the underlying Oneness of Truth and act to bring that unifying Truth to Light that it may resolve the conflict and bring forth a new synthesis. We must rest and trust in the Peace of the shared inner Truth, rather than supporting polarization in judgement. Truth, Life and Consciousness are One. In the world now the forces of Unity, Love and Goodness battle evil, separateness, and fear. I am not saying that we should embrace evil, rather that in our response to evil we should eschew judgement and partisanship and focus on the Truth. We all want and need safety, security and acceptance of our universal needs, rights and nature. This is our common truth that can serve as the basis for understanding and cooperation. Evil begins with the false assumption of separation, difference and arrogant entitlements. If we can reject this lie, we can meld our varying approaches to resolve our differing ideas about how to meet our common needs.

§

**581. Releasing expectation:**

No matter how beautiful and good is our vision or ideal, if we hold an expectation we have formed an ideal in our ego mind that ensnares our consciousness. We cease being in the Now and are instead in the ego mind that we have invested emotionally in. This can lead to suffering if these expectations are not realized. It makes our happiness dependent on external circumstances. It is associated with the belief that something could go wrong in God's creation. These ideas are false. The

way to resolve expectations is to always put one's Trust in the Self as it is experienced in the moment. If there is any value to a vision or an idea it will be seen and will manifest. Energizing an expectation leaves one vulnerable to the fear that it may not manifest that is always present in judgement, as expectations and ideals are judgements, as are all beliefs in the concrete ego mind. Therefore, value the thought but let it go. If the hope has value it is because it is part of the Truth that the Self embodies. Therefore embodying the loving, joyous, peaceful Self is the best approach to manifesting an expectation or ideal.

§

**582. Creating a communication channel:**

Meditation helps to create a conscious channel of communication between the personality and the soul; between the outer world of time and form, and the inner eternal realms of Being. Humanity is meant to link these and bring the spiritual into the physical as well as redeem the spiritual within the physical. All energy and manifest life is and results from Divine Spirit. If we can stay centered in this channel, which bypasses the ego mind, we can stay attuned to our inner knowing and the spiritual guidance that we derive from it. We can stay aligned with the Oneness of the Self and live in Wholeness.

§

**583. The Apocalyptic disclosures:**

In this apocalyptic transition between the Age of separation and the imminent Age of Unity, humanity will not only experience revelation of the spiritual Truth of our connection to the Divine, but will experience the disclosure of the evil that has been hidden behind and within our civilization. Our awakening to the Truth of God within must be accompanied by our awareness and rejection of the lies, deception and manipulation by evil as it has controlled and entrained us. This controlling evil has been called the deep state, cabal or powers that be, and it represents the apex of the global system of power in all areas. We will discover that these globalists control and infest governments, banking, media, academia, science and the business elite. It's agenda goes beyond the further accumulation of wealth, power and privilege and includes the genocidal predation of most of

humanity and ongoing effort to dumb down and robotize the remaining population. The current man made pandemic, lockdowns, economic crash and vaccination schemes are the latest desperate efforts by the deep state, as it is facing its demise resulting from the Ascension of Earth. A Divine intervention is freeing the Earth of evil, but humanity must consciously recognize what is happening and renounce the mind control and indoctrination that has kept us deluded and enslaved. Consequently, disclosures will begin so we may see for ourselves what nefarious activities have been going on behind the scenes and take action. It will not be pleasant to admit how we have been deceived but it is necessary to become aware and renounce the false authorities and leaders who have betrayed our trust and used us. The sooner we admit the Truth, the sooner we can claim our power and rebuild society on the basis of Love, justice and our common Divinity.

§

**584. The New Time is waiting on us:**

An essential change in our awareness now, is realizing that we already have what we are waiting for. We no longer have to believe that it is outside of us, that we have to get it from someone else. We have everything that we need within us and just need to trust and share our Self and our knowing. We are complete in this moment. The world is waiting for us to wake up and be the larger authentic Self that we eternally are — to be the change we want to see, the future we want to experience. To connect to this wholeness we must center our consciousness in a deeper Heart space within that is outside the ego mind where we have habitually functioned. It's a spacious open place of unfolding life and Love. We must feel into it and listen intuitively to align our consciousness with the movement and meaning given us to live, express and be. We must embrace this larger Self and the Divine qualities of peace, joy, freedom, knowing, power, reverence, oneness and Love intrinsic to who we really are. Let us dive into this infinite moment, this sacred Being and discover the ideas, visions, treasures and experiences waiting to be manifested. We stand on the threshold of a New World that will be our creation. Let us give thanks that this moment has finally come and begin co-creating with God and each other. We know what we want. So let us begin.

§

**585. Waking up:**

Ascension is awakening from the dream of separate existence and rising up with confidence in the larger Self who we really are. It's realizing that we no longer need to believe what we have been told about life because we can trust the knowing that is part of us. It's realizing that our life is part of a Divine Life with a Consciousness that is shared. Ascension is realizing that we have all we need within and are Self directive. It's realizing that the outer world is interpenetrated with One Divine Life and Consciousness which is our Life and Consciousness. We have suffered in the illusion of fear and separation long enough. Now is our time to awaken and reap the rewards of our experience. Beloved friends are waiting to greet us and welcome us Home.

§

**586. Turning away from the media's reality:**

We cannot take the charade of life seriously that we see portrayed in the media and also believe in the Truth. We have to choose. The media makes our fears and illusions seem real. It energizes the ego's beliefs and delusions that we are awakening from. It reinforces the dramas, scripts, meanings and roles that have been projected on to life and collectively believed were true. And this has been done deliberately to keep us entrained and asleep. The media is our Ministry of Truth — the propaganda arm and indoctrinating agent of the deep state. However, we've been lulled, distracted and deluded long enough. We're not getting the objective truth but rather false narratives to explain what's going on to keep us unawares. A better media is possible, but we have to create it. It has to honestly represent the facts and the truth and not the special interests of the deep state. The lies are obvious now. The distractions have become unpleasant and grating. Let us unplug ourselves, and refresh our minds and hearts in nature and the balm of silence within.

§

**587. Conditions of dialogue:**

We are all inwardly connected in Love and consciousness. All souls are interconnected. This has always been true. Only now it's possible to speak from this place of Unity and to center our identity there. This changes the nature of our communication. Rather than being focused on thoughts or emotions, we become focused on what we are aware of and experiencing intuitively. This begins with gratitude that we have this shared connection — a connection that is not personal but which is part of Christ consciousness. It's easier to feel this with a beloved, but we can feel it all the time. It's just a question of whether the other can also communicate from this place of Unity, Love and acceptance. If they can be from this inner Oneness then you can work together to bring forth and make real that which IS here. One encompasses the other without a separate self. The dialogue unfolds.

