



Gathering In Ashland, WA –1990

By: Raj Christ Jesus -

QUESTION: My question is: how is the aftermath of death by suicide of the body, different from the aftermath of death by accident or cancer, or any other way?

ANSWER: Literally, there is no difference at all from the standpoint of individual experience. Whether one dies by accident or as a result of a physical disease, it is, at the bottom line, always a suicide. It is always a conscious or unconscious act of resistance to the flow of one's, capital "B" Being. A resistance to the embracing of life as the manifestation of God, the manifestation of fundamental self-directed conscious intelligence.

Death by "natural causes" is simply a rather prolonged process of slowly withdrawing from life. And the reason that one slowly withdraws from life, rather than actively engaging in it, is because everyone has this sense of being a physical organism in which their soul or mind is temporarily housed. And because they look around and they see that only a handful of individualities have ever departed from this place by any means other than dying, the assumption is made that, that is the normal natural inevitable way by which to move on.

And so, when one begins to, oh, let us say, get somewhere near their forty-fifth birthday or their early fifties, they begin to say; "there's no point in starting a new project"; "there's no point in starting a new career"; "there is no point in taking on a long term project, because although I am healthy now, I am not likely to be around long enough to complete this new project." And so, one begins either overtly or subtly to become resistant to active engagement of life. And this act of resistance to life, truly constitutes an act of resistance to the movement of one's Being. And so, one becomes more and more incongruent, out of sync, with himself or herself. And this is the beginning of the first stages of an act of suicide. If someone else decides to take a gun, and shorten the process, it makes no difference. It still constitutes a willful act of becoming resistant to the active engagement in life.

Now, always when one passes on, no matter what the apparent trigger of that shift is, one finds himself or herself identically the same, as a general rule. Normally the only change that is suddenly experienced, as a result of death, is

immediate relief from whatever it was, that was apparently causing the death. If it were cancer, if it were surgery, no matter what the physical cause was, the fact that one is still experiencing life, proves that the disease could not kill that one. And so, one is immediately freed from the fear of the disease. And in the absence of that fear, and all of the associated beliefs relative to its capacity to kill you, there is the immediate experience of healing of whatever that disease was.

And so, it really behooves all of you, when you are dealing with a disease, to begin to embrace what is happening, with this in mind. The fact that it is the fear associated with the disease, and the beliefs that it has certain progressive characteristics, that will ultimately end in your death. You see, this is a belief, it is a conditioning, not just from the words of others, but from observing what has happened to others. And an automatic assumption is made that what is true for someone else, must necessarily be true for you.

But again, as I indicated, when one has passed on and has discovered that, indeed, the disease has not succeeded in causing you to cease to exist, the fear of it is immediately wiped out. And the sense of threat associated with that disease is wiped out, and healing is experienced. The healing is not a result of having passed on, it is always the result of realization. It is always the result of a shift into the clarity of Truth. And that kind of shift can be made right here, right now, without, shall I say, succumbing to the beliefs about the progressive nature of disease.

This means, of course, that those who commit suicide, do not go to hell, do not rot in purgatory, but find themselves as everyone else, continuing to stand at the threshold of their opportunity to discover Truth, and to claim it, and own it for themselves. To embody it. And they continue just as you are continuing. Having passed on, does not give them an edge. And they have with them, whatever beliefs were governing them before they passed on, and the same opportunity for clarification is present.

Now, I have in the past spoken of the fact, that everyone stands at the threshold of awakening, something that could not be stated as absolutely or, shall I say, universally two hundred years ago or two thousand years ago, as it can be stated today. Because, in the past two thousand years, there has been significant, shall I say, growing up that has occurred in the brotherhood, those of the brotherhood still sleeping and dreaming dreams. And there is greater willingness to take on self-responsibility, with a greater sense of self-worth. And as a result, there is now present a significant enough degree of trust, that more and more people are being able to yield, in biblical terms, to the Father's Will. In more everyday terms, it is a matter of everyone daring to yield to their deepest Inner Knowing. Daring to yield to a Self in them, that is deeper and broader and more expansive than the little tiny ego sense of self, that has been employed for the purpose of survival, for so many centuries.

And, as a result of this, there are fewer and fewer people actively energizing ignorance. And, as more and more people are leaning into their inner Knowing, as more and more people are yielding into the Holy Spirit, or the Father's Will, deferring to a Knowing that is far deeper than the knowing that results from the intellect. There are fewer and fewer who are strengthening and substantiating the ignorance that is typical of the three-dimensional only frame of reference, or the ego frame of reference.

And so, the ego and its structures of belief embraced by mankind, are weakening. And this is happening not only here, for those of you who are incarnated, or even in other places in the universe, where there are those who are incarnated, but also with those who have passed on, who still find themselves standing at the leading edge of their awakening. This shift of consciousness, that I refer to as awakening, is going on universally. Literally, because there are too few present energizing, activating and substantiating the ego level of ignorance.

Again, one who has passed on at his or her own hand, in other words, as a result of an overt act of suicide, finds himself or herself, no more in a state of penalty, than one who dies by natural means, or any other means.

Death is an illusion. And the means by which an illusion is perpetrated, is irrelevant. And one is not worse than another. It is the general, or overall ignorance of one's Divinity, that creates the penalty of ignorance. It isn't the individual acts, that are carried out as a result of ignorance. And it is important to understand that, you are not judged for your acts, in any circumstance or setting. The judgment that is brought against you, is always brought against you, by your own choice for ignorance, but never by the Father, and never by one who is totally awake. You suffer from your ignorance as long as you employ it. And when the ignorance is replaced with Knowing or understanding, the suffering ceases. That is where the element of judgment "against you" comes into play.

Ignorance simply blinds you to your experience of Truth. And suffering from the ignorance is the only penalty there is. And therefore, release from ignorance is a matter of becoming defenseless enough to allow Truth to penetrate your current limits and reveal and exalt Truth as the essence of You, and thus clarify your awareness of who you really are. And the suffering disappears with the ignorance. And the apparent judgment against you also is nowhere to be found. That's the end of the answer.

QUESTION: Raj, I'd like some help with my relationship with my oldest adopted son, Scott, now forty years old. As I see it, he only takes responsibility for his life for a very short period of time, and then he's broke again and ends up back home.

He has four different trades that he would be very good at, but he doesn't make any financial gains or emotional gains. His thinking is along the lines of, against the establishment, including taxes are unconditional. I would

appreciate knowing what my part is in this relationship? Like, what would be my wisest action or solution to have a win-win situation with him?

ANSWER: I would encourage you not to be quite so intellectually intelligent. I mean by that, that I would encourage you to observe nature, and the way a mother bird treats it's young, the way a mother bear treats it's cub, who is at a point of appropriate emancipation. I would encourage you to not be there for him, in terms of relieving him of responsibility for himself. But do be there for him, in terms of reflecting back to him, your confidence in his capacity to be self-responsible. It is important for you to be able to convey to him, that you see him acting self-responsibly. Being self-responsible, even when he is choosing to kick against the status-quo, even when he is choosing to behave in a way that causes him to be in a state of lack, in a state where dependency seems to be called for, he is choosing. And he has repeated this often enough, for it to be obvious, that he has a pattern going, if you will.

Now it is simply absolutely necessary for you to cease to be available to relieve him of his self-responsibility for "a short period of time" while he, "gets back on his feet." You have a co-dependency operating here. And he knows that he does not have to become consciously self-responsible, because Mom will be there, and he will get a respite from having to be self-responsible.

It is not your job to do anything other than, as I said, to convey your confidence in his capacity to be self-responsible. And also to convey to him, to whatever degree you see it, the fact that he is being responsible for his lot, and is choosing it. Because this is what will confront him with his integrity. This is what will strengthen him. But it will be tough for you.

I will tell you, that when a piano tuner tunes a piano, he takes his hammer and tightens the string. And when he finishes tightening the string, he hits the handle of the tuning hammer and sets the pin into the block, so that it can't loosen up easily. You do very well at, shall I say, bringing your son up to pitch, but you have been reluctant to set the pin, to consciously, directly and even bluntly, matter-of-factly set him on his own, conveying, as I said, his competence. Not only his competence, but the demand for him to consistently express and live his competence, and that Mom, is no longer there to let him come back home to roost, and be irresponsible for awhile.

This is part of your task or role, as teacher or parent. And I will tell you, that you have the capacity to do this. And you need to embrace it, as part of your job. And that the doing of it, will constitute your being responsible, and will constitute an act of your integrity. And then do it.

I am going to say, if a time comes when you are not around, and I am stressing the word IF. If there is a time when you are not around any longer, he will suddenly have a realization, that he must do it. He must practice his integrity and self-responsibility. And boy, suddenly he will do it. And I am encouraging

you to establish that clarity now, so that the two of you might enjoy a relationship of equality, rather than dependency. That's the end of the answer.

QUESTION: My question is in regard to a response that you gave in a recent newsletter. A person asked a question about inconsistencies in channeled information. And in your response you used the word, retrace consciously, a forgotten... am I speaking loud enough there?...

ANSWER: Yes.

QUESTION: Retrace his particular steps of undoing his conscious experience of Home.

ANSWER: Of undoing, forgetting.

QUESTION: Undoing, forgetting.

ANSWER: Of his conscious experience of Home.

QUESTION: And you used the word "retrace," and that's what I am curious about. Could you elaborate on that please.

ANSWER: You see, you didn't all start out ignorant, and then begin to grow and develop into your enlightenment. And without going into a long detailed explanation, I will simply say, that you all originally were totally awake. In that awakesness, you experienced the forth-dimensional conscious experience of Being, in which no aspect of what you Infinitely are was unavailable to you. And in which your experience of All That Is, was clearly identical to God's experience of being All That Is, and being it as the movement of creation.

Literally, this means, that everyone experienced being, what you might call, a co-author with God. But since there was no sense of separateness from the Father, there was no sense of personal, tiny, private accomplishment involved. It was just that your undistorted conscious experience of being, involved the full conscious experience of every aspect of the movement of creation. It involved standing always at the threshold of, "Behold I make all things new." That conscious experience constituted, and even now constitutes, your natural inherent birthright, and the nature and experience of your Being.

Now, we could say, that this is a four-dimensional continuum. And because it is, it is quite possible to experience this movement of creation from any of the four dimensions, the fourth, third, second, or first. But if one decides to experience it, let us say, from the third-dimensional frame of reference, the movement to that vantage point, always involves the sacrifice of ones capacity to experience the fact, that he or she embraces the totality that All That Is is embraced within what one Divinely Is. And suddenly, one begins to feel everything inside-out. And one is at the center, rather than being the infinite circumference. And the infinity of the movement of creation, seems to be outside ones self, happening to him. And indeed this can be a very interesting experience.

But in the process of moving into this limited experience of Infinity, as I said, one sacrifices the experience of ones Infiniteness. As you are all aware, it

causes you to feel tiny. It causes, that which is absolutely at one with you, to seem to be different from you, and happening to you, instead of being the evidence or manifestation of the movement of your essential Being.

And thus, because of this untrue, I will say, perception of Reality, there are conclusions that begin to form. Such as, that there is a need for you to be defensive, because everything is happening to you, instead of being experienced as the happening of what you are.

There are certain processes by which each one of you has become defensive. Means by which you have arrived at a point of securing, to one degree or another, a sense of security and invulnerability by virtue of acquired skill. And as this has happened, it is as though you have blazed a trail, of becoming an ego, of becoming a personality, of becoming a finite person or human being, as opposed to the Divine Individuality that you are.

This process, is a process that must be undone. And waking up, is a matter of undoing the manner in which you established your loss of memory of Home, with a capital "H," the path by which you established your apparent ignorance of the Kingdom of Heaven, or of Reality as it truly is, and you as that infinite conscious experience of being, that embraces the infinite manifestation of the movement of God.

And so, indeed, it is a matter of retracing ones steps. Of recognizing specific decisions or conclusions that you came to, as you moved away from Home, which you used as the basis for even further steps away from Home, so that you may recognize their uselessness, their invalidity and can set them down.

Now, of course, as one does this, it feels like one is growing. It feels as though one is becoming more intelligent. One certainly finds himself happier, healthier, finds his or her relationships smoothing out. It certainly appears to be progressive. And the reason it does, is because you are coming back into your right Mind or your fundamental sanity. But I will tell you, that it isn't that you are moving forward in the sense that you thought. From an ego standpoint forward movement occurred. It is forward movement, in the sense of undoing your insanity, of undoing your ignorance, in exactly the reverse order, by which your ignorance was chosen and established and abided by.

It is important for you to understand, that waking up is an undoing of an ignorant doing, that had occurred in the past. And, that indeed, you are retracing your steps. And, therefore, what is happening, is not building your ego further. It is undoing your ego. It is undoing the limits, that you have treated as actual and truly limiting and binding to you. This is the reason that, as awakening occurs, there is a certain confusion that is felt. The confusion is felt, because there is obviously growth or forward movement that has occurred, and yet, that experience of clarification is not something you can take credit for, in the same way that you could take credit for every step you took further and further away from Home,

further and further away from your right Mind, your sanity. You could take credit for that, and the ego felt good about it.

But as the undoing occurs, there is no one to give credit to, for the influx of enlightenment or the unjustified experience of peace or security that is felt. And this is because, this process of awakening, is, indeed, a matter of yielding into a preexisting integrity and worth, and I will say, lovableness and innocence, that you became ignorant of, forgot, as you moved further into the experience of the three-dimensional only frame of reference.

Now, what compounds the confusion of this experience, is that at the same time you don't feel responsible for this increased experience of sanity and well-being, you also know that you aren't separate from it. So here you are, on the one hand, knowing that you are not responsible for it, but you are also inseparable from it, and, therefore, must connect with it in some way. And so this is unsettling. The reason you know you are connected with it is because it is You, with a capital "Y," that you are finding, unfolding to you consciously. But it is a You, that you were never responsible for creating, ever. Because the creation of it, was the act of God.

So this yielding that occurs, this yielding up of ego control, this yielding up of acts of moving further and further away from your conscious experience of who You are, and what Home is, and what Reality is; is met with a sense of your own well-being and integrity, that goes far beyond any sense of success you have felt as a little ego. And yet you can't take credit for it. And yet you are not separate from it, in any way.

This yielding into the preexisting integrity of each of you, that each of you moves into, feels like, yielding into the unknown, even though it is the ever present presence of what you Divinely are. And because of the preexisting, and I'm speaking in terms of the illusion here, because of the preexisting ego sense of the need for self-protection and control, the ego suggests, that what you are yielding into, may be dangerous to your health. And what it is saying is that, you are yielding into something that is dangerous to it's health, that the health of the illusion is threatened, as you yield into the fundamentals of your Being.

And so, indeed, this waking up business, involves a tremendous amount of trust. And I am here to state unequivocally to you, that whatever degree of trust you do embrace and embody will, indeed, move you into greater and greater safety and security and stability, because it is the undoing of the process by which you became, mentally disturbed. It is, therefore, your process of becoming mentally clear. It is, therefore, safe.

Now the part of you that is ego oriented, says, "well can't you give me a map?" "Can't you just show me the way I got where I am, so that I can easily get back?" And, the answer is NO! Because that would allow you to continue to employ acts of self-will. You must let yourself back into the experience of your

right Mind, and the undistorted experience of Reality. It is by virtue of the act of faith in your ability to move back Home, that the specific fears, that were utilized to forget Home, will come to your attention, and uncover in perfect order those beliefs, those conclusions, those confidences, that you have arrived at, that are expressive only of ignorance, and which blind you, prohibit you, from experiencing Reality and Yourself Truly.

It is the act of faith, which uncovers the specific fears, that are keeping you from being at Home, and it uncovers them in the precise order that they were established, and thus there undoing will not overwhelm you. This is an important point, because you can listen to the stories of others who have engaged in there process of awakening, and you can say, “well they did this, and they did that, and they realized this, and that belief had to be let go of, and they did it this way, et cetera, therefore, I am going to take a look at those very same issues in myself, and tackle them.” But if those issues were, shall I say, twenty-five issues back from the most recent one you engaged in, you will find yourself becoming unbalanced if you attempt to take care of them without having taken care of the twenty-four intervening steps you took away from your sanity.

And so, I encourage all of you, to dare to trust your own process of undoing. And dare to trust, that in going within and becoming still and letting your desire be, to be in the flow of your Being and to experience it consciously. That in doing that, expressing the trust and the willingness, will uncover your most recent conclusion or confidence that had been formed on the basis of misunderstanding. And each one you deal with, will be one you can cope with. It will appear to you, that there is a wonderful, wonderful order to your process of coming back into your right Mind and your perfect perception of Reality. If, you will dare to lean into your Being.

And so as not to draw this answer out unduly, I will point out to you, that the means of leaning into your Being is to ask, after you have become quiet. “What is the Truth here?” Not what is true according to all the current contemporary beliefs, but “what is the Divine fact here.” “I desire to know it, and I know I cannot arrive at it by virtue of my reasoning.” “Reveal it to me.” “I will listen.” “I will be undefended against it, and I will not require it to fit my preconceptions, before I will let it register with me.” “What is the Truth here?” If you ask that question, and you truly become defenseless and let it in, it will penetrate whatever boundary is confining you. And it will uncover to you the first undoing, that needs to occur. And you will retrace your steps. And you will not look at others and say, “well that’s the way they went, that must be the way I will have to go.” You will make no assumptions about yourself, based upon someone else’s experience.

You see, it is part of the characteristic of the ego personality, that it established its confinement in a very unique way, the ego does not like to be like

anyone else. And so each of you from the standpoint of the ego that has been formed, has created your own unique path of becoming ignorant.

So, you know what this means? It means that you cannot return to the Kingdom of Heaven in a group. You cannot return to your right Mind, your undistorted perception of Reality, right here and right now, in a group. What does that mean? That means that you then have the opportunity to experience a great intimacy with yourself, which necessarily will call into play self-love and self-appreciation, and a willingness to not judge. A willingness to become defenseless enough, to yield into, the fundamental Divine one that You are, that has had to be present in order for you to have a distorted perception.

Waking up involves a certain release of attachment and distraction from yourself, by means of attachment to everything outside of yourself. A time of atonement, I did not say, a long time of atonement. It isn't the time, it is the act of willingness to be in touch with yourself, with some degree of Self-appreciation, and capitalize that word Self, don't appreciate the limited ego sense. But there is a Divine Self present, right where this ego sense or personality seems to be, and it embodies all that the Father expressed, in the Father's creation of it.

You see, this undoing is not a trek home to the Kingdom of Heaven, somewhere in the distance. It is rather, an inner process of letting go of ignorance, that allows you to experience Truly. And there isn't any distance to it. It involves a time of being intimate with You. With a confidence, that in being intimate you reduce the sense of separation, not only from God, but from the Christ of you that You are.

What is Home? It is the Kingdom of Heaven. It is Reality. But what is Reality? It is You being the conscious experience of Being, that is absolutely integrated. Integrated in the sense of no little speck of it, being fragmented away. Where you discover the integrity of You, to mean the inseparable oneness, the inseparable wholeness of being conscious of All That Is, without any sense of separateness from it.

I have said before, that all of you are sitting in the middle of the Kingdom of Heaven, with your eyes all squinched up saying, "I cannot see the perfection." The Kingdom of Heaven is within You. The Kingdom of Heaven is You. You are, at the bottom line, that capital "M" Mind, which is the Infinite Mind that is God, which is incapable of being divided, but which, nevertheless, is Infinitely Self-expressed. And, therefore, there is, right here, a small part of the Infinite expression of the Father, called Man. But Man is not body. Man is Mind.

