



## **Gathering In Menlo Park, CA –1990**

**By: Raj Christ Jesus -**

**QUESTION: I would like to ask if Raj has a message for me?**

ANSWER: Indeed, it is very important for you—not in a sense of urgency, but because of the promise that it holds for you—it is very important for you to learn to interpret waves or unsettling movements in your life in a way that causes it to support you, rather than overwhelm you and drown you, rather than standing sometimes tentatively looking over your shoulder to see whether something is headed towards you, with fear.

You need to become like a surfer who looks over to see whether the big one is coming that you have been waiting to catch. Because in catching it, it will move you, carry you forward. If you are unprepared, or if you are resistant to the wave it can turn you topsy-turvy. But if you are willing to be sensitive to the nature of the wave, you can utilize its power so that it moves you, rather than drowns you. It is not the wave that is the problem, it is the way in which you are anticipating it.

Don't become rigid, remain flexible so that you truly can be sensitive to the dynamics of the movement. It is very important for you to more consciously embrace your life, your life experience, the dynamics of your day which constitute your life experience, in the context of there being expressions of life, which are therefore life supporting, rather than haphazard events of a world of chance, where order and harmony and intelligence are not likely to be what is being expressed, or what is coming into manifestation.

The wave is a wave, whether you choose to catch it or resist it. The wave in itself, the Movement of Life in itself, is not good or bad. It is what is. But what Is is life affirming, is a Movement of Life, not life and death, not right and wrong.

I have not answered your question in terms of specifics, but I have made my point. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

**QUESTION: I'm real skeptical, but I'm going to leave that behind and just ask a question.**

ANSWER: You think you are not having a real experience?

**QUESTION: I've never seen anyone who has channeled to do what you do. But regardless of that, the question I have it won't hurt to ask—just as specifically as you can. Why am I here? What is my purpose? Or am I ever going to feel like I have one?**

ANSWER: You cannot exist without having purpose. Nothing exists that does not express intent or reason for being. The only thing is, that most people are looking for an intellectually created purpose. And I will tell you that at the present time in your experience—in everyone's experience, in mankind's experience—the call is for doing something far less impressive than you think.

Your purpose is not a purpose in the world. Your purpose, truly, is to regain your Sanity. And what I mean by that is, it is a call for each one of you to come to a point of such familiarity with who you Are, at the most essential level of your Being, that unity occurs. So that you are not cognitively, reasonably, logically arriving at a sense of purpose, but are connecting with yourself, which is a Movement of Being, so completely and so humbly and so trustingly that the already existing purpose of the Movement of You can become obvious to you.

When one is not paying attention to one's essential Self and is functioning out of the level of beliefs and mindsets and conditionings and socially accepted processes of behavior, one is not integrated, one is not experiencing his or her integrity. And so as a result, you don't know who you Are. And the whole world misses out on the gift of who you Are. You are essential to the whole.

You are essential to the whole, not your intellectually arrived at purpose, not what you do in the world, but you in your simple essence, just as you sit there, are a gift, a gift of, if you embrace it, integrated wholeness, of one who is in his right mind, who is not disconnected from himself. And as a result of not being ignorant of who you Are, able to be sensitive to and recognize who everyone else is also. You are not here to make a mark in the world. You are not to be different from the world, not to be so arrogant that you are out of touch.

The white man came into this country that the red man inhabited. And the red man didn't separate himself from his world, did not think he was better than it, did not hold himself apart from it, and as a result was able to operate in harmony with it and feel a unity with everything that the white man still doesn't feel. Because the white man feels that he is superior.

Your scientists even tell you that man is, let us say, the end product or highest point of evolution, and therefore superior to all that came before him. And everyone is believing it. And everyone is not relating to his world, because it is insulting to feel that one is nothing separate, or different from, or better than something else.

We're talking about simplicity here, your purpose, the call is for becoming simple enough, and humble enough, non-arrogant enough to be in touch with yourself and then in touch with your fellow man, and then in touch with your world.

Now the simple fact is that the result of such a simple purpose actively allowed will constitute major social changes in the world. And even more, it will constitute perceptual changes, where illusions that had been the result of selective receptivity of life that cause one not to be able to perceive what it all really is, dissolve.

In religious terms, one could say that you will begin to recognize that you are in the Kingdom of Heaven. In non-religious terms, we could say that in coming back into your right mind, into your simple sanity, you will see Reality as it is.