§

**588. Love must overcome mind:**

We have incarnated into this mind created world to better realize the importance of Love. Our human world has been created by the human mind largely on the basis of the fearful denial of God and the resulting belief in our separation. Within the separate ego based civilization that we have thereby created we are slowly learning to value, search for and affirm the Love we rejected. It is a lesson that is enforced by the suffering entailed in denying Love in our lives. The fact that there is so much suffering yet on the planet means we still have far to go to choose Love in every situation and circumstance. We have been deceived by the self servers to believe that choosing Love all the time is not realistic, practical, moral, just or legal. We have allowed fear that the mind has rationalized to restrain our natural tendency to choose Love. We are learning to overcome the deceit and justifications of the mind. More and more of us are now Love centered and wanting to transform our civilization to a Love based one. With Divine help, that is in process of happening now. We are being given the opportunity to see and reject the falseness of a world based on separation and self service so that we may choose to create a world based on Love and our Unity with God.

§

**589. Forgiveness:**

Forgiveness is the key to freedom, for what we don't forgive keeps us in bondage. Forgiveness is primarily for our self and everything that we condemn ourselves for and believe that is not true. Forgiveness frees us from our belief that we are only human and limited by the reality of the world. Forgiveness therefore frees us from our sense of powerlessness and victimization and from the effects of others — which are really the effects of our own beliefs. Forgiveness heals the hurt, shame, bitterness and isolation and puts us back in connection with the Divine and our Self. Forgiveness allows us to experience the unblemished newness and unlimited opportunity of the present moment. It unlocks the door to the Infinite Mind of God and our Divine Destiny.

§

**590. Expectation:**

Expectation takes us off the spiritual path, as it shows that we are in the mind and not in the Heart in the moment. Expectation implies judgement and an effort to control life rather than trust life. Expectation implies separation and lack rather than an awareness of the blessing and grace of the Divine within. We are ego and head centered in our culture but the path forward is not a better and more spiritual frame of mind, but a Heart centered inwardness that experiences the perfection of the moment as it unfolds in Love and wonder. To be in the Now, is to be in the unknown where each moment offers a new gift that we can share to enrich the world. Every morning remind yourself to step out of the old ego mind and into the Heart as it embraces all in a moment eternally new. The way is here, now within. And all the world is within it.

§

**591. Embracing the feminine to become whole:**

In shifting to a Heart centered path and culture, we are reconnecting with our original Lemurian and feminine timeline. This feminine has been oppressed in our toxic masculine, unbalanced, alienated and artificial culture that we have created

since Atlantis. However, with the spiritualization of Earth that is happening, we have a renewed opportunity and choice to reestablish and connect with the Living Divine that is the animating Force within all. Rather than continuing to live on the outside of life, we may discover the Heart portal that takes us within Life itself with a Oneness of consciousness and newness of spirit for which we have yearned. We become co-creative participants in Life rather than just acting upon it from the outside and a separate vantage point. We shift from an attitude of using and doing to accepting and being. We learn the art of living and flowing with life rather than just imposing our will and mind upon it. The Goddess will come forth and dance with us in joy, beauty, grace and life. And all will be healed and Whole again.

§

**592. Healthy masculinity:**

What is a healthy masculinity? It's one that doesn't impose itself, but is strong in its awareness and knowing — not knowledge. Knowing is an intuitive consciousness that is outside the ego mind, that is new in every moment. It's a consciousness that can stand in the unknown and be, without worry. A healthy masculinity is supportive, protective, independent yet cooperative. It is fulfilled from within, but gives from its Self. It is grounded in the Whole and acting from the good of all. It is as at home in the world as in its Self, because they are the same.

§

**593. Awakening means...**

Awakening is realizing that we have a deeper center of authentic Being within, that has an intuitive knowing that we can trust and live by. This Self, who we really are, is much larger than we thought. This is also realizing that we can live by the Love by which we are all connected. Awakening doesn't imply becoming enlightened in mind, but realizing that the Heart knows all. Awakening is realizing that humanity as a whole is awakening from its voyage through separation and fear into a new Age of Unity and connection to God.

§

**594. Her Divine Song moves all:**

From out of the Silence comes the Divine music that sets all souls alight. From the Heart of all comes the Song of Love and Joy that sets to movement all that can feel. From sublime heights comes the sounds that weave in tapestries of Light, the yearnings and unfolding fulfillments of Her Divine magic, that brings all to ecstatic Life. From the greatest to the most ephemeral, all is lifted up in bliss. Oh hear the Angelic praise and Her immaculate Song.

§

**595. Trusting our Self:**

With the influx of spiritual energies happening now on Earth comes a new way of Being that will result from living from our Heart rather than from our ego mind. To stay aligned we must release the old patterns, judgements and assumptions and trust the spirit and flow of inspiration as we feel it and intuitively apprehend it. We can surrender to the larger embrace of the Self knowing we are continually supported and guided by it. Staying in the Now means staying out of our head and its conditioned linear beliefs of what we should or need to do. Being contains its own movement. Life unfolds and is eternally new. We learn to trust the larger Life while maintaining a consciousness of the Whole. Everything unfolds within us as we really are, in Christ.

§

**596. Learning to speak from the Heart:**

We are in the habit of talking about life from our head as if we were separate from it — which is exactly what the ego mind believes. It's when we express feelings and emotions that we are more connected to the experience of life. As we collectively move to identify on the soul level that we are getting in touch with, we will express our feeling sense more as we are all connected as soul by a shared consciousness of Love, Light and Life. Our thoughts will be an expression of what we experience and are aware of rather than what we assume and have internalized from the culture. Rather than talking about the external artificial world that is of the ego, we shall extend and

articulate what is within. The nature of our communication will change. Realizing that we are all beginning to explore the same inner world that we all share, there will be less anxiety and fear about speaking openly because we are all equally cooperating in the same process. Ego insecurity and competition will be over. Let us learn to speak from the Heart and express who we are and what IS here to be made known and extended. Speaking from the Heart is an affirmation of our commonality and brotherhood. It's an expression of who we really are.

§

**597. Seeing with the vision of Christ:**

When we have established a focus in the cave center in the head, having established a line of energy from there through the Heart portal to the soul, we can then redirect that soul energy back through the ajna to see the Light of the soul within all. We can feel the Love of Christ within all. We will Intuit our shared consciousness. By directing what we inwardly apprehend on the soul level, outwardly, we manifest the nondual vision of Christ. This is not something that takes work or great effort, rather we just open to what is there within the Heart portal, and see this within the external creation as it is within all. We just choose to see with the vision of Christ which is our Self's vision.

§

**598. What comes next?**

After we have shared our Love and joy in our connection and shared purpose, how do we proceed with those who are also awakening to the One Self within? It's a blessing to avow our affinity and oneness. It's exciting to be present in this momentous time of planetary awakening and ascension. This certainly strengthens the energy and consciousness and makes it easier to sustain this identification. Sustaining Christ consciousness makes it easier to live and function in it all the time and to discover what comes next — building the New World that will arise from our being in God.

