



Gathering In Kingston, WA – June 9th, 1996

By: Raj Christ Jesus -

RAJ OPENING COMMENTS: Good afternoon. Paul neglected to say for the benefit for those who are new the format is a simple format of dialog, conversation, question and answers. And so if anyone would like to start a dialog, please raise your hands.

QUESTION: I have a curiosity about my feet. I go through periods of my toes being so hot I stick them in a bucket of cold water, and at the same time my heels ache terrible. And then just about as fast as it comes it goes away. And on one of the tapes you mentioned something about energy coming out the bottom of your feet. So now I'm curious about what this says about this says about my feet.

RAJ: Indeed, when this happens I would encourage you to not react, but to allow whatever is happening to happen. There is indeed energy at these points at these moments streaming off the ends of your toes, and actually off the back edge of your heel as well as what you might call the palm of your foot. In reacting to it you tend to block the flow, which creates the aching or the discomfort. But if you will allow this flow of energy to occur without reacting in any way to it, you will find complete comfort. You will also find that you are able to feel more than just warmth. But I'm not going to tell you ahead of time what it is. Because I want you not only to be allowing of the experience but to be curious.

It is not just a release of tension, of physical tension. The radiating energy is Love. Okay? If there was someone around with an ache or a pain I would suggest to you that you put your foot on the part of them that is uncomfortable. But I am not suggesting that you go out and become a healer by the laying on of feet. I say this so that you might understand that it is something to be appreciated and allowed and valued. And if you will do this and pay attention, just quietly pay attention to the experience, more of what it means will begin to register with you at your point of your conscious awareness of it.

QUESTION: Thank you very much.

RAJ: You are welcome.

QUESTION: I've been sitting her trying to figure out which question to ask. And I guess part of there's a certain fear about asking the right question. And I guess what that means is this feeling like I should be thinking of a question that is, what might be called a generic question or a

common question versus a personal question—and the appropriateness of that.

RAJ: I will tell you that personal questions tend to be more valuable to everyone than generic questions, simply because as I have said many times, the ego is never original. And no matter how unique you think your personal questions are to you they are relevant for most everyone, which means the answer will be of value for everyone. So...

QUESTION: Okay, a lot of that comes from knowing that the answers are already there. I just guess I would like to get a kind of a report as to how well I am doing, as they say, in my Awakening process. I've been going through what I would call a kind of an easy time of things on the surface, or I have allowed myself to concentrate on my spiritual path. And I'm kind of wondering what's next, or what I should be doing or not doing.

RAJ: You are in the enviable position of experiencing enough smoothness in your life to feel the courage and the safety to explore on more radical terms what is before you in terms of your Awakening and spiritual growth. And so rather than waiting until you are forced over a threshold, I encourage you to invite radical new awareness'. When you do this do not provide an agenda. Do not say, "I want a radical new awareness about this or that or the other thing, or so-and-so."

Now if you are going to invite radical new awareness then you're going to have to take time to pay attention. In other words, to be attentive to or to listen for new awareness', new awareness' that will come minus the stress of a crisis. And so I would encourage you to take perhaps a half an hour a day to be still and express the desire for radical new awareness to come and then listen for the next 28 minutes, just being quiet, feeling open and welcoming of whatever will unfold itself to you. I promise you that your guide is ready and looking for the opportunity to open up new vistas to you. I say that, I specifically point that out so as to remind you that in the listening don't try to figure out yourself some new radical way of looking at everything. You see?

Now, at the same time that you are engaging in a new regimen, as it were, of daily or nightly desiring radical new awareness in listening, at the same time that you add this do not neglect to value and pay attention to the smoothness that is going on in your life. Because whatever radical new awareness will come it will not wipe all of this out. It will embellish. It will enlarge and it will even transform the way you are seeing everything you are already seeing.

So the reason for desiring radical new awareness is not because you are dissatisfied with the way everything is, nor is it because the way everything is something you need to get beyond. The reason for being curious to have radical new awareness is because it's your Birthright not to be enclosed within the limitations you're currently experiencing. Your Birthright involves so much

more—all of you—than all of the good you are already experiencing.

QUESTION: How about tips on getting still?

RAJ: Tips on getting still?

QUESTION: I do, not every day, meditation. Well, I don't do it everyday because I kind of do other things. I try to do conscious meditation. But I do find that when I do sit to be still I get lots of thoughts and I'm not too sure if I'm doing it right kind of a thing.

RAJ: One of the simplest and most effective methods of becoming still is to breath through your nose, and pay attention to the sensation of the air as it passes through the bridge of your nose or just in back of your nose, wherever you can feel the sensation. Simply let your attention rest there. And when you begin to think or a thought starts moving through your mind and you realize that you're not paying attention to the sensation just bring your attention back to the sensation. Figure that you can think about that thought later and bring your attention back to the sensation.

Guided types of meditation, meditations where you are meditating on the word Love or whatever tend to illicit ideas. And what you are interested in is becoming still. And so this method of paying attention to the sensation it is a nonthinking focus of attention that's easy to bring your attention back to.