And Reality is not separated into different parts that stand alone in inferior or superior positions. There is still an infinite expression of life. But when no one is holding one's self apart from any other part, and there is enough humility to be congruent within, unity with it all begins to dawn in one's conscious awareness—changing, literally, one's perceptions, because there is less defensiveness, less resistance, less blocking.

Reality is not being perceived by you in its Totality at the moment, and the reason is—and I'm not singling you out here, it is true of everyone—the reason is that there is too much intellectual busyness, too many attempts to fulfill other people's expectations of you, too much honoring of pre-established rules that may or may not have arisen out of a connectedness with one's Being, to the point that there is a feeling that you don't need to sense into anything deeper or more essential than the intellectual processes you have learned and been taught to value.

It is very simple. Get to know yourself and you will find that you know your fellow man, not by virtue of what he or she presents to you, but by virtue of an undeniable experience within you of what existence or being means. Which by virtue of the experience, proves to you that the same thing is true about your fellow man, and alters your perception and causes your behavior towards him or her to change, and the same with your world.

I will tell you the whole reason that there is a subject called psychology, and the whole reason there is therapy is because everybody thinks and nobody experiences. That's the end of the answer.

**QUESTION: I have a lot of health questions that have been puzzling me lately. And I wanted to ask you: How can I communicate with my inner healer?**

**ANSWER:** By simply consciously expressing a thought or an idea or a desire to the inner healer, whether you get a response in recognizable words or

not, I guarantee you that your inner healer hears every single thing that is addressed to him—and him is not proper but neither is her, it is for convenience that I use the word.

Now there is a further thing you need to understand, and that is that your body has a purpose for being. It isn't just a physical organism that is the temporary host for your Individuality. It exists for the purpose of identifying the presence of your Individuality perfectly.

Therefore, whenever you express a desire to experience health, you are expressing or practicing an intellectual process that happens to be in perfect harmony with the already existing intent of your body. That congruence allows for health to begin to be able to show forth, or for healing to occur.

When you're worried or fearful about the body, when you begin to doubt that it is on your side, etc., you set up a dissonance between the intent of your body and the negatives and the emotional charges that you are bringing into play by virtue of your doubt or fear. And this dissonance disallows your experiencing healing to occur.

If you understand that it is the intent of your body to identify the presence of your Individuality perfectly, and you abide with that, and you embrace your body in the fullness of the meaning of that statement, you may well find that you don't even have to call upon the healer within you. But if, indeed, you feel the need to call upon the healer within you—do it! And know that your healer will address both your body and any tendency on your part to think inconsistently with the truth about your body and promote that better alignment or congruence.

The inner healer will not just get rid of the physical symptom, but also of the inconsistent and, shall I say, the ignorant thought processes that are used by you to create an inner dissonance that becomes reflected as disease or physical distress.

You will find that one of two things will happen; either the mindset or conditioning that is at odds with the intent of your body will simply dissolve without your ever becoming aware of what it was, and you will experience healing. Or you will find that inconsistency brought to your attention at the level of your conscious awareness so that you may examine it and see its inconsistency and consciously set it aside—then experiencing healing.

Your body is on your side. And I will tell you something else, you will always have it. You will always have that which identifies your presence. You will always have a visibility and tangibility of the presence of your Individuality. If you pass on, that which seems to be left behind is everyone else's inability to follow you where you are going with your body. And they will have to dispose of their inability to follow you further than their concept

allows. But you will find yourself having an uninterrupted conscious experience of body, or visibility and tangibility of your presence.

I say this so that you might begin to honor it a little bit more than you do if you just interpret it as a physical organism caused by the joining of a sperm and an egg, which you will ultimately leave, and which therefore may be more of an impediment to you than a help.

The more at peace and the more appreciative you are of your body, the more you will find it reflecting back harmony and health. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

**QUESTION: I hear your answers, and intellectually I understand them. My trouble is dropping those answers to a heart level. Can you give me some clues as to how to do that?**

ANSWER: I would encourage you to meditate upon them in this way: I would encourage you to take the points that you want to bring to a heart level, and sit down, and become still. But not absolutely, totally in a meditative state, or else you will simply forget to do what I am going to tell you. Become reasonably well centered and at peace, but conscious enough to carry out an activity, a mental activity.

Once you have become still, take the point that you wish to bring to a heart level, and as it were, set it in front of you in your mind's eye as though it were a jewel, you might even imagine that it is sitting on black velvet with a light shining on it that illuminates it totally. And then just be still with it.