§

**599. Attaining Oneness with another:**

When we try to become one with another physically and sexually we are endeavoring to make oneness happen based on separation. Oneness already exists and just needs to be consciously acknowledged. It cannot be forced or made to happen based on separate will. The personality doesn't become one, rather the Oneness that is characteristic of the Self is experienced. In becoming the Self and shifting our identity to the soul, we become aware of the inward Oneness of the One Self. There is but One Self consciousness within creation. However, this is an infinite state of Being that allows us our individual and unique embodiment of it. Humans have projected their desire for Union on to the other. However, if we become Whole by joining with the Self within, we can then experience that Oneness with another.

§

**600. Accepting Christ:**

God is omnipresent. Christ is here now. However, we don't experience this as we are in the ego mind. Yet in this Apocalyptic transition, the matrix of Earth's energies are mutating and the ego matrix which has kept our self identity circumscribed, is dissolving. The only thing keeping us now in our entrained patterns of thought is habit. If we would shift our awareness to the Heart we could begin to become aware of a Presence of Light, Love, Consciousness and Intention that is here now. This is a reality that we might interpret as a deeper level of authentic individual being and it is that, to a degree, but it is actually One in all of us. God is emerging into our awareness. Christ is awakening us to our Self. The Age of separation is merging into the Age of Unity with the Divine. We now have the choice and opportunity to step out of our ego prison and its programming and awaken to who we really are as Soul. In the silence and stillness Christ waits to embrace us and anoint us with the Divine gifts that are our inheritance. We don't have to work for it or do anything special to deserve it — just to accept it and to begin to live in Love as the Soul we are.

§

**601. Let the 'news' go:**

How necessary is it to concern ourselves with the media's presentation of the happenings in the world? This 'Ministry of Truth' is indoctrinating rather than informing. Believing it just causes fear, distress and confusion. We are living in the most blessed time in the history of the Earth where the evil that has controlled humanity is being removed and we are awakening to the Presence of God moving in the world and lifting it to a glorious New Age. Let us forget fear, which has conditioned our thinking too long, and open to the Light and Love that are now pervading the world. This turbulent time of birth will pass sooner if we will embrace the New and let the old go and those who promote it. Now the light of the new day is undisturbed and its peace untrammelled.

§

**602. Not striving:**

The ego believes that spiritual attainment takes striving and special knowledge. That is the way the ego thinks, believing something it lacks is attained with self will and knowledge it has learned. In the New Age we will realize that our goal is not accomplishment as a personality but realizing that we are a Soul who is already accomplished and has intrinsic intuitive knowing. We consequently shift from striving to trusting and accepting, from acquiring knowledge to listening within. The concrete mind makes everything artificially complex, but the Truth is really simple as it is One in all. When tired from mental rigor and vain glory come to the spring of Life and let your self be refreshed and renewed. Life, and Life more abundant is what we want.

§

**603. Accepting what IS:**

'Doing' generally means ego is involved — *making* something happen by effort and will in order to *control* its life based on its agenda for survival and happiness. Being is the nature of the Soul — *accepting* what *is* and *expressing* what Love would share, *trusting* that its needs are met. To accept is to join with the Heart in unity and to live and be from here. It means no longer living in separation but rather in Oneness.

§

**604. Woman's grace:**

Every woman has a direct line of energy to the Divine She which enables them to embody ever new creative loving life. This is living within the wholeness of the Heart and manifesting Love, connection and Wholeness. This requires trusting one's Self and one's intuition to act from the Heart's knowing. Oneness is lived through daily life. The mind serves the Heart. Dreams and visions of the Heart are lived out and made real. In the dance of life, every moment is new, inspired and sacred. From the center this holiness expands extending, encompassing and transforming. Living Being is celebrated. Beauty and harmony resound. Women and men in their endeavor to become whole are cultivating their opposite qualities. But women don't have to become like men, they can express their Divine Self as they are.

§

**605. Women will lead:**

Women, released from fear and ideas of what they should be in the New Age, will directly embody the font of the energies of Creative Life and Love as expressed by the Divine She. Women best express the Sacred Heart at the center of creation, and all that is uplifting, beautiful and Holy. Free of toxic masculine domination, women will lead us forth into the New World of Love and Unity.

§

**606. The portal to the New World:**

The most important fact of the moment is the mutating energies of Earth in this singular time, which affords us opportunities for Self realization and collective transformation that in the past were more hypothetical or difficult. To be more specific, just as God is everywhere, Christ Self consciousness is also here now and accessible to all through the Heart. This implies that rather than being concerned about our personal situation, we can now open up to an inward group space where we have our shared Being and where we will discover our shared Truth. This entails awakening to who we really are as Soul and beginning to live as such. Why wait for something outside our Self, when the avenue

to New World stretches before us from the Heart portal. In this new land we all share the same consciousness of Love, although we each express it differently. In this reality all our needs are provided. We may live in trust and joy in a new way that is not based on personal agenda, but what IS discovered within in each Divine moment. This new land extends in pure Light and Love, waiting for our co-creations that God wills be manifested. This is ascertained by Love. Love is the way and the destination. As such, we must consecrate our minds to the purpose and good of the larger Life within which we have our Being. Whether consciously or not, we are all opening up to this same experience and struggling to find words to describe this new reality.

§

**607. Not proselytizing:**

Having a Sixth Ray personality (and Second Ray soul) I can't help being something of a devoted advocate and have to restrain a natural urge to proselytize. But in a world of limited understanding resulting in much unnecessary suffering, there is much to proselytize about. Certainly our minds could be more enlightened, although we are working on that. I perceive, however, that the biggest opportunity for positive change lies in our yet unrecognized ability to be and live as the soul we really are — and so manifest a whole different level of reality. (Younger people have more of a sense of this.) However, this cannot be explained so much as demonstrated. As more of us make the shift that is destined for humanity, the vibration and the consequences will become more apparent and persuasive. As a soul, we are One with everything that is all contained within us. Everyone is part of us as we really are. We no longer function based on our mind's conditioned and internalized beliefs, but by an intuitive knowing and feeling sense that guides us in every new unfolding Divine moment. Indeed, there becomes but one eternal Divine Now. The sooner more of us can make this shift to soul and Oneness with the Divine, the sooner the destined collective transformation can begin in earnest.

§

**608. Moving from insecurity to certainty:**

If we are feeling insecure perhaps it's because we are still living by the increasingly outdated 3D ego assumptions that are rapidly loosing energy to support them. The energy matrix of Earth is mutating and ascending. 5D Aquarian and Seventh Ray energies are flowing in, and upon these, and the ideas, values and forms these support, a new civilization must be built. As long as we fearfully cling to the old, we will feel, justifiably, that our security is threatened. Align in openness, Love and trust in your deepest Self and recognize that by so doing, you are also connecting with God and your glorious future. Move to Love and the general good and you will be safely aligning with the invincible Divine tide that will bring you into a joyous future you have dreamed about. When we live, in Love, for that which moves and inspires us, we naturally put ourselves under the guidance and protection of God. For our dreams are given us by God to be acted on and realized. So are we supported in doing God's 'work'.