Within the three-dimensional frame of reference you feel everything reversed. And so you are something inside a body, instead of the consciousness within which is the experience of body and all form.

As I said, there are not enough dreamers to support the ongoing ignorance of the Kingdom of Heaven of who You are. And so, awakening is beginning to

spontaneously occur, and you are finding yourself retracing your steps, almost whether you have chosen it or not. And you bemoan your faith, but it is a time of rejoicing.

I will tell you also, that you can anticipate a snowball effect, where there will be apparently a certain pace of realization, if you will, of the clarification that constitutes the undoing. And as you move further along, there will be sudden repetitive, or multiple realizations. And as you get to the point of awakening, it will be a very rapid process of realization, in which all of the sense of illusion drops away very rapidly, because you remember it All. And everything begins to fall in place. You see, as you retrace your steps, there is more and more of you, in your right Mind present, to remember the direction Home.

I will conclude this answer by stating, that it is always the presence of your right Mind, functioning within the limits of your ego frame of reference, that is guiding your tiny sense of you, back into your Whole experience of Yourself. Your desire to wake up, your spiritual progress, has never been promoted by your ego, but always by the presence of your right Mind, right here. You are employing your right Mind, to access your right Mind. And I say this to you so that you might know, that all the tools and everything that is necessary, is already present, and you are already employing it. And, therefore, your success is assured. That's the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: Good morning Raj.

ANSWER: Good morning.

QUESTION: This year 1990, has been the most intense and troubling time of my life. Our three adult children, all developed life threatening illnesses. And then most recently, as you know, what could only be described as the shattering of a primary relationship. My question is, what advice can you give me on healing and rebuilding a relationship?

ANSWER: There is a story, about a young couple, coming out to the west from the east coast, in the horse and buggy days. The days of stagecoaches. And they, indeed, were traveling by stagecoach, going through the Rockies. And the driver of the stagecoach had made the trip many times, and so felt sure enough of the road they were using, to move at a good clip. And inside the stagecoach, of course, it was rough and they could look out the window and see down gaping canyons and it was terrifying. And not only that, it was uncomfortable, because they did not have fancy cushions. And they were sitting there tense and tight. And finally the young husband hollered up to the driver and said, "can't you go slower? This is terrible." And the driver said, "Ah, you gotta sit loose to enjoy the ride."

Now, my reason for telling you this, is to encourage you to, “sit loose to enjoy the ride,” even though your ego is interpreting the ride, as dangerous, as justifiably worth being concerned about, as certainly not the circumstances for peace. But as with the young couple, the more intense they were, the more rigid they sat in there seats, the harder and more unkind the wooden seats were. If they had relaxed, they would not have become as exhausted, and would not have found the seats as unyielding.

There is indeed, in your family a great deal of cleansing and purification occurring, a great deal of radical, almost surgical removal, of impediments, that have been present with all of you, in one way or another. There have been elements present with each of you, for a number of years that were not, shall I say, getting your attention. And, therefore, were not being dealt with. But as I said, this is the time of awakening. I do not mean specifically 1990 as the period in which all of the awakening is going to be occurring. But because of the weakening of the ego, generally speaking, that is occurring, there is a more rapid and spontaneous release of old baggage occurring, cleansing.

In your case, in terms of this primary relationship, there is a releasing of, what can only be called ego shit, that is occurring. Truly what has been an impediment, to not only the fullness of that relationship, but the egoless intimacy, the egoless sharing, that it is the birthright of both of the partners of this relationship, to be experiencing with each other. It is time for the joy of being genuinely You with each other, to be experienced without even any unconscious distractions.

With your youngsters, they are each in there own way, being caused by virtue of there releases, to reexamine and reevaluate what they believe. And also in the, shall I say, unsettledness of their circumstances individually, they are finding themselves recognizing, that they know some very fundamental facts, about their behavior and their attitudes, that they were ignoring. And so, in the face of the circumstances, they find themselves humbled some. And in that humility, being able to honor, what before they had felt they did not have time to honor, because of the demands in their lives.

Now again, as I said, it is necessary for you to “sit loose and enjoy the ride.” It is one of purification and clarification, in preparation for the truly clearer experience of fulfillment.

Now, this does not mean that God brings disease or disruption, for your learning. What the Father enlivens in you, is the joy and the fulfillment, that it is your birthright to be experiencing. And this is very much like, someone turning on the light, where you had been functioning in shadows. And by virtue of the light, it becomes possible to see, garbage, if you will, useless collections of irrelevant junk, which had not been bothersome in the dim light of shadows. And so, when the light shines, it’s as though the light says, “look at what a mess

everything is.” When actually, it is the simple presence of the illumination, that allows you to say, “Wow, I don’t need this.” “Wow, I don’t want this here,” and you can remove it.

Unfamiliarity with the nature of light and the way in which it illuminates discernment, so that you can make choices more easily, is very much the equivalent of the young couple riding in unfamiliar territory and feeling that there was a chaotic lack of intelligence and order, on the part of the driver of the stagecoach. It was simply ignorance, that cause them to see it that way, and to be in the state of reaction they were in.

All of you are on safe ground, if you will. The only thing is, that the ground is not conforming to your preexisting mind sets. But I encourage you to trust the ground you are on, and not to be so reactive. And to look for the blessings. To look for the clarification and the greater peace and the greater harmony, that is what is actually unfolding here. It is an unfolding of increased integrity, or an increased awareness of integrity, on the part of everyone of them that you asked about in your question, including you.

All of you must remember, that waking up, coming into your right Mind, really does mean change. We’re not just talking about an intellectual process of enlightenment, in which you are left with a glorious sense of Divinity and peace, but actual changed perceptions. Which means seeing yourself anew, and seeing your mate anew, and your fellowman anew. It truly isn’t a matter of arriving at a place of such unconditional awareness, that your fellowman can be a total ass, and not bother you. It is a matter of experiencing the inner clarification, that causes you to see your fellowman behaving, in a new way, because you are not illiciting ignorant behavior by virtue of your ignorant point of view.

And it also involves, seeing yourself differently, behaving differently, because different elements are governing you. Soul elements are governing you, and not reactive ego elements. You really are going to experience yourself as new. And to the degree that there is any tendency to hold on to what is useless, the change will be experienced with fear or discomfort. But that is not the nature of the change. It is indicative of, and inherent in, whatever resistance you bring to the process, because it isn’t matching up with your preconceptions.

You and your family are making wonderful progress. And just because I have said to “sit loose and enjoy the ride,” does not mean to become careless. It means simply enjoy the movement, experience the movement, without allowing your ego to unreasonably generate fear. Let there be a willingness on your part, to assume that there is a divine movement occurring here, that is healing by nature. And that part of the healing, involves the release of ego dynamics, the release of personality dynamics, that will uncover in you, and each member of your family, a

more egoless truer presence of conscious individuality. That's the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are most welcome.

QUESTION: Good morning Raj.

ANSWER: Good morning.

QUESTION: Is it just another aspect of ones ego, to wish to find guide posts, milestones along the path to awakening? In other words, in my case, as things are revealed to me, and as I experience things, I want to find little encouragement's along the way. Is it okay to expect that, or not?

ANSWER: It's okay to expect it. It is appropriate to expect it. But, the secret is to be willing to expect the unexpected. In other words, you will find that the signpost, the way-markers are likely to uncover, shall I say, an ability to be unwillful. But that will feel like, in some instances, lacking a goal, which will be surprising to you, because that doesn't make sense according to your old mindsets.

You might also find yourself feeling ungrounded, and that would be a signpost, which would really be an experience of not being attached to anything, and, therefore, not available to be governed like a puppet by the thing you would, in the past, have thought you ought to be attached to. And so, we're talking here about an experience of freedom, but minus an attachment to something which you had previously used to give you identity. And again, that leaves you in a rather nebulous or ungrounded place. And so, you might not at first, recognize it as a signpost of "progress."

Now, that is the only sense in which it is appropriate for you to expect signposts. When the ego talks about signposts, it is talking about, something that fits it's criterion of progress. And, it will always be a signpost, that it can take credit for having arrived at, or surpassed. And it does this so as to create a sense of being in control. And that is not the way you get back in your right Mind. That is the way every single one of you, or anyone, who is experiencing the three-dimensional only frame of reference, arrived in that ignorant state.

You slip back into your right Mind, inadvertently and spontaneously, when you are not exercising the will. One of the signpost is, a joy that is experienced for no reason at all. A sense of stability and security, that has nothing to do with how much you have in your pocket, or in your bank account, that has nothing to do with whether you own anything or not. You get the picture. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello Raj.

ANSWER: Good morning.

QUESTION: My question involves, I guess, creating our own reality. Understand, I'm going to use my eyesight as an example of my question. As I've been near-sighted for many, many, well since ten or eleven years old, and my eyes have even gotten worse. Now, if this is a reflection of my creation, I need to know why am I creating it. And I notice a lot of people, of course, wear glasses, so you can let me have it, as an example. And perhaps it might apply here. Your answers normally apply to more than one person, but in this case be specific, if you wish, and you can be general as much as you wish.

ANSWER: You see, it is never that you create your own reality. Reality Is. Reality is what Is. It is the only thing available to you to experience. There is nothing else but It. Strictly speaking, the only thing you can, by an act of will, create, is a distorted perception, or a limited attentiveness to the only Reality there is. And then all it is, that has been created, is what you might call a mental apparition. Reality isn't affected at all, by the inclination, or decision to only select certain aspects of Reality, and then treat them as though they constituted all of Reality. Everyone creates their illusions, their distorted perceptions of Reality, by virtue of their willfulness. And again, waking up, is a matter of releasing the willfulness, that creates the distorted perception.

Now, as far as glasses are concerned, other than the sense of touch, which gives you a most direct experience of your world, vision is the next most connective experience that the five physical senses can provide you with the world. Poor vision is, generally speaking, the manifestation of the degree to which one feels at odds with or estranged from or separate from, his world or her world. And literally, as one becomes defenseless enough to be sensitive to ones world, and to release the sense of difference, and to stop trying to be better than the world, the more one becomes defenseless and sensitive and congruent with the world, he or she will find his or her vision beginning to clear. The optometrist will say that the lens and the muscles have become more flexible and responsive. Certainly, there will be an identifiable "physical change," but it will reflect the degree to which one is embracing the fact, that what is beheld is the beholder. In other words, that you are seeing your infinite Selfhood, when you open your eyes up and observe the world and the universe. You are observing the infinite manifestation of the movement of conscious Being, that is called the infinite Mind or God.

Everything you see, is the infinitude of your Being, as conscious awareness. It is not something that you exist in, and it is not something that can truly be at odds with you, or that you or your body can be at odds with. As the greater sense of unity with everything you see is embraced consciously, you will find your vision manifesting less and less of the resistance that has to come into play, if you are going to hold yourself apart from and superior to your world.

Mankind, at the present moment, is coming to the tail end of an arrogance, that holds itself to be superior to the world, and thus allows it to be inconsiderate of the world, and to simply use it as though it had no part with him, meaning man. A more universal conscience is evolving here, on your planet. And no, it is not too late. It is occurring in time. And, of course, it would occur in time, because what you are looking at is Reality. What you are looking at is the Movement of Creation. And an ignorant attitude or viewpoint, cannot change Reality. And, therefore, the closer one gets to the inconsiderate disregard of Reality, the closer one will inevitably come to having Reality, slap him in the face, and say, "Wake up and see me for what I am." And so, you could never end up being too late, and destroying your planet.

But, of course, that is not what you asked about. Poor vision, and what we will call, an unhealthy planet, however, stem from one and the same thing, mankind's sense that he is superior, and can act with disregard for his environment, rather than allow for the natural sense of unity that begins to disclose, at the point of inner experience, the fact that it is all one, that there is one infinite universe, that is inseparable from the mind that is experiencing it. And that, indeed, it is the infinitude of your Being, whether it is a rainbow you see, or a distant star, or a snail eating a leaf in your garden, or a simple clod of earth.

As you look at your world, and you think you are seeing it or not seeing it clearly, because you have good or bad eyes. Understand, that there is not that much separation and division into various factors. There is You, as conscious Being, experiencing the infinitude of what it means to be conscious. And it's all You, and none of it is occupying space, all of it is occupying Mind. And all of what you see, and all of what seems to be seeing what you see, are what I will call, constructions of consciousness, whether it looks like muscles, and tissues, and lenses, and trees, and stars, and snails.

And so, it isn't something physical, experiencing something else physical, by means of physical processes, that might or might not be damaged. There is an absolute mental unity with everything, because everything is mental. Everything is Mind. All is Infinite Mind, and it's infinite manifestation, because God is All in All, absolutely indivisible. And that statement, describes specifically the experience of being conscious Being. The experience of identity called You.

Now, I have gone into some explanation, but at the point of feeling, which is important. All you have to begin to do, is to look at your world with a willingness to say, "This is all Me." "This is all the infinite manifestation of what I Divinely am, whether I am perceiving it correctly or not." "And I am willing." "I am willing to yield into being the Divine One that I Am, so that I might experience the oneness of myself with my world." "And I will stop holding my experience of the world, at the mercy of the concept of muscles, and tissues, and space, and weakness or strength, or wellness or illness. So, that the inseparable

unity of life, and my conscious experience of it, may occur without any distortion whatsoever.” “And so, that I may take these glasses and throw them in the trash.”

Again, I will bring out, that whether one passes on or not, the time will come when everyone will have to accept the fact, that he has that which eternally identifies his presence, his Divine presence, not his ego presence. And that which eternally identifies his eternal identity, will be called body, even though it will be an experience of body that is exalted, above what you are currently experiencing. And the body of the universe will be exalted, because, you will not be observing it with a sense of differentness, and superiority over it. The universe is not here to conquer. It is here to be embraced, with a sense of your oneness with it.

And so, you can start right here, with the things that are close enough to see without a telescope. And begin to acknowledge if that exists at all, if there is any Divine essence or kernel of Truth to it, it must be some part of the infinitude of what I, as conscious Being am. And, therefore, it cannot truly be at a distance from me, separate from me, which requires muscles, and tissues, and lenses to focus. Because, none of what is going on is material. And, as this more spiritually correct assessment of what is going on, begins to occur in your thought, the physical limitations, that seemed to distract you from experiencing everything perfectly, will disappear, and everyone will say a healing has occurred.

Let's all be about the business of waking up, now, of experiencing the clarification of perception, that constitutes healing, NOW, rather than waiting until sometime after you die to do it. Death will not give you an advantage. And as the saying goes “Now, is the accepted time.” That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good morning Raj.

ANSWER: Good morning, indeed.

QUESTION: My question concerns an energy that I often experience. It is an unpleasant energy, and the best way I can describe it, is that it's a real wiry energy, and often leaves me with a real internal tension. I most experience it, not always, but most experience it, during meditation. I do have some very pleasant meditations, but this energy often comes up in meditation. And just as everybody else is getting into a very deep state, I start coming up with this wiry energy. It also occurs most often during sleep, and wakes me up. And most of the time it is after I've been asleep from a half hour, to about an hour. And it makes me feel like screaming and stomping my feet. And it's just very unpleasant. And I was wondering if you can tell me what I need to know about what's going on, and what I need to do about it?

ANSWER: It is not something that it will be necessary for you to begin to like, but it is something which will not disappear from your experience for awhile.

As you meditate, you come upon, as it were, a level, a strata, in which this energy is active. Some individuals in their meditation experience this as a strata or level of chatter. They have been able to be relatively quiet, to become more and more still, and then suddenly they will find this irrelevant chattering going on, almost as though they are listening to a party line with eight or ten people talking, and where snatches of intelligent or coherent conversation is being heard. And many individuals, when they arrive at that point, assume that they have slipped back into their everyday thinking level, and that this means, that they are not good at meditation.

I will tell you something: when you are meditating, and you notice this wiry energy, as you put it, just notice it, don't become preoccupied with it. Notice it and do not energize it by reacting, simply continue with the meditation. You will find, as it were, as though you sink into that level of wiry energy. And if you proceed with your meditation, without reacting, you will sink through the bottom of that strata into quietness again. Of course, a deeper level of quietness.

You will come to recognize the wiry energy, as a way-marker, if you will, an indicator that you have arrived at that part of your trip of meditating. And you will come to know, that if you persist with the meditation, you will pass through it. It is like a freeway sign that says, "you are three-quarters of your way to centeredness." And it will begin to appear on the horizon, and get bigger and bigger in your field of vision. The point is not to stop your car, and get out and talk about and think about the bigness of this sign. The point is to notice what it says, "you are three-quarters of the way to centeredness," and continue driving forward, or allowing yourself into your centered place. And the sign will recede behind you, and soon there will be no experience of it.

Now, initially, it may seem as though the wiry energy occupies a significant part of your meditation. Though, once you begin to slip through the bottom side of it, as it were, and have the experience of getting beyond it, so that you see it doesn't actually keep you from moving towards your centeredness, you will resist it less. You will be less guarded, in terms of watching for it, as though it could really inhibit you, and then it will come and go more quickly. And you will begin to recognize it, in the same way that you recognized a certain landmark, on the way to a relatives house, that was some distance. And that landmark, let you know, that it wasn't going to be much longer until you got there.

So, it will become a positive presence, because you will use it to your benefit, rather than interpreting it as something standing in opposition to you, that you need to resist. That strata will eventually become thinner and thinner, and will disappear entirely. But for now, when you come to that strata of wiry energy, you may know that it is saying, in effect, "you are three-quarters of the way to centeredness." And, just treat it as though it is a landmark, telling you that you are almost there. And do not become preoccupied by it. Notice it, and then bring

your attention gently back to your meditation. It is the reaction, that energizes and magnifies it.

It is fundamentally, the same thing that is happening when you fall asleep. But I will tell you: that if you will begin to treat it as something similar to the tick of a clock, or the sound of traffic, or of a dog barking, when you are meditating, and you notice it, but do not interpret it, as something that you need to respond to, and you just allow it, and bring your attention back to your meditation, it will begin to stop occurring as you are falling asleep. That's the end of the answer.

QUESTION: Thank you Raj.

ANSWER: You are welcome.

QUESTION: I would like to ask a question later today.

ANSWER: Very well.

QUESTION: I have only one question to ask, but it has many parts to it. And it's all about the work to do in my future that I'll find the most satisfaction with, the most growth with, the most awareness...

ANSWER: I am going to interrupt. I would like to deal with this question immediately following the lunch break.

QUESTION: Okay.

QUESTION: It has become very clear to me this morning that in the many past lives that I have been put in touch with, and familiar with, that I have been very willful. And that was...

ANSWER: So-o-o-o what! What's new?

QUESTION: Well, I think, the more willful one has been, the bigger the barrier to get over. And so, it concerns me now in my work. I always ask the Holy Spirit, is this the thing to do or not the thing to do. And I'm guided by that. But I want to be sure that I am not misinterpreting what I seem to get. I really want to do what needs to be done for myself and for the earth.

ANSWER: I will tell you, that what you are talking about can only be answered, can only be uncovered, through the practice of trust. Now, what I mean by this is, that if in the process of listening for guidance, you make a requirement for the guidance to be absolutely correct, if you make a requirement that you hear absolutely correctly, you bring an aggressive act of will. You call it focus, clarity and focus, about what it is you want.