Now since you are wanting to become still, be careful that you don't block the influx of the radical new awareness. So often people do not allow any disturbance to the silence, the stillness and without allowing it to be disturbed nothing new can register in your awareness. Basically what you're wanting is not to create yourself what the awareness' that come to you by thinking, you want to let the influx of radical new awareness' to come from one who stands with you, who is Awake and who knows exactly what will trigger and promote your "Ah ha's." Because they will be the things you can embrace without great resistance. And what you can embrace without great resistance is something that you can easily embody, make a part of yourself.

QUESTION: Thank you.

RAJ: You are welcome. You asked how you were doing. I will simply say you are not backsliding.

QUESTION: I don't feel like I am.

RAJ: You would notice if you were because things would become uncomfortable, it's like trying to get back into a pair of shoes that you have outgrown. And when you try to do that it doesn't fit and it's uncomfortable.

QUESTION: Good afternoon.

RAJ: Good afternoon.

QUESTION: In the past few weeks my guide has spoken to me about some major changes that are soon to occur.

RAJ: To us or to you?

QUESTION: Well, to me. And at one point I asked to speak to you and you had said, “yes those changes were correct,” but if I needed further confirmation to speak of this at the gathering in Kingston. So I’m speaking of this at the gathering in Kingston and want to know if what I am hearing is actually my guide and it is truth for me?

RAJ: It is completely accurate listening that you have been engaging in and you have been hearing correctly. Yes.

QUESTION: Thank you.

RAJ: You are welcome.

Someone said: “Can I go home with you?” (laughter)

RAJ: Hearing accurately always enlarges your borders, and transformation of your awareness always forces change. And change isn’t always what you thought you were asking for when you asked for guidance. And so it doesn’t always necessarily feel like the most desirable place to be in alliance with one’s guide. And so you might not want to go home with him. (Much laughter)

QUESTION: I just meant he was doing it so well.

QUESTION: Well it sounds like it, but there’s a little bit—I don’t want to say distrust—but there’s a little bit of hedging the bets here, like what am I hearing is really correct.

RAJ: Protecting your ass, hummm!

QUESTION: Right!

RAJ: Always remember that you can keep asking for more clarification on whatever it is that has been given to you. And the more clarification you get the less self-protection you will feel inclined to try to employ, unless you’re really having to let go of something that you love very much or that you have a great investment in.

You are safest when you are in the flow of the movement of your fulfillment, even though at times you feel safest when you’re out of it. I just want to remind you of that.

QUESTION: I’m here for clarification and guidance. I’m in a very familiar pattern of confusion and decision about which direction to go, feeling some limitation of physical energy and time so that I really don’t want to invest a lot in a wrong direction. Since moving to Washington I’m feeling very blessed and rich in soul mates who are there to help me, just friends, my surroundings, I’m just in awe and frequently come to tears over the magnificence of this place that I’ve been allowed to come to. These new friends that are helping me are helping me in my so called poverty. I need friends to help me with my abundance. There seems to be...

RAJ: But your abundance starts with the experience of being loved, no it

starts with your letting in the experience of being loved. And if your friends are loving you, in helping you, even though you can define it as being helped in your poverty, and you are letting it in and it is moving you to tears then they are helping you in your abundance.

So I want you to understand that you are right in the middle of the emergence of the very thing you want. You are lovable. You are lovable without money. You are lovable without apparent resources. And I want you to let that register with you. Because your worth is something you take with you wherever you go. It isn't something that's in your checkbook or in your bank account. When someone loves you, especially when you feel down and out or empty you're truly having an experience of the fact that you are loved for an essential worth that you have. And you are letting this in. You are! What I want you to understand is how essential and how important this aspect is, so that you don't sort of skip over it like a grace note to get on to the good stuff. Do you see what I am saying?

QUESTION: Yes.

RAJ: The good stuff is happening. As you let that in that which identifies abundance will begin to manifest in your experience. And if you will remember what I've said today you will not then abandon or make light of the love that is being extended to you when you don't have abundance, thinking that now you've gotten to the real meat of your abundance, which is a comfortable bank account, an ability to be self-sufficient, not lean on others, etc. Your abundance, you visible or manifest abundance always accompanies your experience of your loveableness and your willingness to let it in whether you are in a mode of having or not having. Am I making sense?

QUESTION: Yes, it has.

RAJ: Then when you have you won't become confused into thinking that is what makes you lovable, respectable, worthy. You see what I'm saying?

QUESTION: Yes.

RAJ: I interrupted you and I would like you to continue with what you were asking.

QUESTION: Thank you. I seem to have some ancient block here about being in a financial flow. As I say, all the rest of my life is just glorious and I do feel the love that is coming from these new friends as old friends. I feel I'm with my soul group, and I feel very much that this is where I belong and everything is glorious about it. But there's still something, and I have many interests and apparently have several talents that could provide some financial stability for me. And I'm just about exhausted trying to keep all these balls in the air until I see which one of them connects. And I guess I'm feeling that I would like some little clue as to which one of these I'm to pursue to allow that to happen, to provide an avenue for the financial prosperity.

RAJ: There is something that needs to be done before that. And that is to let go of the fear. Conditioned thinking says, “well, when I have financial security I won’t be afraid.” Now that which initiates the manifestation of abundance is the extension of love. But the extension of love can’t occur when you are indulging in fear, because fear causes constriction, tightening up, defensiveness, the exact opposite of extension or gifting.