§

**609. Releasing the weights of belief and habit:**

It's difficult to ascend if we persist in holding on to the 3D agendas, hopes and expectations. Wealth, escape, superiority, special acclaim and recognition, excitement and thrills, continuity of traditions, intellectual achievement, romantic conquests, avoidance of change, etc. The fear implicit in our attachment to the old, will be experienced despite efforts to guard against it. To ascend we release the individual struggle for survival and acclaim and rise into the Oneness of interconnected Divine life. Suddenly there is an ease and harmony experienced as everything flows toward increasing happiness and Self realization. We put our trust in a different guide than the ego and discover that this one really knows what is right and best for us. Rather than something we have to work hard to control, life becomes a cornucopia of gifts daily received with grace and gratitude. Life become more alive, and living more real and deeply felt. Trust the call of spirit. We may feel as if we are living in the clouds, while at the same time are grounded in something more real than our old belief system. Earth is ascending now, and we are meant to flow with Her.

§

**610. Co-creating with God:**

As we are creating our experience by our beliefs and what we give reality to in each moment, the sooner we release all our beliefs, realizing that they only have relative truth, the sooner we can experience the unknown Now, our real life and all the treasures waiting to be discovered. As long as our hands are holding on to the old things they can't receive the New. And to receive we must give and share for all gifts are meant for all. The Christ Self is the portal to the unknown God. By allowing God to flow through us by extending what we become aware of, God manifests more fully in the world, and we encompass more of God. Love expands. The physical plane becomes Holy.

§

**611. Becoming like Jesus or Mary:**

When we think of Jesus, Mary and other Ascended Master, we are really just connecting with other individuations of our One Christ Self. Jesus just demonstrated what we are to do by choosing to identify as the One Self he inwardly was. Jesus was a man who is now an individuated extension of God manifesting on the physical plane. So can we be by choosing to be the Self we experience in the Heart. Which implies releasing all that is not of this Self — especially the separative ego mind. The only things limiting us are our beliefs and old habits based on these.

§

**612. Becoming Self reliant:**

This past Age has been characterized by separation as defined by the myth of Adam and Eve who were supposedly thrown out of the Garden of Eden by God for their transgressions. The ego embodied this separation which existed in consciousness but not in reality. As egos we have believed we are separate from what we lack and need and have projected our various needs on to others or circumstances we have tried to gain. This is true for the knowledge that we felt we needed to be successful which we believed was also something to acquire. Some people who we regarded as experts or authorities had it and we deferred to them and projected our power on to them. However

in the Age of the soul and Unity which is upon us, we must learn to stand in our own intuitive knowing for as soul we each have access to the Truth. We don't need to depend on others or defer to any authority but our own Divine Self. We are no longer consciously separate from God, but as soul are One. Thus we must endeavor to clarify, articulate, express and live that Truth if we are to make it manifest and Be one's Self.

§

**613. Apocalypse now:**

The spiritual teachings have never given much attention to evil accept to acknowledge its existence and somewhat its nature. It is a somewhat antiquated concept in our modern world. I think that there was a fear that focusing on evil might give it energy when the object of life is to further the good, the true and the beautiful. Yet in this apocalyptic time when evil is being removed from Earth by a Divine intervention, it comes to us to see the extent that it has controlled our thinking so we may renounce it. The apocalypse is happening somewhat differently than some have imagined. We are in an interim period between Ages that is rife with crises. We are beginning to notice the Divine Consciousness and Life that is pervading the world and emerging into our awareness as an awakening to a deeper authentic strata of Being. This is the New and the Good that is coming. However, we must concurrently awaken from our false beliefs, the hypnotized entrainment and mind control humanity has been subjected to. We cannot fully embrace the reality of what is happening so long as we continue to believe what the icons of the establishment tell us, for our system is infested with evil that we must see and renounce. It has been hidden, but now will be disclosed. Thus the revelation of the good and the disclosure of the bad are both in process now. We can expect whistleblower and criminal disclosures of heretofore hidden nefarious activities, corruption, secret organizations, control strategies, methods of indoctrination and exploitation, and the sociopathic individuals involved. Organizations and individuals we have trusted will be found to be complicit. There must be a thorough expunge of the evil that has penetrated so many aspects of our society if we are to build a new society on the basis of the New Divine energies that are to transform our world for the better.

§

**614. Pondering:**

I am much larger than I used to believe. In fact, I contain all things. The morning sun, the smell of damp leaves, the fresh breeze all move through me unopposed. Thoughts and feelings float by like clouds moved by an unseen wind. Conversations happen by themselves almost, part of the unfolding ever new moment. What is my role in all of this? Love holds the answer. What would Love have be? What would Love say and do? We are all awakening to this larger Life we share. What is our role or part? What do we Love the most? What is that dream that wants to be lived? We have come from the spirit world to Earth for this reason — to make something real and manifest — to share together in a destined experience of life — a moment that is our creation.

§

**615. Moving to the Divine Song:**

Humans are multidimensional beings. The essence of us is an immortal timeless being whose life is lived as in a wondrous fairy tale dreamed by God. God brought all into being by Song, and thus we must get in touch with and resonate to the Divine Song that our spirit is even now moving to. Our task is to bring that down to Earth, live it and redeem Earth in the process. The Heart yearns for more than concepts and forms. It yearns to surrender to the Divine Dream of life that will transform us to who we really are. Listen! Within the Heart a call to supernal beauty, life and Love can be heard!

§

**616. Shifting toward soul:**

I'm noticing, as humanity is beginning to transition into the Age of the soul, certain soul themes that we are intuitively tuning in on. There is an increased awareness:

Of the fundamental of Love as it underlies life  
Of the importance of our interconnection, community and cooperation

Of each person's divine right to freedom of thought and expression  
Of the Presence of the Divine in all  
That we are more than the separate egos we believed we were  
That there is a spiritual flow and wisdom in life that naturally guides us  
That despite the crises in the world, something destined and wonderful is in process  
That we are more than our beliefs and our history  
That we need to be fully and authentically present in the moment  
That there is an intrinsic equality of the soul and its access to Truth  
That parapsychological abilities, and paranormal experiences are normal  
That we can trust life and be at peace  
That the Heart knows what we need to know  
That our needs are met as we trust our Self  
Of the sense of having an intuitive inner knowing  
Etc.

§

**617. The choice to shift:**

Humanity's biggest opportunity for positive change lies in our yet unrecognized ability to be and live as the soul we really are — and so manifest a whole different level of reality. However, this cannot be explained so much as demonstrated. As more of us make the shift that is destined for humanity, the vibration and the consequences will become more apparent and persuasive. As a soul, we are One with everything that is all encompassed within humanity's one Self. Everyone is part of us as we really are. We no longer function based on our mind's conditioned and internalized beliefs, but by an intuitive knowing and feeling sense that guides us in every new unfolding Divine moment. Indeed, there becomes but one eternal Divine Now. The sooner more of us can make this shift to Soul and Oneness with the Divine, the sooner the destined collective transformation can begin in earnest. This entails shifting our identity to the Heart where the Self is centered and letting old ego programming go.