Now, here is what I am going to suggest that you do: When you ask the Holy Spirit for guidance, you are, indeed, expressing a specific and clear desire. But, if you truly want to hear clearly and accurately, you are, after having expressed the desire, going to have to, not care whether the answer is right, or not. Not care, whether you are listening perfectly, or not. The caring will constitute, an uneasiness that will interfere with, your ability to relax into your perfect peace, which is what is essential in order to hear with absolutely correct clarity.

You will not hear clearly, until you can let yourself off the hook, as it were. This might seem irresponsible, but if you think about it, you will realize, that it is only when you are in a state of perfect peace, that you are not bringing a level of care or concern, that constitutes tension or anxiety. And it is in the absence of tension or anxiety, that you have that presence of mind, that will hear clearly and correctly.

And so, literally, if you don't want to make a mistake, and if you want to hear the guidance clearly, you are going to have to dare to be a little bit irresponsible, and make no requirement upon what follows your inner expression of your desire for guidance. This is the way in which you set aside the ego. This is the way in which the personality is released, so that you can become the transparency for truth, and experience it.

QUESTION: I don't really hear, my head goes forward and back for a yes. I have to frame the question so that I can get a yes or no. And the opposite if I'm not to do it. And so when you speak of hearing, I don't know whether that applies to the way I seem to get an answer.

ANSWER: If you were allowing yourself to be uninhibited enough, you would find that, that which is causing the nodding, or the shaking, to come forth as yes or no, as an experiencable word. But in either case, whether you were to hear a word, or whether you were to find your head naturally and spontaneously shaking or nodding, it is an expression of a meaning, that is felt. So, the hearing can more accurately be described as feeling. Feeling the meaning of affirmative or negative, yes or no. You are experiencing a feeling of meaning, and at the moment, the feeling slips through into a body expression, because you are being too guarded, at the level of your mind, and not quite allowing the word to form.

Now, I encourage you to let the word occur in your mind, that expresses the meaning, that your body is spontaneously communicating the meaning that you are feeling. And that will begin to open the door for you to "hear" words, that identify the meaning you are feeling. That's the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: Raj my question is both specific and general. I'd like some guidance, if I may...

ANSWER: ...That is helpful. I'm going to interrupt. Because in one way or another, everyone will be able to understand, how you can ask a specific and a general question. And it will help each one of you to understand, how you can be specific and universal, as conscious identity, as conscious human individuality, because, God is at one and the same time, Infinite as well as specifically expressed. And what God is, is embodied totally, as and in everyone of His Self-expressions, which means, that you as consciousness, are Infinite and yet

specifically identified, with visibility and tangibility, that is called body. Now, continue with your question. Your general, but specific question...

QUESTION: The specifics first. I'm curious about the prospects for selling the house, that I currently have on the market. And for my continued success in the area of real estate, that I've been engaged in, in the last few years. And then more generally, I'm curious as to whether there's any relationship, between these issues, and the question of whether or not this is the area in which I should continue to seek to make a living?

ANSWER: The geographic area?

QUESTION: No, the area of business, well, and geographic area, as well.

ANSWER: Indeed, the area of timing of the sale of the house, is likely to be in the latter part of February, of next year. Don't try to manipulate that. That is when fulfillment for you, and fulfillment for the buyer, will be identified. Be willing to flow with the natural orderliness of the unfoldment, just as you would wait for the natural unfoldment of the blooming of a daffodil.

What you are interested in, is fulfillment, that which constitutes, as is put, a win-win situation, both for you and for the buyer of the house. And indeed, you are in the right field, and you are in the right area. And the key element, that you have to bring to this work, that will contribute to your success, is not to be found in the making of a million, but to be found in the connecting, of the right home, with the right people. Being sensitive to the people and being sensitive to your own inner guidance, so that it will be easy for you to be?

There are going to be some significant changes in real estate, and property, over the next five years. Property values are not going to continue to increase. In fact, there will be some dropping back to a more realistic level. Now, you might take this to be an indication, that it is time to get out of the business, but it is not.

Again, that is why I pointed out, that fulfillment for you in this field, is going to come from your ability to sensitively, and with inner knowing, put the right people with the right home. Your financial success will lie in the skill with which you do that. The approach will become one that is more humane and more humanitarian. Property values will begin to support family, whether it is a well established family, or whether it is a young couple who is interested in starting a family, and feeling, not only the need, but the right to have a home.

And also, to reassure you all, the decrease in property values, will not be part and parcel of a financial debacle. Do not look for collapse of the economy. And do not interpret this rebalancing, relative to land and property values, as part of a collapse of the economy. It is going to be part of the healing, of the economy, which will involve it's functioning in support of human values, and respect for the individual, rather than respect for the pocketbook, and the prestige and power, that in the past, have come from having money.

Land, over the next ten years, is likely to become a good investment, in that, you will not lose value. But, it will not be a good investment, in terms of, making you money. And its use then, will cease to be a competition, that ignores human values and leaves everyone out in the cold, literally, homeless. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Over the course of lunch time I had a very good opportunity to reevaluate my complete question, and start from another perspective all together.

This involves my future work, and what work I will be doing for the rest of my life. I am in retirement and I need to have a real good sense of direction, on what to do.

I'm going to start back, where I've always had from the first, that I could remember, something in my mind, that said I had a special task to do in this lifetime, other than growing up, getting education, raising children and doing things like that.

I never knew what it was, but when I was around four years old I had an experience where I was rocking on a horse and my mind opened up and I saw a whole universe in there, and I suddenly realized that I was a universe, that it was me, and I was in such a state of complete shock at that. And I tried to explain that to my father, and he realized he was no longer my god, so he tried to abuse that out of me.

As I went along through my lifetime, I realized that very subtly, overt, covertly people were going to try to educate that completely out of me, one way or another. Especially in school, I took a tremendous amount of abuse and I realized, you might say, my first seventeen years of life were similar to a Nazi concentration camp. If I hadn't of had such abuse, I might never have realized the great privilege, the great gift that we all have. But I never could identify it, until I got into my forties.

I got into metaphysics, and it was love at first sight. And I started into everything that I could possibly find, do, study and everything. I started doing all kinds of group work, facilitating groups, leading groups, cheering groups, setting up groups. I've done that for twenty years now. And when I thought that was finished, I said, "here am I Lord, send me, use me," I thought my group work was finished. Well, somebody showed up and ask if I could be their teacher, and I said I have no such experience, but she was so persistent, that I taught. For five years I taught metaphysics.

When that was over, I thought, well I learned a lot from that, I guess that's over, then I figured that was the end of my metaphysical career. And I

said, “well here am I Lord, send me, use me.” So the next thing I know people started showing up actually asking for counseling. I mean the real heavy stuff.

So I do have a degree in writing, and I have a very special feeling for writing children’s stories for the wonderful psychic life that children have between the ages of one and eight, that is so soon forgotten about, and that is so cultured out of us, so conditioned out of us, indoctrinated out of us. This is what I was trying to hold on to, which I almost lost my life over, many a times, trying to hold on to this. And I’m writing stories about it, but it’s not in the mainstream? And I don’t know if anything will ever be accepted as a future in writing such a thing. I don’t see any such literature on the market.

I once asked in a dream, what kind of literature I wrote, so I would have some kind of indication where to publish it. And I dreamt about pink and blue giraffes. Well, that means write stories for children, and of a different sort of animal, is all I got from that. I don’t know if I should go in that direction writing the stories.

I have a tremendous, wonderful sense of peace and comfort when I sit down to write stories about children, and about this eight year space in the psychic life of the children...

ANSWER: ...I’m going to interrupt you here. First of all, I heartily encourage you to write, and to get these ideas down on paper. I will tell you, that as you have already found out, there is not a broad market for it. The parents today are not quite as, I am going to say, spiritually literate as the children are, and the parents are the ones who buy the books. And, it is going to be another four or five years, before this sort of book will find a ready market, if you will. But, nevertheless, it is well for you to write, and to have it ready, when the market is there.

Now, you are asking about a career. You are wanting to have something nailed down, hard and fast, that you can thereby apply yourself to. But, I will tell you something, and this applies to everyone in this room, it indeed, applies to everyone on the face of the planet, this is a time of learning to flow. It is the time of beginning to let go of, shall I say, futures that are nailed down. It is the time for learning how to be humble enough, sensitive enough, to yield to, what I will call, the flow of Being.

Now, specifically in response to your question. With all of this book learning, with all of this study, with all of this, shall I say, acquired understanding, you have indeed, arrived at a point of enough intellectual clarity, to dare to learn to become still. To dare to learn to be quiet with yourself, within yourself.

There is a gift, indeed, that you have to give. But you know what? It’s not a book, and it’s not a teaching, it is a gift of the genuine You. It is the gift of who you find that you are, when you let go of all attempts to be in control or in charge.

All attempts to present a face to the world, a picture to the world, where you are through with that folderol. And I am not picking on you, because this applies to everyone.

The gift you are here to give, is the sharing of the uniqueness of the creation of God, that is embodied right there where you are, for everyone's pleasure. But before this gift of who you are can be given, so that everyone can enjoy it, it requires a process of, what I am going to call grounding. And when I say grounding, I mean, what I was referring to earlier, allowing yourself to be so in harmony with the earth and your world, so open to your experience of your oneness with it, rather than any superiority over it, that you are able to just simply be present, and allow who you are to be expressed, without concern about what others think. Willing to just let the chips fall where they may.

I do not mean this in a challenging way, to your world or to your friends. But, it is a point of such humbleness within yourself, such a lack of arrogance, that you are unafraid. And, in being unafraid, you are able to feel your kindness and your love and your realness. And you are able to just be, and let that Beingness, be shared with others, without any attempt to change them, without any attempt to make a mark upon the world. And, it is in this humble unpretentious sharing of yourself, that, indeed, you do become a meaningful presence on your globe. But, it is an uncovering of a meaning that has always been present, but, which in your busyness and in your attempts to hold on to what you have valued, you have, and everyone else has, lost contact with.

You are at a point now of sufficient understanding, to let go of the understanding, and yield into your integrity. Yield into the meaning of the presence of You. It isn't exciting, but it is fulfilling beyond your wildest imaginations. Because there is such a relief at your being able to be with utter originality because you are not buried under other peoples expectations. And you are not buried under your past experiences. You are not buried under what you have been taught. You're able to come out from the utter simplicity and beauty of who You are.

So, I encourage you not to think so much in terms of specific, nailed down goals, and rather apply yourself, if you will, to the task of gentling, quieting, humbling, letting go of conditioned responses, conditioned thinking of your own and others, so that you might feel your utter safety and your utter security, and then in that feeling of safety, security and peace, just be, just be, just be present. Then, you won't have to wait any longer to achieve a goal off in the future, because the fulfillment of the giving of the gift of You, will be being now. And the fulfillment of that, will be experienced now. And, if your behavior and your activities fluctuate or flow and change over the next ten or fifteen years, you will not make a big thing of it. You will just flow with it, and be utterly appropriate at

all times. That is where your freedom and your joy comes. That's the end of the answer.

QUESTIONER: Thank you Raj. That gives me considerable insight into being a person, and what a person is, and how to express being a person, and being present, as a person. Being there, is the way I would put it.

ANSWER: Indeed.

QUESTIONER: So I don't need to worry about taking a course for counseling. Just be there for whoever, whomever comes.

ANSWER: Be there for you, first. And then, for those who are in your experience.

QUESTIONER: Thank you very much.

ANSWER: You are indeed welcome.

QUESTION: This is not a personal question. I would like to know something about the Persian Gulf situation. Whether there will be a war or a peaceful settlement. And how long will this take to be settled? And when will the hostages be released?

ANSWER: As I have indicated on prior occasions, you are watching or observing, an awkward outbreak of intelligence. You truly are not observing the first stages of war. And ultimately, you are not observing anything about oil. You are observing, literally, various Arab tribes, engaging in processes of unification, awkwardly. Even as of this time, there is no likelihood of war, or of armed conflict. We do, indeed, have some ego dynamics going on, but you must understand that that is all reaction, and does not constitute the governing dynamic. The governing dynamic is a process of unification, that is unfolding. The participants who are in the process of unification, are engaging in it with resistance. But the likelihood is, that the unification will come without bloodshed.

Because there is such active ego resistance occurring, I cannot, at this moment, predict when the hostages will be released, or when all manifestations of stress will have subsided. But it is not likely to last beyond another ninety days. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good morning Raj.

ANSWER: Good afternoon.

QUESTION: I feel like I'm doing what I need to do, generally what I seek is spiritual growth. What I'd like to know is, are there any specific areas where I'm balking or where I'm missing the point?

ANSWER: There are no significant areas of error. But there is a specific area, that it would be well for you to give attention to. And that applies to, having fun, and not interpret the having of fun, as inconsistent with your spiritual

awakening. As though, you really should be about the business, meaning the work, of waking up.

It is very, very, very important for all of you, o-o-oh, I sound serious. I enthusiastically encourage all of you, to approach your awakening process with enthusiasm, and with an expectation, that joy is the appropriate accompaniment of exploring your greater capacity to be aware Divinely.

And I encourage you to dare to play, not just relative to waking up, but relative to, if nothing else, being happy and feeling good. Because, it is in the context of delight with life, it is in the context of, fun and pleasure and happiness, that it is easier to be defenseless.

Now, I am aware that I am repeating myself a lot today, not just relative to things having been said earlier in the day, but also things that have been said in earlier workshops. But, nevertheless, it is important to know, that you will not understand your way into the Kingdom of Heaven. And those of you with a metaphysical background, find this the most difficult thing to grasp. But the fact is, that you will feel your way into the Kingdom of Heaven, and the feelings that will grease the way, as it were, for slipping into the Kingdom of Heaven unthinkingly, are joy and love and gratitude.

And so, many of you work so hard with your, books, and your thesauruses, and your concordances, and your dictionaries. They have their place, absolutely they have their place. But understand, that what they are there for, is so that you can become so intellectually clear about the Allness of God, that you can dare to abandon yourself into that Allness. It isn't the thinking that will get you into the Kingdom of Heaven. It's the experience of your utter safety, in the presence of the Allness of God. Which you will not feel, when you are in control. You will not feel it, until you are willing to abandon yourself, into the underlying, everlasting arms of the Father. You will not have the opportunity to discover your safety, until you let go of your conditioned defenses. You cannot dare to underestimate the value of, joy, and fun, and laughter, and play. It is disarming.

Play is one of the most wonderful spiritual practices, any of you could engage in. Because, it is disarming, it allows your innocence, your ever present innocence, to bubble forth. Now, that is a far cry from, what has been called the practitioners pinch, where you concentrate and think clearly, so as to create a manifestation of your innocence. We don't want manifestations of innocence. We want the experience itself, of innocence, where there is no longer, even any inner threat of guilt, that could get one iota of your attention, and distract you from your innocence.

I sincerely encourage you, to engage in play and having fun, and embrace it as a spiritual practice, not as a distraction from your awakening. Yes, I know that you do engage in activities, adult activities of play, let us say. But you don't do it with carefree abandon, and you don't do it with a sense of its place in your

process of awakening. And it is that element of abandonment to fun, not calculated play, not competitive play, but literal abandonment to fun, that I encourage you to embrace and explore. That's the end of the answer.

QUESTION: I'm going to wait with my question until tomorrow.

ANSWER: Certainly.

QUESTION: I will also.

ANSWER: If everybody keeps passing the microphone, it is likely to come back to you today.

QUESTION: Hello Raj.

ANSWER: Good afternoon.

QUESTION: I want to have more joy in my work at the hospital. And I'm wondering what is moving here, as far as getting full time work, so that I can move out on my own.

ANSWER: Part of the reason, that you are not experiencing joy at the moment, relative to your work, is because it is all new to you, and you are not feeling as though your place is secure. And in that sense of vulnerability, you don't allow yourself to let go and just be happy. That kind of carefree abandonment, seems unreasonable and irresponsible under the circumstances.

But I will tell you something: there is never a justifiable reason for sacrificing your joy. It is within you. It is not dependent upon circumstances. It is there to feel, at any time you choose to feel it. And if you will allow yourself to feel it and let it come out and positively color your activities at your work, you will find your work situation improving, including the establishment of a full time position.

Now, at this point, it is necessary for you to simply hang in there, persist in other words. But don't grin and bare it. Let the grin that comes on your face, be a result of an inner joy, because you have dared to feel it.

And I will tell you something else: be aware that the work that you do is a service. And let that service be an expression of love. In other words, identify it as an expression of love. And in that way, you will feel a connectedness to, not only your work, but those who are benefiting from your service. And that is going to give you, more of a feeling of being meaningful. And that is going to support your, happiness and your joy.

To know what is needed, like full time work, and to know, that it is appropriate for you to have a place of your own to live, those knowings, should not be used as a means of brow beating yourself, because they aren't happening as fast as you think they ought to. Those are awareness', of what is appropriate. And what is appropriate, is what is unfolding itself. And so, your knowing about it, simply means, that you cannot successfully be distracted by other irrelevant things.

And you can quietly and joyfully observe, as what is appropriate unfolds itself, identifies itself. And to the degree that you let there be joy, to the degree

that you let yourself feel connected to the bubbly of you, it will smooth out the way, and facilitate the fulfillment. You are right where you need to be, and everything is unfolding properly. There is just a need for trust. That's the end of the answer.

QUESTION: Is the work going to come at this particular hospital, or am I going to need to look at other work? I mean is someone going to be leaving that, I can fill there spot?

ANSWER: At the present time the likelihood is that it will unfold where you are. That's the end of the answer.

QUESTION: Good afternoon Raj.

ANSWER: Good afternoon indeed.

QUESTION: My question is a follow on of conversations we've been having. I keep coming back all of the time to the area of the activities that I am engaged in, which seem to be very important to me and essential, and I do not want to fall in love with a model. And so I'd like some clarity on what is true about this particular process.

ANSWER: This particular?

QUESTION: Process.

PAUL: And this is me Paul. Which particular process?

QUESTION: I'm going to tell you. And then I have a follow up question around that. And it is this idea, that for a shift in consciousness to be experienced or facilitated, that what is necessary is a conscious meeting, at the edge of the awareness of the experience, experiencing the experience, and the experience itself. All of it embraced in one simultaneously, experienced event.

And I think, that the way we are working with images, in the activities that I am presently engaged in, is accomplishing that. And I'd like to know if that's true? And I'd like to know if it really is as essential as I seem to think that it is? And if so, where do I go now? I've been told to do all these things I've been hearing, play, and enjoy it, and let it unfold. I must say, life's getting a lot better, but I'm beginning to think, that maybe it's time, that I had a little more direction.

ANSWER: But thinking may get you into trouble. Allow yourself to think that, but don't assume, that because it has been thought it is correct. Let there then be, a curiosity to see if, indeed, that is what unfolds.

Now, you spoke of a process. You spoke of a meeting at the edge. And whether this meeting at the edge of, let us say, conscious experience, whether that meeting is between you, as you perceive yourself to be, and your capital "S" Self, or whether it is a meeting between you and someone with whom you are working as a facilitator, it is a place in which a connection occurs, a union, in which an experience of safety is felt. Because, in the experience of union is always the unmistakable experience of being loved.