Now every idea that has truth to it is a living or active presence. And every idea that expresses truth has the capacity to illuminate itself to you. Everything that has meaning has the capacity of conveying its meaning to you. And so I encourage you to use an active will to bring this point into a place in front of you and then simply be present with it. Don't try to figure it out. Don't get into any reasoning process. Simply abide with it quietly and sensitively and listen. In other words, be undefended and open to its meaning beginning to register with you.

Now I have told you on purpose that it has the capacity to disclose itself to you. And I have told you that so that you may know that you are not required in this exercise to figure anything out. And I have told you that so that you will not engage in figuring anything out.

I will tell all of you that to the degree that you begin to be present with your world with a sense of it having an active presence and intent and purpose of its own that it is capable of disclosing to you, and you dare to let it in, you will begin in that experience to feel the unity of you and your world, and that there truly is not the division that you are so convinced of. And communion

will begin to be an active part of your life that will render the meanings of the world and the meanings of what I am saying relevant at a heart level.

Everybody says, “Well, it’s just a piece of plastic, or it’s just a bunch of plaster, or it’s nothing but concrete or asphalt.” Well don’t be too sure. If it exists at all, it exists as an expression of meaning, meaning that is a manifestation of life. And at the bottom line, the only kind of life there is Life, with a capital “L”. I mean by that, Life that cannot be polarized, Life that embodies perfect intelligence and order and harmony.

So, when you understand something intellectually and you would like to feel its meaning, take that thing into your meditation and simply be with it, with an awareness that it has the capacity to disclose itself to you. And if you are having any degree of desire to understand and experience its meaning, that communion or communication will occur. That’s the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

**QUESTION: Raj, I have a question. When I meditate and feel very centered, my body begins to rock. And I’d like to know what that is about.**

ANSWER: It is about rocking. It is about you being defenseless. It is about you being in touch. It is about you not judging. Afterwards you judge, but at the moment that the rocking begins you are simply being unconditionally there.

Now you must watch it because your ego wants to put everything into patterns—predictability, dependability—so that it can everything pegged and be in control. Do not be surprised if you meditate and no rocking happens. What is that about? It is about no rocking. And it is about you simply being. Be with whatever happens.

I will tell you something, when you move into peace as a result of meditation, it is not just the absence of anxiety, it is not just a phenomena like anxiety but different. When you become centered and you are experiencing your peace, you are having a direct experience of your Being. You are feeling You. You are feeling the nature of You, which is perfect peace. It is a direct experience of Self, not just a wonderful means of relaxing your body and lowering your blood pressure.

And if you abide in that peace and pay attention to it—just pay attention to it—you will begin to find that joy begins to be felt. It begins to be felt because you are feeling your integrity, you are not as estranged from your Self as you were. And heaven only knows what you will do when joy starts coming forth.

But I encourage you to entrust yourself to this unconditional willingness to be present, to be unguardedly present, because that is the threshold of your introduction to and new acquaintance with who you always have been.

I will tell you something else: Don't try to understand it. Learn to abide with experiences, and learn to let the experience disclose its meaning to you. Once its meaning has been experienced you will know how to think about it. But you won't arrive at knowing what to think about it by creating an understanding of it in your head.

You see, things have gotten backwards, the cart before the horse. Everyone uses thinking to arrive at understanding, instead of experiencing in order to arrive at understanding, which then allows you to think truly. You will not be able to reason yourself into ultimate clarity about life. You will only be able to reason yourself to appoint to yielding to the experience. And then by virtue of the experience you will know. And then you can think and speak about what you know. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

**QUESTION: I was wondering if you had any specific advice on the direction my life should take at this point?**

ANSWER: I would not be so arrogant as to think that there was a direction that could be provided. Your life has its own direction, which it would be a good idea for you to feel for and yield to. You cannot exist and be purposeless. But arriving at purpose again does not come as a result of figuring out what the best thing you could do would be, and then figuring out how to accomplish it.

Again, the necessity is for you, as an intellect, not to be at odds with you at the essential level of your Being, any more than man should operate at the level of his intellect, and not be connected with his world.

**QUESTION: But what I'm struggling with is to feeling wants in my heart and kind of wishing that it could get out into the world.**

ANSWER: You are going to have to learn one thing: You aren't going to be able to twist the universe's arm to give it to you when you want it. You aren't going to be able to twist your Being's arm to disclose to you its purpose when you want it.