§

**618. The psychological answer to philosophy:**

The libraries of the world have uncounted volumes of thought about life and what it means. However, as these all derive from the same source — the concrete ego mind — they all suffer the same fate — inadequacy. We must first understand the ego — the false separate self — who is doing the theorizing and then we may more rightly judge the theories and conceptualizations. When the soul incarnated it experienced for the first time consciousness in form. However, instead of maintaining an awareness of the Whole or All of God where it had its being, it identified with the form or body and the fearful thought that it must be vulnerable as the body. Based on its belief in the concrete mind that it was separate, a number of related beliefs and attitudes resulted that constellated in an ego self program. It believed that it was lacking and that its needs were derived from without. It believed that it must learn and gain knowledge and control its circumstances to meet its needs and survive. The denial or rejection of God was reflected inwardly in self condemnation and guilt. It was reflected outwardly in the attack thoughts and judgements it projected on to the world. Like the soul it valued love but objectified it as a need to be acquired. A life as ego resulted in sorrow, suffering and death as happiness was fleeting.

As humanity collectively internalized ego identity eons ago, it has valued learning, knowledge and the mind because its self identity is in the mind. However, the soul, living in Oneness with God, has an intuitive knowing that obviates the need for separate knowledge. And as humanity moves into the Age of Unity and soul consciousness, this knowing will be cultivated rather than thought and belief. The mind will be used to reveal the gifts of Love and spirit and to give form and expression to the potential and purpose hidden within the Mind of God. Knowledge, which is thought generated from a false sense of separation will give way to an intuitive knowing of the Whole that the Self has its Being in.

§

**619. Reflections on the New World:**

The New Age and New World are nearly upon us. In fact if we put an ear to the Heart we will hear the Angel trumpets and feel

the tremulous excitement of the Great Approach. Christ's consciousness is already pervading the world and emerging within our awareness as the Presence of a deeper authentic being. We experience it not as an 'other' but as a revelation or awakening to an inner Self who is, in fact, Christ. We may see a form of Christ but the real emergence of the living New World comes from within. We have, as ego, been living on the outside of life, in form, as the ego mind separated itself from God by the fearful belief that it was only a vulnerable body needing to survive. That separation was then projected on to our experience and we believed the consequences because the mind creates its reality. The New Age and New World, however, will not extend from the old ego reality, but will derive by diving into life by moving forward through the Heart portal. Rather than continuing to live on the outside of life, we shall move or shift to the inside of life where all is One and Holy. We shall discover that the life and soul consciousness within the eternal moment is a treasury 'more bounteous than our desire' which we will share with one another and manifest to 'furnish' the New World. The role of the mind will be reversed. Rather than determining reality, it will serve the reality of Heart consciousness. Thoughts and knowledge will defer to intuitive knowing and feeling of what IS here in the moment that would be shared and brought forth. We will move from separation to unity, from time to an eternal now, from being focused on the outside to living from within, from fear to love, from anxiety and need to control to peace and trust in the One Divine Life that we are all part of.

§

**620. Letting the Self respond:**

In my experience, the way to relate to anything we experience is to accept it as something that is, without judgment or attachment, and bring the awareness of the Self or Soul to bear on it. Let the Self decide what response, if anything, is to be made. Which the same as the response of Love. The Self encompasses all, but is also untouched or unaffected by anything. Our experience is always our choice and our creation. If we are experiencing anger, which is related to expectation, it's best if we allow the Self to clarify what our expectation is.

§

### **621. Birthing the New:**

Birthing the New World involves fostering a sacred space within, which we then extend into the world of space and time. This sacred Heart space, as a womb, must precede that which would be added to it. Like the sacred space that is felt in certain holy places, this space is the effect of the experience of God made manifest. This is the inner world that must come into being through us. Let us realize that although this space may seem empty, that it is real. It is a holy relationship we share wherein our dreams can manifest. It is a space of Love and shared Being wherein we greet each other as part of the same Self of God. We are birthing the Conscious Universe or God on the physical plane. This New World is not thought but felt. We won't create it by our minds but can recognize it in our Heart.

## **§**

### **622. The battle for the liberation of Earth:**

While we go about our business oblivious, the greatest battle in the history of the Earth is raging. God has proclaimed that Earth has suffered enough under evil and instituted a Divine intervention to remove the evil ET entities who are the apex of the Dark Lodge and clear out their technology by which they have mind controlled humanity. This is being primarily accomplished by higher dimensional Galactics. Humanity must help to identify and remove the human minions who are the powerful Deep State globalists who control the institutions of our society behind the scenes by money and position. There is also a strong Alliance force consisting of US military, Galactic and Agarthan personnel who have been battling these evil forces. The Light has won, although it will take some time to see this.

The events of 2020 are part of this drama. The deep state, realizing their long control of Earth is now threatened, released the man made Coronavirus, and instituted the related world wide lockdowns with all the resulting negative consequences—increased fear, death, separation, police state control, impoverishment and greater totalitarian control and authority to the Deep State. The mandatory vaccinations were to be the final coup de grace which would have instituted bio control via human DNA. The main political opponent to these

developments has been Trump who the Deep State has tried to remove by a coup beginning right after he was elected and continuing to the election fraud by which they have attempted to prevent him from being re-elected. Fortunately Trump has adequate proof of the fraud and the foreign involvement. He will use the constitutional laws that are his prerogative to prevent Biden from becoming President. He is supported by the military.

Now that the Deep State has been caught in criminal, unconstitutional activities, 2021 will begin the disclosures and military trials that will begin to remove the scales from our eyes and the indoctrination from our minds, that has been so effectively propagandized by the mainstream media and establishment organs. For many people it will be hard to realize that the authorities that they trusted have betrayed them, lied and manipulated them. These disclosures of the widespread hidden Deep State control are a necessary part of the Apocalypse. If humanity is to wake up to the Divine Truth and Light now flooding the world, we must first realize how indoctrinated, entrained and mind controlled we have been. Then we can begin to fully appreciate the concurrent revelations of the Light that will take us into a New Age based on Unity with the Divine, and Oneness with the Soul. The Earth is ascending in vibration, and Christ consciousness and living as soul will bring in a new dimension of reality.