Now there seems to be many justifications for fear. Instead of finding ways to knock down those justifications I’m going to suggest that you have a different goal than energizing the justifications. And the goal needs to be being the Presence of Love. Where are the places, where are the opportunities for you to express love, caring, help, thoughtfulness? And I’m not talking about giving your soul away. But I’m talking about consciously engaging throughout your day in extending those qualities, which really are the qualities that are needed to transform the whole world.

If you will prefer to engage in activities of extending love, the suggestions that you have justification for fear will not hook you. You will be preoccupied with gifting rather than protecting. And the fact is that you are not faced with threat everyday, except the threats of the thoughts that you think that are based on fear. And those aren’t real. What I mean is they are not threats that will affect your existence between morning and night. You see? If there were a tree falling toward you, you would need to move. But the thoughts that get you tied up in knots are not a thing that can harm you.

So don’t try to cope with the fear. Let the fear be. Let it be there. And you choose to give your attention to every opportunity you have to extend love. Now I will tell you that to the degree that you are letting yourself be loved, to the degree that you’re letting love in, you are choosing to be loving. Because you are allowing someone else to fulfill their purpose for being, which is to extend love. You see? I simply want you to expand on that already existing extension of love that you’re doing by taking every opportunity during the day to extend it more, instead of taking every opportunity through the day to worry and be afraid.

QUESTION: Yes.

RAJ: The more you love the less you have a shield up around you. And the less you have a shield up around you the more the Father’s Love can reach you, which will always be identified as fulfillment in practical terms in your life.

So the answer to your problem is not in establishing financial security by choosing a talent that you have and using it, it is at this point to abandon fear. And you do that not by getting rid of it, but by choosing to give the majority of your attention to extending love. That’s the next step.

QUESTION: Okay.

RAJ: Then the Father can come and knock on your door, or on the door of

a particular talent you have and say, “share this with Me in the world.” Again the key at this point is not finding out what you are going to do, but letting go of the inclination to energize fear and extend love. And you have ample opportunity to do it, even though your conditioned thinking says, “that is an assigned thing to do because I have things to worry about that are really important.” You see?

QUESTION: Uh, huh!

RAJ: Okay.

QUESTION: Wonderful! Thank you very much.

RAJ: You are welcome. We will take a break.

RAJ: Okay, Nicholas.

QUESTION: Well, being the only kid here it’s going to be kind of hard to explain. But I’ve been through some pretty serious things in the past couple of weeks, having sometimes having to do with the law and stuff like that...

RAJ: Having to do with a bomb did you say?

QUESTION: With the law. Wanta guess mom told you about the bomb, right?

SOMEONE: Now we all know.

RAJ: Continue.

QUESTION: Well besides that it kind of has to do with school and the way things have been going there. You know, people not accepting me for who I am and you know stuff like that. And there have been also some other times when I’ve gotten busted with stuff that has to do with fire and everything. And I think the reason for that would be—I’ll admit I do have a vast curiosity about fire. And I’ve been frequently been getting busted for it and you know things have been happening at school. And I guess my question is why is all of this happening to me?

RAJ: Well, I will tell you something, and I will tell you that adults have the same problem. Whenever anyone is interested in something, fascinating in wanting to explore something that frightens other people or something that makes other people have to think about things they would rather not think about, then that person usually ends up feeling misunderstood and not accepted. Because people don’t like to have to change—a lot of adults. Individuals your age love to change, love to explore, love to learn new things, love to learn to be in new ways. And very often as people grow up, as people your age get older everyone else sort of sits on them harder and harder and says, “don’t do things that make me have to think about things that I don’t want to think about.”

And so slowly everyone literally stops exploring, they stop wanting to be in a new way and to be a new you, so to speak, and finding new ways to be because their parents or their wives or their husbands and even their children want them to

be very stable, very dependable. You see what I mean? And so slowly everyone gets forced into being with other people in a way that doesn't create surprises. And I know from your standpoint that's very dull. And I'll tell you something, for adults it is very dull too. But they learn to stuff their curiosity. They learn to sit on it. And then they learn to tell themselves that there must be a way for them to feel good when they're not being able to explore or to do things in a new way, or to try out things in a new way.

And then you would be surprised at how many adults there are who say, "nobody accepts me the way I am." Well what's the answer, cause the answer has to be the same for an adult who has those feelings as it does for an individual like yourself? The answer is that you can't afford to stop being curious, and you can't afford to stop exploring. And you can't afford to stop finding new ways to be. But knowing how strongly everyone around you insists that you don't do anything that creates great surprises for them, you have to find a way, you have to be sensitive to what's comfortable for them and find a way to do your exploring that doesn't shock them.

Now, your mother like other adults doesn't like to be shocked. And she is probably not too happy with everything I've said so far, and she may not be happy with the rest of what I'm going to say to you, because she like so many other people want to always feel safe. And the only way they can feel safe is to have no surprises.

What you have to do is to find a way to explore that is safe. If you understand what I mean? Your fascination with fire is amazing. Most people are afraid of fire and they feel that it is very dangerous, and indeed, you can see on TV about this home or that home that's burned down or a forest that has burned. And so nevertheless there are people who do explore fire. There are people just like you who explore and design incredible fireworks, which is another use of fire. And they have found a way to do it that is safe. And so unfortunately no one gives classes in fire and related fire subjects, but I encourage you if you want to explore and experiment with fire that you try and find somebody to explore it with, an adult who understands the potential threat. And because he understands it can help you to explore it and remain safe, so that you're not injured and no one else is injured.