Now that does not mean that the universe or your Being is withholding it from you. What it means is that the act of aggression, the act of the assertion of control effectively and absolutely inhibits your discerning or feeling what direction your life is moving in. And so you are going to have to dare to take what might seem to be an irresponsible stand, and assume that you are important enough to simply abide with, without any sense of urgency, and feel into your Self.

If you cannot experience fulfillment without being connected with yourself, then why would you do anything else aside from willingly, unhurriedly, patiently, infinitely patiently abiding with yourself so that the

degree of arrogance that you might otherwise use will be completely absent, and in quietness you might feel yourself. There is a saying that, “death is life’s way of saying slow down.” Well, that is an extreme, but the fact is that one does slow down.

I encourage you to slow down, to stop being impetuous and anxious and aggressively assertive on behalf of your finding your direction, simply because those dynamics block your ability to be quietly sensitive, and make that connection. You know there is no deadline. I don’t care how convinced you are that there is. To operate on the basis of deadlines causes you to lose your peace. And when you have lost your peace you cannot have the clarity needed to be in touch. And if you are not in touch, you do not have the ability to be appropriate, effective, you are not where the gift of you can be made, because you can’t even sense into it do to the conflict.

There is a saying, “infinite patience brings immediate results.” And that is what I am saying to you. Dare to have infinite patience. Dare to discard impatience and a sense of urgency and deadline as useless. And actually as detrimental to your experience of your integrity, or your clearer experience of your integrity.

If you want to feel and experience your purpose, dare to go into the void. Be absolutely goalless, absolutely unintense, purposeless. It is a paradox: When you become purposeless, your purpose has the opportunity to register with you. And you deserve whatever—I mean, you, as that which deserves to be fulfilled—deserve whatever technique you can bring into play to allow yourself into the void, to allow yourself to be purposeless.

You certainly deserve to be well fed, don’t you? You deserve to be warm, you deserve to be sheltered, you deserve to be loved? Then you deserve whatever love, whatever form of love it takes to allow you to connect with your Being. That is where your purpose is already imprinted in you. And now that I have used the word “imprinted,” and you get the point, I want you to forget the word “imprinted,” because your essential being, your essential purpose is a living, moving, changing thing. I use the word “imprinted” because it is in the void in you, it is in the quietness within you that your purpose is present to be felt, fully developed, even though it is a perpetually, unfolding, fully developed purpose.

Now every single one of you in this room can proceed with your life, trying to get hold of it, trying to manipulate it with the greatest intelligence that you can bring to bear upon your environment. And you can ultimately arrive at a point where you discover that it isn’t working. And then you can give up, and go into the void and connect with your purpose, and immediately begin to find your presence in the world having meaning. But I am suggesting that you do it



now, and don't waste your time finding out what doesn't work. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

**QUESTION: I feel a little bit stuck somewhere in my journey. I would like you to give me an advice or a next step.**

ANSWER: You're not stuck, you are integrating growth that has already occurred. Enjoy the respite from the learning, more will come. That's the end of the answer.

**QUESTION: I've asked my dreams to help me deal with what I feel to be a core issue involved in shame that I am looking at. And I would like to engage my inner spiritual guide to assist, look at the same issue.**

ANSWER: Your desire has already been heard by your inner guide, and your inner guide is already responding. But understand something, the issue isn't shame, that's simply what is getting your attention and pointing to the issue. The issue is your purity and innocence. Do not expect an understanding of your shame to be revealed to you. It is your innocence and your purity which will be revealed and will negate, invalidate this conditioned sense of shame. It will invalidate it because it wasn't ever valid to begin with, it is constituted of a set of beliefs which you are accepting as true—which aren't—and which you are then controlling your feelings by means of.

Again, you do not want to become fixated on the shame or an understanding of it. You already understand it beautifully, and you are suffering from your understanding of it. What will be forthcoming, what will be revealed is your innocence that never went anywhere—and your purity.

Your biggest problem is what other people think. But what they think isn't what is governing you, and what they think is not what is energizing shame. It is what you think. They can think whatever they want for eternity, and for that whole time no matter how untrue, and negative, and critical, and judgmental their thought processes are; you can feel your innocence, and your purity, and your loveableness, your worthiness of love.

This sense of shame has been drilled into you. Why? So that you could be more easily controlled. You have been lied to. And not knowing that it was a lie, and because there was an element of trust in your teachers you took it to be true. You are playing into a game of manipulation when you are energizing the shame in you. You engage in an unreal drama.

But I will tell you something, there is not one molecule, there is not one atom, there is not one aspect of the energy of all of you that is shameful. Instead of telling you a ghost story, somebody told you a shame story, and you are scared to death. But there are no ghosts, and there is no justification for

shame. And I will tell you something else, you are effectively surrounded by people who love you, by people who see you and accept you. And you know it.

But I will tell you something else, you are not valuing it. You are preferring to value homing in on those who do not love you because of your shame. And I will tell you that the suffering that you experience is because of that simple but ignorant choice. You are more intelligent than that. And there is no benefit in store for you by beating yourself down, by giving your power away to those who ignorantly judge you. And not experiencing the power of joining with those who love you, feeling the integration of the you that has always had integrity.

There is no benefit from engaging in inner conflict that undermines your capacity to feel your integrity. Again, remember that the issue is your innocence and purity. Do not become focused on the wrong thing by calling it the issue. Shame is not the issue. It is the obscured innocence and purity of you that is the issue. Its coming forth and being embraced by you is the issue.

In the context of the love and the support that you live in, I encourage you to become open to the revealing, the uncovering of that innocence and purity. And then I encourage you to be irresponsible enough to embrace it. And experience your peace and your integrity, without having to become what someone else thinks you ought to be. And just be out of that peace and the joy that will emerge, and let the chips fall where they may. Enough said.

**QUESTION: I'd like to ask Raj about the energy which is coming all over, which is increasing in frequency and affecting the DNA in a beautiful to everything and everything on this planet.**

ANSWER: First of all, there is only one amount of energy, it is infinite, it is every present, it is omnipresent. What appears to you and to others to be an increase of energy is another way of expressing the increased experience of it by virtue of the decrease of defensiveness that mankind is experiencing and allowing. As any of you becomes more unconditional, more defenseless, more is able to reach you and register with you. And it will always feel as though it is an increase, whether it is an increase of energy, whether it is an increase of love, whether it is an increase in the sense of the size of you.

Now indeed, your scientist are going to find that the DNA molecules will be undergoing changes. But it is for the reason that I mentioned earlier: It is the intent of your body to identify the presence of your Individuality perfectly. Your Individuality is not the same as your personality or ego. Your Individuality is the essential, pure, awareness that embraces all of conscious experience, including the conscious experience of form.

All form, that you call your universe is the visibility and the tangibility of the infinite Mind, which some of you call God—the Movement of Creation, which is a Movement of Intelligence or Mind.

Now as there is a greater sense of, I'm going to say personal security, it becomes possible to begin to release one's personality, and begin to allow for an expanded experience of one's self as the Individuality that one Is. And as that influx or increase of self awareness as Individuality—not as personality—grows, there begins to be the evidence of regeneration or greater harmony, physically speaking, as your body begins to reflect back to you the presence of your Individuality more perfectly.

You see, this process of change is representative of the increasing actuality of unity, the unity of conscious Individuality. And for awhile your scientist are likely to look for a physical cause for the restructuring in the DNA, and they will observe it as a physical phenomena. But the fact is, that it will simply represent the fact that your body is identifying the presence of your clarified experience of conscious Individuality more and more perfectly, because you are not employing personality or ego to the extent that dissociation can be manifested, and so unification, or the uncovering of fundamental unity occurs.

Indeed, it is a wonderful energy, as you put it. But you know what the energy is? It is the energy of love. Now I will ask you, how can there be an increasing flow of energy, called love, if there are not individuals being willing to embody it? This should be very pleasing to all of you—I am not going to say exciting—it should be joyous news. Because the fact that the energy is increasing is not because entities beyond your realm are showering you with it, it is occurring because more and more individuals right where you are, incarnated individuals, are being willing to embody love—to be the presence of love. And I encourage all of you to contemplate that, whether I'm real or not.

And ask yourself whether you dare to be the embodiment of love, whether you dare to be the embodiment of joy, whether you dare to be the embodiment of truth, whether you dare to be the embodiment of wisdom.

You live in wonderful times. Because mankind as a whole has arrived at a point of, what I will call, spiritual maturity that is allowing for greater level of trust to be employed. And it may not be hitting the newspapers, but it is occurring and it is being felt and it is supporting further investments of trust. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.