## §

### **623. The problem with idealism:**

As a psychotherapist I've noticed that idealists can have a difficult time recognizing when they aren't living their beautiful ideals and then coming to terms with it. They will initially strive harder to fulfill their ideals and to make them work and then become disconsolate when unsuccessful. The problem is that ideals are two dimensional idols that are inadequate to describe the living wholeness of the individual. Trying to force oneself into an ideal leaves compromises one's authentic integrity. The beautiful qualities envisioned by the idealist are some of the qualities of the soul. The way to realize these is by endeavoring to be all that one is, as a soul, rather than just trying to express those few good qualities one idealizes. Being whole, authentic and real is easier than trying to be a limited subset of idealized

qualities. The mind is predisposed to mental solutions, but one's proclivity to a mental solution is itself the problem. The Heart is synthetic and part of the soul, so relying on the Heart will keep one in balance and avoid mental extremes. Being the multifaceted soul is healthier than just trying to play one idealized character. In general, endeavoring to be honestly one's Self always works out better than trying to be who you think you should be.

§

**624. Escaping the ego matrix:**

We have become so accustomed to our identity as ego in a world matrix where ego programming is taken to be reality, that even now in Earth's transition to a New Age where the ego matrix is being dissolved, we stay within the ego's beliefs and habits even though we no longer need to. It's as if the door to the ego's prison house is now open although we continue to stay within looking at the world thorough the windows of ego assumptions, beliefs and values based on the ego's agenda. To walk out the door into free open life we must disavow our conditioned programming — what we think things are and what is needed. We need instead to just take in the raw data of our felt experience without the interpretation of our minds. We can do this if we start seeing with our Heart, rather than our mind. To see mindlessly is to perceive holistically by a intuitive feeling sense that allows one to see the One life within the forms, the conscious Whole that encompasses creation. It is to focus on the Light and Love as these pervade the unknown Now. Because the ego is mind based, many spiritual practices emphasize mental effort, but a Heart based approach to leaving the prison of the ego is easier. Joining with the One Heart immediately takes one out into the Whole of life and the Consciousness of the Spiritual Self which is within. It's a higher dimension of reality that we navigate differently than the ego does. The laws of life are different. Rather than trying to control life, we surrender to the unknown in trust. Rather than having to do, we realize we already have. Rather than struggling in isolation we are intrinsically part of the Whole. Rather than being subject to the laws of space and time, we live in an eternity beyond limit. Why would one not want to flee our long

imprisonment when Living Love Herself is calling us to come out and join the celebration. Let's go!

§

**625. The New Age:**

I believe that it's difficult to fully appreciate the prophecies about the coming New Age because these refer to a dimension of reality that is at present too subtle and evanescent to notice and which operates by different laws than our 3D reality. Just as UFO's flash in and out of physical view from an etheric level and seem to transcend the laws of physical reality, so the New World that is coming will lift us out of the linear dualistic reality we have experienced into a unitary dimension where all is interconnected and One beyond time. This dimension already exists, it is just slowly being precipitated into our awareness. This is no secular reality but the revelation of the Divine that has ever been within manifest creation. It is the Presence of God and the revelation of Christ. It will utterly transform our civilization and the Earth and make our planet a sacred planet. Of course this requires that humanity embrace and embody the New energy, and not persist in fear and remain separate. This should be easy as the New is Love and brings peace, wholeness, connection, freedom and the realization of our deepest dreams. These concern the Heart, and as our sun is a cosmic Heart center, Love will pervade and unify our individual consciousness and raise it into an Ascended Oneness. We can begin to move in this direction now by shifting from a thought based reality to an intuitive feeling based Heart reality. And by recognizing that sense of authentic Being emerging into our awareness is the outlier of a Divine Self that we are awakening to and who we will be in the coming New Age. As the apocalyptic transition we are in awakens us, we shall soon fully understand what is really going on and be able to consciously participate in the Ascension to the New Age and New World.

§

**626. The Divine She:**

I worship the Divine She in every woman  
And revere Her immaculate purity and selflessness.  
Surrendering to the everflowing fount of Her Sacred Heart

I awe at Her evernew Life, which is like a living fame  
And am uplifted by Her beauty, joy and naturalness.  
No Divine has ever been more real and able to reveal what's  
most real.  
From the Eternal realm of God You embody a Light that shows  
us where we're from and going,  
Blessing us on Earth with your Presence,  
Connecting the lowest with the Highest.  
And soon you will reveal your Holy Self openly again!

§

**627. Creating a space together for the New:**

Humanity doesn't realize to what extent its experience is determined and limited by what it believes. It also doesn't realize to what extent its most commonplace assumptions are arbitrary. It would be best if we would just start from scratch in building a mental body. A good starting place might be,

1. 'We are conscious extensions of the Divine Love, Light, Life and Spirit that pervades the universe.' Followed by,
2. 'We are therefore eternal, invulnerable, knowing, purposeful, creative beings'. And
3. 'who have incarnated here and now to manifest the highest energy, vision, Love, knowing and creativity.'
4. 'What is true for our Self is true for everyone as we are One and of the same Divine Reality'.

These four primary propositions would provide a foundation of mental clarity. The next step, however, would be to go beyond the mind to the Soul awareness or 'I' who uses the mind. The Soul realizes,

5. 'What we need to create is related to bringing the highest in to affirm and build the New.' Relationship is necessary. We need to create a loving space together that embodies our Truth, where we all affirm these propositions and the experience they imply.
6. 'Then we listen in the Heart for what Love would bring forth, and share this.' This allows the unknown to be known and manifest.

I cannot say any more than this until I hear from you, as creating the New World is a group project.

§

**628. The answer to the problems of the world:**

In this tumultuous transitional time we are naturally attempting to resolve the conflicts and confusion by the old dualistic attitudes and methods that characterize the Age of separation we are leaving, by utilizing the mind, education, knowledge, will, effort and doing in the world, resolving lacks and needs by strategies directed toward outer problems, etc. However, the New Age opens from within and requires a different approach based on the experience and awareness that the answer is already within. The portal to the New World is now open in our Heart. Christ is waiting to embrace us here and introduce us to our Self. Some will naturally want to continue to reform the old world, but in this time of the Ascension of the Earth, a new choice and opportunity presents itself. Let us take the inward path of return back to Unity with the Divine. Our new task is to live from there, to share and extend what we become aware of as we accept our common Self. We leave the prosaic world of time, space and limitation, and enter the Holy, numinous and boundless realms of God. Within this inner garden, magic and miracles are naturally occurring, new archetypes and myths resonate in the air, and everything is more refined as every sensation is elevated. Let us take each other's hands and move forward together, sharing our feelings, trusting our intuition, exploring what we discover. The answer to the problems of the old world, is the New World emerging now within our sacred Heart.