It is also like bombs, you know, somebody had to explore and experiment to create an atomic bomb and not kill themselves or anybody else in the process of exploring it, even though they've used it to kill people. My point is that there is a way to explore. And you don't have to feel as though you have to stop being curious. I do not want you to stop being curious. And I don't want you to stop exploring. But I do want you to find a way to do it that is safe.

Now you know that if nobody had explored about atomic bombs that we

wouldn't have atomic power plants. Because an atomic power plant is nothing but a bomb, an atomic bomb that is exploding so slowly that it's not creating an explosion and the energy can be channeled to give us electricity. And we would not have electricity generated by atomic power plants if nobody had had the guts to explore and experiment with atomic bombs. You see?

So when you are interested in and fascinated by something that is potentially very destructive you must find a way to do it so that it brings no harm as you learn more and more about it. You see?

I understand that it is very frustrating not to have people understand you. But I want you to know that that isn't something that where you're the only one who's experiencing that. And you're not picked on. Almost everyone in this room lives with or knows people who don't understand them. And most everyone here has tried to find a way to squelch who they are, to sit on who they are and not express it so as to make everyone else happy. And one of the reasons everyone's here, just like you, is to find out how to be who they are and do it in a way that doesn't upset everyone else even if everyone else isn't totally happy about it.

And I'll tell you something else. One reason that people, especially grown ups, don't want other people to do things that are too modern or too radical is because they're jealous, they would love to be able to do it themselves. They would like to be free to do what they feel from deep inside themselves. And when somebody else comes along and does it, they're jealous. And they do everything they can to make that person stop being his original self—his self with original ideas, you see. Because they say, "well, I can't do that so why should you be able to do it. Cut it out!" And that's the way everybody shuts everybody up. And then everybody ends up coming here on Sunday afternoon to find out how they can get over the misery of not being and thinking in original ways. What was the first thing we talked about today was desiring to have radical new—and radical means really far out—new ways of experiencing things. See?

So you don't want to frighten everybody else to death. But you also can't afford to stop being curious about the things you're really curious about. You just need to find a way to do it that doesn't upset everyone else too much! But I want you to understand that any time you're going to be original you're going to upset somebody a little bit.

But you know something else, the more people who dare to be original and radical and explore things that everybody else says not to, you're going to inspire all of these people who are so closed off to those things that are interesting. You're going to inspire them to dare to explore too. But it's a little bit of a dance you have to do with everyone so that you don't scare them too much while you're inspiring them. You see? Do you understand what I mean?

QUESTION: Yep!

QUESTION: Does that include Dennis Rodman too?

RAJ: Who is Dennis Rodman?

QUESTION: He's a player on the Sonics (?) Colts (?)

RAJ: Does that answer your question?

QUESTION: Yep!

RAJ: Okay! Questions? Mom has a question.

QUESTION: Thank you, Raj. As Nick's mom how do I preserve his special qualities while I'm engaging him in a path of self-discipline so that I can depend upon him, trust him to be home alone for a period of time so that I know that the house isn't going to be burned down when I get home. Or that I don't find another Molotov cocktail in the middle of the road and that sort of thing. He's at an age where I really feel he needs to engage in helping me, especially with all of these changes that we're going through. And he is my housemate and he does have responsibilities. And we talk about this, but part of engaging him in the process has been very difficult, because he has a mind of his own, he's very independent and he likes to go off on his own merry way. And I don't want to bring the hammer down on him, but and I do want to support him in being as wonderful as he is, but I also what him to be engaged in the idea of partnership in life so that we can get through this as friends as well as parent and child. So any advice you might have...

RAJ: Indeed! That the two of you need to sit down and make some agreements with each other and give a little and take a little. Do some things that you don't want to do—both of you—as well as doing things you do want to do. And what I would encourage you to do is to see if you can find someone who also is interested in fire and Molotov cocktails and the various things that are fascinating Nicholas, who also knows how to deal with them and also knows what ideas need to be expressed and brought into play so that Nicholas can begin to understand how this relates to that and what precautions need to be taken and what circumstances... you see there are only certain circumstances where it's reasonable or allowable to explode a bomb, but there are circumstances where it is allowable. And so you need to go where it's allowable and where no one will be injured and can learn what you wanted to learn from it so that you could explore what you wanted to explore. I would suggest that you check with one of the Universities and see if you can find a unique individual who would love to explore with Nicholas in this regard. Nick, I beg your pardon—explore with Nick on this.

If you aren't afraid then he won't feel misunderstood, because he's not afraid. And if he doesn't feel misunderstood and there's opportunity for exploring then he won't be afraid that you're going to deprive him of something meaningful. And you won't be afraid that he's going to deprive you of something that is meaningful. What I'm saying is that there's nothing wrong with what he's

interested in. But there is a way to be interested in it and explore it that is safe. And that's what's necessary.

Also what's necessary is for both of you to feel understood. Your mom needs to feel understood by you just as you need to feel understood by her. And that will make a significant difference.

I will tell you that his curiosity is very healthy. And just as parents see to it that their children have afternoon activities to broaden their experience, you have the opportunity to find a way for there to be an activity that broadens his experience, not in the area you think he ought to have experience in but the one that he's fascinated by. You see?

QUESTION: I agree with you. I'm a little concerned about the police agreeing with that line because he actually, from what I understand, he has a case number, because he was given a warning because of the Molotov cocktail being a felony. And first thing that the police officer asked him was where he got that information. And Nick said the movies. Well two 11 year olds in Windville recently cooked up mapalm (sp?) on the stove of one of the kids kitchens and they were caught. And now here's this thing about the Internet dispersing information about inappropriate things that are out there, so you know now they're gathering information. And he told Nick that if he was even so much as caught with a match in his hand between now and the time that he became a legal adult, it would be considered a felony. So there's this, let's get him with fear.

RAJ: Yes. But you see Nicholas the—Nick—the thing is that it needs to be explored with intelligence. And if you are exploring it with intelligence you won't run into the law wanting to control you with fear. And so what I have said is, this curiosity and fascination and strong interest you have is fine, it's excellent. Keep it, but explore it with intelligence.

And do it in a way that doesn't shock everyone. Because you can count on it if you do, they are going to try to stop you with fear. So don't spoil your opportunity. Approach it with intelligence. And let there be mutual agreements between you and your mother since you are house-mates, as it were. You see? That's one of the ways in which you deal with things intelligently—is having good communication and having mutual agreements—so that there can be trust.

QUESTION: Thank you very much.

RAJ: You are welcome.

QUESTION: I have several questions. One is I question at this time where I am. I seems like about 10 or 12 years ago I had a lot of experiences that felt peaceful and warm and good, and like I was on my right path. And it appears that or 10 or 12 years they've gotten, or where I experience them almost never, and it just makes me wonder if I'm headed in the wrong

direction or why the long...

PAUL: This is me Paul, I got to thinking... And so I didn't hear what you said got you to wondering whether you were going in the right direction.

QUESTION: Well, it seems like back 10 or 12 years ago there were times I felt so good I thought I would never have another problem in my life, which it was great and it was a pretty nice time for me in a lot of way, at least at times. And at this point in my life it seems like my life doesn't seem near as smooth, where it seems to me that it ought have been better or I ought to be further along my path than I was then. And I wonder what's going on with that part of my life.

RAJ: Well let me tell you something, Paul has had the very same thought within the last month. Here I have been in his experience for 14 years, seems to him that his life ought to be much different in that amount of time, that he ought to have made more progress. And if there isn't more radical change what's the use of his talking with me, or letting me guide and so on. Progress, real progress on your spiritual path doesn't have to do with how many new radical ways of being in the world you have managed to come up with. I will tell you that it really has to do with how much of your time you are using as the opportunity to be the Presence of Love.

To make life in the world miraculously easier by virtue of radical new techniques of living, which one assumes would come from, as a result of more spiritual insight, is not what the progress is really about that relates to spiritual growth. Spiritual growth really means having come to a point where there are fewer and fewer reasons being embodied for withholding love. In other words, the further along your path of Awakening you are the less you will be indulging in judgment and the more you will be the Presence of Love.

And so if you're looking and saying, "well there haven't been any radical changes in my life," you're looking in the wrong place. Let's look again. Have there been increased opportunities that you have taken advantage of for coming from your heart, for coming from a place of nonjudgment or less judgment? Because if there's anything that's going to uncover the Kingdom of Heaven or Reality, ultimate Reality, right where you are, it's not going to be the stimulating and radical ideas, spiritual ideas you can come up with. It's going to be you finding fewer and fewer reasons for withholding love. And because you are finding fewer and fewer reasons for withholding love, extending it. That is what is going to promote and trigger revelation of the Kingdom of Heaven right here.

Paul would like something a little more stimulating than that. But that's not what it's about. So, you see it's always so much simpler than everyone thinks. In fact, it seems so simple that it must be ridiculous and not true. But I am telling you, that the more consistently you are willing to take the opportunity to be the

Presence of Love the closer to Awakening everyone will be and the more transformed your world will appear to be. Because the conflict reflected back from your world will be reduced. But it won't because of technology. And it won't be because of more highly evolved spiritual concepts and ideas being held about the world, it will be the result of individuals being more simple minded. When I say that I mean who are finding less and less justification for withholding the Love that it is the function of their being to express. That's the end of the answer.

QUESTION: Thank you. I had one more question about my job. I quit my job about three months ago, well about six months ago and went another place for three months and then came back and there's just times I question if I did the right thing. At this point I seem to...

RAJ: Well if you did the wrong thing, so what? The reason I say that is that unless you judge yourself, that you did a wrong thing and therefore you goofed and therefore there must be a penalty, if you do that you will bring into your present moment that mindset and it will color your experience of this moment. But the fact is, that no matter what you did yesterday or six months ago, at this moment God is expressing Himself and it looks like you—in this moment, fresh.

And so, take hold of the originality of the expression of God called you in this moment, remembering that it's the Father's good pleasure to give you not a chintzy little bit, but the Kingdom. And stand ready to receive the experience of fullness.

It doesn't matter whether you did the right thing or the wrong thing six months ago. What matters is being in this moment with innocent eyes, meaning looking at it without judgment being brought to it based upon the past so that you can stand in receipt of the fullness now.

Don't waste another moment wondering about the past. Like they say, "seize the moment you're in." It may seem to be a continuation of yesterday, but God's being it brand new this instant. Life is not a perpetual motion machine set in motion eon's ago. Creation is always the current expression of God.

And with that we will take a brief break.

QUESTION: Thank you.

RAJ: You are welcome.

QUESTION: Thank you. My father died when I was four years old and I have an image of kind of a wall coming up at that time in just the sheer enormity of having to cope with that and not knowing what to do as a four year old. I'm thirty-seven years old, twelve days short of my thirty-eighth birthday, and that's precisely the day, the age of my father when he died. Today is that day. And I cry in my dreams, but I'm really not in touch with the grieving or the loss, basically the loss in my waking hours very much.

And I feel like there's a lot that is held in as a result. And maybe that's theoretical, I just don't know because I can't turn on a light switch and feel it, touch it.

RAJ: Indeed, I can assure you that it is a grief that you are assuming must be there. And it isn't! There literally is nothing embedded deep within you that needs to be resolved. It is like watching an old movie on a home projector, and when the end of the film goes by the lens everything goes white as the film flaps around until you turn the projector off, except that in this case everything went black because there was no more input relative to your father for you. That was interpreted by the four year old you as a wall coming down. It was like a door closing. But you did not stuff anything. And you adjusted very, I'm going to say, intelligently and very completely.

So, I will tell you two things. One is that there are not unresolved issues that you will sooner or later have to dredge up and work through. And the second thing is that yes, you will be equal to and more than your father in the sense that you will get past your thirty-eighth birthday. Enjoy the rest of your life.

QUESTION: Thank you very much.

RAJ: You are welcome.

QUESTION: Hello, Raj.

RAJ: Good afternoon.

QUESTION: I was divorced in 1981 and I was sure that all those issues were totally taken care of. But recently I've been doing some writing, and it's been writing from guidance. And I'm curious as to what the purpose of this writing is? And is this for me or is it for others? And will there be more writing, because I'm getting that there will be? And I also want to thank you so much for your involvement with me.

RAJ: You are welcome.

It won't be worth a damn to anyone else if it isn't for you first. So it is for you. And it doesn't matter whether there will be more. Because what will be is irrelevant to what is and to where you are now, and the living of it fully where you are now. It is really inappropriate for me to express any fuller meaning of what is happening to you, because you really need to find out what it's meaning is by living through this process.

If I ever told Paul we were going to do something for someone else, and if in the beginning I had told him what he would be doing, he never would have done it. Because he couldn't have imagined himself doing it and it would have seemed arrogant and overwhelming and presumptuous and a whole long list of why he couldn't possibly participate.

So willingly be present with what is happening in terms of guidance and in terms of writing. And to the best of your ability don't engage in any presumptions

about what all of this is leading to, or even what if anything of the past is being uncovered in order to be dealt with. You said you thought you had dealt with everything. Well, you are likely to jump to the conclusion that anything remaining to be dealt with maybe really heavy. And if you buy into that presumption you will begin to resist listening and delay this humongous work, that you imagine might be coming.

That is all I'm going to say.

QUESTION: Thank you.

RAJ: Keep up the good work though.

QUESTION: First of all I'd like to thank you for the advice that you gave me the other day. I do feel stronger. I'm questioning why I seem to be experiencing a health crisis at this time? Why I'm doing that? And what I need to do about it?

RAJ: I have used before or expressed the idea before that when the phone rings you don't have to answer it. And I mention it because so many people don't realize that they don't have to answer the phone just because it's ringing. Everyone is so conditioned, not only to answer it but to answer it by a certain number of rings. And I'm going to put it very simply, you've been answering too many phones in the last six weeks. I do not mean the phone on your wall, but the phone that rings in your ear that says, "here's something else for you to be responsible for. Here's something else for you to be responsible for. Jump, and ask how high on the way up. Here's another thing to be responsible for."

And being responsible means, the suggestion is that being responsible means carrying an emotional charge, having feelings about each of the phone ringings. And you've forgotten that you don't have to answer the phone. And you've forgotten that you don't have to have an emotional charge about each of them. You've forgotten that before you can have the presence of mind to deal with any of them well you must have your peace. And so, your peace has gotten short shrift, it's been neglected. "Ah, I don't have to get excited about that. Oh, I don't have to respond to that. Ah, I don't need to do that. Oh, I don't need to do it that way." And you see, you've taken the phone off the hook, but you haven't let yourself off the hook. Do you see what I mean?

You need to let out a big sigh. And let go of all the stuff that you've taken on as you sigh. Because the simple fact is you're not responsible. You're responsible for securing and embodying your peace. And everyone else is responsible for securing and embodying theirs.

In other words, you need to start saying "no" when the call comes, unless you really feel like answering the call. Take a breath.

It happens that this is a time for you to be enjoying. That's it in a nut shell.

QUESTION: Is there anything to promote my healing other than just

not answering the phone?

RAJ: No, I'm not going to give you one damn more thing to be responsible for! (Laughter) Good you let go!

QUESTION: Oye! This is probably going to be as surprising to me as it is to you, I'm not sure what question I want to ask, I have so many. I've stepped out into a whole lot of nothingness, as several of us have here. And I sort of saw us all skydiving and free-falling. My main question is, I'm out there and I'm not afraid but also at the same time I don't trust myself. So whereas I used to use my feelings as my guidance I'm not able to do that any more because I don't trust what I'm feeling, which leaves me in a very interesting predicament. Can you tell me what that is? And I don't want to be standing on the platform having gotten off one train and looking to the West when the next train is coming from the East.

RAJ: Instead of this image of free-fall, I would prefer for you to use the image of floating on your back in a river—not with rapids, but a gently moving river—floating on your back in the sense that you are exerting no energy whatsoever to accomplish anything. Even with your eyes closed so that you can't look around to see if you have preferences. You really need to surrender to the river. You've trusted your feelings so that you know what you ought to do. But the lesson here in yielding to the Father's Will is to allow what He knows you're supposed to be doing, to happen at his direction. So it is simply calling for continued trust. You see, you don't stop doing the crawl and turn over on your back to get a rest from the work of swimming, so that you can then once again after reconnoitered turn back over and take things into your own hands again. What you're learning how to do is to constantly be directed and moved by the Father's Will. And never ever again turning over and providing the energy as well as the goal that that energy is going to be used to arrive at. You see what I mean?

QUESTION: I do, but how do I recognize then, do I just discover myself in the middle of doing...

RAJ: You do indeed, by simply paying attention.

QUESTION: I don't trust paying attention any more either, because I've been so involved in my own feelings and letting that motivate me that I don't know what to trust any more. I mean where does it come from? I have no fear, but I don't know how to trust. (Raj, you interrupted the last sentence here so I may not have heard the words correctly. <ggg>)

RAJ: You see, she has forgotten how to be original and how to explore and how to trust that exploring won't hurt her. This is what happens to adults. The delight of allowing yourself to discover what's next is what you are having the opportunity to rediscover here.

QUESTION: No frames of reference any more?

RAJ: Not unless you want to stay within your comfortable ticky-tacky box. You see? Because the structure is going to be governed by the structure you provide. And the structure you provide is going to have to come out of what you've already done. And that's not the way you have radical new perceptions and experiences of life.

When you go home this weekend take Nick on your shoulder—a little image of Nick.

QUESTION: His mom wants me to really take him home. (Laughter) I understand what you're saying. I understand it's play time.

RAJ: It's time for you to have delightful curiosity.

QUESTION: Can I ask one other question?

RAJ: Yes.

QUESTION: What's the difference between guides and angels?

RAJ: Absolutely none!

QUESTION: Is the name I got for the angel that I think is working with me, is it correct?

RAJ: That's two questions.

QUESTION: I know, (much laughter) there's a two for one sale today.

RAJ: The answer is yes.

QUESTION: Thank you.

RAJ: You are welcome.

QUESTION: Thanks, Raj.

RAJ: You are welcome.

QUESTION: The last time that I was here I was struggling in birthing a project that you, I guess I'll say gave me some nice but kicking advice. The project that I called the Listening project was finally born a couple months ago, spending about a hundred or more hours in front of my computer it just came spewing out. And it's really birthed now out in the world. And it's very big. And sometimes it feels too big, like I'm going to lose it, like I can't... I don't know how to keep a hold of it.

RAJ: God help it if you can.

QUESTION: And I have a bunch of questions about it, but I just want to ask one: Which is, how's it going with it?

RAJ: Very well. And I just encourage you to trust the process. That's all I need to say. But don't try to be the process yourself for it.

QUESTION: Well you just answered one of my biggest questions, so I have to follow up with that, which is: I'm struggling a lot right now with, do I go outside and build more of an advisory board and bring more people in? Because I find myself running to try to do that with individuals and then I

convince myself it has to go this way. Then I talk to somebody else and I talk myself into it has to go that way. And I don't know whether I need to go in here or out there.

RAJ: In here first!

QUESTION: Okay.

RAJ: And don't lose the simplicity of the idea.

QUESTION: Thanks.

RAJ: You're welcome.

QUESTION: I have two questions for Raj. One question is regarding another person's healing. What best can we do through prayer or through vision to know and to help?

RAJ: In terms of healing?

QUESTION: Exactly.

RAJ: So often regarding others and regarding yourselves you begin to think that you are the offspring of circumstances, or the result of circumstances, situations—life gets tough, you become ill. What you are experiencing is a result of circumstances.

There's a wonderful hymn or poem, which ever, that says, "what is Thy birthright man, child of the perfect one? What is Thy Father's plan for his beloved Son or Daughter, offspring?" Each one of you and this friend of yours are the offspring of the Father, the expression of God. Not one of you originated yourselves. Not any of your parents originated you, even if they may have been the doorway you came through. Therefore, your Birthright always and at this moment is direct from your Father.

Now if there's anything you can do that would be helpful for your friend who is ill, it would be first to remind yourself that you are your Father's Daughter. And that your Birthright is at any moment from your Father and not from any circumstances. "What is Thy Father's plan for His beloved child?" All that the Father is is His plan for you. Because it is all that the Father is that is embodied in His self-expression called you. If this is the case, you can see that illness is, for lack of better words, an illegitimate imposition upon a Daughter or Son of God. It's illegitimate, therefore, it has nothing to stand upon of any substance, no substance to support it. And if that's the truth about you, that's the truth about your friend. And so that is the context in which I would suggest you hold your friend.

You see, you could just hold him in that context, but what I am wanting you to do is to hold yourself and him in that context. Now there is a joining occurring, there's a brotherhood occurring in this acknowledgment. And that's love. That's what I would have you do.

QUESTION: Thank you.

RAJ: You are welcome.

QUESTION: The other question relates to my meditation and my listening. I have been meditating for a great number of years. And sometimes, particularly in the past more so than currently, I really, really, really had very satisfying times of listening, however—or silence I should say—because I have had great difficulty in hearing. I use a breathing technique and also a mantra when thoughts occur. But that still small voice is too small. It doesn't come through.

RAJ: There is still some fear around it actually happening. You want it, but you are afraid that it's going to mean more than it's going to mean—and can you take it.

QUESTION: You mean I don't want to hear what God has to say, or the Holy Spirit?

RAJ: No, it's more like if it actually occurred it would shake you to your boots. “My god, all of this is true.” You see? “And if it's true I might really have to think about everything in a brand new way. I would really have to do that.”

Now, I want you to know that you don't need to be afraid. I'm going to ask you when you meditate and are listening for your guide, I'm going to ask you to ask your guide to speak to you very softly, gently and reassuringly. Okay? It's a fair thing to ask. So that rather than it being an earth shaking, life changing event, it's a quiet experience of a new friend. I want you to know that your guide is a friend like no friend you've ever had. And it is your guides desire for you to know him or her as this friend, that it is a relationship of love. Let's leave it at that for right now. Approach it this way between now and the next time you manage to come, and we can discuss it further.

QUESTION: Thank you.

RAJ: You are welcome.

QUESTION: Hello, Raj. Why did Jason die so young? And what is he doing now?

RAJ: At the risk of sounding mellow dramatic, Jason was on assignment here. And before he even had an opportunity to fulfill his assignment here there was a more urgent need for him elsewhere. Which is where he still is fulfilling his task beautifully. Most everyone who incarnates is engaging in their own fulfillment. There are those however, who incarnate in order to specifically facilitate certain things which help promote the work that each of you are individually doing. And this was the case with Jason. He was not here working on his own issues, if I may put it that way. That is the simplest way I can put it. His particular—and these are poor words, but expertise or skill—his particular capacity to be the presence of Love was more greatly needed somewhere else.

And so, for lack of better words, he was called there.

QUESTION: Is he more, I guess the way to put it, he always fussed and fumed about death, and claimed that when you're dead that's it—it's over. Has he been delightfully surprised?

RAJ: Not really, because at the point that he was called back, so to speak, his full understanding became available to him. If there was any surprise it was that he was indulging in such a limited idea while he was here. Does that answer your question?

QUESTION: I do have more if I could, if not I could pass the microphone on?

RAJ: Let us make sure no one else is missing the opportunity to ask a question. Does anyone else have a question?

QUESTION: In the middle of this family upheaval I find myself with those I am with, in the middle of what could be called a storm of all kinds of things, but primarily a storm of thought and emotion and indecision. And I would like you to comment on this and maybe help us, help me with some suggestions.

RAJ: You are speaking of confusion amongst those around you as opposed to yourself?

QUESTION: I really don't want to speak for those around me. I'll speak for myself. Yes, it's my confusion and it's not...

RAJ: No it is not your confusion. You are buying into the suggestion that you ought to be confused because everyone else is. But in the quiet of your own mind you are not confused. And you are embarrassed to share it, because you would be the odd-ball. And so, let me put it this way, if you are going to keep it secret from everyone else, fine, but don't keep it a secret from yourself. Because you are really quite clear about it. There's really quite an equilibrium within you. It's just that in the context of those other's who are involved you feel obligated to appear as though you don't have it all together. You understand?

QUESTION: Yes.

RAJ: You feel obligated to appear to be as confused as everyone else. You would appear to be insensitive, not fully aware of the facts, if indeed you had your peace and peace of mind.

QUESTION: I have got to do some things that I don't know what they are. I'm not terribly confused about not knowing, but I am going to have to know.

RAJ: And when it's time you will.

QUESTION: I am motivated in other words?

RAJ: Without a doubt. And that's something else you know also. Just don't hide yourself from yourself, even if you have to avoid making waves for

others. QUESTION: There is no way I'm going to be able to understand this intellectually is there?

RAJ: Let me put it this way, you already understand it and you don't understand it intellectually.

QUESTION: I get the point.

RAJ: The fact that you don't understand it intellectually, and the fact that you can't explain it intellectually does not mean that you're confused.

QUESTION: You have been most helpful.

RAJ: I know. I am delighted you came today.

QUESTION: Thank you, I'm delighted I came.

RAJ: I am delighted that everyone is here today. And we will break for this Sunday. You have all brought a great deal of love with you. Let me put it this way, you have all come without substantial shields up, which means that the love that you are is broadcast so much more fully. And it feels good.

Thank you.