Now, I mentioned earlier, that one does not have to go looking for, the specific twists and turns, that were taken as one moved away from Home, and became less capital "S" Self-aware. When you're meeting with your capital "S" Self, or when you're meeting with a client, make the connection, so that the union is felt, and the safety and security is experienced, together with the experience of being loved. In that sanctuary of the moment, that is the only way I can put it and come close to the meaning, in that sanctuary of the moment, in that Holy instant, in that instant of Wholeness, whatever the next undoing is that needs to occur to allow a return to your natural sanity, whatever that next undoing is, will present itself as realization.

You see, all of you are like stretched rubber bands. Your ego has hold of one end of you, and the Kingdom of Heaven or Home or your True identity, is the immovable anchor. And so, whenever any of you allows yourself into an experience of invulnerability, and I mean by that, an experience of utter safety, where you are not energizing the ego through the use of fear, the ego is weakened. And what is the inevitable thing that will happen, to a stretched rubber band, if what is holding one end of it becomes weaker? It will contract! And you will find yourself spontaneously, experiencing the clearer sense of yourself, that is a direct result of less tension, less conflict within yourself. That is why you can always trust into this process, because, there is no other choice but to become more and more integrated, more and more at peace.

Now the answer to the latter, series of questions. The answers are all yes. You are on the right track. The only thing is, that at this point, it is not appropriate for you to say, "well I have been willing, I have been beautifully willing, but now it seems like we need to get back down to business." There is a need to continue to be willing. Anything other than willingness is willfulness, which energizes and re-establishes whatever ego you have managed to weaken and release.

Trust, is not something you will do for awhile, and then get relief from. Trust will become the new norm. Because, I will tell you all something, when you arrive at the point where you are experiencing your greater capacity to be aware Divinely, you will find that you will be riding the crest of the wave of creation. That means that you will always be at the point of experiencing what has never been before. And in order to do that without feeling overwhelmed, you must come into a new meaning of normalcy, which involves utter trust.

Trust is different from confidence. Confidence is something you have in something that has proven itself. Something that you know from past experience is dependable, that's confidence. Trust, is that investment of willingness to move into and experience that you have never experienced before. Trust is what allows you to be. Trust is what allows you to be defenseless, in the face of the unknown. And it is what allows you to move over the threshold of memory, into the

freshness of being, as conscious being, as the actuality of the meaning of the word, individuality, and experiencing your birthright. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are indeed welcome.

QUESTION: Good afternoon Raj.

ANSWER: Good afternoon.

QUESTION: You partially answered, just now, some of the question I had. And you mentioned this feeling of being loved. And I first experienced this after listening to your video, and I had an overwhelming feeling of this and it stayed with me for some time. And then I thought I'd lost it. And then, this spring, again I had it and it stayed with me for some time. But what I'm really asking about is how I can stay in this place more, or is my trying to recapture it in my way, in experiencing this more of the time?

ANSWER: The times when you experienced it, it happened unexpectedly. The statement is made in the Bible, "the bridegroom cometh when ye think not." And everyone reads that and says, "the Christ cometh when you are not expecting it." But the choice of words is perfect. Because when one sets aside thinking and reasoning, in order to bring about their good, that is when the Christ of them can come forth. Because that is when the humility is present. That is when the absence of willfulness and arrogance is present. That is when personality does not stand in the way of who you are as conscious individuality, which is the presence's of the Divine You, the Christ.

And so no, you cannot recreate the experience. You must, if you will, re-allow the experience, by not trying to have it. It is also important for you to understand, that having had the experience, on two different occasions, you are even less defended against it, than you were before the first time it happened. You are less defended against it, because it is not just some metaphysical or religious idea, that you have heard about. It is something that you have experienced. And so there cannot be the doubt about the truth of it, that there was when it was only an idea that you had heard about.

And so, your ego defenses against having the experience again, are severely cracked, not just weakened but cracked. And so, the likelihood of your having the experience again, is extremely high. And each time you experience it again, it increases the likelihood of a repeat. So, I encourage you to let the nature of the way things work, bring forth the experience, and you simply appreciate and value the experiences that you have had. The movement is already occurring. You do not have to start it up, and you do not have to restart it. But you must be willing to let go of the attempt to try to control it back into your experience, because that will effectively distance it from you.

The ego is not going to be able to plaster up the crack, that your experience of the presence of Divine Love, has caused. Because you would have to become

totally ignorant again, in order for that to happen. And there is no way, you are going to forget those experiences.

Now, there are others who would give their right arm, to have the experience once. You have had the experience twice, and I have already shared with you, that that increases the likelihood of your having more experiences. And so, rather than fussing because you haven't had another one, be so grateful for what you have had. And that gratitude, which is an integral part of joy, will be part of the lightness, that should accompany your spiritual growth, as I have said. That's the end of the answer.

QUESTION: I am very grateful for the experiences, and thank you very much.

ANSWER: I know that you are, and you are welcome.

QUESTION: Hello Raj. It's nice to meet you for the first time.

ANSWER: Good afternoon.

QUESTION: I've had several types of employment. And I finished my last contract job in September. And I'd like to go back to work. And I was wondering, when that might be, and maybe, what kind of job?

ANSWER: Understand first of all, that any answers given about the future, are all based upon, all of the factors at the present moment, and what the greatest likelihood is, because, I cannot second guess the Father.

Now, the greatest likelihood is, that you will find yourself being specifically employed, around the third week of January of 1991. Just a moment...

PAUL: This is me Paul. The picture that's being given is, that you will be self-employed. There's a sense of like, freelance work. This is still me Paul. But you will not have to drum up the work. It's almost like it will be dropped in your lap. And it's like between now and then, enjoy yourself. That doesn't mean that when you get the work you can stop enjoying yourself. But it means there's no reason to fuss and fret in the meantime. And that's the end of what is being given.

QUESTION: Hello Raj.

ANSWER: Hello.

QUESTION: First of all I want to thank you for all your help, in the last year.

ANSWER: You are welcome.

QUESTION: And to express my love for you, formally.

ANSWER: It is received.

QUESTION: Thank you. I've been attempting to ride on that wooden seat, of that pioneer wagon, that you spoke of earlier. My question is, how can I help my family, my children, in this same situation, in finding their peace. And walking through their threshold to their awakening?

ANSWER: I will tell you: You must present it to them, much like you would put out the dishes for a pot luck dinner. You cannot afford to do it as

though you are preparing dinner, and your family is sitting down, and they had better eat what you prepare. It is appropriate for you to make available, what you believe and what you find of value, and what you feel might be of value for them. But, you must simply put it out on the table for them, to choose or not choose, at that particular time.

As a parent, you have, shall I say, the unenviable job of entrusting your children to their Divinity, to their own Christhood, the stranger within their gates. Just as you have had to entrust yourself, to the stranger within your gates, until you have been ready to ask and listen. It didn't matter how many people talked for how long, because, if there is not a desire on your part to know, you will not be listening, and, when something is said, it will not be heard. And if the one saying it, felt an obligation to make you have a realization, they would find themselves very frustrated.

Now, you know that is true, relative to you. It is also true, relative to your children. So, you can share the news, share the values that you have. You can even be ready to amplify upon them, if interest is shown. But, if interest is not shown, you may know that what you have shared, is there for them to pick up on, when they are ready.

Now, the part I said about, entrusting them to their Divinity, is very important. Because, either you can look at them and you say, "they are certainly not handling things well." "They are making a mess of their lives." "They just don't seem to learn." And you can go down the list, making judgments and evaluations, and in effect you are agreeing with their behavior and reinforcing it, even if you never say it out loud to them. And in that way you are strengthening their limitations. You are strengthening their, I'm going to say, humanhood.

But when you look at them, and you see that, indeed, they do not seem to be handling things well, that they have been flubbing up for quiet a length of time, you can immediately correct that thought, by acknowledging, "this is the child of God." "This one is, as I am, conscious individuality, the direct expression of the Father." "And confusion, awkwardness, are not native to him or to her." "I know, that they have a Divinity in them, that is absolute, whether they are acknowledging it or not, at the moment." This acknowledgment of the truth about them, causes you to move beyond the point of joining with them, at the level of their behavior, and strengthening it. And constitutes a joining with them, at the level of what they Divinely are, and strengthening it. It cannot force them to change their viewpoint, or embrace their Divinity. But it can provide the environment, in which such a vote of confidence in themselves, Divinely speaking, can occur. And that is the extent of what you can do.

You can approach them on every occasion, that you have contact with them, with their Divinity in mind. And when they are not expressing it, you can refuse to accept that, as indicative of what they really are. And you can express verbally,

your confidence in their capacity to express intelligence and love and wisdom and truth and principle.

You cannot force another to wake up. I can not inflict your good upon you. But, I can unceasingly disclose to you, what is true about you, until such time as you are, ready to hear it. Ready to let it register, deeply within you. That is all I can do.

But I will tell you something, there is nothing better I could be doing. And likewise there is nothing better you could be doing, than to express confidence in the Divine qualities, that must be present in each of your children, in order for them even to have a distorted picture of themselves. There must be something real going on, about which a distorted perception is being experienced. You cannot have a distorted experience of nothing.

So, when you find yourself thinking about your children, or relating to them directly, embrace them in the acknowledgment of what they Divinely are. That is what you can do. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello Raj.

ANSWER: Good afternoon.

QUESTION: Thank you for being with us.

ANSWER: You are welcome.

QUESTION: I would like some help in looking at what's going on with me, with regard to experiencing occasionally discomfort, sometimes pain in the area of my knees, ankles, more frequently my hips, usually after I've been walking or on my feet for a considerable period of time, which sometimes is necessary in the work that I do.

And also in regard to being, it seems a little overly sensitive to light, sound, suddenly to be awakened, I experience almost like a shock in my system, there's almost a quivering that occurs inside. It's uncomfortable at times and I think perhaps these are areas that I need to look at, in a different way, and perhaps can use some insight from you about.

ANSWER: First of all, regarding the sensitivity. You are, indeed, more sensitive than the average individual. It is not a dysfunction. It is just a variation, if you will. And what will significantly help you in that respect is, meditation. It will not cause you to be less sensitive. It will simply reduce the degree of reaction, so that you are able to function with more balance. You do not need to become desensitized. You simply need to become less reactive. This is not something you need to understand your way through. The simple practice of meditation, on a regular basis, will do the trick. Just a moment.

PAUL: Okay, this is me Paul. In response to the ankles, knees and hips, the picture that He's giving is that, there is a need for exercise like swimming. That

kind of exercise tends to be more balanced on both sides of the body. It also tends to relax. Where as the walking and the things that you do on your feet, don't tend to relax, but contribute to being more tense. And so it's like what you need is more exercise, but exercise that is like swimming, where both sides of your body are getting equal activity and where it's not done under pressure.

Just a moment. He says it is not arthritis or bone degeneration. And this is me Paul, the feel is that you can dare to relax about it. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hi.

ANSWER: Greetings.

QUESTION: What is the meaning of, and what is my next step regarding my youngest sons recent test results. Should I agree to further testing? And based on that result, what would be the most appropriate school environment for him? And how could I provide that, under the current circumstances of resistance from his father?

ANSWER: And what was the nature of the test results?

QUESTION: He did very poorly, on a Stanford achievement test, regarding education. And the further testing is to determine learning disabilities.

ANSWER: It is completely appropriate to allow for the additional testing, so that, very specific help may be given. It is not so much a matter of a learning disability, with him as it is, what I will call, a unique approach to receiving and dealing with information. There is already existing, a well established means for presenting the information, in a way he can grasp quickly, and easily, and thus not feel any sense of dysfunction.

PAUL: This is me Paul. The picture that He's giving along with that, is that there are some people, like if someone gives me directions over the phone, I have no trouble visualizing it and being able to do it. There are other people, that need to have it on paper. If they see it, it registers with them more than the most accurate words. That's not a handicap, but it's just a different, that's the sense of it, it's a different way of it registering.

And let the testing be done so that they can quickly arrive at knowing what is needed, and then he will not feel, somehow not equal to his peers. That's the end of the answer.

QUESTION: Hi.

ANSWER: Greetings.

QUESTION: My question surrounds the issue of contracts that we make prior to incarnating. If we do make such contracts, I'd like you to address, what contract I've made.

ANSWER: It is never a matter of a contract or a binding commitment. It is more in the sense of selecting your courses, as you do in college. Which you may or may not complete. And which you have the opportunity, to take over again. But at the beginning of the semester you express your intent, in terms of the materials that you wish to cover during that semester. So, it is not so much a matter of contract, as it is a specific intent.

Just a moment. The specific intent which you hope to fulfill, and which was set into place prior to your birth, for this lifetime, was to experience your strength and your integrity, as a female, without sacrificing your femininity.

You have had a number of lifetimes, in which you were an acquiescing, subservient female. Early on in those experiences, you derived a great deal of satisfaction and a great sense of fulfillment from being an almost invisible presence. You grew out of that significantly.

In fact in your last lifetime, although it certainly was prior to, what is now called women's liberation, you, indeed, began to act assertively, on your behalf. But because of the great resistance, and unacceptability, the great resistance to and the unacceptability of your being an assertive, equal presence, you became overbearing, developing the masculine strength, that it took to do a halfway decent job of standing

your ground. And you decided with counsel, to once again express these strengths, but this time without losing your sweetness, your gentleness, your capacity to be sensitive and loving, et cetera.

You are managing to keep a fairly good balance, although there have been some significant challenges, in the last two years. But you will find things leveling out and as you grow, I'm going to say in terms of years or experience in this incarnation, you will find a solid strength, establishing itself. A strength, that involves the sensitivity of the feminine aspect, and the principle and the strength, of the masculine aspect, without becoming compulsively one or the other. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Raj, I'd appreciate your comments concerning, what feels like an interrelationship, between breathing and drawing in, or yielding to the Divine presence. Specifically openings through my head. And also, if this process has anything to do with my perfect expression in the world, as it unfolds?

PAUL: This is me Paul. When you say this process, you mean this process of breathing?

QUESTION: The interrelated process of breathing, and drawing in, what feels like a soft, Divine presence.

ANSWER: Indeed, there is an interrelationship. There is a connection. Breathing, when it is being paid attention to, is a gentling and intimate experience of Self. Specific and special qualities have been assigned to breathing, in terms of mankind's conception of it. But at the bottom line, it is the simple giving of attention to ones self in the process of breathing, that establishes the intimacy. And that establishment of intimacy or joining, is what's specifically allows for centeredness, for a greater experience of congruence and peace. And as I said earlier, as the ego dynamics are weakened the rubber band, naturally contracts, back to it's normal state of untense, rubber bandedness.

As one, through breathing, arrives at a state of peace, this contraction or coming back to a nontense state of being, is not only going to uncover what next needs to be undone, in terms of your retracing your steps back to your experience of Home, it is also going to uncover, the clearer experience of who you are.

And so, you will experience revelation. You will experience opening. You will experience yourself, changing. You will feel the energy in your body, moving differently. Where you were never aware of energy before, to speak of, you will now become aware of it. And you will discover, that there have been blocks, in the movement of the energy. All of this because opening is occurring.

As I said earlier, illumination uncovers the clutter, that couldn't be seen. And the whole reason for it, is so that what is cluttering up, maybe released. Not so that you can see what a mess you are.

Now, I encourage you to continue with the breathing. Practice. I encourage you to know, that there is a connection. And more than anything, I encourage you simply to be as unconditionally and humbly attentive to, whatever openings occur. And don't jump to any conclusions about them. Be like a new born child, full of an experience of a world, that it is not familiar with, which, therefore, means it stands on the threshold of vast discovery. That's the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are very welcome.

QUESTION: Hi. I want to express my gratitude for Raj and his work, and for Paul and Susan for their work, as well.

And my question has been addressed by Raj before, but I need additional help to quiet my ego, on this one. It's about, cause and effect. "The Course In Miracles" is obvious about cause and effect, and it makes me crazy, in terms of body stuff.

ANSWER: For those in the room who are not familiar with what "The Course In Miracles" states, would you give a brief explanation?

QUESTION: Oh, Lord.

ANSWER: Don't worry.

QUESTION: Well, as I get it, “The Course” says, that the only cause is the mind. So, that an allergy reaction, has nothing to do with the food or the drug, but has only to do with the mind.

Now, my confusion, is that, in the first chapter or so of Paul’s book, Raj tells him, that it would be best if he quit smoking and drinking caffeine. And so, my ego liked that contradiction, or what seemed to be, at any rate. And I’m struggling with this a lot, getting a lot out of the struggle. But I’d rather not suffer anymore with the confusion of this. So clarification, on cause and effect, is what I’m after.

ANSWER: If, before you had sat down in your chair, someone had placed a thumbtack on it, and you had come back from break and sat down on it, it would be rather difficult to convince you, that it was all going on in your mind. And, that it was simply a shift of perception in your mind, rather than your standing up and pulling the thumbtack out, that would correct the problem.

Now, when you arrive at a point where you are experiencing the body of light, that is the true experience of this body, that you are presently experiencing, that would be in pain, if you sat on a tack. Until you are experiencing that body of light, which would also disclose to you the body of light of the tack that you are sitting on, it will hurt to sit on a tack. When you are experiencing all form as light forms, if you will, manifesting the true intent of that which formed it, meaning the Father, you will, indeed, be able to sit on the tack, and only experience exquisite beauty of the intent of your body and the intent of the tack, which have nothing to do with harm.

Likewise, until you are mentally clear, able to be absolutely unconflicted and unfearful in your mind, when a match is held under your finger tip, do not hold your finger over a match. Until you are able to take a drug without suffering ill effects from it because you are absolutely unconflicted in your mind, do not take the drug.

But I will tell you, that when the time comes, that you have been able to discover perfect equilibrium mentally, which is what you do when you go into meditation. You will, indeed, find yourself able to sit on a tack, or smoke a cigarette, or put your hand over a flame, with no sensation of suffering, whatsoever. And so it’s always an issue of the mind. But, until that issue is corrected at the point of mind, it is well to steer clear of those circumstances, physically speaking.

Physical distress, is always the manifestation of mental conflict, of confusion. And if you do not know who you are, truly, if you are not experiencing your Christhood, and if you are not experiencing the universe and your world as one, inseparable from you, then you must use common sense, while you undo the false mental conditionings, that will ultimately allow you to be in any circumstance without physical damage or suffering.

So you, if I may put it this way, break the rules, slowly. And you only break the rules, that you can break, without generating fear. Your guide helps you, to step out into new territory, in such a way, that your level of fear is reduced, and you do not panic, and you then have the opportunity to find that the step you have taken has been on to solid firm ground, rather than the void that you thought it was. So you use your common sense, as you gently and wisely move beyond the limits, of your common sense. And in this way you establish an extended or enlarged, common sense. And what is reasonable and what works, becomes less and less confining. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello Raj.

ANSWER: Good afternoon.

QUESTION: I've been attempting to formulate my question and I hope that it's going to be clear. Several years ago...

ANSWER: We are going to give you ten more minutes to formulate it. It is necessary to take a break.

QUESTION: Oh, I can use it thank you.

ANSWER: Good morning.

ALL: Good morning.

ANSWER: Before we continue with the pending question, I would like to take a few moments to discuss the process or means of getting in touch with ones guide. But first of all, let's understand the context in which this connection and communication occurs.

It has been stated that, "it is the Father's good pleasure to give you the Kingdom." **Now, what does that mean?** That means, that in the movement of creation, in the movement of Self-expression, as the Father expresses Himself, He withholds nothing of what He is from that Self-expression. Therefore, the Self-expression is nothing less than the full manifestation of God, the full manifestation of Mind, Divine Mind, which can also be called the Christ consciousness. Therefore, every single one of you is in fact, the presence of that Christ consciousness.

If however, for whatever reason, you have forgotten who you are, and are not experiencing yourself as this Christ consciousness, this Divine Mind, that is the full presence of the Father, then the full presence of the Father, seems to be something outside of you. But because, it is not actually separate and different from you, it's omnipotence, it's omnipresence is experienced as your being loved by the Father, as your being embraced by the Father. The Father, which is really You in your Wholeness, appears to embrace and extend His love to you. And the omnipotence of the Father, the omnipotence of your Christhood, is constantly

asserting Itself and undermining whatever the limits are of your current perception.

As a result, when and if you arrive at a point where you have lost confidence in your own ability to think your way through things, or your own ability to be competently in charge, and in that sense of humiliation, which really ends up being humility, you reach out to the Father. In effect you have become defenseless, because there isn't much arrogance present. And you feel the entry of the fullness of the Father, the fullness of God's love. And it fills you. And if you have truly been defenseless, your situation turns around. And that is why the statement has been made, that "man's extremity is God's opportunity."

Now, it is not that the Father has suddenly decided to grace you with His love, it is that, in your humiliation, in your suffering sense of not feeling personally competent, and not having much confidence in your personal ego ability, you have become weak in your confident self-assertion. And your resistance to the experience of who you Divinely are, is minimal, and then what you call breakthrough occurs. The Christ of you, that which constitutes your true individuality, has the opportunity to register with you. And because, it is constituted of your reconnection with your greater capacity to be aware Divinely, and it constitutes a clearer experience of your integrity, you feel it to be profound and meaningful. And you tend to say, that God has touched you. As though it is still something, somehow different from you. But it isn't just because it is God, that you feel the meaningfulness of it, it is because the presence of God is what constitutes your actual identity. It is what constitutes your individuality. And so, it is a clearer experience of your sanity. And that always feels meaningful.

Now, it really doesn't matter whether you reach out to the Father, whether you reach out to the Holy Spirit, whether you reach out to your capital "S" Self, or whether you reach out to your guide. As long as what you are reaching out to, is one of those four things, you are reaching out to, the undistorted presence of the Father, in the act of being all there is of You. You are reaching out to that which will reflect back to you, the Father's will for you, which is for you to become fully conscious, for you to be out of ignorance. So in effect, this reaching out is a means of experiencing unity, or what has been called unity consciousness.

The only reason you don't experience who you are in your totality, is because you hold on so tightly to your current sense of limitation. And you even fight to maintain it, and see to it that it doesn't become loose, it doesn't become weak, because there is such a sense of security within it. When however, there is a weakness, when there is an expressed desire to access your greater capacity, to be truly aware, that part of you which has been operating within a limit, becomes congruent with that of you in your infinity, which it has continuously been expressing itself outside that limit. And because, the Father has not withheld anything of what He is from His Self-expression, and the gift of what He is has

been continuously made, then whenever there is a weakness, there can be a penetration.

Now, I mention this so that you might understand that as you reach out for guidance, you are reaching out for that which is intent upon penetrating the limits of your current vision and registering with you, so that the limit might become reasonably and intelligently, invalidated. So that you can release it, and experience unity, experience Your Identity.

Now, there are literally, four simple steps to get in touch with your guide, to get in touch with the Holy Spirit, to get in touch with the Father, to get in touch with your capital "S" Self.

The first step is: Become still.

The second step is: Mentally express your desire for dialog, for connection, for communication.

The third step is: Listen. That is the step most people neglect to engage in.

And the fourth step or the fourth part is: To expect an answer. Because, if you ask and do not expect an answer, you will not hear it even though it will be given.

Now, you may become still by whatever means works for you, meditating, self-hypnosis, relaxation techniques. Whatever helps you to get in that place, where the chattering of your mind is not occurring. And when you have arrived at a reasonably quiet inner place, then gently, quietly express your desire. There is no need to be formal about it. Do not conceive of this process as one of entering a church, where you must follow certain protocols of proper spiritual behavior. Just simply, in your own words, express your desire. Express it once only, at any given sitting. And then move on to the third point, which is, listen.

Now, one of the places you get hung-up on in the second step is, that you ask, and you ask, and you ask, and you ask, "will my guide please speak to me?" "I will listen." "Will you please speak to me." "I really do want to hear from you." "I really am in the middle of a problem." "I really need you." And you keep expressing the desire, without setting the reason for it aside, together with setting aside the request, so that you are able to be silently and attentively and allowingly, listening. Your guide knew before you asked, that you were experiencing a problem.

Now, what happens when you ask, and ask, and ask, and you give all the reasons you can think of for why it is important for you to have an answer. What you are doing there, is filling the space up with you and your concern. Even though your request says, "I desire to make room for someone and something other than me and my current concerns." The expression of the desire to be in touch with your guide, is a desire to let someone or something else into the space in which you are present. It is important to remember that, because you cannot have a joining, if you are insisting upon being the only one present. And your

expression of concern, over and over and over again, constitutes you filling up the space. So, express the desire, and be aware that you are asking to share your space with someone else.

That what this is all about, even more than getting answers, is the joining with, one who loves you. One who's intent it is, to disclose to you, your Divinity. To disclose to you who you are, so that you might come to a realization, that your problem as you are seeing it, is a limited perception of Reality, that does not and cannot appropriately govern your experience. And so that, the Truth about it, in it's simplicity, might be placed before you, so that you can become free of the problem, or free of the ignorance.

So you ask once. And then you truly become quiet and listen. Listening is an invitation, isn't it? It isn't just being still, as you would normally do in a meditation. Listening is an attentiveness to something, even though you don't know what it will be. That is an invitation. It is an invitation to, that which has already been insisting upon registering with you. Because, it is really in the final analysis, the totality of who you are, which your busyness and with your concerns and worries has blocked you from experiencing. And so literally, the expression of this desire to share your space, to allow someone or something else in, is a means of giving permission, for what you Divinely are to register with you. It is the giving of permission, for the Father or the Holy Spirit to register with you.

Now, I say all of this so that you might understand just how natural and simple a process this is. And why it is inevitable, that if you truly ask and truly listen, you will get an answer. The intelligence of creation is bound to register with you, if you are coming into alignment with it, by setting aside your arrogance and your willfulness, which is very often expressed as the repetitive expression of your worries and your concerns. It is inevitable, that the integrity of life will register when there is an invitation. And when one other essential element is present, the giving of permission for the invitation to be responded to.

Now, when you pray to the Father, you are opening up to, and to some degree, giving permission for what God is, to register with you, and exalt your poor sense of yourself, and uncover in you His/Her full Self-expression.

Now it is important to understand that the Holy Spirit, is what I will call a different function, than the movement of God. The Holy Spirit is your Divinity, held in trust, while you are dallying with the ego. As you are aware, the moment that the sense of ignorance came into play, the Holy Spirit came into existence. The moment each of you chose to experience a limited perception of the forth-dimensional conscious experience of Being, that part of Yourself which you disowned in the process, did not disappear. And so You in your totality, right up to this very instant, have continued to function and Be fully. That of You, what I will call your disowned capital "S" Self, is the Holy Spirit. And when reunion

occurs, the Holy Spirit will no longer be. Because your Divinity will no longer need to be held in trust, while you play in a sense of limitation.

Your guide is an actual individuality, part of the brotherhood, the body of Christ, if you will, part of the brotherhood that is awake. When you reach out to your guide, you are reaching out to one of your brothers or sisters. An individuality just like you. Part of the process, an essential aspect of the process of awakening, involves your active willingness to join with another. To let another into this private little arrogant ego space, that you have been playing in, if I may put it that way, exploring the experience of. This is one of the means of undoing the ego frame of reference. Letting someone else in. It doesn't need to be your guide, it can be your mate, it can be your child, it can be your friend, it can be your minister. But the letting in of someone else, is an act that is in opposition to the isolation and separation of the ego sense. And this is another reason that when you let someone into your experience, it feels good.

Your guide, for lack of better words, was assigned to you at the moment of conception, and has been present, on your behalf, to help remind you, of who you Divinely are. While you are somewhat overwhelmed and having the "pleasure" of understanding all the sensory data, that you are getting from the five physical senses, which tend to cause you to forget or overlook the more subtle spiritual levels of your Being.

So, when you reach out for guidance, whether it is your guide, the Holy Spirit, your capital "S" Self or the Father, you are reaching out to that which has the soul intent of connecting with you. It is a self-fulfilling process, if you will give permission for it. Everything is set up for you to remember who you are. And although, when you in your limited sense of things feel vulnerable, tiny, unloved and unlovable, and, therefore, it is hard for you to believe, that anyone would respond or that you are worthy of any response, you are, nevertheless, in a place, where you are bound to get your answers, if you will reach out, no matter how unjustifiable a response seems, because of your conviction in your littleness.

Now there is one other thing. Let go of willfulness, in this process of listening. Do not be demanding. When Paul was first trying to connect with Me, and he had sat there every night for two weeks, becoming still, genuinely expressing his desire, and there had been no response, he became impatient, and said, he had better things to do, and that he couldn't sit there forever, waiting for me to respond. In so many words, he was saying, "hurry up." That is willfulness, and it will, indeed, get in the way of your hearing.

Part of the process of waking up is arriving at a place within yourself, where you are saying, "Thy Will not mine be done." A place where there is an expression of confidence in the fundamental order of Being. All of you are very uncomfortable, being in that yielding place, because you are so conditioned to be in control and feel that you cannot feel worth while or responsible, if you aren't

exercising the control. I will tell you that the only exercise of control that is worth it's salt, is to use your will, to choose not to use your will. And that is what you are doing, whenever you meditate. And that is what you are doing when you desire to get in touch with your guide and go through the four steps that I have mentioned.

It is the Father's good pleasure, to give you the Kingdom. It is the Father's good pleasure to disclose to you your right Mind, to illuminate it to you. And as you can see, there are a number of avenues available to you, for having the Father's Will for you identified in a recognizable form in your life. And I simply encourage all of you to begin to avail yourself of it. And I encourage you to do it with a certain lightness to it. Don't work hard at it. Don't make your whole life depend upon whether it works or not. It will work, but do it with an ease. Do it with a certain lightness.

You go to the kitchen sink to get a glass of water. You do not stand there and pray, that water might come out this time, when you turn on the faucet. You do not meditate first. You simply go, and casually turn on the faucet. Likewise, let there be a certain casualness here. Because, what we are talking about, is engaging in something that is absolutely and Divinely normal, that is available to you at all times, no matter how confined you're feeling by your limitations. Okay, that's the end of the answer.

QUESTION: Good morning Raj.

ANSWER: Good morning indeed.

QUESTION: I'm going to attempt to phrase this question, without becoming wordy. My question concerns nonduality, which is how I more or less formulate the notion of the separation in my mind. The separation is the existence of duality, and the atonement is the healing of duality.

In my experience, if I'm still I can see clearly and feel to some extent that my experience of time and space is simply a mental construction, a mental abstraction, that I'm imposing on my experience. Yet in spite of that, I'm unable to actually, I guess I could say, touch my experience directly. There's always the intermediary of the ego, my self created, self-image. And what seems to hold that in place, for me, primarily, is my sense of my body, as being the location of my consciousness, the focal point of my consciousness, in my field of experience, that I seem to experience my body, feel my body more directly, more personally, than the other things that are in my experience.

And so, this seems to have the effect of distancing me from everything that is going on. That's kind of where I'm at in this search, and I hope that you can see the things in my mind, that I'm not expressing clearly. I would appreciate anything that you might have to say to me about this.

ANSWER: Well, then necessarily you need to find some loopholes in your conceptualization. Some holes in the fence, as it were, that at the least, you can just stick your head through to see from a larger vantage point.

Now, one of the means of doing this is meditation. Because literally, in meditation as you become centered, you do move into a direct experience of the infinity of your presence. And the first experience of it, is peace. And this peace is not confined, and indeed, if while you are in that peace you open up your eyes, the way in which you perceive your world is, shall I say, colored by that peace. And you are able to observe your world without being hooked by it, at least for whatever period of time you are able to stay connected with that peace, and have your eyes opened.

Another means of having a connective experience with that which is not bound by time and space, is your connection with your guide, or your connection with the Holy Spirit. These connections, experienced somewhat regularly, begin to provide you with an alternate perspective, if you will.

Paul says to me, good morning, or good afternoon, or good evening. And I say, good morning, or good afternoon and good evening. But every time I do that, I convey the fact, wordlessly, that I am answering it from a place where it is not morning, afternoon or evening. And Paul is beginning to get the feel of the ridiculousness of his sense of morning, afternoon or evening. It has become more apparent to him that, that is a local experience, not even one that someone on the moon can experience, or someone somewhere else in space. It is a local concept. But since it is what you pay attention to, and you do not have as much of an opportunity to have an alternate experience, you treat it as though it is actual fact.

It truly hasn't been until the invention of television and the ability to see something happening in Tokyo or the opposite side of the world, at the time that it is happening, that you have been able to have the experience of night and day, of morning and evening simultaneously. And experience the fact that your solid conviction, in the actuality of morning isn't, absolute fact. Those experiences have begun to undermine your very localized perception of things. And likewise, your connection with your guide, and your experience of being centered in meditation, are two means of having experience that goes beyond, your limited sense of time and space.

Now, it is also important to understand that you cannot attack time and space. That trying to overcome them, by doing something with them, will only succeed in making them seem more real. It literally is the practice of moving into what we will call unity consciousness, by virtue of meditation, that begins to free you up, by uncovering the experience of unity, that undermines your confidence in your belief in duality.

Everyone wants to deal with the problem, instead of getting to the solution. Everyone wants to figure out a better way to deal with clutter in the shadows, than to turn on the light. That's the end of the answer.

QUESTION: Thank you very much Raj.

ANSWER: You are welcome.

QUESTION: My question has to do with a job that Raj has told me about, on several occasions. And my question is, if that job is still there, what needs to happen within me to make it happen, or is it something on the other end, that needs to take place?

ANSWER: It is indeed, something that is unfolding and needing to come to completion, from the standpoint of the employer. It is important for you to simply, willingly, abide with the awareness that your unfoldment is, indeed, intent upon unfolding itself and identifying itself to you, as your experience. It is important for you, not to abandon your sense of universal order as the governing factor, while your next employer yields to that order, and has the opportunity to discover you. That is the simplest way I can put it. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good morning Raj.

ANSWER: Good morning.

QUESTION: About two months ago, we found out that my husband has cancer, and he's going to be operated on, in Stanford tomorrow morning. So, I kind of feel like I've been riding in that stagecoach you talked about yesterday,? ups and downs. And I feel that I've been doing pretty well.

My question to you is, what do you suggest for me, to get by the next ten or fifteen days? And also is there something I can be doing that will help my husband?

ANSWER: First of all, I encourage you to approach these next fifteen days as, the specific manifestation of the penetration of the Divine fact of your husbands Being, into the current level of human experience, that he and you are experiencing. You see, as I said when we began today, it is the Father's good pleasure to give you the Kingdom. The Father withholds nothing of what He is, from His Self-expression. The gift of what He is, is eternally being expressed and, as I said, attempting to penetrate, whatever illusion of limitation one is experiencing.

Now, Divine Love meets the human need, in the language of each ones present perception. Meaning, that it meets one at whatever his current belief level is, or we could say, at whatever his current level of ignorance is. But it always penetrates that level of ignorance and registers with one, in language that identifies the Divinity of its source and the resolution of a problem, if it is given

permission. And so, what I am talking about here, is your process of giving permission.

Now, does that building, called a hospital, have a means of telling you what it is? Do the doctors there, do the hospital beds there, have a means of telling you what they are? At the bottom line, I would have to say that the answer is yes. But what I am meaning to bring out here is that the doctors may present themselves from a human standpoint, with certain levels of ignorance or belief, about what they are doing and about what you can expect, et cetera. But you are not required to accept them, in terms of the mask or face, they are presenting to you. You can look at the hospital bed, and very literally acknowledge it, as a manifestation of the underlying everlasting arms of love, because they give support, when that kind of support is needed. And you have the opportunity to acknowledge the physicians as the Christ. You have the opportunity to recognize that in spite of who they might think they are, they are truly the direct and full expression of the Father. And God is the one that is omnipotent, not a limited self-perception that might be presenting itself to you.

And so, I encourage you, tomorrow and over the next fifteen days to, shall I say, translate or re-identify what you are seeing. Translate it into Divine terms. The nurses that are there, are there to express the love of God, the love God has for His Son, your husband, or His Daughter, you. And that you are moving into the experience of the penetration of Divine fulfillment, meeting the human need, to be able to live, to be able to be well, to be able to be happy.

You also have the option of interpreting the physicians, as limited human beings, governed by their egos, perhaps ignorant of spiritual reality, and you can scare yourself shitless.

But you know, I will tell you something: God will still reign supreme. God is still God. And it is much more appropriate for you to move through this period with an increasing sense of the presence of God in the human experience. That is what it is your birthright to experience. And so again, I encourage you to approach the next fifteen days, as the opportunity to experience the penetration of Divine Love of the presence of the Father, right in the middle of what appears to be a limited human experience, and lift the threat, and exalt both of you into a clearer knowing of the Allness of God. And of the fact that His Allness, is not separate from either one of you, but constitutes the very presence of you. It is not a process of getting rid of something, but of uncovering the Divine birthright of health. That is what is happening. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: I don't think I can even talk after that.

ANSWER: You will find a way.

QUESTION: Raj, it's such a blessing to be here with you.

ANSWER: Likewise.

QUESTION: Well, of course, the big question is, what happens in April after the lease runs out at Payton's place? We have a big blank, you know, there. And I'd like to see if you can shed any light, on this situation?

ANSWER: There is an unbroken continuity that you will discover where there appears to be a break in the continuity of a certain manifestation of form, called a lease. This is a time for you to be willing to trust into the equilibrium, which Payton embodies. Indeed, it is a time for you to trust him. And to trust what is moving within him. To stand by him. To not lead him. To be with him, in support of him. And have the patience and the willingness to remain with him, as he, shall I say, in staying on the beam of his inner continuity, moves unerringly into the new structure. Which I am not going to address here. I am simply going to tell you that you are not going to be in a vulnerable spot, and you do not need to try to hang on to the old form or quickly reestablish it.

I am telling you, that there is a great evenness in Payton. And that evenness, is a matter of him staying on the Homing beacon, if you will, and not diverging from it. And if you will abide with him, allowing him to stay in tune with his evenness, you will find something new unfolding, that will be even more fulfilling.

There is not cause for alarm here, or concern. Nor do you need to fear that you will lose meaningful form, meaningful structure in your life. This for you is a time of learning to trust your partner, to trust his makeup. Let him embrace and shelter you. And let yourself abide with him, because his evenness is trustworthy. And if you ask him what he's going to do and he says, "I don't know," trust anyway. Because he is paying attention and he is being sensitive, in the now. And that is where your safety and security lies. That's the end of the answer.

QUESTION: Thank you Raj.

ANSWER: You are welcome. You're welcome to go ahead anytime.

QUESTION: Hi Raj.

ANSWER: Good morning.

QUESTION: I'm not exactly sure how to word this question, because I'm still formulating it. But I have a heck of a time dealing with change. I'm what you call "Mr. Stable," same job for almost twenty-four years and everything. And I'm going through a period in my life where I find myself kind of drifting. I can't really concentrate on things. I'll just go through the formalities of life. My mind isn't on things. I'll just drift along. And I've been thinking of making, what for me is one heck of a change. And I'm not sure whether it's my old ego talking, "mid-life crisis" time, or what. I've been thinking of just kind of tossing it all. Selling out, and this is the "mid-life crisis" part, moving to a tropical island, to a lady I met. And I'm wondering, what am I doing? (Laughter)

ANSWER: I gather that there are a number of people who will willingly trade places with you. (Laughter)

QUESTION: Then let them have the problem.

ANSWER: This is a wonderful example of the fact, that, the movement of God, which is the movement of creation, often appears to the limited ego frame of reference, as that which threatens its stability. The Christ says, “behold I stand at the door and knock,” and the ego inside says, “call the police and get rid of the intruder.”

Now, you do indeed have a very wonderful sense of stability. And your experience of stability, not just an intellectual concept of what stability ought to be like or what it might be, but your actual experience of stability, provides you with the capacity to grasp the fact, that God is Infinite stability, and that His Self-expression is absolutely stable, even though God’s Being, constitutes a movement that is characterized by the words “Behold I make all things new.” What God is Being, never stops to repeat itself or even to maintain a “stable position.” And yet this movement of life, is inherently stable.

You look out at this beautiful universe, it is moving in every direction, and yet it is absolutely orderly. Orderly enough that your probes are able to be aimed at where a planet will be three years from now, and when the probe gets there three years from now, that planet will be there. That indicates something of the Infinite Order of a movement of creation, called the universe. Movement or change is not in opposition to or at odds with order and stability.

You simply don’t want to become stuck in a particular form of stability. Your ego does. But I am saying that none of you truly wants to choose for absolute fixed stability that doesn’t allow for change, as though that is the achievement or goal you need to be working toward. In fact, all of you are coming into a time of great change. Great world change. Great inner change. And those of you who have had some experience of stability, are better prepared for it, if you will, shall I say, translate that experience of stability into a confidence in the ultimate and absolute stability of that which is moving it all, God. So that you can dare to trust into the change, without an automatic assumption that change means chaos.

When, not if. When you make this move, when you embrace this change, and engage in it, don’t abandon an expectation of orderliness and stability. Embrace it with a confidence, that the underlying orderliness of the Movement of Creation, is governing the change. Let there be flexibility here.

So I will tell you something: If you don’t embrace the change, if you do not allow yourself the flexibility, you will be engaging in the first stages of suicide, that I mentioned yesterday. A suicide, that everyone else will call a “natural death,” which is about as sensible as dry water.

Now, just because you allow for change and a little bit of delight, does not mean, that you are becoming irrational or irresponsible. And again, I encourage you not to begin to bury yourself in a static and dependable life pattern, from which you will allow no variation. I encourage you to have a little bit of fun and realize that in having fun, you are not abandoning intelligence. Enjoy the island, and enjoy the woman, and enjoy yourself. That's the end of the answer.

QUESTION: Thank you. (Laughter)

QUESTION: Good morning Raj.

ANSWER: Good morning.

QUESTION: My question is about my place, in the scheme of things...

ANSWER: Your place?

QUESTION: Yes.

ANSWER: You are the place, where God shines through. Stop thinking of your place, as a geographic location in the world, or a set of special coordinances, that identify you in a spot in the universe. You are the place where the experience of life unfolds, as the conscious experience of Being. You are the place, where all the meaning of God, shines through into manifestation. You are the threshold, of the Movement of Creation. You are the place. And if you think of yourself as having a place in the world, you will give more attention to that, than being the place, where the originality and creativity of God comes into expression, as what everyone else will experience as the gift of You, that you are uninhabitably making, by daring to just be, without apology. Just be, genuinely You.

So the question is not, what or where is your place. No! The question is not where is your place. Paul is becoming self-conscious.

The question is not, what or where is your place, but how to be the place, that you are. And the way you begin to be the place where God shines through, is to adopt an attitude of "not my will but Thine be done." In other words, it is again a matter of making the invitation, to have someone or something else share your space.

Now, literally when I say that, I mean to share the space that your ego has been filling up. I do not mean that it is to share the space, with the ego. But to share the space, that the essential you is, which you might say, squeezes the ego out, and allows the presence of God, that constitutes the presence of you to join, and be the expression or embodiment of the true meaning of your presence. Don't be so concerned about your place in the world, let your attention and interest and invitation be, to allowing the full meaning of who you Divinely are to be what is present, right here, and right now. Continue...

QUESTION: At this stage of my life, I would like to know whether I should be closer physically to my long time spiritual group, spiritual study and service group. Now I am physically away from them, and I'm concerned

about our continuation as a unit, because some members are leaving this plane.

ANSWER: Ultimately, you will do what you are going to do. But, I am going to encourage you to embrace the idea, that groups with specific identities, inhibit the grasping of the fact, that the Brotherhood of Man is the only group. And you are already in that group. And you are already everyday in communication with members of that group.

And so everyday you are provided with the opportunity to be the presence that supports the clearer and clearer experience of what it means to be a member of the Brotherhood of Man, or in biblical terms the “Body of Christ.” And understand, this does not mean the body of Christ, a man. It means the body of that Infinite Self-expression of the Father, called His Son, His Expression, which includes Sons and Daughters.

Those of the Brotherhood, who are still not experiencing their Divinity fully, need the ongoing support of the other members of the Brotherhood, who are experiencing a greater confidence in the Divinity of Being, rather than the frustrating humanity or mortality of Being. It is not that I am equating mortality with humanness. But when humanness is identified with ego, rather than Divinity, then it is frustrating and is experienced in a mortal way, an uncomfortable and dying way. When humanness is equated with humaneness, and what you could call, fundamental real human values, that is when you begin to connect with the essential Divinity of your Being, right here. And that is what nurtures the clearer experience of Brotherhood.

There are national boundaries, and there are group boundaries, and these boundaries will have to dissolve. Yielding to the experience of the Brotherhood of man, that in no way diminishes, what you might call, the wealth of the fabric of cultural differences. Cultural differences are not divisions, but what you might call, infinite expressions of art, infinite expressions of soul.

To have national or group boundaries dissolve, does not mean the sacrifice of the infinite expression of soul, anymore than everyone’s waking up and claiming no other presence than the presence of God, annihilates the experience of individuality.

So, how could you possibly be alone, separated from your group, when you identify the group as the Brotherhood of Man, from which you are excluding no one.

I encourage you to contemplate this. I also encourage you to ask yourself, whether it is important to maintain or contribute to the maintenance of a clear cut distinction of an existing group. A distinction from everyone else. Which is another way of saying, maintaining a specific identity to this group. For the specific identity of the group to dissolve, does not mean that the spiritual value of the members of that group, will be lost to the world. That’s the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: Hello Raj.

ANSWER: Good morning.

QUESTION: I think you've answered aspects of my question, in the last two answers. You may remember a year or so ago, in Ashland, I asked if I should go to Santa Fe for a year, and you said, "yes." And in fact, I did go, and had an absolutely magical time.

I have returned now to California, and I have verified that, the move to Santa Fe was a breaking up of old patterns and old systems and an old person. And that the more I broke things apart, including my own belief systems, the better I felt, the more clear at my center. The move to Santa Fe I think turns out to have been, an inner kind of movement expressed geographically.

ANSWER: Indeed.

QUESTION: I want to go back to New Mexico to live. In my deep heart, I want to go back there. And I want to take my family with me. And in fact I will do that. I'm not afraid to continue the breaking up, of what I've been comfortable with my whole life, because the comfort level is different.

In other words, I'm on an interior journey, and I do understand that. I trust it. I'm going to go into it. But my fear comes to the front, in the fact that, I think I'm going to lose the battle, in the sense of trusting into the breaking and the going forward, and get sucked out by my ego, and get sucked back into old systems. And if I'm not over stating it, I think I'm at a point where I'm fearful of a battle, between good and evil, in this forward journey.

ANSWER: Well, the only battle between good and evil that there could be, would be the awkwardness of yielding to the inner movement of your Being, verses yielding to your old conditioning. But I will tell you something, your love for the movement of your Being, is greater than your inclination, to be hooked by your old conditioning. You might say, that you are hooked on your fulfillment. And you will find yourself, smoothly or at least consistently, moving in terms of your fulfillment, even if at times, it feels a little bit strenuous, because an old habit is hooking you.

In other words, now your path is clear to you, where before you didn't even know for a fact, that there was a path. And there is something in you that is not going to allow itself to be distracted again from, being aware of your path and moving along it. I understand the fear. The ego is, indeed, threatening you, but you are stronger, you might say, than you think, in terms of your spiritual growth.

And I encourage you to continue to intend, to return to Santa Fe. That is in order. And because it is in order, your world will tend to configure in support of

that. And so with a certain amount of a light heart, I encourage you to look forward to returning. And when the thought comes, that something will keep you from it, laugh it off, say, “that’s ridiculous! My Being is stronger than that.” That’s the end of the answer.

QUESTION: Thank you kindly.

ANSWER: You are welcome.

QUESTION: Hello Raj.

ANSWER: Good morning.

QUESTION: It was very difficult for me to come here this weekend, because my last two conversations have been canceled. And I have felt, rejected as not being capable of anymore enlightenment or growth. And, I assume there is a definite reason for these particular lessons. And I would like to have some word from you, about why, and perhaps what I need to do, now. Thank you.

ANSWER: First of all I would encourage you to set up another appointment.

Now, it is very important for all of you, especially when you are seriously engaged, or engaged with a certain intent upon moving along your spiritual path, not to make mountains out of mole hills. And if something does not go as you had expected, it is not appropriate for you to immediately try to figure out what it is you are doing wrong, that has caused this to happen. There is indeed, a need to have a certain, I will say, casualness about your movement along your spiritual path, so that you do not make circumstances into life and death dynamics, do or die dynamics.

Now, it is the ego which would have you turn a benign circumstance, into a circumstance that judges you, or a circumstance that calls for judgment in any direction. This is the way the ego hooks you, and distracts you, from your peace, and distracts you from, what I will call, your access point to your enlightenment, which is forever present with you, within you.

Now, I encourage you to also realize, that Paul is not the one who is totally awake. And that Paul is needing to deal with his experiences of guidance and the results of those experiences of guidance, just as the rest of you are. And he doesn’t always do it gracefully. He doesn’t always do it unresistently, because indeed, I am constantly saying, “you are a little bit bigger than you think you are.” “You can take a step here,” and his limited thinking says, “I hear you, but I do not have the nerve. I here you, but it does not sound reasonable.” And he digs in his feet and suffers, if you will, creates for himself tension and distress. And when he does this it is difficult for him to be clear. And he does not always want to have more clarity provided to him, since the clarity that has been provided is distressing enough.

There is one thing about Paul, and that is, that he consistently refuses to engage in or allow a conversation with Raj when he is not centered.

I will tell you that, this past year has been a year of great growth on his part, which has required him to allow for a much larger experience, a more expansive experience of life, which he has not felt there was any sound basis for. And as a result, he has fretted through an almost literal experience of paradise.

Indeed, to the human sense of things, he has been quite unproductive, compared with prior years. No workshops, two issues of a newsletter and, indeed, many canceled appointments, which again, I must say, reflect an integrity on his part, not to bluff his way through. I am taking this time to make these comments about Paul, because he will not do it. And it is important for everyone not to assume, that just because he trusts into the process enough to allow what is happening right now to happen, does not mean, that it is truly any easier for him, than it is for anyone else. Or that he has truly arrived at a point of much, much, much greater spirituality, than the rest of you.

And I encourage you to realize two things: there is a certain necessity for compassion, relative to Paul, because of this. And when he cancels an appointment, or a newsletter is not received in a timely fashion, that there be allowances for the fact that in spite of it all, he persists. And secondly: If you will not assume that he is somehow in a different position from the rest of you, you will be able to embrace your fretting, and your resistance, and your awkwardness, and not assume that you don't have what it takes, because its "so easy for Paul," and so difficult for you.

It is important to maintain a sense of equality and camaraderie, as you move together along the path of coming Home into your right Mind. There literally is no greater significance, to the cancellation of your appointments, than the fact that Paul was groveling in shit, and choose that rather than to be clear at that moment.

I would love to talk with you again, whenever you wish. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hi Raj, is this on?

ANSWER: It is indeed.

QUESTION: Well each question I have come up with has been answered, either in my own mind or by someone else's answer. So I'm simply going to ask if there is anything I need to know at this time that would be helpful?

ANSWER: There is such a wonderful state of equilibrium, that you are embodying at this moment, that the answer is No. I will give you an opportunity before the end of the day to ask a question, if you should have one then.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello Raj.

ANSWER: Good morning.

QUESTION: My question, I'm looking for some understanding and some direction. For the past two years, I have been wanting to adopt a little girl, and haven't been successful. The past year has been spent, I felt as an extremely intense year, where I've felt literally pushed through the air.

PAUL: Pushed through the air?

QUESTION: Pushed through the year.

PAUL: Oh, year.

QUESTION: A year that was packed full of experiences and challenges. I really feel that I want to adopt a child. And I'm wondering if you can give me some guidance, as to what I might need to do in order to achieve that?

ANSWER: Persist. It is in order. And it is not inappropriate for you to be put in the position, of having to consistently experience your desire to have a child. It allows you to bring into play, before the fact of the presence of the child, your love, the love you are willing to share. The means will unfold. But do not let the natural outpouring of your love and your desire for a child to become clouded or undermined by frustration. Learn to stay with the love and the extension of it, as you naturally reach out for, this one who will come into your experience.

All that is pertinent at the moment in this process for you, is your willingness to persist. You are in the process of discovering your infinite capacity for being loving. And once this child is in your experience, it will not be all peaches and cream. And there will be days, when you will have the opportunity to draw upon this infinite resource of your capacity to love, so that you are able to love, in spite of your temporary ego frustration with what might be happening. The mother love in you, is having the opportunity to come into play, and be the invitation, if you will, extended to this child, helping to set into place in a tangible form, the fulfillment of that extension or sharing of love, that will appear as an adoption. Be patient in, and persistent in, your love. That is the single task at hand, and the single appropriate action that is called for. And that's the end of the answer.

QUESTION: Could you tell me a time, when I might expect that?

ANSWER: No, Because that will set up a dynamic, that will be promotive of impatience, and it will distract you from the purity of the practice of your love, which is what will, shall I say, grease the way. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good late morning Paul.

PAUL: Good late morning to you.

QUESTION: Paul, I even hate to ask anything, because everything has been so marvelous for me this last year and a half. And it seems that if all I need to do is just to wish for something, and it's there, before I even know about it. And physically I'm having a little bit more problems. I can use the, being able to help with the tooth maybe that's hurting or something else. But I am having problems with my eyes. And I can't seem to get to much help on that. And I was wondering, are we just going to continue the way we are, or what do I do? Do I just accept it?

ANSWER: Absolutely not! Never just accept limitation! Whether it is physical or in terms of a relationship or finances, et cetera. Again "It is the Father's good pleasure to give you the Kingdom." Absolutely none of what constitutes your perfection, in all areas, is withheld from you. It is your birthright to be experiencing it.

Now, and this is important for everyone. Do not let your frustration at not experiencing it, occupy your thought to the point, that you are distracted from giving permission for your perfection to be experienced, giving permission for your healing.

Now I simply encourage you each night, just before you fall asleep, to ask your healing team to address the issue with your eyes. Ask for a healing session during the night, while you are sleeping. Then during the daytime, when you feel yourself being bothered, relative to your eyes, or even if the thought comes to you, acknowledge that perfect vision is your birthright. Remind yourself, that it is the intent of your body, to identify the presence of you perfectly. That it is, therefore, the intent of your eyes, to perform their function perfectly. That is their intent. That is their inclination. And by acknowledging it, you, if I might put it this way, engage in a little bit of reprogramming of your mindsets. In acknowledging, that it is your birthright to experience your perfection, physically. And that indeed, it is the intent of your body to identify you perfectly.

You are beginning to come into alignment with the Truth, at least, relative to your thinking, you are coming into alignment with the Truth. And that is what allows for the penetration, of the Truth to occur and regenerate.

Now it is absolutely inappropriate for any of you, to assume that because you are a certain age, which simply means you have traveled around the sun a certain number of times. It is absolutely inappropriate for you to believe or accept the idea, that because you are a certain age, there are certain things you must just accept. That you must just realize, that you can't do what you used to do. And that you shouldn't even bother to try anymore.

The fullness of the expression of God, that constitutes your identity and your individuality and your existence, is as fresh and new today, as it was when you were two hours old. God is not running down. God's Self-expression isn't becoming weakened. God is still omnipotent, and omnipresent. And any

limitation that one is feeling, is invalid and illusory. But one does, through the use of imagination, begin to embrace mistaken concepts, and then that one begins to behave according to the concept.

All age problems, are not old age problems. There are teenagers, who are suffering from being teenagers. And there are those in their forties, who are suffering from “mid-life crisis.” And there are those who are twenty-four or twenty-five, who are not yet feeling a strong sense of their presence and substantiality. They’re not in their mind, quite grown up and they’re not kids anymore, and that is a problem, an age problem. But whether you are fourteen, or whether you are eighty, or whether you are forty, in other words, whether you have traveled around the sun fourteen times, or eighty times, having experienced a little bit of space travel, you are always the full representation of capital “M” Mind. The full representation or manifestation of God expressing Himself/Herself.

The creation of God, that constitutes your conscious experience of Being, is forever new, and forever vital. And those who, getting into their “twilight years,” which is just another ridiculous concept, who put off living, because there’s not enough time left to complete any of it, will find themselves after they have passed on, as I said yesterday, with the same opportunities to continue to engage in life. And I will tell you, you will not suddenly find yourself to be a babe again, with what might seem to be a natural feeling of having a whole life ahead of you with freshness. You will find yourself, experiencing yourself, just as you were before you passed on. And then you will say, “Wow, I’m not going to postpone living anymore.” “Why didn’t I realize that twenty years ago when I was sixty.”

The moment you begin to say, “I guess I’m just going to have to put up with my limitations,” again, whether you’re sixty or twenty, you are simply succumbing to a misperception, an aberration of awareness. And if you indulge in it, you begin to undermine your sense of your own integrity, both physically and mentally. And you begin to squelch the life force within you. The life force is there. The ideas come, to engage in life. But then the intellect and the conditioning comes in and says, “well, I never saw anybody else do this.” “Of course, Aunt Agnes would slide down a banister at eighty-five years old, but she was eccentric.” I’ll tell you, Aunt Agnes was engaging in life, and that’s why she had the spunk, because she didn’t squelch herself.

Remember that, if the Father has withheld nothing of what He Is from His Self-expression, meaning you, then the vitality and vigor of life, are forever present for you to embody. And generally speaking, as a youngster, you dare to embody it, without hesitation. But as you become educated and you learn how to be intelligent, you reason yourself right out of the spontaneous willingness to be the embodiment of life. And that is what I am here to encourage you to stop doing. Stop withdrawing the permission to experience your Perfection, your wholeness and your vitality, no matter what age you are.

Now, if you were to pass on at this very instant, you would find yourself still appearing just as you appear, believing what you believed just a moment ago, except, that where you experienced some doubt as to whether you will exist at the moment after death, that ignorance will be annihilated, by the fact that you find yourself still existing. And so the fear of death will be gone. That is the one belief that is altered, annihilated by virtue of the experience of passing on. Now, if this were to happen at this moment, you would find others, who went on before you, if they had not incarnated in the meantime, those who you remember as being elderly, who are not manifesting elderliness. You will find that they have experienced regeneration of their bodies. And it is because they gave up the inclination to just accept where they were, to just put up with old age, and because also, they had the example of others who went before them, who were also manifesting more youth, who were physically regenerated.

Now at the moment, you don't have many examples of physical regeneration. There are healings here and there, with young people and it is easy to say, "well, it is because they are young and their body has an active immune system, and also perhaps they were more spiritually alert and that allowed for regenerative healing." But those are all just excuses, for not embodying regenerative processes, right now.

And I cannot say it too often, "now is the accepted time," don't wait to engage in waking up, after you pass on. Don't wait to engage in re-embracing life, after you have passed on. Start giving permission today. No matter what your age, give permission for the perfect Self-expression of the Father/Mother God, to be embodied right where you are. Give permission for the ever new expression of the Father, that appears as you, to be physically embodied. Let the perfection of your Being come forth.

And I will encourage all of you, who have a metaphysical, studious, orientation, not to turn this into an intellectual process of work. I encourage you with a certain abandonment, and freedom, and lightness, to just give permission to yourself to let what the Father Is, fill you, and become embodied, for no good reason at all, other than that it expresses that which is essentially natural and normal to Divine existence, which is the only existence you have to experience. Unless you choose to abide in your faulty imagination. And then you will seem to experience less than, that which is Divinely natural.

Your birthright doesn't have to be earned. You do not have to become worthy of God's Love. And you do not have to become worthy of His Will for you, which is for you to experience yourself in your right Mind, with a capital "M," with a clear undistorted perception of your perfect body. And with the capacity to recognize your world, as God is Being It, rather than as your limited perception allows you to see it. Literally, we are not talking about something that you must gain, that is not natural to you, and which, therefore, requires some

practice or exercise, some spiritual exercise, or some practice of spiritually correct thinking, in order for you to gain this thing that is not fundamentally natural to you.

The children who are being born today, are being born into an environment and a social setting, that is far more spiritually enlightened, than society of a thousand years ago. How is it that they're able to cope, without having had to go through all of the last thousand years and the social changes that were worked through, by those who were making the social changes. It is because they don't come in with preconceptions, and they simply embrace what is. They give permission, for there to be cars, and airplanes. They give permission, for there to be, not only color television, but little tiny color televisions with VCRs that fit in the palm of your hand. They don't have to go through, getting use to the wonders of radio and talking pictures and the development of color film and the development of black and white TV, et cetera, in order to be able to embrace, this marvel of technology, called a portable-hand-held-color-TV-VCR.

Likewise, it truly is unnecessary for everyone to go through metaphysical processes of intellect and reasoning, in order to deserve to see perfectly, or in order to deserve to experience physical regeneration. There simply needs to be, the child like willingness to give permission to embrace, what it is already your birthright to be experiencing. And this is part of the process of yielding. Yielding into your birthright.

Everyone is going to yield into the experience of Reality or the Kingdom of Heaven. Everyone simply needs to say, yes to there fulfillment. And fulfillment does include the experience of regeneration and healing, whether you're eighty or forty or twenty-five or fourteen. And that's the Truth.

QUESTION: Thank you.

ANSWER: You are indeed welcome.

QUESTION: First, I want to say thank you, to Paul, and to Raj.

ANSWER: You are welcome.

QUESTION: I'm aware that the limit that I am desiring to release is basically fear, and it has many faces, self-doubt, and a sense of scarcity, which intellectually I know is not true. But on an emotional level, there seems to be some kind of a barrier I have, to receiving all that I really desire, abundance, a man in my life, more joy and happiness. So I would like some, maybe, very specific help, in how to release this particular, outmoded attitude or belief, and any help into why I have such a strong ego defense in this area.

ANSWER: I will tell you, it will be difficult for you to let go of fear, if fear is the focal point. And if you try to let go of the fear, fear is the focal point. Now, instead of trying to let go of fear, I encourage you to embrace fearlessness. Not as an effort, because fearlessness is not something you do. Fearlessness is a "practice" that is the equivalent of becoming irresponsible and uncaring. In other

words, it is an absence of doing something. Whereas fear, is a practice of doing something. Fearlessness is something you can replace fear with, by first of all, noticing your body, which you will find is tense. You will also find that your breathing is shallow. And if you will take a moment in the middle of your fear, to move your body, your shoulders, your torso, your legs, and after having brought all the muscles into play, you relax, so you are aware that you are not holding yourself tense. And then if you will in that relaxed physical state, notice your breathing, and increase the depth of the breathe, and slow down the rate of inspiration and expiration, you will find a great deal of your sense of fear diminished.

I will tell you something: it is impossible to be experiencing emotional reactions without a body. If your body were able to be anesthetized without your going to sleep, you would find it absolutely impossible to experience reaction and you would find yourself totally able to respond out of peaceful intelligence.

The ego, the private tiny sense of self, utilizes the body to create emotional reactions and sustain them. When you take time to relax the body, slow down the breathing and increase the depth of the breathe, your body will cease to be as sensorially active and the sustenance of the emotional reaction will be deprived from the emotional reaction and you will experience more peace. Then if you will consciously choose for your experience of peace mentally, because you value it, knowing that when you are not reactive, you are in a better place to experience common intelligence. That choice for your peace will help move you over the threshold and out of the fear.

You see now, we have not been dealing with fear. We have been dealing with making a choice for fearlessness. Which means becoming less personally involved with all of the manifestations of fear. You still embrace your body. But you embrace it as though it's peace, its state of relaxation, is what is most contributive to your being able to deal intelligently with whatever it is that's going on. You do not rise above the body. You do not tense it up to squelch the reaction. You engage in doing less than you were doing, when you were experiencing fear.

Fear is a choice. Peace is a choice. Inner conflict is a choice. And the only reason you choose for these things, is because the body seems to be supporting and substantiating the validity of those reactions. And the other reason is, that you seem to have intellectual justification, for maintaining yourself in a reactive state.

You have heard the saying, "if you are not upset, frightened and uneasy you don't understand the situation." That is a justification. The suggestion is, that if you are not afraid, you are not in touch with the realities of things. But, I am telling you, that if you are afraid and if you are experiencing conflict, you are out of touch with Reality. And the solution to whatever it is that seems to justify the fear, is your choosing for your peace, and your moving into that quietness, that

undoing, that lack of doing, that will allow you to experience clarity, that will be resolving of the situation.

Don't value the sensory data, that your body gives you when you are in a state of reaction. Your ego will tell you, that the fear is a survival mode, that is very important to you if you want to survive. And that, therefore, if you are experiencing clenching in the pit of your stomach, and tension in the rest of your body, it is because, some intuitive part of you is noticing the presence of something truly threatening, and that you had better pay attention to it.

But I will tell you: in the process of awakening, you need to learn to become intelligently irrational. In the same sense, that anyone who works at a great height from the ground, whether it is an old time sailor with the rigging of the ships or whether it is a fireman, they are taught how to fall, and have to practice falling, so that they can learn to do the intelligently irrational thing of relaxing, before they hit the ground. Because, if they are relaxed, they will experience less injury, than if they had braced themselves, which is what your immediate reaction is.

So, we are talking here about the intelligent irrational act of choosing for fearlessness. And doing exactly the opposite of what your ego conditioned thinking says is essential. If you are the expression of Divine intelligence, then it is totally irrational for you to, under any circumstances, justify fear. And, if you will remember that fear is a choice, it will be more reasonable to you to believe that you can not choose for it, and choose for something else.

So, begin to practice on the little uneasinesses, not the big full blown fear issues, but start with the little uneasinesses, the little self-doubts, if you will, and realize that this is simply an ego dynamic, a conflict that you do not have to validate, and so, don't validate it. Be irresponsible, dare to feel good, in spite of whatever the issue is that seems to be creating the uneasiness.

I will tell you something: The only reason anything meaningful has occurred today, is because Paul has dared to be fearless, nonself-protective. He has dared to assume that there is no threat, and in the peace of mind, the peace of being, he is able to simply be the flow of appropriateness of the moment.

And yet, there was a question a few moments ago, that expressed a frustration, that could have been interpreted as a personal attack, or at least a loss of faith in Paul personally, and that could have gotten in the way, and caused him to feel bad and become self-protective, which would have made it difficult for us to continue together as we're doing right now. And from an intellectual reasoning process, he could have justified his sense of self-protection, after all, what if there are some more questions like that, that he could interpret in a personal way to his disadvantage and to an ultimate loss of his peace.

You see, you must understand, that you really do exist in the Kingdom of Heaven. And there really are answers, that uncover the Reality of the Kingdom of

Heaven, and show you that you are not vulnerable and that any justification for fear, was the result of an ignorant belief, and not the result of instinct for survival.

So I encourage you, and I encourage everyone else, to dare to practice fearlessness, which will always feel like the putting forth of less effort, than the effort it takes to be fearful. The fear seems to call for more energy to be put forth, but if you dare to relax and if you dare to get into your peace, you will find the fear absent. The situation occasioning it, may still be present, but then you will be able to see it from your peace, and your natural capacity to be intelligent. And then your expressions of intelligence, will not be compulsive and unintelligent.

Everything is truly on your side, because you are in the middle of Reality. Everything is ready to conform, to identify your fulfillment, and your good, and your fearlessness, and your peace, if you are willing to let go, become from the ego's point of view irrational, and choose for your peace before you act. Then the Divinity of who you are will come forth, and your value to everyone else will come forth, and your experience of the need for everyone else, in order for you to experience your fulfillment will come forth, and that will even contribute to a greater willingness to be defenseless.

Now I could go on, but we have covered the point. And all of you deserve to have some lunch.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello Raj.

ANSWER: Good afternoon.

QUESTION: It's wonderful to be here, and your messages are so loving and supportive, and make me feel that we are so much more than we think we are. And...

ANSWER: ...I will interject here. That if all of you pay attention to the way you feel, when you are treated with an acknowledgment of your Divinity, it will become obvious to you, how wise it would be to treat your fellowman in the same way. Because not only will your fellowman find it a pleasure to be with you, but you will find yourself feeling good also. But it takes the willingness to acknowledge what is Real in your fellowman, rather than assuming that you have that individual pegged, for what that individual is presenting himself as.

Absolutely everyone of you, no matter what you think is going on in your life at this moment, and no matter whether you are thinking well of yourself or not, is absolutely innocent, absolutely guiltless. And it would be well for all of you, to approach your fellowman with the willingness to see that, and help express that in a way that allows your fellowman to more easily embrace that concept of himself or herself. As that begins to happen, you will find incredible things happening, in terms of progress on your planet.

Now all of you have had the opportunity to embrace a brand new attitude toward Russia. Indeed, for the head of that country to be awarded the Nobel Peace Prize, indicates that there has been significant willingness to acknowledge integrity, where integrity is being expressed, even though everyone's conditioned thinking causes that one to be inclined to judge that country according to the past.

Every time you encounter a friend, or an associate, whom you have known before, I dare you to approach that person as though you have never met them before, so that you bring absolutely no preconceptions along with you, into your encounter. This is what will significantly allow for change to occur. Continue...

QUESTION: I don't know if I have a question anymore. Again, the messages are so supportive, and you talk to us of our integrity, and our Divinity. And this was the type of message that I was seeking for, all the years that I attended church. and I didn't find the message in the church, and the teaching of the bible in the church, where it was impressed upon us about sin, our fall from grace, that we all fell short of the glory of God...

ANSWER: I can only agree with you.

QUESTION: I'm not sure what the question, exactly is. But why isn't your message being taught in the church, why don't the people who are seeking for spiritual enlightenment, find this loving acceptance and reassurance, that our Divine unfoldment is a natural process, and that we are entitled to all of God's gifts?

ANSWER: Because, indeed, if it is not the Holy Spirit that is addressing the congregation, or the people, there is no means of speaking the words in a manner that can be heard, in a manner that does not elicit objection, contradiction and argument. I will put it very bluntly, if Paul were sitting here telling you exactly the same thing, you would not as defenselessly accept it. Because you would attempt to hold that statement of truth, in the grasp of, or the confinement of, your insistence upon seeing Paul as an ego, or a personality. And by that means, you would not give the permission necessary to unconditionally consider what is being said.

And, I am speaking to everyone when I say that, I am not singling you out. Don't worry, this message will begin to get through, but where it is going to get through, is within individual conscious awareness, more than from established groups, church's, denominations of religions. More and more, all of you will begin to feel the conviction of your Divinity, and as it becomes a conviction, you will begin to speak from your heart, and you will begin to speak of what you see, and what you know. And the atmosphere of your environment will begin to change, and begin to be supportive of each ones willingness to embody the Christ consciousness, and let it show. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good afternoon Raj.

ANSWER: Good afternoon.

QUESTION: This is Kay.

ANSWER: Indeed, I would have known you anywhere.

QUESTION: As you know, I've been having some conversations with you and with Jeremiah, about the elemental kingdom. I was wondering if you would talk generally about our connection with the elemental kingdom, and what it really means to have a connection, what the elemental kingdom really is, and what our relationship is to them.

ANSWER: As all of you begin to allow yourselves to become more unconditional, you will begin to find that the infinite expression of God, is far more infinite than you imagined. And I mean this not only in terms of those who are called the space brothers, those who inhabit other parts of the universe, but also those manifestations of conscious individuality right on your own planet, that you are not recognizing at the moment, which have been referred to as nature spirits, or fairy's, or deva's. Those who you might say, function in relationship to the earth, the plant life, et cetera. It is these, that could be called the elemental kingdom as you have put it.

Now, if this strikes some of you as being a little far out, that is all right, it is not bad for your borders to be expanded a little bit, and I will not push too many of your buttons today.

You also have, what you call the animal kingdom, which is not part of the elemental kingdom. And you will find that not only are Dolphins actually able to communicate and express their inherent intelligence, but also the other animals. I have said it before, but I will repeat it again, every single form that you experience, whether you are experiencing it clearly yet or not, is capable of communicating its reason for being. Its capable of communicating its meaning, the meaning that was set into motion by means of the movement of creation, the movement of God.

There is absolutely nothing that is unconscious substance, whether it looks like a rock, whether it looks like a blade of grass, whether it is plastic, or whether it is a natural substance. If there is form, it has meaning, and it is capable of conveying that meaning to you, if you are willing to be still enough, and sensitive enough, to let it register with you. And its meaning is always Divine. I do not mean that it speaks in religious terms. But I mean that it expresses perfectly the intent of the Father. And it embodies the intent of the Father. It, therefore, embodies an indivisible, unconflicted intent. It embodies intelligence, and it is, therefore, a most wonderful thing to experience communion with things. The substance of these things, is living love, because that is the substance of God.

And, when you dare to become defenseless toward everything that you see, and when that little invitation is made, to allow it to share your space, you have the

opportunity, not only of experiencing the marvelous meaning of those things, but you also have the opportunity to experience being loved by everything you see, because it is the active embodiment of Love. Some of you in this room, in moments of illumination or enlightenment, have had that experience. And it awaits the rest of you, and it is something to look forward to.

Now, you are embarking upon a specific practice of opening up to, and inviting communion with the elemental kingdom, with the fairies, and nature spirits and deva's, et cetera. You are indeed, inviting connection, and making room for them in your space. You are lowering your fences or defenses, if you will.

If there are others of you in the room who find what I am saying confirming a desire that you have in you, I encourage all of you to do likewise. To let there be an active defenseless invitation to have more of the Infinite creation of God register with you. And as you do, I encourage you to anticipate that whatever connections might occur, will constitute encounters with intelligence, more intelligence than you might normally have attributed to fairies. But, I also encourage you not to fear that they might be so much more intelligent than you, that they would not care to communicate with you, or would make you feel quite inferior.

In most cases, the character of fairies is quite angelic. And, the pictures you have of fairies with wings, is most appropriate, not because they actually have wings, but because of the fact that they are very much like angels, which you also conceive as having wings.

But I will tell you something else, and it is something you will have to be ready for: there is an inescapable expression of humor that fairies express, and they will promote in you a tendency to laugh. They will embody joy. And they will not stand for seriousness. And so, they will tickle your funny bone, and in doing so, will illuminate in your conscious awareness the fact that being Divine is a joyful, happy, fun thing, and not something sanctimonious and seriously reverent.

Indeed, fairies are real. Deva's are real. Nature spirits are real. And, that is all I will say about it today. But, indeed, I encourage you all to not be so sure that you are aware, or have a fairly good idea of how the Kingdom of God is going to appear to you. Be open for delightful surprises. Delightful surprises. Another reason that I suggest that as you continue to advance along your spiritual path, or should I say, undo your process of moving away from Home, you do it with more lightness than you have done it before, with more casualness. That's the end of the answer.

QUESTION: Thank you so much, that was wonderful.

ANSWER: You are welcome.

QUESTION: Good afternoon Raj.

ANSWER: Good afternoon.

QUESTION: I was delighted to listen to the last conversation, because, I have always felt so close to the nature spirits especially the birds. And I wanted to ask in relation to... I've asked upon occasion for healing, which I thought was, healing team activity, to take care of many of the birds that happen to hit the windows, and different things. And I've often experienced healing. Also I've asked for healings for all of the oak trees, which were infested. And so many things have worked out so well. Would those be attributed, basically then to the fairies, spirits of that nature?

ANSWER: No, indeed, you have by virtue of your request, you could say, specifically invoked the efforts of the healing team. And the responses you have experienced, have been as a result of the healing team. Continue...

QUESTION: Also, in connection with the oak trees? We are talking about the healing team?

ANSWER: That is correct. That does not mean that the Deva's are not attending to their business also. You must also understand, that when the healing team works, they are not only working with the, let us say, manifestation of disease. Let us say, they are also working with you in terms of helping reveal to you the natural, inherent, perfection of that which is being healed. Which is not the case with the Deva's. They are working primarily with the plant life itself, regardless of your clarity or lack of clarity. That's the end of the answer.

QUESTION: Okay, well thank you Raj.

ANSWER: You are welcome.

QUESTION: Do I have time for one more question?

ANSWER: It would be well to pass the microphone on at this point.

QUESTION: Okay.

ANSWER: We will be talking again.

QUESTION: Good afternoon Raj.

ANSWER: Good afternoon.

QUESTION: My question is more personal in nature. Having about four months ago taken an intelligently irrational leap, and undone my very stable life, I find myself mid-leap, if I could describe it that way, and trusting the wisdom of my Beingness expressing this new aspect, and I feel fearless. And, I would very much appreciate if you had... I don't have a question per se.... but if you had a message for me I would be delighted.

ANSWER: Well, if you are at mid-leap, it is not a good idea for me to tell you, you have made a mistake. Because at this point it is absolutely essential for there to be follow through, landing, stability.

Now, the leap was appropriate, and I am not telling you that, just because you are in mid-leap, and I will tell you something different after you land. It is absolutely essential for you to maintain, and I mean by that, not undermine the

feeling of the integrity of the actions that you have taken, to trust, as your life reconfigures around you. To identify your fulfillment, in new terms.

It is also absolutely essential for everything about your departure point, to be held innocent, and not to be held as the cause of your leap. It is essential for you to know that, your starting point and your ending point, are both manifestations of fulfillment, and both are valuable, and both are meaningful, even though one is no longer identifying your fulfillment. In other words, the departure point and the arrival point, are both innocent, both valuable. And if that is your frame of reference, you will experience harmony. You will be able to value them both, even though it is not practical to be at the departure point any longer.

There is a hymn that says, "From Glory Unto Glory." That is what the movement of fulfillment is, "From Glory Unto Glory." And it is not a matter of moving from, an absence of fulfillment, to fulfillment. Let judgment be absent, relative to the departure point and the reconfigured destination point.

It is not appropriate for you to arrive at a new configuration of fulfillment, as a means of escape from the old one. If that is the manner in which you arrive at the new configuration of fulfillment, you will approach the new fulfillment with a certain caution, because you will realize that at some point it will need to be a place to escape from, into a greater fulfillment. And also because your departure was a means of escape, you will deal with your point of arrival with a certain compulsive self-protection, that will cause you to lose the whole point, which is from fulfillment, to fulfillment, to fulfillment.

If it is seen that where you've left from is as valuable and as important as where you arrive at, there will be an inner evenness, an equilibrium, that will allow you to function with perspective and compassion, and a defenselessness that will allow you to absorb where you are, without denying where you were. And this is important. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Raj.

ANSWER: Indeed.

QUESTION: I find myself working with the handicap children on Friday mornings, to teach them to square dance. At first, I didn't know how bad some of the children were, and we went ahead and taught them. But now, some of the teachers are telling us what the children are not capable of. But I wake up in the morning, with ideas of how to teach them. And I'm wondering what I'm doing there, or if you have a comment on that?

ANSWER: Only that, as I said earlier, it is most valuable for you to go into your encounters with them, your relationships with them, without preconceptions. And unfortunately, those who work on an on going basis with others who are, let us say, embracing less of their totality, than those that are caring for them, they

develop a very definite picture of what is possible and what is not. In other words, they begin to accept what those children are presenting, as though that is the fact, and therefore, a true statement of their potential, and thus they loose their healing capacity in those children's lives.

I simply encourage you to work with them, not on the basis of what they present, but on the basis of having no preconceptions. Now, it is important to understand that, it is just as detrimental for you to have a specific concept of what they can do, as it is for their teachers to have a specific concept as to what they can't do. To have a specific more unlimited concept of what they can do, does not constitute being sensitive to them, does not constitute being willing to be truly present with them. It does not constitute being unconditional. And it does not constitute being in the place where you are susceptible to insight, a fresh perception of Truth in the moment, a perception of Truth that will constitute love penetrating their particular level of ignorance, and registering with them, in language that they can understand, respond to, and joy at. Yes you understand what I am saying.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Dear Raj, it's such a joy to be here. Thank you. I am working on a project for earth. And I would like to know whether you think the background for it is valid, and whether I should continue to put energy and time into it? There are a number of experts, in appropriate fields, who believe that there may be an ice age before global warming takes over. And I am sending out material on the subject to various ecology groups, and it is time consuming. I get very little response so far, not that I care about that. I just wonder if its worth doing. If there's validity for this idea of these experts?

ANSWER: Well, I will tell you, that what you are engaged in, is a mixed bag. Indeed, there will not be an ice age before global warming. And so, the premise is incorrect. But the activity, is increasing the awareness of the need to be sensitive to the earth. And that is excellent. And so your efforts are not wasted.

Now, for yourself, you simply need to pay attention to whether or not this means, of contributing to, shall I say, better global awareness, is fulfilling to you, even though the fundamental premise that is being expressed is not accurate. As I said, you are not wasting your time, and it is a mixed bag. It is a means you have of effectively contributing, shall I say, being an effective presence on the globe. And it is important for you to know that, that is the case.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: I wanted to ask a question pertaining to my dog. My dog was recently diagnosed to have cancer of the mouth. And I wanted to hear an explanation of that. And, then I thought that dogs didn't have egos.

ANSWER: Surprise, surprise!

QUESTION: They do?

ANSWER: Absolutely! Have you ever seen a dog pout? Have you ever heard of a dog unwinding the toilet paper throughout the house, because it was left home instead of being taken? These are manifestations of ego. And indeed, they are growing out of an ego level of operation, also. Indeed there is ego.

QUESTION: I had also heard that dogs often were kind of mirrors for their owners.

ANSWER: Your whole world is a mirror of you. But if you take that in a negative way, you can end up experiencing your world as though it is standing in judgment against you, and convicting you, rather than standing as a reflection of your infinitude, and as a reflection of what you Divinely are, that proves your innocence. You see, you see always with what you are looking with. And when you wake up with a lousy attitude, your world seems to reflect back to you, that it is justified to have that lousy attitude. And on the other hand, if you are going somewhere and you expect to have a parking place right in front of where you are going, you are likely to find a parking place there.

So let's be careful that in our metaphysical or spiritual expertise, we don't begin to use a principle against ourselves. The Truth always stands in favor of you. That's the end of his answer.

PAUL: Do you have a yes, but?

QUESTION: How can I help her?

ANSWER: You can claim for her, her Divine perfection, because indeed, she is as much the expression of God as you are. You need not to join...

PAUL: ...It is a her? That's me Paul...

ANSWER: ...You do not need to join her in her current self-experience. And your clear perception of what is true about her, coupled with an awareness that this problem is an illegitimate imposition upon what she Divinely is, by her ego, you will be that presence, which is the presence of love that is healing. You can afford to take no other stand, whether she agrees to receive it, or not.

Tell her, that she is a Divine idea in the infinite mind of God, eternal, and eternally perfect, and that is the Truth about her. And do it firmly but lovingly. Tell her the truth about herself. And point out to her, that there is nothing that can stand in the face of the omnipotence of God successfully. And that she, along with you, can expect healing, because that is what is Divinely natural. And love her.

And, when and if you are bothered or plagued by what the vet has said, acknowledge that indeed this is the furthest that his vision takes him. But it

doesn't tell the whole truth, and then, you stick with the whole Truth. I would also encourage you to ask your guide to have your healing team work with her, relative to this problem, daily or nightly. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: I have another personal question. I was wondering if you can tell me, when might be the best time for me to retire from my present job, after July of '91, or would it be better to wait til '92?

ANSWER: In all ways, it would be best to wait until '92, both from a financial standpoint and also from a standpoint of, I will say, your own readiness to retire without giving up the ship, if you will. During that period of time, you will find a new activity emerging that will occupy you after you retire, and thus you will find yourself not twiddling your thumbs, adjusting to retirement. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Raj, I've been encouraged, pressured would be too strong a word, by a contingent of the people here, to ask a question about a teacher, who has been coming to some peoples attention lately, called Telok. And, I know that you're familiar with Telok and his activities. And so, rather than asking any specific question, I would just ask you if you would care to share any remarks that would be good for the group, as a whole, and especially for those people who aren't familiar with this. And maybe also, if you could comment on just what the nature of the light is, that Telok is bringing to his students. Thank you.

ANSWER: You are sure you are not asking for an endorsement? I will simply say this, the experience is a valid experience. I cannot explain to you what the light is, you must pay attention to the experience of it, as unconditionally as possible, so that as a result of the experience, its meaning might become disclosed to you.

It is time to be through with intellectual explanations. And it is time for there to be a greater trust on the part of everyone to, dare to experience and pay attention to experience, with brand new eyes. With the unconditional curious eyes of a babe, that is the way you will all become familiar with your greater capacity to be aware Divinely.

I will simply say that, Telok is not a charlatan. He is not deceptive. The experience of light, that those who encounter him have, is an experience of literally illumination, a heightened spiritual experience, whether or not such an experience is of interest is a purely individual matter. And, I always encourage everyone to pay attention within themselves to their natural inclinations and motivations, relative to what they explore in the process of their awakening. And I

always encourage you to trust it, and not to take the word of another. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: I'd like to thank you Raj, for your answer to my question yesterday. This is an extension of it.

I wonder if you see any success for me for writing the stories I was discussing yesterday? I have a whole book full of them written, and another whole book full of them in my mind. I can write so many hours a day, but then I need something else to do. I do love working in groups with people. I'd like to start a metaphysical support group for women, but I haven't had the moxie, guts, or courage, or whatever it takes, to start it up, or get a syllabus going for it. Do you see any success for me working in the writing field? And what do you see that I might do with the rest of my retirement time?

ANSWER: Well, the rest of your retirement time is likely to cover a great period of time, and I see you doing more than one thing.

But right now, what I encourage you to do more than anything else, is to learn to be quiet with your world, and to be present with it, to learn to become still. I know that you are conditioned to be busy, to be conscientiously, and intelligently active. But there is a time here ahead of you, where it's going to be important for you to learn how to be quiet enough, if I may put it this way, to be sensitive to the fairies. I mean to be quiet enough to be sensitive to the subtleties of the fullness of Gods expression, that is right here in your world.

The writing will take care of itself. Learn to use your mind, to pay attention, and not to use it exclusively for reasoning and thinking. I am not saying stop thinking and reasoning, but do your best to bring about a balance between thinking and paying attention, because it is when you are paying attention that you learn. And the fuller disclosure of the presence of God in your world, will dawn on you when you are paying attention, and then indeed you will have something worthwhile to think about, so that you can arrive at a point of being able to communicate what you have experienced. Begin to value quietness, tranquillity and alert awareness. That's the end of the answer.

QUESTION: Thank you Raj, I'll give that considerable study and thought and quietness.

ANSWER: Indeed.

QUESTION: I'd like to ask a question. How does the body of light, or the energy body, interface with or make its correspondence or connection with the dense body, which we call the physical body?

ANSWER: They are one and the same thing. They don't interface, because they are not separate. When you are observing the light body, which you are

doing when you see any form at all, whether it is what you call another persons body, or the body of a building, or a wall, or of sheet rock, et cetera. When you look at these things, you are seeing the real thing, you are seeing the ultimate thing. Understand, that creation isn't hidden from you, it is just that you are perceiving it through such limited lenses, if I may put it that way.

It is very important to understand, that there is not a dense or material body, behind which stands the archetype or real body, as though there were somehow a gap between the two. You are either seeing the body of light, as a body of light, or you are seeing the body of light through a glass darkly, if you will.

You see, this is very important to understand, you are either seeing Reality clearly or unclearly, but it is Reality you are seeing. It is the Movement of Creation that you are experiencing, it isn't somewhere else, and it isn't something different. It is identically the same thing you are experiencing now, without any distorting bias being given to the experience of it.

This is a very simple example, but if you put on a pair of red glasses and look at a white horse, you will see a red horse. But the red horse is the white horse, and you will say, "well how can the red horse be the white horse?" "I know the difference between red and white and the horse is red." But it is the white horse. And, if you take the glasses off, you will see that it never was red, even though your experience of it was. Why is this important to understand? Because, if you are wearing the red glasses and you do not understand that it is the glasses that are providing a spectral bias to your experience of the whiteness of the horse, you will attempt to correct what is wrong with the horse, much to it's dismay. You will try to correct something that is not in need of correction, because you do not understand where the interference with the perception of perfection or the white horse is occurring.

Likewise, if it dawns on you that you are in the middle of the Kingdom of Heaven, that you are already the Christ, that you are and always have been innocent, and that your body is a body of light, and that is what is present right now, that is what is truly going on right now, then you will not be sucked into a belief that you are unworthy, and that some correction of something in you needs to occur before you will become worthy. And you will not be sidetracked into programs of self-development or self-improvement.

"If this, that I am experiencing is not a dense body, but a body of light, and if I am really the Christ, if I am the full direct expression of the Father from whom nothing has been withheld, then there is much for me to be curious about, rather than racking my brain to find out what is wrong with me, I need to evoke a certain curiosity about everything that is going on. Here I thought I understood it all pretty well, and now I find out, that there is a lot I do not grasp. And so, I'm going to employ curiosity to reduce my resistance to what is really there. I'm going to employ curiosity to undo my conviction as to the meaning of things."

There isn't an interface between you and God. It is all God. God is all there is to you, experiencing being conscious. That is the fact. And it is an infinite fact, which you are not experiencing infinitely at the moment, but it is already the fact. And as you become curious about that, you will begin to find yourself, the only word I can use is, remembering. Remembering how to experience infinitely. It is like, having put something away for safe keeping, and then forgetting where on earth you put it. You know you put it somewhere so it would be safe, and by damn it's safe, not even you can find it. But, when you remember where it is, in that instant of remembering, you realize there is no process you must go through, other than going to the place where it is, and retrieving it.

Likewise, as you begin to remember the feel and the activity of being conscious infinitely, there won't be a process to go through, you will just say, "Oh yes," and you'll do it. But it is the act of curiosity that literally opens this door, this remembering. And it is a remembering of a function, of an activity of consciousness, if you will, it is not a remembering of a piece of data, or fact.

Reality doesn't interface with your limited experience of life. Reality is the wholeness of what you are experiencing, in a very partial fashion. The Holy Spirit, that of you which you are not embracing, and is held in trust, while you dally with a limited perception of things, does not interface with your limited perception. It constitutes the territory, if you will, of that limited perception and more. And the little boundary, that seems to effectively separate you from what you are in your totality, is constituted of nothing more than, conditioned beliefs taken as fact. And when that little boundary disappears, you will experience the fact that, your present sense of yourself is an integral part of what you are in your totality. And, therefore, there is not truly an interface. You are what the Holy Spirit is. And you are what the movement of conscious Being, called God Being the Movement of Creation, Is.

And there isn't an interface between this apparently organic, dense, dark body and your body of light. This dense body, is the body of light, perceived in a very limited fashion. It is everything that you are already aware of, you might say, enhanced, that you will experience, in the state of full illumination or total enlightenment. It is this very wall, that you will experience when you are totally awake, without any sense of limiting density to it.

You are on the third floor of this building, it is well for the floor to support you, is it not, at this height? When you are totally awake, it will still serve purpose for you to be able to be on the third floor of this building at times, and when that is the case the floor will support you. But when it does not serve purpose for this floor to support you, you will be able to allow yourself to sink through it, and float gently through the second floor right on down to the first floor, and leave the building. It will serve whatever fulfills purpose. But it will not constitute for you, a boundary, or a limitation.

Also, it is not only this two legged, two armed body that you call body, that is a body of light, it is the floor, it is the ceiling, it is whatever has substance, that is constituted of living love, that is experienced as illumination or light. Even what you call air, which appears to be invisible to you is illuminated. You would say that it has a sparkle to it, but not a distracting one.

Your body, that you are currently experiencing and interpreting as a purely physical, organic form, is the body of light, perceived through the effects of the sense of separation from your capital "S" Self. The fact that, from within the three-dimensional frame of reference, you seem to be in everything, instead of everything being embraced within what you are, the elements of time and space, and the fact that that which is absolutely indivisible, forth-dimensionally or truly speaking, is always experienced with polarities from within the three-dimensional frame of reference.

Now, listen carefully: waking up does not constitute an escape from a material universe into a spiritual reality, that is somewhere else. It is constituted of an inner or mental shift from limited perception to unlimited, direct experience. And when that inner shift occurs, the deception that you are confronted with, part of which involves your interpreting your body as a physical, organic form, will shift also. It isn't that your body needs to be exalted, it is that the shift of consciousness, needs to occur. It is a shift of consciousness that will bring all illusion to an end, and cause you to be able to experience the reality of the Movement of Creation that you have been experiencing in a limited way, without any limits whatsoever.

"A Course In Miracles" states that you are not a body, and that is correct. You are pure conscious awareness, in which all experience of substance and form is embraced. And waking up constitutes a shift from body orientation, to mind orientation. And in that shift, the polarities will disappear. The organic, limited forms, together with there capacity to deteriorate and die, will cease to be the experience. It will seem to you, as though everything reconfigures. But it is like being a person with perfect vision, who puts on a pair of glasses that had a prescription for someone with very poor eye sight, and you look at everything and everything is a mess. You cannot make out anything. And you take off the glasses and suddenly everything is perfectly crystal clear. The shift of consciousness, is an equivalent shift into the experience of Reality with crystal clarity, and it will be the same thing you were looking at before.

It is so important to understand this, because it is right where you are that you need to be being curious to see the Kingdom of Heaven, Reality. And it is with your present experience of mind, that you are to look for it. The ego boundary, that seems to close the part of your mind that you are experiencing, off from, what you are in your totality, is valid. That which is bound within ego structures, is valid. It's really You. And that's why each of you has the capacity,

even in your limitation, to recognize Truth, and to remember Home. To remember a fullness, a wholeness, a sanity, that you aren't experiencing at the moment. And you start with where you are, and what you have, because all of it is Real, and all of it is to be valued. And it is the conditioned thinking about it, that is the fly in the ointment.

All the materials are at hand, at this very instant, for you to wake up. All of the essentials are present, that are needed to wake up. And the fundamental element needed, is the element of curiosity, to experience it.

It is my task, if you will, to share with you, that it is present, so that you can justify, becoming curious. And so that you might also, be relieved of the belief that it will require a great study, in order to accomplish it. All it requires is being willing to pay attention, right where you are.

There isn't any interface between, the Real and the unreal, the Divine and the human, because that kind of duality doesn't even exist. The human is the Divine, seen in a limited manner. The illusion, is the Reality, seen in a limited manner, and treated as though it were the totality of existence. There isn't an interface, because there never has been a separation.

Now, can you all see why forgiveness is so justifiable? Because no one has ever been the guilty sinner, that he or she has believed he or she was. Love, the willingness to recognize that which is real in each and everything. Where? Right here. When? Right now. Why? Just because. For no good reason. And you are likely to hear me say that more and more often, just because. If its the Truth, it's the Truth. You don't get a gold star for being You. You don't get a gold star for waking up. And, you also don't get a black star for being asleep. But why not be awake. And why not embrace your fearlessness. Why not embrace your peace. Why not embrace your joy. Just because! Any justification for not doing it is an irrelevant waste of time, and constitutes the buying into a concept that has no validity to it, no matter how well your conditioned thinking can support it.

We really do need some explorers, who are willing to be totally irresponsible, as I have said, from the ego's standpoint, and dare to access their Divinity and their joy, when from the standpoint of your conditioned thinking, it doesn't seem justifiable. But I will tell you: there are people who you think are crazy, who are absolutely happy in the middle of what you perceive to be chaos. And there are people who are able to operate under conditions of great stress, without being flustered by stress that you perceive, and functioning as agents for change or resolution of the chaos you perceive. And that is because they have dared to be irresponsible, and allow themselves to be at peace, in spite of the apparent chaos.

Dare to be happy, regardless of what is happening. And you will become the embodiment of joy, manifest in the world. And you will become the embodiment of, that which is an active agent for change. What, change in a

material world, of a material world? Or a change of inner decision, as to what is going to be believed, by those who are around you, and distressed, by that which is not hooking you, so that more appropriate behavior in Reality can occur.

I'm very glad you asked the question. Again, there is no interface between the body of light and the apparently dense, organic body you are experiencing. They are one and the same, and the one that is the same with, is the body of light. The presence of the expression of God, identifying the presence of your individuality perfectly. And as you begin to be curious to experience it, because it is the thing that is really right here, you will find healing occurring. It could happen in the twinkling of an eye. It could happen over, what you would call a period of time. But lets get down to the business of, the joyful discovery of that which is Real, right where you are, right in the moment you're in. And dare to have a little fun, in the process. Paul has noticed that my timing is impeccable. It has been my joy, to be with you this weekend.

QUESTION: We thank you for the Truth.

ALL: We thank you Raj.

ANSWER: You are welcome.