§

**629. Some thoughts on men, women, masculine, feminine:**

We are, of course, soul — having both masculine and feminine qualities, active and receptive, mind and Heart. We need to integrate and embody both. Our culture has been toxically masculine and patriarchal. The Divine feminine — our connection to God — has been suppressed, as women have been dominated and devalued. This has resulted in an artificial culture, alienated from the wholeness of nature and life. Now, however, Earth is moving back into balance. Women will once again be seen and honored as the source of Love, ever new creative life, and all things beautiful and joyous. Men's role will

shift from their present focus on the mind and self will, to an identification with Christ consciousness that completes the circle of creation by rejoining with the Mind of God. Each person will become whole, utilizing both qualities and not proscribed to a limited defined role. Women will embody Christ consciousness by a New Path of extending Divine Loving Creative Life in relationship. Men will shift from mental to intuitive knowing of the One Self. As soul we can choose either Path, but incarnating in a male or female body makes one path more natural than the other. This is reflected in how we experience Mary and Jesus. Mary seems closer as we live in Her and can feel Her touch and Love immediately and viscerally by thinking of Her. Jesus' embrace is more like the embrace of conscious infinite sacred space.

§

**630. Being in Heaven:**

We are multidimensional. In each moment part of us is living in eternity. We can get in touch with that part and live in the Light of Heaven now. The part in Heaven subsumes or encompasses our outer aspects and provides purpose and direction. Love is eternal and by focusing our awareness on the Love within, we identify with our Source. As long as we live from the Heart, we stay aligned with our eternal Self — listening to it, trusting it, moving with it, expressing it. We then bring Heaven into the Now, Divine Spirit into conscious creation. As we collectively make this shift, so will the New World be born.

§

**631. The restructuring of the world:**

In this transition from one Age to another, the energies upon which our beliefs, values, ideals and sense of reality have been based are changing. These have underlaid our institutions and way of life. With the old energies leaving of fear, separation, ego, survival, threat, war, violence, exploitation, guilt, judgement and self condemnation, the basis for our present civilization collapses. New energies of divine unity, peace, wholeness, Love, Light, sharing, abundance, and divine law will support new beliefs, values, and ways of organizing society and living.



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238. The new experience:
239. Love is divine:
240. Loving dialogue:
241. Creation of the New:
242. We cannot do it alone:
243. Discovering new conditions and patterns of Soul life:
244. The elevated self of form:
245. A New Day begins:
246. Awakening to a world transformed:
247. Co-Creating with God:
248. Discovering our Self:
249. By Divine decree:
250. A New World is being born:
251. This remarkable time:
252. Embracing the New now:
253. Trusting Spirit:
254. Living in Heaven now:
255. We are being asked to wake up:
256. Faith in the Heart's knowing:

257. Each is unique:
258. The inspiration of nature:
259. The principles of co-Creation:
260. The work of Creation:
261. In transition:
262. Let your voice be heard:
263. Becoming:
264. Accepting our Self:
265. God's Plan:
266. Being my Self:
267. Being in the moment:
268. Accepting Jesus Christ:
269. Jesus is here now to return us to Truth:
270. Swimming in God:
271. Love is God:
272. Enlightenment:
273. Sharing One Self:
274. Healing the pain of the ego:
275. The gifts of the dark night:
276. No escape:
277. Our thoughts and feelings are not really ours:
278. The simplest, easiest and most direct Path:
279. Dancing to a Spring piper:
280. Harkening to a call:
281. Life transforming:
282. Living dreams:
283. Self Realization:
284. Brotherhood:
285. The space of Self:
286. Exploring the Now:
287. God is coming:
288. Resolving duality:
289. Coping with negative feelings and thoughts:
290. Be the change:
291. Being present as Self:
292. Being the bridge:
293. Being informed:
294. Realizing a vision:
295. Utilizing imagination and visualization:
296. Feelings that inform us:
297. The peal of space:
298. Love is:
299. Love impels us:
300. From unimaginable heights:
301. Soaring in the Infinite:
302. Hearing the Song of God:
303. Our unexpected opportunity:
304. Love will prevail:
305. The violence of judgement:
306. A garden transformed:
307. The Immanent Self:
308. Speaking from the mind or the Heart:
309. A Self reflection:
310. Listen and awaken:
311. Blessed Peace:
312. The garden path:
313. A new choice:
314. Regaining the Sacred:
315. Self direction:
316. Resolving the duality of the ego:
317. Dialoging with God:
318. Living in Light:
319. The one simple solution to all problems:
320. Knowing God:
321. Being of service:
322. Dancing with God:
323. Observation and Vision:
324. Self action:
325. Let us pray and experience:
326. Releasing ego patterns of belief:
327. Speaking as Soul:
328. The Self of Love embraces all feelings:
329. Awakening:
330. Flowing with the energetic shift happening:
331. A new Reality:
332. The Purpose of humanity on Earth:
333. Tuning in on the Self:
334. Living from the Heart:
335. Becoming one's Self:
336. Affirming our Power:
337. Coming into our inheritance:
338. To embody Christ:
339. Something has unexpectedly changed:
340. Embracing the Truth:
341. Acknowledgement and appreciation:
342. Experiencing God:
343. A new choice:
344. Reimagining one's life:

345. Earth's ascension to 5D:
346. Revelation:
347. The gate is open, let us proceed:
348. Trusting the Self:
349. Deliverance is at hand:
350. Realizing our Heart's desire:
351. A choice for Love:
352. Our purpose in life:
353. Riding the flow:
354. Imperceptible ascension:
355. Choosing to live out our deepest dream:
356. Calling forth memory of who you are:
357. Remembering:
358. Following your muse:
359. Ego or Self:
360. Revisioning the moment:
361. Living in the Now:
362. An interest in space:
363. One Consciousness:
364. Relying on our Self:
365. Love is mounting:
366. Becoming the solution:
367. Ascending:
368. Learning from the Self:
369. The ego cage:
370. God's answer to our prayers:
371. Sitting in the garden:
372. Knowing:
373. The shift in identity:
374. Seeing with the Self:
375. God:
376. The scheme of the cosmos:
377. Three steps in the Path of the Self:
378. Reflecting on the purpose of love:
379. Oneness:
380. The Path to the New World:
381. Being in Heaven now:
382. The primary oppression:
383. Living from within:
384. Staying in the flow:
385. Service:
386. This time on Earth:
387. Creation for the greater good:
388. We are resurrected:
389. Moving from 3D to 5D:
390. Overcoming our human nature:
391. Our need for relationship:
392. Thought and ideas:
393. Hold the vision:
394. Tuning into the One Self:
395. Embracing the unknown Now:
396. Accepting our role:
397. God is intervening:
398. Holding the vision:
399. Living our divine idea:
400. Standing in the shower of God energy:
401. Awakening to what IS:
402. Reaching out:
403. Prayer:
404. The necessary turmoil in the world.
405. Imminent disclosures and world changes:
406. Transitioning to a Heart based culture:
407. Who am I?
408. Arise and remember:
409. Love and inspiration:
410. Let us refashion the world on the basis of Love:
411. Dancing with the Divine:
412. Coping with experience:
413. Uniting Heart and mind:
414. We needn't understand the world:
415. Accepting the changing energetic dynamic:
416. Choosing to Trust God:
417. Using the mind:
418. Resolving desire:
419. Freeing ourselves from the hologram of the ego's reality:
420. The Ascension of Earth is in process:
421. Our task:
422. Asserting our God given power:
423. The power of music:
424. The revelation of God:
425. Changing our story of the world:
426. Cultivating the Holy Relationship:
427. Metaphysical consciousness:
428. The limitation of secular science:
429. The opportunity of inner awareness:
430. Raising our vibrations:

- 431. The turmoil on Earth:
- 432. Just being our Self:
- 433. Recognizing a new dimension:
- 434. Who are we?:
- 435. Making cause for celebration:
- 436. The action of Love:
- 437. The Purpose of Love:
- 438. Overcoming indoctrination:
- 439. Awareness of the Presence:
- 440. The cycles of time and the planetary shift happening:
- 441. The dissolving ego cage:
- 442. Leaving the mansions of the mind:
- 443. The next phase of Creation:
- 444. Extending the Mind of God:
- 445. Living by Love:
- 446. Revelation is beginning:
- 447. Radical awakening:
- 448. Increasing intuition and telepathy:
- 449. Not thinking:
- 450. The vanquishing of evil:
- 451. Christ through men and women:
- 452. The Goddess returns:
- 453. Holy Earth:
- 454. What do we know?
- 455. The new paradigm:
- 456. The Self's transformative power:
- 457. Experiencing Harmony:
- 458. Affirming our Truth:
- 459. The money changers:
- 460. Freeing ourselves from the ego mind:
- 461. Sustaining connection with God:
- 462. Speaking from the Heart:
- 463. Listening within:
- 464. Taking a step into the unknown:
- 465. God is here:
- 466. Beyond this world:
- 467. The Great Awakening:
- 468. From belief and faith to experience and knowing:
- 469. After the storm:
- 470. Letting things be:
- 471. **Needing each other:**
- 472. The dance of relationship:
- 473. Choosing Christ:
- 474. Self Love:
- 475. Admitting we share One Self:
- 476. The Heart portal:
- 477. What then?
- 478. Service:
- 479. Stay Self conscious:
- 480. Claiming and asserting our knowing:
- 481. Unfurl your wings and fly!
- 482. A vision of Oneness come to life:
- 483. The liberated Self:
- 484. I am:
- 485. Christ is coming:
- 486. Resolving conflict:
- 487. Standing up for the Truth:
- 488. Freeing ourselves from the world's rule:
- 489. The younger generation:
- 490. A portal is open now:
- 491. A change in spiritual practice:
- 492. Claiming our sovereignty:
- 493. From Peace a New World arises:
- 494. Fellow voyagers:
- 495. New pioneers:
- 496. Extending God:
- 497. Utilizing the mind properly:
- 498. Freeing ourselves from thought:
- 499. Expressing Self:
- 500. Remembering who I am:
- 501. Self expression without fear:
- 502. Asking God:
- 503. Be at Peace:
- 504. Completing our voyage through time:
- 505. The coming judgement:
- 506. Recognizing the influence of evil:
- 507. The oppression of the ego:
- 508. Embodying Christ:
- 509. Beginning to dialogue:
- 510. Becoming sovereign in the world:
- 511. Living as Self:
- 512. 2020 and the desperate deep state moves:
- 513. Transforming a civilization based on ego:
- 514. Beyond thought to awareness of what IS:
- 515. Moving beyond what we have learned:
- 516. The key is acceptance:
- 517. The new choice for Unity:

518. From seeking to finding:
519. Imminent events:
520. The New Moment:
521. A visualization exercise:
522. Ascending:
523. A morning meditation:
524. The deep state behind the chaos:
525. Imagine the Wholeness of life:
526. Consciously connecting past to present:
527. Shifting our focus:
528. Becoming One:
529. Holy relationship:
530. Speaking from the Soul:
531. Connecting to our mythic life:
533. Taking control of one's mind:
534. Claiming our Power:
535. Choosing our God Self:
536. Something has changed:
537. The effects of awakening in the world.
538. Creating the New:
539. Recognizing the ego's falsehoods:
540. Flying free:
541. Sacred benediction:
542. All I see is part of me:
543. Coping with life:
544. Choosing God:
545. Asserting what we are:
546. A change in consciousness:
547. The false understanding of secular science:
548. Our God given need to express our Self:
549. God Wills that we Love:
550. The implicate future:
551. Our need to consciously renounce evil:
552. Turning within for the Truth:
553. Going within:
554. Recognizing the return of God to Earth:
555. The conspiracy of evil:
556. The pathless Path:
557. A new Doorway into the Divine:
558. The Divine Dance of Synthesis:
559. Awakening in the Now:
560. Choosing a new Dream:
561. Following the song in our Heart:
562. There is cause for celebration!
563. From thought to consciousness:
564. Speaking from the synthetic Self:
565. Cooperation and community:
566. Living by the Love of the soul:
567. Seek and ye shall find:
568. Letting the Self respond:
569. Clarifying terms of self, soul and spirit:
570. Going with the flow of spirit:
571. Disclosures coming:
572. Moving beyond linear thinking:
573. Our Apocalypse:
574. Take Her Holy hand:
575. Invoking your muse:
576. Surrendering to spirit:
577. Releasing mind control:
578. Healing scientific secularism:
579. Relating from Oneness:
580. Resolving differences by accepting our common Truth:
581. Releasing expectation:
582. Creating a communication channel:
583. The Apocalyptic disclosures:
584. The New Time is waiting on us:
585. Waking up:
586. Turning away from the media's reality:
587. Conditions of dialogue:
588. Love must overcome mind:
589. Forgiveness:
590. Expectation:
591. Embracing the feminine to become whole:
592. Healthy masculinity:
593. Awakening means...
594. Her Divine Song moves all:
595. Trusting our Self:
596. Learning to speak from the Heart:
597. Seeing with the vision of Christ:
598. What comes next?
599. Attaining Oneness with another:
600. Accepting Christ:
601. Let the 'news' go:
602. Not striving:
603. Accepting what IS:
604. Woman's grace:

- 605. Women will lead:
- 606. The portal to the New World:
- 607. Not proselytizing:
- 608. Moving from insecurity to certainty:
- 609. Releasing the weights of belief and habit:
- 610. Co-creating with God:
- 611. Becoming like Jesus or Mary:
- 612. Becoming Self reliant:
- 613. Apocalypse now:
- 614. Pondering:
- 615. Moving to the Divine Song:
- 616. Shifting toward soul:
- 617. The choice to shift:
- 618. The psychological answer to philosophy:
- 619. Reflections on the New World:
- 620. Letting the Self respond:
- 621. Birthing the New:
- 622. The battle for the liberation of Earth:
- 623. The problem with idealism:
- 624. Fleeing the ego matrix:
- 625. The New Age:
- 626. The Divine She:
- 627. Creating a space together for the New:
- 628. The answer to the problems of the world:
- 629. Men, women, masculine, feminine:
- 630. Being in Heaven:
- 631. The restructuring of the world: