



## Gathering In Montpelier – 1989

**By: Raj Christ Jesus -**

Tape: Two (There was no Tape One in the set I got.)

ANSWER: I'm going to say something: What happens when an immovable object meets an irresistible force? You have conflict, you have tension, you have strife. Don't take on polarizing standpoints in this dissolution of the relationship. If you are going to be immovable in the face of a wave, the wave will capsize you, the wave will shake things up. It will not be experienced as that which lifts and supports and moves you.

So let go of the antagonistic stance as though that is the only thing that can justify separation. As I said, it's just simply intelligent not to be together. Okay, that's the end of the answer.

**QUESTION: These days I experience oneness in what seem to be brief rare moment. There definitely there. What my question is, what do we need to come into experiencing oneness in the midst of being on the run, in the midst of every day, in the midst of every moment?**

ANSWER: When you look up in the sky and you see a large flock of Canadian geese flying south, there are obviously many, many, many, many individual geese, on the fly if you will. And yet you are able to see the V shape, you are able to grasp them as a unity. And yet if you were right up there with the geese, you would be aware that each one of them was simply flying south, that the line up was not a concertive group effort, a unified effort to make a particular shape.

And so their sense of themselves is that indeed they have company on this trip, which is nice, but it is not their sense of there being a collaborative effort to be a unified expression of movement south. Yet you can see it.

Begin to understand that every detail, every infinitesimal facet of the day, and the events of the day holds that same kind of unity, even though it is not apparent to you when you are in the middle of it. In this way you will begin to, if not appreciate the many facets of the day, at least you will be able to approach them intellectually in an undefiant way, in an undefensive way, and with an overriding sense of order.

And as you relax without feeling that there are ten thousand different things that you must get into order, or that somebody else ought to have gotten in order,

you will begin to experience consciously more of the integrity of the tiny infinite parts.

Now I will tell you something else, the experience of unity is something that happens only when you are defenseless, only when you are not in control. It is, therefore, something which you must allow. And one of the things that contributes most greatly to allowing it is, to entertain intellectually some sense of unity, of overriding order, some sense that indeed there is a God, if you will, a divine intelligence expressing Itself as immaculate flawless order. Not static order, but movement, infinite movement, the infinite Movement of Creation.

In this mental context or attitude you will become less defended and the experience of unity that you have described will begin to occur more frequently. The necessity is for each one of you to get up and greet your day with a reminder that indeed, this is the day the Lord is making, not hath made, it hathent been made yet. But this is the day that God is Being.

And you are on the crest of that movement. That is how you angle your attitude to catch the wave and not be thrown under and caught in the turmoil of the movement. That is the way you angle your attitude to catch the Movement of Creation and experience it more truly. That's the end of the answer.

**QUESTION: In the last year I have been doing a lot of asking and listening around what is right-livelihood for me? And how might I move into a life that is more free and fulfilling and fun. And during one of my listening times...**

ANSWER: I am going to interrupt you. What do those words "right livelihood" mean? And specifically what does this word "right" mean—to you?

**QUESTION: What it means to me is doing something that I love doing, that comes from me, that I was created to do, that's uniquely mine to share with other people. I don't want a job to pay the bills. I want right livelihood in terms of spending my time daily doing something that I just really love to do.**

ANSWER: That is a fair explanation, appropriate explanation of right livelihood. It certainly cannot be right livelihood as opposed to wrong livelihood. So what do you love?

**QUESTION: Well, I love a lot of things. I guess it's choosing how I want to spend my day.**

ANSWER: I'm going to encourage you to even back off from making that choice and paying enough attention within yourself to find the choice that your Being is already making so that you may simply flow with it. And thus not only know what is the right thing to do, but also experience the energy that will allow you to fulfill that activity, because the energy needed to accomplish the fulfillment is always connected with the Movement of your Being. It is never connected with the idea in your head of a right thing to do. And that is why you in particular times

end up attempting to do things that you do not feel the energy for. And so, the task peters out before it is accomplished.

So this is important. When you are paying attention to what you love, you want to get past even your concepts of what you love. And so I encourage you to pay attention to that which you have feeling for, where there is a movement of energy behind it, because it is so congruent with you, so in harmony with you. Continue.

**QUESTION: Well, during one of my listening times, a phrase came to mind. And the phrase was... My particular question was, “What is it that’s holding me back from experiencing life in its fullest?” And the phrase was in the first person, and I found myself saying, “I hide and crouch in the back of my mothers cave.” And I’d like you to address that specifically for me. You use the word cave this morning a couple of times. But I’d like you to clarify that specifically for me, and how I can just get on with it and move out that place.**

ANSWER: Before I do anything with that, I want you also to share with everyone what the feeling was when those words were being said. What is the feel of hiding and crouching in your mothers cave? I’m not speaking about how you felt about it after those words came, but what was the feeling simultaneously with those words?

**QUESTION: There was a feeling that came simultaneously when those words came, and it was that I was in a very dark place and that I was looking out. And at the end of that place there was a lot of lights and there was a lot of activity going on. And it was like a carnival or a fair, there was music and there was laughter. But I was in a dark kind of a enclosed place looking out.**

ANSWER: Indeed, first of all, if nothing else you need to find your own cave and not your mothers. Indeed, in this imagery you are cowering, not only in her cave, but behind her petticoats. This is where she stays also.

Now, there’s only one way to get out of that cave, and that is to go for the light, if you will. You have what it takes to move out. It has simply been comfortable and familiar for you to stay in the cave. Now you have ventured out, and you have liked and enjoyed what you experienced. But there is a conditioned feeling that you treat as truth, that says, “such frivolity and fun does not constitute having your attention where it counts. It does not constitute being responsible, or adult, or mature. That, indeed, it is totally irrelevant to what counts, and therefore is (and I’m using this word very cautiously) and therefore it is “sinful.”

That word in this instance does not carry, let us say, the qualification of heavy-duty sin, but rather that since it doesn’t constitute attending to anything responsible, it therefore truly has no value.

I will tell you something, experiencing the joy of life is one of the most fundamental necessities, and is absolutely divine. And I encourage you to go for the joy.

Now there are individuals like yourself—incarnated individuals—who feel that they sense individualities who have passed on, who sort of somehow have not gravitated toward the light and are sort of hanging around without any purpose or destination. And so, they help those lost individuals by telling them to go to the light. And I'm telling you in that same sense, go for the joy, go for the joy at the end of the cave. Go for it! I am not going to give you a process. Just go for it! That's the end of the answer.

**QUESTION: Raj, I think I heard somewhere at sometime that if you're in a spiritual growth spurt you probably won't be in a primary relationship. And I want to ask you if that's true? Because for me specifically...**

ANSWER: It used to be true. (Laughter) Now you're going to have to manage to be in a relationship at the same time. That is part of riding the wave, being in the Movement and finding the proper angle of attitude. Now you don't have an excuse for not being in a relationship.

**QUESTION: I think now my excuse is fear.**

ANSWER: I will tell you something, your ability to feel what is appropriate will be present whether fear is present or not. So don't be afraid of fear. Notice it, but ask again, "what is God's truth here?" In other words, "What is the truth that is available in spite of my fear? What is the clarity that is available to me, whether I am perfectly centered or not?"

You see, I am very specifically this morning homing in on the fact that you must begin to expect to have your guidance and your clarity and your Awakening happening in the midst of "the human condition," rather than in the privacy of the sanctuary of your cave. You are going to have to learn how to be in the world from your closet. I am referring to the closet, "go into Thy closet and pray to Thy Father, which is in the silence." Act in the world from the closet, instead of from the surface reactive level.

It is possible now to access your closet from the world. It is time for the two to merge, if you will, and not be experienced as exclusive of each other, and therefore actual antagonistic to each other. What needs to be heard at this point is that one can have his or her feet in the world going through the world's activities and let the footsteps be guided from the closet—that inner place. And it is no longer necessary for them to be treated as exclusive, as though they were actually capable of defeating each other.

I have talked before about the necessity of coming out of one's cave and being centered in the marketplace, but that was a time when the coming out of the cave was what needed to occur. It is now time to live in the world from what I will

call you best centered place, whether it is the perfect silent equilibrium that you have achieved in meditation before, or not. Continue.

QUESTION: That's all, thank you.

**QUESTION: I feel very blessed and chosen by a real sweet soul to be chosen as a mother. I'm 19 weeks pregnant and I guess I had a lot of expectations about pregnancy that since I wanted this more than anything, I wouldn't be as off balance as I am.**

ANSWER: How balanced do you want to be?

**QUESTION: Physically balanced, emotionally balanced. I feel thrown off balance, because my attention is constantly spent on things that are happening, not just in growing or hormonal changes, but I have severe sinus problems and other problems with pinched nerves and all these physical things. And it seems real hard to stay on this board that you're talking about and riding this wave. And I want so much to be in the joy and I hear myself complaining all the time.**

**And it's really hard to forgive myself because I feel like I've created this other stuff and I don't know why I won't allow myself to just experience the joy of the whole thing, of the pregnancy of the coming of the baby. And I'm wondering specifically if these conditions will go away or if there's something I can do to just keep my attention off of them? Any comments?**

ANSWER: I will tell you something, and I wish for you to keep this as your slogan during this pregnancy and at delivery and after delivery: Love is the art of giving. What is giving? Giving is allowing. This is a movement here, which we have been talking about all morning. Yield to the movement. And don't think you're being the movement. Don't think the movement is starting with you. You and your husband were the expression of the movement, but it was God's movement.

You have very little to do with what's happening, except to be the awareness of the happening of it. Love is the art of giving, of allowing, letting, letting go. I encourage you to contemplate that. And in your contemplation of it you will find the symptoms leaving.

Don't complicate things by wondering, "Well, what if this, and what about that, and what about all the things I will have to take care of," and all the sense of responsibility that wells up. That is a good way to distract you from yielding, from allowing. You are the place where the movement of God shines through. Now you need to let go and let God, with confidence and joy and peace. That's the end of the answer.

**QUESTION: I have a question that I've been thinking about all the way up here, and it's hard for me to express it in words. But at my level of experience, where I'm at right now. My question has to deal with feelings. What's the most appropriate way for me to deal with feelings at this time—**

**emotional feelings such as pain, hurt, even anger. I realize that anger isn't justified, but if I hold it in—and I'm not talking rage, but at a base feeling before it works into rage instead of stuffing it—is it appropriate in fact to express feelings and not feel guilty for it?**

ANSWER: It all depends on how you express it. Anger can be most satisfyingly expressed by sitting down with a telephone book and taking it one page at a time and tearing it so slowly that it will take forever just to do the one page. And listen to the sound it makes. The anger or even the rage you might be feeling will be gone before you get through the telephone book and no one will have been hurt in the process.

Indeed, when you, as you put it, stuffed it, stuffed the anger until it has become very intense, there needs to be a way to let it out. And so you must find a way to do it that hurts no one.

Now, the word stuffed was a good word, because anger doesn't start out as anger, rage doesn't start out as rage. It starts out as a most subtle frustration that comes because you have put a lid on your flow of love. You have arrived at a point where you have said, "there is a circumstance that justifies my not being at peace, there is justification for to block usual expression of enjoyment or love."

And so that's where the stuffing begins. And frustration builds and becomes the first stages of the cork that you are stuffing your love with. And that cork becomes denser and turns into particles, you might say, of anger and greater anger and then finally rage, etc. If the cork has built up then the cork must be released.

But one of the most valuable things you can remember in the process of releasing a cork is what it is that's being corked, not what the cork is made of, but what it is stuffing down. The cork is stuffing down your love. And it is all based somewhere in the past upon an assumption that there was justification for not letting your love flow.

Now, I'm going to be very specific here, because this needs to be said, even though some of you have already heard it. There is a difference between feelings and emotions. Feelings truly are Soul, with a capital "S", responding to or recognizing itself in everything. In other words, it is God's capacity to recognize Himself in all that He is. That is feeling! It is the recognition of what is Real.

Emotions are the ego's response to that very same Reality, except the ego isn't responding, it reacting. And in every case is expressing a varying form of resistance to Reality. It isn't recognizing it at all, it is denying it, and it is denying it with hate, and it is denying it with lust, and it is denying it with jealousy, it is denying it with conflict. That is what emotions are. Emotions are the ego's reaction to Reality, and feelings are the Soul's response of recognition to Reality. One is unifying, resolving, the other is conflicting.

The love that the ego's reaction corks or blocks is your Soul capacity. The reaction, the emotional response corks the Soul. Knowing this will help you to be

alert and to make the distinction between reaction and response so that you might embrace the response and invalidate the reaction when it comes as the first tiny thought of justification of letting go of your peace. When you catch at that point you can say, “No, there is no justification for letting go of my peace, and I choose for my peace.” And then you don’t stuff it. And then you don’t have anything to unstuff.

One other point, when you are unstuffing don’t pay too much attention to the dynamics or elements of the cork as they begin to surface. You don’t want to pay too much attention until the love that was being corked is what is flowing forth because the cork is gone. That’s the end of the answer.

**QUESTION: But Raj, I have a follow up on that if you don’t mind. I heard you mention on other occasions that we need to try to maintain our integrity in a situation. And if I have a certain value system which I believe is my integrity...**

ANSWER: Then you have already lost your integrity. Your integrity isn’t in a value system. Your integrity lies in the honesty that I spoke of earlier. Continue.

QUESTION: There’s a line between acceptance and judgment, and I’m trying to understand where judgment would come in.

ANSWER: You have no means of judgment until you have yielded up your concepts, until you have been willing to say, “Thy Will, not mine be done,” until you have been willing to say, “I don’t know what is true, will you please tell me, will you disclose it to me,” when you are asking of inner guidance. Then you know what the truth is. And knowing the truth doesn’t constitute a judgment. Judgment doesn’t come into play in order to know the truth. Knowing comes into play, but you can’t access the knowing unless you are willing to listen and unless you are willing to assume that of yourself at the moment you don’t know what truth is.

Now I’m going to broach one other point here, and we won’t go into it extensively. But when you dare to listen after having made the inquiry as to what is truth, do not think that you are going to come up with or be provided with an absolute form of truth. You are not at the moment capable of experiencing truth without feeling entirely overwhelmed. Therefore, truth is revealed in language that you can understand at the moment. And so, you could say that the truth will be relatively true. But it will be the clearest expression of truth that you are capable of embracing without feeling overwhelmed.

Now I mention this because as you become comfortable with a new level of true perception, or truer perception, and you feel confident in your “understanding of truth,” you can become unnerved when further clarification of truth occurs. And this can become very confusing. And you can feel that somehow you must not have understood.

I'm going to put it this way: Right now every single one of you exists in the Kingdom of Heaven. There is no other place to be. That's where everything that is going on right now is going on. However, in Reality it doesn't look like this. Because if you are in the middle of the Kingdom of Heaven you can't possibly be on your way back, can you? And yet, it appears as though this whole event this weekend involves a process of "coming Home." And I am speaking encouragingly of your prospects of arriving there.

This language is an accommodation to where you are right now, because when I say, "open your eyes and see the Kingdom of Heaven that you are in," you cannot do it. Your ego pops up and says, "If this is the Kingdom of Heaven, why is there a family problem? Why aren't things going smoothly? Why are people dying, etc., etc.?" Well, the absolute fact is that they aren't. But you can't experience that yet.

So understand, that just as right now, what is occurring is an accommodation to your present point of unfoldment, it is an expression of truth that can register with you in a way that means something, and also triggers movement beyond what you can embrace, still without overwhelming you. If you understand that, then as you listen for truth and it unfolds, you will not assume that it is ultimate, but you will know that it constitutes a secure stepping stone in your process of perceiving truth totally.

It is disconcerting to have a tremendous influx of enlightenment, a new level of perception occur. And when the newness of it wears off and you are aware that real progress has been made because you are comfortable in this new level of truth. And then you find another threshold occurs and a new view has unfolded. It can cause you to feel as though you have slipped. And you can say, "Wait a minute, am I back to square one, and I thought I had gone so far." Indeed, the growth has occurred, but if you are not expecting the growth to be further amplified you can misunderstand the further amplification. That's the end of the answer.

**QUESTION: Raj, the last time I spoke to you, you told me that it was appropriate for me to be here. And since that time I've watched the unfoldment, I've watched perfection and harmony occur. And I have been in wonder and in awe of it. You also told me that I was to come here to learn. And I would like to know from you what the focus of that learning is to be for me?**

ANSWER: I will encourage you to simply pay attention as we go through this weekend and you will find out. It is not appropriate for me to clue you in ahead of time. It will be most wonderful for you, however. It will not be heavy-duty hard work. That's the end of the answer.

**QUESTION: I would like to know where I am on this surf board right now in relation to better awareness, clarity, listening and hearing? And what could I do to...**



ANSWER: I am going to say that you are unsteady on your feet, but managing to stay up, managing to continue with the movement. And I encourage you to be very tolerant of yourself. It is not necessary for you to keep your balance with perfect equanimity. It is all right to be a little clumsy. The clumsiness, or the skill brought to bear, the style with which you ride the board is not the issue. It is that you get the hang of balancing on that forward movement and begin to enjoy it.

You have for some years now, managed to hang loose and stay upright. It is simply that now it's important for you to understand that it is not a matter of standing at the edge of something, but rather that the edge is a moving edge, as I said earlier. So that rather than worrying about what is on the other side of the edge, you may get your attention upon that point of balance where you engage the forward movement the most.

Again, don't waste energy being upset at lack of skill or grace or style. If you will forget about that, the element of joy or fun will come into the experience more rapidly and even more significantly than it already has. Trust yourself more. I mean by that, trust your process of listening more than you do. Consciously engage in listening even more than you have. And understand that in the process of listening you are not giving your power away, because what is reflected back to you is your Knowing. That's the end of the answer.

**QUESTION: As a follow up, do I understand that in listening that I am in essence hearing, but denying the hearing?**

ANSWER: That is your assumption, that is not what I said. You are listening, you are hearing, and you are trusting into what you are hearing well, but I encourage you to do it even more—more frequently. That's the end of the answer.

**QUESTION: My question is, I'd like to know about my son. For the past couple of years my husband and I had gone through difficult times. And I wanted to know how this impacted on him, and will we have any future problems with it?**

ANSWER: I will tell you, that regardless of the stress you have felt, from his standpoint the fact that both of you love him has never been called into question. He has known all the way through that he is loved. And that continuity of knowing on his part has constituted what you might call a bridge over the troubled waters that the two of you were experiencing. That continuity means that doubt relative to himself and his worthiness of love has not come into play. He has experienced no trauma that will need to be healed. He is just fine. That's the end of the answer.

**QUESTION: Thank you. Just as a follow up: We had gone through some very difficult times of which my whole focus was on our relationship. The past year has been extremely peaceful and harmonious between the two of us and the focus has changed. Can you just give me some feedback on that?**

ANSWER: Indeed, in this period of time both you and your husband have done some growing up. And do not ask me who has done more. It doesn't matter. What matters is that a balance has been achieved that allows for the two of you to grow more gracefully and to enjoy the relationship, and to enjoy the potential not only of the relationship but of each of your potentials.

You have during the past two years provided proof of the value of not being impatient relative to the growth of each other. There is such great impatience among the young people, such a will to have instant gratification, that growth whether graceful or ungraceful is not easily allowed for. And too many give up.

Now the two of you in spite of everything hung in there—this is the persistence I spoke of earlier. Now this is not to be taken to imply that those whose paths have separated is a result of not being willing to persist. Because there are times for paths to separate and there are times for paths to remain together. And you very clearly felt the appropriateness of hanging together, even when your intellect was telling you that it was futile and even idiotic.

Now do be willing to pay attention for, as I said, God's truth, because your intellect is not going to be able to distinguish between what is appropriate and what is inappropriate. Your intellect is going to be based upon memory, upon past experience, and upon conclusions relative to those memories and experiences. When what is needed is a sensitivity to what God's truth is right now, which has nothing to do with the past.

Be willing to persist for the truth, even if the truth that is unfolding within you doesn't jive with your best intellectual judgment or conclusion. And be willing to extend to yourselves the same tolerance, the same patience, the same willingness to hang in there. Because at the bottom line, each one of you is your own worst enemy, or shall I say, each one of your ego's is your worst enemy.

And you must be willing to hang in there with who you divinely are, in spite of what your ego says about you, in spite of whether or not your ego suggests that it is futile and useless and there is no hope for you because you are such an obvious slob, or sinner, or whatever word it might come up with. You must be willing to hang in there with your divinity if you wish to see your divinity come forth more gracefully.

Notice I said, in order for your divinity to come forth more gracefully, your divinity, as I indicated earlier, is going to come forth gracefully or ungracefully, because the process of Awakening is occurring. So what you want is to have the flexibility and the tolerance to hang in there and flow and allow this coming forth to occur with the greatest grace, and even perhaps the greatest joy even as it is happening.

Understand that this movement of Awakening is going to undermine your concepts—your concepts that are not a result of being attentive to Reality in the moment. It is going to undermine your role so that you are freed to respond to the

moment you are in out of a sensitivity to the moment, and not out of a sensitivity to your role, or out of a sensitivity to needing to save face, etc.

It is going to undermine your concept of enemy and ally. Because I promise you, you are going to arrive at a point where you will be faced with the wonderful opportunity to love your enemies, not because they are enemies who need to be loved to be saved from their enemyhood, but because something in you is beginning to see that the role of enemy is elicited by those who label the other as an enemy.

And that when one dares to love another, which means when one is willing to acknowledge that which is Real, divinely Real in another, then any other sense of being an antagonist will not have agreement from you, and therefore will not be able to maintain itself as well and the antagonistic expressions and attitudes will begin to fade.

This movement is going to undermine a lot. And at the bottom line, that “lot” will all relate to each of your self-identifications, your sense of your identity will change.

Now the ego is going to come in and it is going to say, “You are losing your marbles. You don’t know who you are. You are not stable. You need to get your identity.” And it will have you fall back upon past habits, and past concepts, and past ideas about what is principled, what is loving, etc. This is where the greatest tolerance is going to have to come in so that you might be willing to flow with the wave that is changing your sense of your own identity and uncovering your divinity more clearly, even though your divinity from your ego’s point of view is insane.

Your individuality arises not out of your circumstances or environment, but out of the Father which is Being you at every given moment. You are individuality. You are the Father individualized. And if there is a role, if there is a nature to that individuality that is God’s self-expression it is the Christ.

So what is the Christ? Because to be the Christ can seem to be an unreal burden. After all you’ve got to be constantly good, you’ve got to be constantly perfect, you’ve got to be flawlessly and constantly loving under every circumstance. That is a horrible burden an impossible task it would seem. This is the way the ego would see it. And of course, the ego won’t hesitate to uncover the fact that you don’t have what it takes in the first place, to do any of that.

What is it to be the Christ? It is to become daring enough, humble enough to get in touch with who you are at the moment and love yourself. And then be out from that self-acceptance and self-love, it’s the honesty I spoke of earlier. But you say, “If I do that I may not always be loving, I may at times be quite unyielding, I might be quite a brick wall under some circumstances.” And I would have to agree with you, yes. Because being the Christ is not being a certain set of behaviors.

Being the Christ is being the unapologetic true expression of who you are at the moment. But you say, “I’m not Awake at the moment. My ankle still hurts. I still have trouble digesting cheese. I still get angry if so-and-so cuts me off on the freeway. How can I accept myself, and how can that be being the Christ?”

Well, if you are willing to love yourself and accept yourself right where you are and release the self-criticism, then you are not conflicted—the Christ is not conflicted. And if you are not conflicted, then you are not in fear. And the Christ is not in fear. And if you are not conflicted and you are not in fear, then you are ripe for revelation, you are ripe for the influx of your greater capacity to be aware divinely. And you are also in a position of loving your fellow man more truly. And that is what the Christ does.

And so again, as I said earlier today about truth, the Christ becomes a movement rather than a manifestation of a fixed fact, or a fixed personality or characteristic. Because you see when you are comfortable you are more willing to explore, you are more willing to be undefended. And the more undefended you are the more of your divinity can get in through the ego structures and register with you, and transform you, and lift you into a new viewpoint of yourself.

But that comes from a willingness to take yourself right where you are and love yourself, and claim your credibility, and claim your worth, whether you have anything to prove your worth or not. Acquire things that prove your worth, and if they’re taken away you will think your worth has deserted you, when all along your worth has always been yours, inherently yours, something which can’t be taken away from you, but something which you can ignore.

But when there is a willingness to love yourself, to accept yourself right where you are, and to be you at the moment without apology, or without inclination to apologize, and without inclination to feel guilty about it—I will tell you something—you have discovered security, your security that is forever with you unless you believe that you are truly called upon to be something better or different from who you are at the moment. And then let others judge whether or not you are being that better thing well enough.

It is ultimately so simple, and so gentle, and so kind, and so reasonable, waking up is, being the Christ is. And what being the Christ is in its fullness will reveal itself to you ever more clearly. It doesn’t mean being a religious personage, it doesn’t mean being the savior of the world. But I will tell you something: If you be the Christ, if you begin to do these simple, gentle, reasonable things, and you discover your joy, and you discover your freedom from fear no matter what seems to be going on, your atmosphere, your attitude will be inspiring to others. Your behavior will justify to others the worth of their exploring the same kind of self-acceptance and self-love.

And so your brothers and sisters will be inspired, but it won’t be because you’re trying to be the savior, it will be because you are simply loving yourself and

finding the joy of it, and feeling the congruence of it. And in feeling that unity within you, finding that's one and the same thing with finding God. It's all simple. It's all experiential. None of it is intellectual.

But we can do workshops and we can approach this intellectually. But for this reason only, to help you arrive at such a logically conclusion that there is a God, and that God Is All, that you can then justify intellectually letting go into the experience. But it's the letting go into the experience that constitutes the act or leap of faith, the investment of trust that actually does the trick. It's arriving at that point where you let go of the control and just allow, allow yourself to be who you are, love yourself at the moment, give yourself credit, and don't buy into the suggestions of others and their opinions that you leave much to be desired, and that indeed you are a pain in the neck, and that you are indeed far from divine, and that indeed it will take you lifetimes to deserve to walk into the Kingdom of Heaven.

Well, you're in it! You are in it and you never left it! And it is love that will uncover it to you. And it starts with love for you.

I know this is the same old story, but I am telling you something in a way that makes it more real to you, so that it doesn't just seem to be a spiritual practice, but something that is so ultimately natural to you that it becomes silly not to be doing it. Most of all, you need to know that it doesn't take obedience's and it doesn't take effort, it isn't hard work, it's letting go, letting go into your fundamental ever present unchangeable divinity. That's the end of the answer.

**QUESTION: Hello, this is the first time I've been at one of these seminars, and so far I've found it very interesting and informative. But I do have a limited understanding for some of your terms. So keeping that in mind the question I have is, what will be the outcomes of the issues going on in my life right now, and in what time frame will they be accomplished?**

PAUL: This is me, Paul. I would ask if you would identify the three issues, you don't have to go into a story, but just identify like it's work, or a relationship, or whatever, because it'll be easier to hang the answer on something.

**QUESTION: Work, home and school.**

PAUL: Okay, I'm going to have to put this in my own words. The picture that he's giving is that the work issue will be resolved within 60 days, even if that seems to be impossible to you to conceive at the moment. And the only way I can put this relative to that is that what will happen relative to work is that you'll get your credibility back. Does that make any sense?

QUESTION: Yes.

PAUL: Okay. The time period on the schooling issue seems to be 15 months. And I said what will be the nature of the resolution and the word that he said was completion.

**QUESTION: I'm hoping for completion, but in an earlier time frame.**

ANSWER: Do not be impatient. Instead of going for a particular time frame, go for the perfect timing. And that is something different from what you may want conceptually, but desire to have it, if I may put it this way, occur in the fullness of time, meaning in its perfect timing. If it takes 15 months, let it, and watch the way unfold for it to take that amount of time without stressing you out. That's the end of the answer.

The other part of the question was?

**QUESTION: Home.**

PAUL: Meaning having a place of residence?

**QUESTION: Well, that would enter into it. Its my son and husband.**

PAUL: Okay, this is me, Paul. Sometimes he answers with images, and if he does I have to put it in my own words. The picture is like there are three of you. And there's like underneath the floor where you're standing there's a bright light so that there's illumination coming up embracing all three of you from underneath. That's the image. T

he feel is that there is a need for illumination, a need for nurturing—it's like the illumination is love—it's like there's a need for nurturing love. And it's like it is most definitely worth the investment of that love, and that seems to be relevant to you. It is definitely worth while for you to make an investment of love in being nurturing.

Timing of resolution there seems to be the end of November the beginning of December of this year.

**QUESTION: I'm not quite sure but that nurturing component applies to? Is it to myself, because I have seen a lawyer to pursue divorce.**

ANSWER: It is truly relative to all three of you. Now you must pay attention to what you must do. And I do not mean to throw a crimp in here, but I encourage you to take another look, to not be hasty, and to be completely sure that this is the appropriate step to take. I do mean to convey to you that it is a step that is not absolutely necessary. But this is something you will have to pay attention to within yourself.

And then I do encourage you to act from your clearest perception of what is needed. I do encourage you to trust yourself. I simply mean to convey to you that the part of you that is wondering whether this is truly appropriate is not crazy. And I encourage you to pay attention to it and not override it simply for the sake of relief. That's the end of the answer.

**QUESTION: Paul, I gave a silent request to Raj.**

PAUL: Okay, this is me Paul. I'm simply getting the word yes. Is it a yes, no type question? I'm curious.

**QUESTION: Sananda asked that I share a drawing today. But I'm going to ask the question because I don't know what to do with it—the drawing. I'm directed by super guidance to request of you an answer for**

**revealing purpose Sananda. Please describe Who's Ramya (????) today with God's purpose.**

PAUL: Again I didn't understand, whose...

QUESTION: Who's Ramya? That's the name of the Mothership.

PAUL: And what is the question now?

**QUESTION: If you would care to share, describe Who's Ramya today with God's Purpose, capital "P" Purpose.**

ANSWER: For the sake of the rest of you here, this question is relative to a, for lack of better words, a mother ship. Now, there are many who, in listening for guidance, find themselves receiving information relative to what could be called the space brothers. This is a term that has been used.

It is important for all of you to understand that indeed this term, the space brothers, is a valid term identifying individualities who are, shall I say, in your vicinity, specifically in your universe, and specifically in your galaxy. And there presence is for the purpose of supporting the tone, if you will, supporting the attitude I spoke of earlier with which you engaged with the wave, supporting the tone or attitude which will promote your Awakening.

Now as I have indicated before, these ships are not necessary for them to travel in. These ships are an accommodation to the ego level of development, or shall I say, the ego level of dissolution that is occurring. And because every level of ego thought will be addressed in this process of Awakening, the conveying of the message will come in many different languages of expression in ways that everyone will be able to understand, as I indicated earlier.

These ships, as I said, are an accommodation to the present level of thought, because at the bottom line, they inspire your willingness to think beyond your present frame of reference.

Now, the fact is that these ships have not displayed themselves with any frequency, because it would be overwhelming, frightening, if you will. Nevertheless, they are present. Now I indicated that they are present because those of the Brotherhood who are fulfilling this particular aspect of supporting the Awakening process are specifically addressing those whose inspiration is triggered by "beings from the stars," but they are not aliens, they are totally Awakened beings, therefore, there is no need for fear.

This particular ship is extremely large, hundreds of miles long. Now it is highly likely to make an appearance within the next two years. The reason being, that mankind, generally speaking, will be able to bear the experience. And also, because during the next two years there will be a significant increase in the general experience of guidance and the valuing of guidance. And through the guidance that will come there will be a general clearer awareness of the presence of the "space brothers."

Now I briefly wish to address one other issue that carries with it a certain amount of fear. There are stories of being from outer space who have picked up human beings and examined them and physically violated them in the sense of penetrating their body for the purpose of extracting samples, etc. I wish you to understand that this has not happened! Those who would be capable of space travel no everything there is to know simply by listening. And there is no necessity of violating anyone in order to know anything.

Now, all of this of course is happening as an expression of the Father's Will. And you must understand that it is the Father's Will for you to be Awake. It is the Father's Will for you to be experiencing yourself divinely, to be experiencing yourself as the Christ, to experience the fact that you are in the Kingdom of Heaven at this instant.

And so, there will be varying means of triggering your awareness of your divinity, of triggering your willingness to experience your divinity. And the space brothers are part of this, and the spacecraft are part of this, because it helps you to understand that conscious individuality, what you call beings of which you are some, that beings are citizens of the universe, that the universe is your normal domain and not just a small part of the surface of your planet. Your unity, the unity of the Brotherhood is a universal unity not a local one.

Now, the Brotherhood is gathering, because, also as I have said before, the Awakening process is going to look like something. The, if I may put it this way, final integration of the Brotherhood in its completeness, consciously speaking, is going to look like something.

What I am about to say is not an accurate description, but it conveys somewhat of the effect when the remnants of the Brotherhood who are still sleeping, but in the process of Awakening Awaken. And it will happen very rapidly when it happens. It will happen spontaneously when it happens.

It will be as though there is a bright effulgent glow which will emerge and radiate throughout the universe, throughout the infinity of God from the areas where the sleepers have Awakened. There is a concentrated gathering of sleepers in this particular part of your galaxies. And so, there are those who have come not only support but also share in this effulgent emergent movement of Light/Love. It is going to be a significant event.

You must understand that every single one of you is part of the Brotherhood of Man, that is the Body of Christ in Christian terms, which is simply the infinite manifestation of the Father.

This Brotherhood is not experiencing its completeness at the moment, because there are those of you who are insisting upon experiencing a tiny personal private sense of selfhood. "But Father I'd rather do it myself." As that willfulness yields, dissolves, each of you will come into the conscious experience of your



Christhood, of God constituting the center and circumference, the warp and woof of you.

And the Brotherhood as a whole will become infinitely conscious of itself without any part of it being left out. And you will experience the infinitude of you as the awareness of the Brotherhood in every aspect. And this relates to the change of self-identification that I mentioned earlier. So you have great things in store for you. The space brothers and this ship together with all of those who are gathering in support of this event all express the Will of the Father for you to be Awake.

However, as I said earlier, do not wait for an external event, start to love yourself now, start to be self-accepting, start to be willing to go within into that place where you can discover you so that you might discover that it isn't some puny mortal sinner, but rather that it is something quite wonderfully divine, so that you may be able to embrace yourself more fully as what you really are.

Figuratively speaking, this will not happen, but figuratively speaking, if everyone refused to do that then the Brotherhood would not manifest the ship so that it could be seen. You see, your conscious awareness of your divinity cannot be forced upon you, it must be desired. And that is why you are getting support, and that is why you are not being coerced.

Now I realize that I have gone in a round about way to answer this question, but it helps you to understand how it all fits together. That's the end of the answer.

QUESTION: What would be the answer to the first part, Raj? Why was I asked to bring this drawing?

ANSWER: An opportunity for you to follow guidance.

QUESTION: Thank you, Sananda.

**QUESTION: I am guided to request of you by super wisdom that you reveal Mitreya's purpose on Urantia? That being the name of our world.**

ANSWER: It is very simple. To address the doubting Thomas'. To address those who will not acknowledge the Christ except as a man other than themselves. Someone whom those who have completely disowned their own divinity, can look to with faith who because of that faith will be able to direct the attention back upon the individuals who are insisting upon giving their power away by placing all of divinity in one individual who is other than themselves.

Now, it is not Mitreya's purpose to cause unity. Unity is already manifesting itself, because it is already the absolute fact, and because there are more individualities who are Awake than those who are dreaming. And as a result the dream is not getting the support it needs in order to maintain itself. It is beginning to break up. And more are waking up. And as more wake up the less strength there is to hold the dream together and that is why waking up will happen spontaneously and will not occur as a result of will or effort.

Mitreya will be here for those who are holding out for a Christ outside themselves. I have also indicated in the past and it still holds, that there is some

possibility that he will not have to declare himself, because this shift of Awakening is occurring more rapidly than was anticipated. That's the end of the answer.

**QUESTION: Well, my question concerns something that I recently ran into and that is a process developed to make conscious use of the night. In other words, I'm not talking about just dreaming, random dreaming and then waking up the next morning and trying to recollect it. I'm talking about the ability to learn to have out-of-body experiences, travel, roam the universe at will. And certain processes that have been developed that will allow people to basically make that leap in a very short period of time.**

ANSWER: If it works indeed, it must work by promoting the willingness on the part of the individual to allow it to happen. And the use of the words conscious will are not entirely accurate. One cannot do this by means of what you would call conscious will, but rather by means of conscious allowing.

The giving of direction for the roaming of the universe, as you put it, in an out-of-body experience must happen as a result of the subtlest expression of desire rather than will.

Now, what you are describing does indeed fit the description I have just given, but I am clarifying the proper use of words so that those who might hear what you have to say by virtue of listening to the tapes will understand correctly and not misconstrue what you have said. Continue.

**QUESTION: Well, there's not much more to continue. I just ran across it and it just rang very true inside myself. And there is definitely the desire to utilize the night time to have experiences as well as having access to knowledge in a more direct way, rather than sitting, let's say, at a desk and having to read or study a book. There's much more the feeling that it is possible to access any type of knowledge more directly.**

ANSWER: In addition, I would encourage everyone, if they feel so inclined, just before going to sleep, whether or not you have established dialog with your guide, to specifically give your guide permission to help you wake up, to help you learn what you need to know while you are sleeping. You can be quite busily engaged in your Awakening process while you are sound asleep by virtue what I will call, educational processes that are completely beyond your comprehension.

PAUL: This is me, Paul. He's giving a picture here. It's not a new picture to me, but the picture is that at night when we're asleep if we have asked our guides to help us with our educational process of Awakening, it is possible for them to like take us, not bodily, but mentally to a place, and it's not a... visually the image that he gives is sort of like a black hold, I mean it's just like a black area in space, not a black hold in the sense that it sucks energy into itself.

And it's like this place is like a university, or a repository of all knowledge. And when one moves into this space it's as though you're scanned—I hate to use

that word, because it has negative connotations—but it’s as though there is an immediate awareness on the part of this educational space of where you are, what makes sense to you, and what you know, and immediately begins to start right from where you are filling you or providing you with additional information.

**QUESTION: An infusion of knowledge?**

ANSWER: An infusion of knowledge would be a good way of saying it, right. But always sensitive to your comfort zone, or what you’re able to bear. You may not remember, I mean you probably won’t remember it when you wake up in the morning. What Raj has said, there were many nights in the beginning of when Raj first came along that he indicated... I mean there were nights I would wake up the next morning and I would know that I hadn’t just slept. And I asked him what was happening. And he indicated that something of this sort was happening. And I said, “but I don’t remember any of it, what good is it?” And he just indicated that when it became appropriate for me to have it consciously available I would find myself “remembering it,” even though I don’t remember where I’m remembering it from. But it’s like the knowledge was there and somehow activated in me, and when it became appropriate I would find myself knowing something that I hadn’t known before. But it would be very natural. Okay, just a moment now.

ANSWER: I do indeed encourage you to explore this avenue that you have discovered. That’s the end of the answer.

QUESTION: Sometime ago you indicated that you are the most recent one to have fully Awakened while incarnated?

ANSWER: Yes.

**QUESTION: So obviously many millions have Awakened while not incarnated? And my question is what is the value of incarnation, if it’s so much easier to Awaken when not?**

ANSWER: In the first place, you make the assumption that most incarnations occur on your planet. And this is not true. And there are other places of incarnation, if I may put it that way, where Awakening has occurred. And so, it is not as though the majority of Awakenings have occurred to those who are not presently incarnated.

The value of incarnation, that is indeed a good question. There is not a great deal of value to it. It is a limited perception of the uninterrupted, ongoing, unfoldment of conscious individuality. To be incarnated means to experience one’s infinitude as though he or she were some small part of it inside that infinitude, it is to have lost perspective. It is, however, an experience that is available.

It also happens to be an experience that one can become lost in, because the experience of it causes one to forget one’s infinite, all embracing consciousness or Mind, that constitutes his or her actual Being. An infinite conscious individual is

an individualization of the Father, in which all that the Father is is embraced. That is what you are.

So do not try to place too much value on incarnation. The ego thinks it is great, simply because it allows the ego to continue to exist. And that is the reason that once the ego no longer exists there will be no more incarnations. Because one will not choose to experience himself or herself from a limited standpoint.

Now it doesn't matter how it happened that you got to this place of experiencing Reality from a limited, private point of view. The point is that Awakening is what is occurring and everyone needs to get on with that process.

Now, although there is no particular value in incarnating, nevertheless, here you are. And what you must remember is that even from this partial or limited vantage point what you are looking at is Reality, what you are experiencing is the Kingdom of Heaven incompletely perceived. And so you cannot simply say that everything about your experience is illusory. And part of what will move you back out of the ego's limitation is the curiosity to see the Kingdom of Heaven right where you are, without playing into the ego's suggestion that salvation is off in the future somewhere other than this miscreation called the world and universe.

So, although there is no particular value in having incarnated, the state of viewing Reality from an incarnated sense of self is an experience of Reality. And that is why it is essential for you to begin to look for the evidences of Reality right where you are, rather than discounting it all because it's happening during an "incarnation."

In other words, just because the way of looking at everything, the incarnated way of looking at everything is an illusion does not mean that everything that you are seeing is illusory, and therefore absolutely nothing counts. That's the end of the answer.

**QUESTION: Raj, it's been interesting being in your presence. Due to my preconditioning of "what God is and what the world is for," I've had a difficult and even fearful time accepting things like A Course In Miracles, or even entities like yourself.**

ANSWER: I understand.

**QUESTION: After three years the fear is gone, but there is still some confusion that stays. You talked earlier on the subject of truth, how new views unfold through growth, but when you don't know there is new views you think you have gone astray. I have had a long relationship with my God for about I'd say thirteen years, and now with A Course In Miracles broadening my horizons and the peace that I feel from that there is still some of that confusion. And my question is, am I truly still pursuing God?**

ANSWER: You are indeed. Literally, the avenue you are taking is allowing you to come into an ever more relevant relationship with God, and an ever more relevant God.

The Bible indicates that God is closer than the neck vein. The neck vein, meaning the jugular, the vein which literally carries the life giving blood to the brain, which therefore is responsible for your being conscious, being alive mentally, if I may put it that way. That God is even closer than that. God is the presence, the infinite intelligence that you experience as being you.

Now I don't want you to jump to conclusions because I am not in any way saying that you are all there is of God. I am not reducing God to, shall I say, the lowest common denominator of the human mind, or of a human mind. Rather I am saying that the infinite God, the indivisible, undivided Life Force, Mind, Soul, Spirit, Life, Truth, Love, Principle is that which is unfolding Itself, and which constitutes the Movement of Life and is the only presence there is. And because God is the only presence there is, and yet you experience yourself as presence, then you are that Presence. Except that I must be very careful here. You will understand it more accurately if you say that that Presence, with a capital "P", is all there is truly of you.

God is closer than the neck vein, because God is the only thing that is present right where you are. If God is all that is present right where you are, then there is much about yourself awaiting your learning, because you do not experience yourself as embodying or embracing in any way all of the qualities of God that you are aware of.

Now, as you learn more of what God is in a more relevant way, it is going to begin to redefine you to you. And in redefining you and exalting you above or out of this limited puny and hopeless entity that you seem to be, as that exaltation occurs and there is a greater experience of unity between you and the Father/Mother, then what the Father/Mother is is going to begin to change and become even more relevant, because the unity of the Father/Mother and you will be more greatly substantiated.

Now I encourage you not to be afraid of the shifting of perception that occurs. I also encourage you to know—not so that you can make it true, but because it is true—that it is your natural estate, it is your natural state of awareness to be aware of all that is the way God is experiencing all that God is.

In other words, you will come to the point where you will be able not only to see, but to experience the presence of God in each and everything around you. And this constitutes coming Home. This constitutes coming into the Christ consciousness where you are not seeing anything differently from the way the Father sees it. And by virtue of not seeing it differently, you find that you are the Father seeing Himself, that that Movement of Mind, the Mind that is God truly constitutes the conscious experience of Being—meaning you—when you are no longer maintaining a private, personal, different perception of everything than God's Self experience of His infinity.

The shifting that will occur will feel good. And I encourage you to pay attention to the feeling, just as you know what the feeling of love truly feels like and can identify it when it is present, you have the capacity to recognize the feeling of God. It is not an educated feeling, it is not a concept, it is not an idea. It is an experience of the Soul. And you have the capacity to feel it and recognize it for what it is.

Therefore, I will put it this way, if you do not have the accompanying feeling then question your concept, or question what you are thinking. You can depend upon the feeling of the presence of God, because it feels like Home. And I use the word Home and there is no way for me to describe it, it is an experience that you recognize when you have it, and then you know exactly what I am meaning.

So, as you explore avenues that are opening up new frontiers for you pay attention for the feeling. Your relationship with God will become stronger, but there will be less and less distinction between you and God. And you will begin to recognize the harmony and the joy of living as an inseparable aspect, as an aspect inseparable from the presence of the Father in your life—and I'm going to say, as your life.

It will become more and more apparent that it isn't your personal private life, that you personally and privately are living or creating, but rather that it is the Father Being His fullness right where you are. And you will see the Father in your life. And you will see the Father in you, and the joy will, I am going to say, reek of Home. It will be unmistakable and it will be the indicator you can depend upon that you are on the right track.

Now at the same time I encourage you not to jump to conclusions too rapidly, because as the shifting occurs in your sense of yourself as well as your sense of God, there is always the tendency to grab onto whatever the nearest previous comfort zone, conceptual comfort zone was. The fact that shifting is occurring and a new you is emerging which creates uneasiness and a feeling of insecurity in you because it's not familiar, does not mean that what is unfolding is untrue. You must dare to allow that transition, or transformation, if you will, to occur, testing the water constantly, you could say, testing the Spirits to see whether they are of God. Dare to examine, or shall I say, dare to explore and examine.

One does not let go of old concepts and old habits and old familiarities easily, even though in letting go of them it allows one to come into a clearer and newer familiarity. And what I mean by a clearer and newer familiarity is an awareness of that which is closer to Home, closer to your divine origin, closer to the truth of you that is the fact at the moment, even though you temporarily turned your head away and ignored it.

I applaud you for your courage. That's the end of the answer.

**QUESTION: Thank you, Raj. The separation that this has caused in my family, a simple yes or no, will it be rectified?**

**ANSWER: Yes, indeed.**

**QUESTION: Raj, I've recently jumped onto a big wave by resigning from a long career in the High-Tech Industry. And in doing so, I've let go of a security blanket, you know the illusion of well-being that that career held for me. These days for the last several months I've been—to use Joseph Campbell's words—following my bliss, getting up every morning in beautiful sunshine and oil painting. Something which I had no idea I would be doing when I started doing this, which makes me realize it didn't come from my ego, it must be coming from somewhere inside.**

**I'm thoroughly enjoying this, but I'm at the same time have this level of anxiety of, where am I headed, what am I doing? The money is going out and none is coming in. It may feel somewhat like Paul Tuttle must have felt when he was being squeezed out of his business to ultimately end up channeling. There is no question here. I know that I am unfolding here, but there's still the fear perhaps I'm looking for the assurance that everything is going to be all right, even if specifics will help me in this case.**

**ANSWER: You see, the problem is that one usually thinks of bliss as irrelevant to daily life. Thus, if one follows it, one is bound to end up ungrounded, unable to function in the world, to become irrelevant in the worlds terms, and this is a terrible misunderstanding of the fact. Understand that bliss is well-balanced. Bliss is the unobstructed Movement of the Soul into expression. But this Soul isn't a personal private Soul of yours or anybody else's. This Soul is the presence of God that I was speaking of a moment ago, that constitutes the presence that everyone looks at and calls you or anyone else.**

**This Soul, with a capital "S", is God self-expressing. That is why following your bliss is experienced as bliss, because you are experiencing God. But God completely expresses Himself/Herself. God's self-expression is not partial or incomplete. And so, you in following your bliss can expect not only to have your Soul satisfied, but your stomach and your wallet, because God is relevant. God's complete self-expression is identifiable as that which meets every human need, not minimally, but fully—fully, fulfillment, not a little bit, but fulfillment. And fulfillment is an experience, a practical experience, and shall I say, in inner experience.**

**So I encourage you when you are following your bliss, when you are daring to let go into your bliss to embrace bliss as a balanced manifestation and Movement of fulfillment on all fronts, in all ways. Do not let it remain something fulfilling but irrelevant. Embrace it as that which is fulfilling and absolutely relevant. Following your bliss means being open to your fulfillment in every way that means fulfillment right here and right now. And that means having the dollars**

and cents to buy the food, and pay for the roof over your head, and transportation, and whatever meets the human needs.

If you are not careful and you conceptualize bliss as irrelevant joy or even activity, such as an artistic activity that is irrelevant but wonderful, then you are likely not to even have your eyes open to see the opportunities for your abundance to appear. And this I am encouraging you not to do.

Be just as curious to see how the manifestation of bliss is going to unfold relevant to your wallet and your stomach and your housing as you are to see it unfold as the artwork you are doing. Because it is all the Creative Movement of the Father, which you must simply yield to, be open to, be looking for, but not impatiently or coercively—yieldingly.

Very simply, follow your bliss. Keep that phrase in mind, but add a new phrase to it: Bliss is relevant. And just remember that because bliss is relevant doesn't diminish what bliss is in any way, it enlarges on the relevance. That's the end of the answer.

**QUESTION: Are you confirming that I will be a successful artist financially?**

ANSWER: I will confirm to you that if you will follow your bliss in the way I have just described, you will experience fulfillment whether you are "successful as an artist" or not.

Let's not go for a concept. "Successful artist" is a concept. You being you without apology, letting the honesty of your self-expression be the most important thing, will constitute following your bliss, and the evidence of your fulfillment will be present. But you won't be trying to be "a successful artist," or a great artist who inherited a million, and therefore doesn't have to worry about being successful, or any other concept you might come up with.

Don't go for a concept, go for the honesty and the bliss and the relevance of bliss. And let, if I may put it this way, the universe manifest your fulfillment, because you're not in an active state of denying your fulfillment.

And I will tell you something: The moment you begin to go for a concept or a role you are limiting the universe, the Movement of God in its manifestation of fulfillment. Those are not exactly accurate words. You cannot limit God. But you will limit your perception of the Movement of fulfillment that God is Being.

So I dare you to just be whatever it is you happen to be being at the moment, because you are being honest and following your bliss. And to heck with the concepts. And watch the fulfillment begin to occur, and begin to be able to marvel at the infinite creativeness of the universe, the infinite creativeness of the Movement of Being.

You see, you do not really want the security of a confirmation that you will be financially successful as an artist, what you want is the confirmation that it is worth it to be true to yourself, the rest of it will fall into place. And I confirm to



you that it is worth it to be true to yourself to follow your bliss and watch the fulfillment begin to unfold that you are not personally responsible for, at least nor from an ego level. And that is what personally responsible means. Your Being is responsible, but fortunately you are not able to control your Being. That's the end of the answer.

**QUESTION: I'd like to talk about getting in contact with my guide. And I talked to you about a month ago on the telephone and you see if I'm any closer to making contact with my guide and what do I need to do?**

ANSWER: Yes, indeed, you are much closer. Literally that which blocks communication is much less dense.

Now what I would encourage you to do is to prime the pump, if you will. What I mean by that is that when you ask a question of your guide—and let there always be a question, and in the beginning I would encourage you to let the questions be questions that could be answered yes or no, or questions that could be answered with a minimal use of words—you could say for example: “Is it appropriate for me to do such-and-such?”

And then in the sense of priming the pump, you yourself could in the quietness say, “It is...” And let the sentence hang unfinished so that your guide may come in and say, “appropriate,” or your guide can come in and say, “not appropriate.” Let your guide finish the sentence. You start it. The value of doing this is so that there is at least that much activity in your mind. The two words, “it is,” those two words constitute an activity in your mind that does not block the formation of words to follow that you guide can then supply.

There is a tendency on your part to keep your mind very quiet so that you can be sure you're not interfering with the process. And in keeping your mind quiet you're not allowing anything from any source to occur.

So I encourage you to prime the pump, as it were, by providing two or three words that do not actually begin to answer the question, but just provide a lead in to the answer. You are very close. And I would encourage you to do this and to be more relaxed about it. That's the end of the answer.

**QUESTION: Over the past several weeks in my work, I have observed and personally experience, but I have observed many people who have suddenly experienced severe pain in their spine, and various locations. And it's quite mysterious to me what's occurring here.**

ANSWER: Oh, it's so much easier to collapse than to face the shift and changes that either are occurring or that there is a sense of impending occurrence about. There is need for you to help reestablish the firm support of the spines, etc., along with some positive encouragement about that individuals capacity to face what they are faced with or what is coming.

Because what is coming is the wave that we were speaking of this morning. And people are feeling the Movement. And because the Movement is going to

change the status quo there is a sense of vulnerability. And because the Movement is a deep Movement there is a sense of incapacity to deal with it.

And as I said, it is easier to collapse and be helpless than it is to do what is imagined to be the opposite. And the opposite is to put rod up your backbone and tough it out. Now that isn't what is called for, but that is what the imagination or ego says. What is required is simply to relax and be flexible and supple because the Movement is the Movement of clarification and Awakening. Continue.

**QUESTION: The reason it seems strange is because most of the people and myself included were effected either in the lower neck or lower back. And I was wondering if the chakras were being turned on by some external forces. For instance the full moon that's coming up next weekend is going to cause the highest tides in ten years. And were approaching the peek of sunspot activity in the next few months that is the highest intensity recorded in the past 200 years. So apparently there is a lot of energetics that are occurring, and I'm wondering does this have an effect on the bodies electrical system, or activating viruses, or what is going on?**

ANSWER: Nothing nearly that marvelous.

QUESTION: Oh, shoot! Oh, well!

ANSWER: I will tell you, those are the two areas most easily manipulated muscularly at a minimally conscious level. In other words, one does not overtly misalign their neck or spine consciously. But at an almost unconscious level these areas are the ones that can be most quickly brought out of alignment through a barely conscious act of will.

I am going to encourage you in working with these people who come to you, especially over the next five months, to understand that indeed there are things that are happening, there are shifts that are occurring. But they are positive, and they need not incapacitate themselves consciously or unconsciously to avoid having to deal with the shifts. That's the end of the answer.

**QUESTION: I have some friends that are fundamentalist and they're always talking about being very specific with the Bible. And I'm curious, what's the best way of looking at the Bible itself?**

ANSWER: As a source of inspiration, as a means of reminding yourself of Home. But I encourage you not to take the Bible literally. I encourage you rather to pay attention to the inspiration in you that it triggers—inspiration about the truth about God and man, the Father/Mother and you.

The Bible conveys more clearly than any other volume the presence of God among men and women, among mankind. And the transformational nature of that presence. But understand that in Biblical times it was exactly as it is now, there were those who had to be willing to listen, they had to be undefended against the experience of God. Because, as I said, God is the all constituting presence of you and of every individual and of everything that exists.

So God has always been present with man, as man, except that man has claimed a mind separate from God and an intent that is different from, and at odds with the Will of God. And all of this because man thought he didn't have a relationship with God that was absolute.

So you have the evidence of God with man and its transformational effect upon mankind in the Bible, which sets the example for today, because the reason God was experienced as with man, was because there were individuals who were undefended against the experience of the presence of God in them, and who dares to open up their mouths and let their words and their actions arise out of what they presence of God. So you see, it is not so much the details of the story but the context in which those stories or lives unfolded.

If anything the reading of the Bible should inspire you to be more open to the experience of the presence of God in relevant terms today. So that His story is not just available from the Bible, but from life now.

I'm going to be very blunt. You are the one who has forgotten who you are—not you alone, but you and I are talking right now—you are the one who has forgotten who you are. And so at the bottom line, the necessity is for you to remember who you are, and whatever books help you in that remembrance use them to promote that remembrance.

But remember that what you are serving is your process of waking up to who you divinely are, waking up to your inseparable unity with God. That is what you are serving. You're not here to serve a book, or a philosophy, or a teaching. You are here to utilize words and philosophies and teachings, etc., if indeed they serve you in your process of waking up to who you are and what God is. If you will keep that straight you will not lose your path. That's the end of the answer.

**QUESTION: I see my process of becoming what I am, a process of undoing.**

ANSWER: Exactly!

**QUESTION: At this point in time what might I undo that would best serve me on my path?**

ANSWER: The attempt to take hold of what is specifically unfolding in your experience right now, in terms of your work, do not assume that God got the ball rolling and now you must keep it rolling. The Father will keep the ball rolling and I encourage you to walk along with the ball, to be there where the ball is as it identifies fulfillment of purpose for you.

Again, the key is not to assume that because the ball is now rolling that you can begin to make decisions and judgments of your own relative to it, and slowly begin to take charge of it. If at some point you are willing to say, "Thy Will be done," let that continue to be your policy. Don't say, "Thy Will be done," and then watch something marvelous begin to unfold and then say, "Oh, I think I can take care of it from here." Let it continue to be, "Thy Will be done," because then the

movement of fulfillment for you will not become effortful because you have taken on personal responsibility for it.

That is the specific thing at this time. Allow this ball to roll, or shall I say, imagine that the ball turns into a small red carpet. Let the red carpet unfold itself and you walk behind the unrolling part. It's much more enjoyable that way. That's the end of the answer.

**QUESTION: This is the first time I've experienced you in this format. Can you hear me?**

ANSWER: I can, indeed. Are you enjoying me in this format?

**QUESTION: No. I don't even know if I have a question for you except that I do have a sense that I don't have to explain anything. I'm feeling as of recent past couple of years a sadness. And I don't know what this burden is. Do you have anything to say, I'd like to know?**

ANSWER: Earlier a question was asked about anger. And I indicated that anger was the cork that bottles the flow of one's love. Now, sadness is another cork. Now what it is extremely important for you to understand is that the growth and development that has occurred in you over the last three years has promoted the dissolving of this cork in you of sadness.

This sadness comes from a sense of unworthiness that you had you thought come to terms with so that you were able to function relatively well in the world without getting rid of the unworthiness.

Now I'm going to tell you something: This sadness, the cork of sadness has been breaking up, dissolving, becoming rather fluid, you might say. And as it becomes fluid it begins to run off, leave the vicinity of the corked area. And as that happens it is as though it moves past the viewing screen of your awareness, and you feel this sadness, but it doesn't relate to anything that is going on.

Now I'm going to tell you something: It is important for you to let yourself feel this feeling. That does not mean that you are to become caught up in it, or overwhelmed with it, or let it get out of hand. But I encourage you not to deny the feeling, and also not to make something out of it that it is not.

The sadness is dissolving. And whereas love was what underlay the anger, what underlies your sadness is the direct experience of your worth, not an intellectual one, but a conscious strength of your very being. It is excellent for this sadness to be dissolving. Let it flow past the window of your awareness. It is in the process of passing off.

You're going to find within the next few months such a gushing forth of this strong worth, that the sadness was blocking, that you will wonder what hit you it will be so wonderful. The sadness is not an indication that there is something wrong with you, or that you are being punished for anything. Notice it when you feel it, and let it pass off, and do not engage in strong reaction. But do not try to

squelch it either, because that pushes it right back into the cork form that it has been dissolving from.

You literally are engaged in a process of breakthrough and release so that your experience of your worth will not be hidden from you. And so I encourage you to interpret what is happening in these very positive, constructive ideas that I have just expressed. In this way you will not worsen the experience, by adding on top of it an idea that you are somehow off balance.

There is a wonderful healing process occurring here. I know you wish it would be a little faster. But I will tell you something: When the last little bit of cork comes out and the gush occurs you will say, “thank God,” and it won’t matter to you how long it took it will be so wonderful to have broken free of, or to have your experience of worth broken free from the cork of sadness.

You’re letting go of the cork as fast as you can. And so there is no need to try to hurry it, or to add to the frustration by being upset that this isn’t getting over with sooner. You are very close to the end and embracing it as a healing movement will allow it to move along a little bit faster. And it certainly will relieve you of the tendency to wonder what is going wrong with you. It is something that is going right with you. That’s the end of the answer.

**QUESTION: I teach yoga, mostly in colleges, which requires a great deal of traveling, some overnights away from home. I work with several hundred students a week. And I’m required by the colleges to fit into their schedule. Now my questions around energy. I know that the only limitations that I have are those that I’ve put on myself, however, at the end of my day, and also particularly at the end of my work week I feel this body with fatigue. I’m still coming to that place of fully relating to the Body of Light. I understand it. I believe it. I’m probably not totally focused in that at this stage.**

**My question is: How do I work with that fatigue? Do I respond to it and let this that I call my physical body rest, or do I continue what I do when I’m teaching which is basically say, “Nope, I’m not going to let this get to me. This is the ego trying to slow me down,” that kind of thing. Can you help?**

ANSWER: Indeed. Yesterday I mentioned that honesty is a matter of being genuinely you. And I brought out the necessity of loving yourself right where you are. And I also pointed out that when you are loving yourself right where you are, which means with whatever limitations you might be experiencing, that that will not constitute getting stuck in the limitation.

Now, it is very important for you not to use your spiritual path as a means to be hard on yourself, or to justify labor, with the idea that this will either exalt you or it will allow you to overcome the ego. I will tell you, if you attempt to deal with the ego head on, you will run into something that is an expert at resistance. This is

why I have encouraged you to relax and be allowing and to love yourself right where you are.

You see, when you are not attacking the ego the ego has nothing to do. It does attempt to distract you from being happy with yourself, but it cannot force you to give your attention to it. So the necessity here is to dare to be kind to yourself, and to dare to, I am going to say, honor whatever your current limits are and within those limits discover your integrity.

I want you to understand that the ego is like a circular fence surrounding you, but this you—let us say, this grassy area within this circular fence—is constituted of what you are divinely. It is just that it is a circumscribe portion of what you are divinely.

Very often the ego is interpreted to mean not only the limit, the fence, but also all of the territory inside the fence, meaning that practically everything about you as you experience yourself at the moment is illusory or false, something to get out of, to rise above, to deny, to invalidate. And of course, this is exactly what the ego would love for you to do, to invalidate even the limited part of what you divinely are that you are experiencing.

So when I am saying to start with yourself right where you are, and to embrace yourself, to love yourself, to pay attention to how you feel and abide with it, that this is the means of getting beyond the ego limits. In acknowledging the territory within the fence as divine, and in acknowledging the fact that this of you which is embraced within the ego limits is absolutely divine and has the ever present capacity to recognize truth, in that recognition you are able to begin to love that of you which you are experiencing.

What happens when you do that? You have withdrawn your attention from the fence, and griping because it is there, and wanting to violate it, but having to deal with the threat of punishment, and you are magnifying the grassy area within the fence and you have withdrawn your attention from the ego. And I have said it before, but it should be an indelible idea in your mind: the one thing that the ego cannot defend itself against is disregard.

Now I encourage you to simply be kind to yourself. Do not say, “This limit is not a valid limit, I am going to override it.” Because in your attempt to override it, and to bulldoze your way through it you will be running up against something which knows perfectly well how to stop you. The ego is a defense mechanism. It is able to defend itself very skillfully. And it knows your weaknesses and will play upon them and get you to settle down and stay in your place.

Now understand that when I am saying to value yourself where you are I am not saying stay in your place, recognize your place and stay in it, I am saying recognize and embrace and love that which is inappropriately bound by the ego structure of the fence. Because in your willingness to do that you come to an

experience of peace within yourself, where you are not feeling fear. And in the absence of fear there is no means for the fence to hold you back.

Imagine, if you will, a ball of silly putty. If you set the ball on the table it will relax and the circumference will get larger, it will spread out. As you relax into an appreciation and a valuing of your current limits and there is peace and a sense of security with who you are, it is the same as the silly putty relaxing and spreading out. And the circumference of the silly putty becomes larger and larger without any effort being put forth.

But your expansion into your greater capacity to express yourself will only come through an acceptance of where you are and a love of who you are at the moment, even though you know that you are not experiencing yourself completely. In order for the self you think you are to open up into the capital “S” Self that you really are, in order for it to be exalted you must start valuing and honoring the little bit of that capital “S” Self that you are experiencing. And that is why the admonition was, “to love your neighbor as yourself.”

If you are to love the Lord your God with all your Heart and all your Mind and all your Soul, it means that you are giving your Heart, Mind and Soul to the Father—you are willing to yield to the Father. What does that mean? The Father out there, out there behind you, underneath you? No, to yield to the Father is to yield to the little bit of territory embraced within the ego fence, the little bit of you that is in fact the expression of the Father and to come to a peace with yourself, that is loving the Lord thy God with all thy Heart and all thy Mind and all thy Soul.

It isn't a love that you project out into the cosmos in the hopes that it will touch God in some way, somewhere in infinity. It is right in the middle of you, it is the You of You. And even though your present sense of yourself is incomplete the self that you are aware of is a small portion of yourself in its totality. And it is the presence of God that must be yielded to, settled into, allowed into, embraced, not denied, not criticized, not demeaned, not something your try to get above or out of.

That is the way the ego has distracted you from experiencing your infinite capacity. And the ego says, “If you want your infinite capacity you are going to have to deal with me.” And you play into it and you fight your ego. And you continue to be bound because the energy you invest in overcoming the ego gives the ego life.

So, very simply I am going to encourage you to take a look at yourself at the end of the day, and at the end of the week, and I want you to ask yourself, “does this feel good? Does this feel comfortable?” And if it doesn't, then I encourage you to employ what you call good common sense, and change your behavior, except you are not to interpret your pulling back from as much activity as you have been engaged in as failure to demonstrate your freedom to be with boundless, endless energy.

If you want to access your boundless, endless energy, you're going to have to yield into yourself right where you are, and feel the congruence of it. Because I will tell you, when you back off and you find that happy medium where you are active and you also have time for rest and play, you will spontaneously give a sigh of relief. And that sigh of relief won't be coming from an intellectual agreement in you with what you were doing, it will come because of a nonintellectual responsiveness to the kindness you are expressing to yourself.

You will give that sigh of relief because there is congruence. And in that congruence and that relaxation the silly putty of you will relax and your borders will be expanded, not because you were trying to expand them, but because you were allowing yourself into the fuller experience of your capital "B" Being. And that is the way you wake up. It is not by strong arming the ego, it is not by overcoming the ego, it is not by fighting the ego. It is by disregarding it, and honoring that of you which is available to you to experience that is within the ego boundaries, and loving it, and honoring it.

When there is that inner congruence then you will begin to feel the Movement of the Father in you. And it will feel like energy. And there will be an increase. But I will tell you something else: with that increased energy is also likely to be an awareness of new avenues in which to express that new energy. And you will not be likely to use that energy to put your nose to the grindstone even more definitely. And there will be balance. And the energy will go into more work and more play.

The balance will arise not out of a plan, either a plan for fun or a plan of attack on the ego, but it will arise out of the fact that you have found a point of being at peace with you right where you are at the moment. The ego says that if you become self-satisfied you will become stuck in mediocrity. But it says that because if you become self-satisfied that will cause you to slip away from the ego and the ego will fade, and that is why it tells you that. It is not speaking in your interest at all.

Dare to acknowledge where you are and embrace it and love it and feel the congruence of it. Because the congruence of it constitutes a stability in you that is not intellectual, but is felt in the very fiber of your Being. And that stability is felt as safety and balance and peace and the absence of fear. Because you are not over extending yourself and trying to be something you are not.

The Christ Consciousness is right where you are, the Kingdom of Heaven is what you are in the middle of, but you will not discover that fact until you dare to release judgment against yourself, and defiance against the ego, and love yourself right where you are at the moment. It is out of that self-respect that your expansion can occur, and will occur. It is not respecting a limit, it is respecting your integrity, so that instead of trying to become more and do more, you embrace who you are



fully, lovingly, acceptingly, recognizing its integrity and being willing to abide with it.

You are accepting the integrity, the divinity of the grassy area within the apparent but illegitimate confines of the ego. And that honoring of yourself magnifies yourself, without effort on your part. The only effort you need put forth is the intent to pay attention to and value the territory within the fence.

One further note here: The ego knows that it is the fence. It knows that it must keep you within the fence. It tells you that it is threatening to your salvation for you to violate the fence. And yet, it tells you that what is within the fence is invalid, and that the grass is greener on the other side of the fence. And so what does it do? It takes away your power within the fence, says it is outside the fence, but without any power you can't violate the fence. And then it further says that if you even think of violating the fence you will be damned.

So, you don't try to violate the fence, you forget about whether the grass is greener on the other side, and you begin to value that of you which you are experiencing within the fence and instead of defining it in the ego's terms you define it in the Father's terms, and acknowledge the divinity right where you are. Because that is the only thing that will undo the fence and promote your spontaneous expansion into the greater territory of you.

Oh, there have been militant Christians, and there have been militant metaphysicians. And in the name of the glory of freedom everyone has engaged in overcoming something. And whenever the attention has been on the enemy out there you have not been able to feel the divinity of the you that is defending or attacking the enemy. You have not had your attention on the one place where the breakthrough could occur, which is right within the ego boundary.

Just the fact that what I am saying causes you to think twice is an indication of your conditioning and the suggestion that if you do honor the limited self that you are experiencing you will simply substantiate those limits. That fact tells you how much you are bound by the false perception, and the false sense of self that the ego is presenting.

The ego says it couldn't be that easy. But I will tell you, your Birthright is yours, by virtue of the fact that the Father in being the Movement that resulted in the expression of God called you, had no means to withhold any of what He was from that expression. And so, your Birthright is yours, its not even something that could be handed to you when you reached the age of majority. It was yours at the moment of the Movement of God that looks like you.

Now if that is your Birthright, if that is the unalterable and permanent fact of you, then getting into that fact is what is going to be your salvation. And the ego says that fact is on the other side of the fence. And I am telling you that fact is in the very conscious awareness in which, let us say, a false concept can be embraced.

And so, instead of dealing with the concepts, and overcoming the concepts, the attention needs to come back to the simple state of awareness that you are. Because you are Conscious Being. And I encourage you to have fun with the words Conscious Being, and use them often, and use it in your mind to replace the words human being. Because human being identifies with the body.

It says, “I am the body. You are the body that I see. The tree is the body that I see.” And you become hoodwinked, because you are the awareness, the conscious being in which bodies and trees and universe and ideas are experienced. The bodies and the trees are not what you are. Conscious Being is what you are.

But you see, if you say, “At the end of the day I have and I am a tired body. And at the end of the week I have and I am an exhausted body.” And you’re hooked in a false perception of yourself. Because at the end of the day, or at the end of the week you are the conscious awareness which does not have the capacity to feel any exhaustion whatsoever.

And if your identification was with yourself as conscious awareness, you would have the perspective to know how to be appropriate. And you wouldn’t quibble over whether or not you ought to be challenging limits. And in the end you would find the body and the trees and the universe reflecting back to you the boundless energy and perfection of the Father.

Again, you are not here to do battle with the devil, or with the ego. You must put down your weapons of truth—absurd phrase—and let yourself into the truth. You gather—all of you—the truth around you as a defense, as a means of proving that the devil has no power. And yet the fact that you feel a need to use the truth to prove that the devil has no power, means you believe the devil has power.

If you didn’t believe that the devil had power you would not waste your time gathering any weapons of spiritual defense around you. You would just say, “What a ridiculous idea. A devil—with power.” And you would be about your business of living and you would discover that you were free because there would be no investment of faith negatively speaking in a thing which you fear, and by virtue of your fear you seem to give existence to.

So, stop trying to overcome the limit, and simply honor yourself wherever you find yourself to be. And if you are tired sit down. And if you are consistently tired stop doing so much. And if you have your nose to the grindstone—no matter how worthy the cause—if you have your nose to the grindstone, pay attention to the feedback you are getting, and back off from it and get a little balance in your life. And let a little fun and play and social life come it. And don’t say that it isn’t as worthy as teaching something as valuable as yoga, or any other spiritual discipline.

And find your comfort, because in your comfort is your peace, and in your peace is your security, and in your security or invulnerability is your capacity to

be like the ball of silly putty that just because it can't hold itself up and isn't trying to control itself expands the territory that it embraces.

Now I have given a very long answer to your question. But it is a most important point to understand. It relates specifically to you and it relates to everyone else as well. And it is the fundamental key to waking up. Yielding to the Father means yielding to the territory within the ego's limits, because that territory is absolutely divine and the only reason you don't experience its divinity completely is because you treat this little bit of territory as though it is all there is of you. And on the basis of that misperception every conclusion that follows is false.

It isn't all of you, but it is absolutely divine. The fence doesn't change the territory that it embraces, but it does seem to create a little gap between that territory and the territory outside of it. And the territory within it, and the territory outside of it is You. And that territory that is You is God Moving, God being the Movement that is called Creation, Life, the Conscious experience of Being. Enough said. That's the end of the answer.

**QUESTION: I have a follow up on that. Thank you for all of that. I made an error in assuming that the additional classes that I took on were God's gift for abundance. How do I avoid doing that in the future?**

ANSWER: You pay closer attention to the simple wisdom of your body language. Not your body language to others, but your body language to yourself. And if you are paying closer attention and you are better in touch with yourself, then when so called opportunities or gifts present themselves to you you will be able to recognize that they are not congruent with your comfort zone. You will be tempted to violate your comfort zone for the payoff.

And it is a point or an opportunity for you to learn to choose for your comfort zone. That constitutes an investment of faith, an investment of trust in the integrity of your Being at that moment. Even though a year from now you may be in a position to take on the extra work without being exhausted. But pay attention to the integrity of the moment. And in choosing to honor it, you will find that you will not lose out by refusing the "gift."

The gift that God gives comes from within as the ability to perceive what works, what is meaningful, and what is kind. And God does not give you a gift that makes you huff and puff and end up exhausted, where finally, in effect, your body says, "stop," and you say, "I'm sick."

You're not here to rise above your body. And you are not here to demonstrate that muscles can indefinitely flex and unflex and accomplish something. You're here to learn to be at home with every part of you. And not judge the body to be a piece of meat that is there for you to exercise control over. That's demeaning! Your body is that which identifies the presence of your

individuality. And its intent is to identify the presence of your individuality perfectly.

And if in fact your individuality is the expression of God, then your bodies intent to identify your individuality is the intent to identify the Father perfectly. And if you are treating the body as though it is an object that is not you, a temporary habitation that you must beat into submission either physically or metaphysically, you are in a state of denying and not acknowledging the presence of the Father. And that is not respect. That is an act of aggression, an act of separation.

And so when you say, “I can’t take another step,” don’t immediately say, “I have infinite capacity and I am going to prove it.” Sit down and take a load off your feet. Ah, but the ego says, “You are succumbing to matter. You are accepting the human condition.” You ought to challenge it. You have the divine right to challenge it. And the ego will throw your metaphysics up in your face as a means of making its point and keeping you bound.

And your metaphysics better have enough compassion to say, “No, I’m going to love myself. I’m going to sit down. And I’m going to enjoy a breather and when I feel like getting up and continuing, I’ll get up. When I feel the energy, the movement to get up, I will get up. I’m going to be congruent with me.” And the moment you begin to be congruent with you, your experience of who you are will spontaneously begin to expand.

Now I could continue in the vein, but there are other things to attend to, and if you wish to expose yourself to these ideas more you can buy a tape. It is necessary to here these things and to remind yourself, because your conditioning distracts you and gets you back into old habits, old limits, that you unwittingly magnify. That’s the end of the answer.

**QUESTION: Raj, you’ve just presented us with a banquet of wisdom, and I feel as though to ask for more is to be gluttonous.**

ANSWER: Then we will take a break. And by the end of the break you will be ready to ask for more.

**QUESTION: Raj, recently I was invited to apply for a hospice that’s opening that will be devoted exclusively to working with people dying of Aids. My first reaction was to say yes. I’ve had second thoughts about it, questions about whether I’m appropriate for that type work, or whether I should devote my time so exclusively who are dying, and questions about whether I could sustain a commitment in that context.**

ANSWER: And what does your feeling tell you?

**QUESTION: I continue to feel drawn to doing it...**

ANSWER: Let me ask you this, is that really a feeling, or does the idea continue to be fascinating or interesting?

**QUESTION: It's a feeling in the sense that my contacts with those people who are forming the hospice are unusual. I feel a very strong connection with them. And the quality of our communication has been very good. And so, it's a feeling in that sense.**

ANSWER: The deeper feeling that you would not have the energy, the stamina to participate in this work on a continuing basis is again a sense of a limit that doesn't coincide with what you would like to think you were capable of. Again, the necessity is for you to pay attention to this deeper feeling, and not assume that because it seems to present a limit that it is something to be overcome. You must dare to honor where you find yourself to be, where you find yourself to be at a nonverbal experiential inner level.

Now the likelihood is that in spite of your deeper feeling you will find out from experience, you will pursue this. If you do I encourage you to pay attention to yourself so that you do not find yourself becoming emotionally exhausted, and even what I would call spiritually exhausted. If you are not in your peace, if you are not in your comfort zone, you do not have the perspective to experience your spiritual expression clearly, or your emotional environment clearly. And so you will have to be very careful to maintain your comfort zone so that it does not become biased by the overwhelming sense of death and hopelessness.

But if everybody did that, then these people who need help would never get help—that is the idea that occurs. And that seems to justify pushing against a deeper feeling that it is not appropriate for you to pursue this avenue. The suggestion is that if you do not provide the conscious direction for your life to take and for your service to be in, that you will become directionless and nothing profitable, nothing worthwhile will happen.

If you attempt to go against the deeper feeling within you, even though your motivation is righteous and loving whatever you attempt to do will not come to fruition because you are acting at odds with your Being, at odds with your Self. You are not here to define what is a right activity for you and then make your Being conform to that concept. Again, this comes back to the issue of yielding. "Not my will, but Thine be done."

There is integrity to you, there is integrity to your capital "B" Being. And if you yield to your capital "B" Being, you will be yielding to your integrity, and then your activity—whatever emerges—will have integrity and substance to it.

This is not your cup of tea, but it is other's cups of tea. If you are true to yourself you may not end up doing this. But that does not mean that others will not end up doing it, because this is a need that does need to be met—this care for those who have Aids, as well as any other "terminal" disease.

But do not make the assumption that because you have a great deal of love and you want to be of service that this ought to be it and you ought to be able to provide that kind of coercive direction to the movement of your life. It is not

humiliating for you to be congruent with yourself. It takes humility, but it is not humiliating to that in you which is valid. And it constitutes your arriving at a point of being genuine. And when you are being genuine you are making the gift of you that only you can give. You can be the specific expression of God that you and only you can embody or bring into focus.

Now if you decide to pursue this, it will not be a mistake and you will learn. But I encourage you to pay attention to the deeper feeling that you call a feeling of reluctance. And do not assume that it constitutes a sense of limitation that you must override.

The ego goads all of you, as I said, it says the grass is greener on the other side of the fence and then it says you will go to hell if you violate the fence. And the implication is that this is a real challenge. And if you do manage to surmount this challenge your gold star will really be shiny and big, the payoff will be great. The joy of the congruence of your Being is the only payoff worth going for, and you go for it by being humble enough to pay attention to your Being, the deep feeling, and trusting it and acting upon it. That's the end of the answer.

**QUESTION: My question: My closest friend, who lives on the West Coast, recently wrote me a letter. And she made several statements in the letter that evoked ego reactions from me. The statements were: that more and more as she commits to herself and only to herself, and to her truth, and her integrity, and her honesty, that I could not rely on her or depend on her to be in a relationship with me. That she was committed only to herself and not to a relationship with me. If being committed to herself manifested as a relationship with me that would be fine, but that could change any moment from day to day based on her guidance.**

**After I got through my ego reactions and the hurt and the anger and so forth about it, I've been left with a feeling of ambivalence. Intellectually I understand perhaps what she's talking about. I'm not ready to accept it, I guess, on an emotional level. And the ambivalence I'm feeling is, "Oh, why bother now, why bother to continue in a relationship where I may never know whether she really is in relationship with me, depending on her guidance from moment to moment, depending I guess on my guidance from moment to moment too."**

**So I guess I would like you to perhaps address that ambivalence. And also, is she on to something? Is it possible to have a relationship with someone and not have commitment, but still be able to experience intimacy on all levels. And how does... I follow the guidance, I'm in the present, and if I want to make a commitment I can make a commitment now, but a commitment is about the future.**

**So when it comes around three weeks later to following that commitment, whether it's a relationship, or going to work, or an appointment**

**I've made, if in that moment I decide I don't want to keep that commitment anymore because my guidance says at that point it's not appropriate...**

**It seems to me there needs to be a balance between guidance and commitment. And how do I follow guidance but also keep commitments which are future oriented? Is that enough?**

ANSWER: Indeed, it is. The assumption is that if one follows guidance that it will be personal guidance, that it will be private guidance, which will bear no relation to anyone or anything else. Let it be very clear when you are listening for guidance that you are interested in hearing only that which expresses the Father's Will.

I do not mean to do that to protect yourself against spurious guidance, I suggest that you do that in order to be clear within yourself what kind of guidance you are interested in having—complete whole guidance or partial guidance, impersonal guidance or personal guidance.

If you are opening up to guidance, and if actual guidance is occurring, the guidance is coming from one who is fully Awake. And one who is fully Awake is standing as the door, as I said yesterday, allowing the Will of the Father to come into conscious expression.

Now, the Will of the Father, because the Father is indivisible, is expressed as absolute universal harmony. The Father is indivisible, but infinitely individualized, thus, the infinite movement or manifestation of the Father is congruent with every aspect of the Father's infinity. And therefore, you could say that everything that is happening is "in relationship."

But when the word relationship is interpreted from a limited three-dimensional ego vantage point it means the cooperative endeavor of two independent entities, who may or may not choose to be cooperative. If they happen to choose to be cooperative it is a "good" relationship. And if they do not choose to function cooperatively it is a "bad" relationship.

A universal relationship is not constituted of disparate parts, of independent parts working through some form of cooperation to express a unity, it is rather the infinite manifestation of harmony. Harmony is a natural spontaneous movement of integrity, an integrity of the whole reflected in all the parts. Not by virtue of will, but by virtue of the fact that the indivisible Father is an integrated movement, and integrated infinite movement of perfection that can only be described as harmony.

The harmony is natural. It is not enforced. Power or will is not needed in order for that harmony to occur. But that harmony is not "achieved" or experienced until the individual expressions of the Father have all yielded to the Father's Will. This is important to understand, because in yielding to the Father's Will the infinite relationship of the indivisible allness of God begins to manifest. And so relationship becomes exalted from cooperation into a natural flowing harmony that takes everything and everyone else into consideration. You lift your

little finger, or you have a thought and the whole of the Brotherhood experiences it in some way, because there is not actually the separation and the boundary that you imagine there to be.

And when one yields to guidance, when one yields to the Christ Consciousness one finds relationships becoming more meaningful, more permanent, and there is less need for commitment. And don't jump to conclusions. When I say less need for commitment, I mean that because there will be less inclination to separate oneself from this wonderfully beautiful flow of harmony, which constitutes a clearer experience of integrity individually.

And so if one is open to guidance the inevitable result is going to be greater congruency, greater genuineness to the relationships, greater honesty and greater endurance. The relationship of the Brotherhood is an eternal relationship. Now that what you would call commitment, except that it is not the result of will, but the result of willingness to be a part of the whole, if you will, and not act independently.

Now this one you are speaking of is at a stage of what we will call the cave meditator, the one who feels a necessity of withdrawing from relationships, from society, and having a very private quiet time, where there is absolutely no obligation to anyone else, because there is such a great need to have the quiet, the silence, to be in touch with herself.

Now, give her that right. It is the only way she can do it at the moment, and that she is seeking the guidance that she is seeking to connect more significantly with herself, even though it seems to have negative impact on the relationship is better than for her to stay locked into the three-dimensional frame of reference with a committed relationship that is coming from willfulness and from the head.

By all means, be, what shall I say, wise. And do not expect commitment when commitment is not going to be there. But do not take it as a personal affront. It is a stance that she is taking to save herself. And she deserves to save herself from the illusions, from the conditionings that she was brought up with.

So allow her the right, and understand that for the time being she will not be "a dependable friend." In other words, she will not be dependably there for you and for the relationship.

There are times when one needs to be free of the obligations of "friendship or relationships." Because as long as those relationships are there that person is locked into conditioned responses and an inability to experience his or her power or presence as something more than just conditioned responses.

Although you wouldn't choose to do what she is doing, what she is doing is not wrong for her. And you do not need to be reactive about it. That's the end of the answer.

**QUESTION: Thank you, that was very helpful for me. I have a follow up question about something that you said yesterday. It's the whole metaphor**



**of the surfboard and riding the surfboard and the wave. And many times in the last year I have taken the leap in faith to step off the surfboard and just get right down into the wave. And to my surprise I didn't drown, I just was able to not only ride the wave but be the wave and really experience that on a feeling level. And I assume that as my capacity to love increases I will actually be able to experience the ocean, the Source, the Whole thing, without any sense of separation.**

**And the most amazing thing that I discovered as I was experiencing being the wave was I looked around and I realized that there never had been a surfboard there, that...**

ANSWER: Or a surfer!

**QUESTION: Or a surfer, thank you. And that the concept of the surfboard had been a valuable tool to help me along my path and whatever. But simultaneously I could see how the concept of the surfboard had kept me separated from being the wave, from being the ocean, being the Source.**

**So yesterday with so much talk about that metaphor, I noticed the ego was insinuating a little self-doubt, because somehow I knew this to be so, but then there was so much discussion about the surfboard, I guess I needed to run it by today just to find out if I'm on the right track in terms of my experience and feeling about that metaphor.**

ANSWER: You are absolutely correct, yes. You see, however, one can be in the water drowning or one can be in the water on a surfboard and in a position to experience the very waters that were drowning him as the waters that provide the push of the forward movement. The one who experiences the water as drowning him is having a very uncomfortable experience of discovering his unity with the water, and will defy the water rather than yield to it and find his oneness and therefore his safety.

So, it becomes useful to be able to grasp the meaning of the movement of God that I was speaking of yesterday, as something that is supportive as well as understanding that there is something underneath you that is supported by the wave, mainly the surfboard. In this way there is enough security in the midst of the movement to dare to trust the movement without being so frightened that one becomes defensive against it.

And as one begins to trust and yield to it and get the feel, as I said, for the angle of attitude, and begins to experience the pleasure and the joy of riding that wave in balance, one then begins to feel a unity, a benevolence, if you will, in the relationship between the surfer, the surfboard and the wave. And as that awareness of unity and safety develops it becomes then easier to yield into the wave, and you could say, bodysurf.

Ultimately, you will discover that the movement that has been referred to the Movement of God which is moving your puny self-definition into a more exalted

and expansive self-awareness is inseparable from this self-awareness. The wave is inseparable, the wave is the movement of your Being. And when that discovery occurs one can let go of the surfboard, one can let go of the sense of bodysurfing and yield to the wave, with a recognition of oneself in the wave. And simultaneous with that yielding, that intrusting of one's sense of self to one's Self, with a capital "S", simultaneous with that is the clear undistorted direct experience of the fact that the movement of the wave that is you is the Movement of God.

Now we are having to use words here and we are having to gentle into Awakened Awareness. And I am very glad that you shared what you shared because it was part of what needed to be brought out this weekend so that the full picture might be embraced.

But I want to encourage all of you not to attempt to jump off of your surfboards and force an experience of the absolute oneness of the wave and yourself. You must let yourself into it gently and enjoy and value the surfboard, because figuratively speaking, it is your means of gaining the experience of angling your attitude so that the wave of the movement of your Being catches you in your limited sense of yourself and lifts you and moves you forward in your process of clarification.

Trust that your Being knows exactly how to lift and move you into your clearer experience of your divinity. And then intrust yourself to that movement with your intellectual paraphernalia called surfboards and waves, etc. It is a means to an end to bridge the gap to your disbelief. That's the end of the answer.

**QUESTION: I think I've been doing this pretty much my whole life, but I'll be having a conversation with somebody and then half way through the conversation I'll realize that I didn't hear any word they said. And I don't know if it's because I'm preoccupied or what. But I feel like it's really difficult because I feel like maybe I don't care what they're saying, or if I'm just picking up what they're saying on a different level. I don't know, I just realize that I've been doing that a lot, even like when I watch movies, half way through the movie I'll realize that I'm not watching a movie. I just become unconscious I think. And I guess I want some clarity on that, and why I do that, and if you have anything to say about it?**

**ANSWER:** Literally you are tuning out. And it is not a matter of your tuning into another place. Literally, it is a means of rejecting your world, or shall I say, getting some distance from it.

In your particular case here, it is important for you to consciously have the intent to reverse this. Let there be an intent on your part to pay attention, to be sensitive to and aware of where you are. Part of the integrity of you as conscious being is or involves your being more significantly in touch with, sensitive to, and experiencing the meaning of everything that is going on around you. I would

encourage you to avoid these withdrawals they tend to isolate you and separate you, and they are a means of avoidance.

Now these are all psychological words, some of which might generate a little bit of fear and I am not using them for that reason. Avoidance is not that terrible, but it doesn't promote the experience of unity and the experience of meaningfulness of whatever is going on around you. And that experience of meaningfulness and unity is what you want.

Now I encourage you first of all to watch movies and go places that are fundamentally interesting to you. And then secondly when you are there I encourage you to pay attention, be curious to what is unfolding. Again, if you are in the middle of the Kingdom of Heaven you always stand at the threshold of discovering something more than you have ever experienced before.

And so, I encourage you to let that sense of curiosity be present. Do not assume that you've got the conversation pegged, or the evening pegged, or the event pegged, and that it will probably be pretty dull, and therefore you might as well check out.

I encourage you to have a suspicions that something marvelous will happen, that here will be the opportunity for you to see something new. And then do not move into your head to figure out what the something new might be. Let yourself be more significantly present with your environment and the individuals around you, even if what someone is saying is particularly uninteresting, stand there noticing you being with them, hearing something particularly uninteresting and continue to be present.

You might even ask yourself, "What's really going on here?" Because something is really going on, something is truly going on, something is divinely and therefore wonderfully interestingly going on, or there couldn't seem to be something going on dull. You can't have a counterfeit of nothing. And so I encourage you to be curious to discover what is really going on there. We could call it becoming more alive to Life, but let's capitalize the letter "L" in that word Life—alive to what God is being there, alive to the meaning and the vitality of the Movement of Creation that is occurring at that moment. Your experience will change.

Now, this is the appropriate time for me to touch on the fact that Creation is always current. Creation did not occur billions of years ago, and what you call life is not just the movement of some perpetual motion machine that was caused or set into motion in the past. You were not created in the past, you are at every moment being the leading edge of the self-expression of the Father. Creation is now. And it is what is constituting conscious Being or the conscious experience of Being now.

And so, always in the instant you are in you are standing on the threshold of being able to clearly discern the infinite Movement of Creation that is causing

every aspect of that moment of conscious awareness. That instant of conscious awareness is the holy instant. It is the instant of wholeness, in which you have the opportunity to slip through into your undistorted totally Awakened conscious experience of being.

And earlier I spoke of the circular fence, and that the grassy area inside is absolutely divine, and that in order to access the more of yourself that is on the outside of the fence your valuing of the area within must become the focus.

Likewise, in terms of time, it is not what is to come, and it is not what has been that is important, nor is it what you are to act or react according to. It is the instant of conscious awareness that you are experiencing at any given instant that constitutes your access point into your fully Christed Conscious Awareness of Reality, experiencing Reality as God sees it, because that instant is the instant of wholeness.

The future and the past are instance, you might say, imaginary instance of division, wholeness is not available in them because they are not the moment of creation. And so you must dare to allow yourself fully into the instant, which is the only instant you are ever experiencing. And honor it. And pay attention to everything about it. Let yourself be sensitive to it by letting yourself more fully into it. And let there be naive eyes, unconditional eyes that are not sure what they will see so that you may see the more of the Movement of God that is happening.

Let your desire be to be present in the now with the curiosity to see God in it, God in every aspect of it. And be curious to find out what God in it looks like and feels like. That's the end of the answer.

**QUESTION: I know you just talked about living in the instant moment, but is it going to take me a long time to get that?**

ANSWER: Isn't the ego amusing. I will answer you by saying, infinite patience brings immediate results. The less you are concerned about how long it will take, and the more you let yourself be in the moment the more quickly you will arrive at your desired destination.

You see, again, the point is that you're already at your destination. Your destination is the very starting point of your Being in this very instant. You're already here so it's not going to take time for you to get here. How long is it going to take you to open your eyes up to see where you are? Well, that depends upon how willing you are to let yourself fully into the moment you're in with a curiosity to experience it without illusion.

It's that simple, but do remember infinite patience brings immediate results. So that you can begin to let go of your investment in the future. That's the end of the answer.

**QUESTION: Before I ask my question I wish to ask for you and Paul to send the healing team to me and my family.**

ANSWER: Certainly.

**QUESTION: Especially for my son Matthew, whose sick right now. My husband and I recently became aware that this child has a “learning disability.” And I ask that Matt not feel this as disabling or diminishing himself, but as a gift of different perception.**

ANSWER: It is indeed a matter of differing perception, but it is still partial. You desire to honor it rather than identifying it as a dysfunction is excellent. But all the rest of you are suffering from a learning dysfunction. And all of you are desiring to Awaken out of it so that the partialness of your experience will be replaced with the undistorted conscious experience of Being.

Certainly the territory of your son’s circle is different from your territory and the nature of the fence is different, but the necessity still remains for expanding beyond the limits of the fence and arriving at a point where there are no more fences of any sort. We will certainly support that realization in him. That’s the end of the answer.

QUESTION: Thank you, I do have a question after this, if I may?

ANSWER: Certainly.

**QUESTION: When I spoke with you privately the end of March, in this year, we spoke about my relationship with my husband. You indicated that I should wait to make a decision about it for five months, when I would at that point have a different vantage point. And I would like to know if you were referring to the dream work that I began around that time, which I have been doing, and which has led me to receive guidance from the images in the dreams.**

**The dreams are really kind of showing me how my ego/complex operates, and seem to be trying to guide me toward process/the Kingdom of God within me. But yet, my resistance still is very powerful. And I tend to flip in and out between love and hate and I keep longing to pass through a door which I see and seem unable to move into.**

ANSWER: Ah, but you see the door!

**QUESTION: I see it. It’s very beautiful.**

ANSWER: This is excellent. This is “progress,” if you will, in quotes. I say in quotes because the progress of arriving at the conscious awareness of the Kingdom of Heaven is being done from the middle of the Kingdom of Heaven and so it is not actually progress, except in the sense of it being perceptual progress.

Now, let’s be very frank. You will flip-flop back-and-forth. You want not to flip-flop, you want to become ensconced, placed securely in the permanent experience of love and joy. But flip-flopping back and forth is a great improvement over being firmly placed in anger, or illusion where there is no sense or awareness that there is anything to flop to.

To be in the place where flip-flopping is occurring is to be standing consciously at the threshold of Awakened awareness, it is standing unbound by the

dream, the dream does not have hold of you totally anymore. The flip-flopping is a sign of progress, if you will. I encourage you to rejoice in it. And I also encourage you to indulge in the educational value of the flip-flopping.

The flip-flopping occurs so quickly that the two vantage points stand boldly side-by-side, the difference between the two is easily discernible. And I would encourage you to pay attention to the difference. In being feelingly aware of the difference it will become exceedingly easy for you to make a conscious choice for your clarity, for your peace, for your love, for your joy. And you will be making a choice between two experiences which stand side-by-side because they flip back and forth so quickly.

In other words, I am encouraging you not to be dismayed by the flip-flopping, but to utilize it to your advantage and rejoice in the fact that it is occurring, because it is enabling you to make a choice from an experiential level. The grossness of the flip-flopping will diminish. The flip-flopping will become more and more subtle. And as that happens the choice will not seem to require as much intent. You will be able to effect the choice more simply. Right now it is being of great educational value for you.

Yes, indeed, the dream work that you are doing is part of what I was encouraging you to wait for before coming to a conclusion. That's the end of the answer.

**QUESTION: Everyday we are told of man caused dangers to the Earth—Greenhouse effect, global warming, holes in the ozone layer, and so on. My question is how valid are these predictions and then how much energy and concern should we give them?**

ANSWER: I'm going to suggest that it is important for you to recognize that when you get a cold it is the evidence of the correction of an imbalance in your body occurring. It is not the evidence of the imbalance. The imbalance was there and when the body began to deal with it, to remove it, you said, "I have a cold." The correction of an imbalance is what becomes identified as the problem. But what is happening is an action of correction.

There is an action of healing occurring that seems to be uncovering problems on your globe, and in your atmosphere. The healing of the Earth, the correction of the problem involves bringing to light the mental imbalances that are going on, the misperceptions of self going on relative to the Earth, and the readiness of mankind to embrace a more correct self-perception and a more correct world perception, which involves what we have been talking about this weekend, namely, the willingness to be a part of, the willingness to be at home with one's environment, rather than holding oneself separate from it thinking arrogantly that one is superior to the environment, being unwilling to humble oneself enough to feel that one is part of a whole—a whole system, if you will.

It is very humiliating and objectionable to the ego to feel that it is part of an ecological system, that it isn't superior to, that there is a oneness with it all.

The raping of the land that has occurred has arisen out of an arrogance, and an egotistical sense of superiority over the environment.

I have indicated that the necessity is to value the area of grass within the fence. I have indicated that it is essential to let yourself into the moment you are experiencing, the instant of awareness that you are experiencing. I have indicated that you are to allow yourself to function within your "limitations." I have indicated that you must learn to love yourself right where you are at any given moment.

Likewise you must allow yourself to be part of the wholeness of your planet and your universe. And you must cooperate with it. Now cooperation is something that happens from the head. Remember harmony is what is happening when you are coming from your Soul. Harmony is what is going on actually. But when you are not in touch with your Soul you must approximate harmony by cooperating.

Cooperating is something that the ego is not comfortable doing. And so engaging in cooperation is a step in the right direction. There must be a willingness to cooperate with the world and that is going to mean that you are going to have to reassess what the world is.

Is it a material world? Is this a material universe that started from a big bang and everything is the result of random chance? Or is there a God, the movement of which constitutes the eternal Movement of Creation, which means that everything of which you are aware is the visibility and the tangibility of the Father?

And if it is the latter then is not every aspect of the infinity of God a constituent part of God's self-expression. And if it is a constituent part, an inseparably constituent part, and if the harmony of the Movement of God means that there is a relationship between every constituent part, then must not every part discover the way it fits in with every other part, and must there not be a yielding to that harmony?

There is, as I indicated yesterday, a Movement of God. And that Movement of God as I am referring to it, relates to the process of waking up, of your coming into your right Mind, through the use of which you can experience All That Is as it Truly Is.

This Movement of God, this Awakening shift of awareness uncovers, shall I say, the next fence, the next threshold of ego subtlety that has bound you to your dreams and illusions. When that boundary comes to view you are inclined to say, "something has gone wrong." And if you had not expected to encounter another boundary since the last boundary you broke, you are likely to think that you have lost ground and you're back to square one, when in effect it is just a subtler boundary, which it is time for you to let yourself through.

Understand that when a limit is encountered it feels as though you are confronted with a problem, it feels as though “something has gone wrong,” in effect it is something that has BEEN wrong that you are just now beginning to perceive, because you have accessed new territory, because there is greater clarity, because there is more illumination and you can see the smaller specks of illusion.

You have brought to your attention problems, such as the holes in the ozone, the environmental pollution, etc. Why have these come to your attention? Because you have arrived at a point of clarity that allows you to perceive them, and as a result of perceiving them change your attitude. And as a result of changing your attitude catching the wave of your Being and the Movement of Awakening more significantly.

Now, it is not that you are to become alarmed or overwhelmed by the demand for the change in attitude, because if you become overwhelmed with the demand and frightened because of it, you will never get to giving your attention to your attitude. If you are seeing something that needs to be corrected, it is because you have arrived at a point of being able to correct it. You are not as ignorant as you used to be.

And so these signs of the times which you have described need to be interpreted as signs of the times, rather than the end of the time, or the end of the world, the beginning of destruction. It is simply another demand for a correction of attitude, a correction of perception.

Now you individually may not be in a position to effect a great change in the hole in the ozone, you may avoid using items that have fluoro-carbons in them. That isn't a major contribution, but it does mean something. But more than the physical change there is the necessity of recognizing that you are being called upon to fit in. I didn't say conform, I said fit in, blend, blend.

Let your boundaries become less well defined so that you do not hold yourself separated from everything else, and thus unable to experience its divinity and its meaning, and the aspect of you that it constitutes that you need to have available to you in order for you to feel your completeness. But that is humility isn't it? To the ego again it is humiliating. But when the ego is humiliated what is left is a humble Soul, what you primitively and ultimately were and will be and have been. That's coming Home! The only reason you need control of any kind is to avoid fitting in.

Now I have said that your body is the visibility and tangibility of the presence of your individuality. The body of the Earth, the planet itself is the visibility and tangibility of the Movement of the Father. It therefore constitutes some part of your infinite body. It is some aspect of the infinitude of yourself. And if you are raping it, if you are scaring it, if you are polluting it, you are unconsciously engaged in self-denial, you are expressing your ignorance of your



oneness with it all. And thus, you are denying yourself the opportunity to find God in you and God in your world.

But you say, "I have heard that the world is an illusion. And I've heard that my body is an illusion." Well, a polluted world, and a body capable of dying is an illusion. It is a deluded perception of something Real.

And I affirm again, and again, and again that the necessity is for each of you to begin to be curious to see the evidence of the presence of the Father in each and everything you see. That is love, the willingness to recognize that which is Real, with a capital "R", in each and everything. That is what will cut through the deluded perception and leave your sight free to experience the Reality and divine meaning of each and every manifestation of the Father. And by comparison you will say that what you were experiencing was an illusion, but what you must understand is that it is a deluded perception of something Real right where the illusion seems to be, right there is the Reality.

You stand in front of a curved mirror in a Fun House and you see the funniest self you have ever looked at before. What you are seeing is a misperception, a distorted perception of something real that is standing before that mirror undistorted. There is no image in that mirror if there isn't some original standing in front of it to be acted upon by the shape of the mirror. And there is not distorted perception of the world called an illusion if there isn't a Real world to be reflected off of the distorting surface of the ego.

You and the universe must be brought back within the context of the Allness and the Wholeness of the Father, and then you must dare to allow yourself to be inseparably unified with it all. Because if it is all some aspect of the infinite expression of God, and if you are the direct expression of God, then it is all some aspect of the infinitude of you. Because you in your right mind are the full experience of God being Himself/Herself.

And so you must not only dare to see glimpses, glimmers of the presence of God in everything you see, but you must also be willing to discover your inseparability from what you are seeing. And that it isn't the environment in which you temporarily exist, but rather that you as conscious being versus human being, that you as conscious being are that infinite awareness in which the infinite manifestation of the Movement of God is being experienced. And therefore it' all you. And it is to be embraced and respected and loved as you.

When you become undefended against your world, what happens? Your fence, your shield comes down, and what the world is may fill you so that you might find yourself in it and understand yourself infinitely, and experience yourself infinitely as what you are, the presence of that infinite Mind, that infinite divine intelligence that is called God, experiencing itself infinitely and flawlessly.

So I am at the same time saying do not become alarmed and reactive to the circumstance, because that will distract you from attending to the discovery of your

unity with it all and letting yourself into the humility that will allow you to blend with it all. At the same time I am not saying ignore it, that it's not real. All of your illusions hurt. You cannot be comfortable in an illusion. And so if you ignore the illusion you will continue to suffer until the willingness to let the perception change comes into play.

So do not be overwhelmed or frightened by what you see. But also do not ignore the dinner bell that it is, that calls your attention to becoming humble enough to be a part of a whole so that you may begin to experience the unity of it all as relative to you. And so that subsequently in the clearer experience of that unity you may stop holding yourself separate all together, and might come into the experience of finding the world and universe to be your infinite body, because it is the infinite expression of God, of which you are the crystallized individualization, the focused individualization which in its focusedness has not become less than what God is.

God is not diminished by His self-expression, nor does he become multiplied, therefore, the complete self-expression of the Father, the infinite Mind individualized as your conscious Being, does not mean that something separate from God has been created. There have not become multiple Gods. That individualization of the Father is the not simultaneous but same expression of self. All is God. Every individualized expression of God is God expressed. And although there is infinite individualization, there is only one God. And although there is uniqueness of individualized expression, that uniqueness does not constitute in any way the presence of something uniquely different from God.

This is the clearest that I can convey a fourth-dimensional fact to you. God infinitely individualizes Himself and remains undivided in that process. And every individualization of the Father is unique but is not different in any way from the Father, and does not constitute a different presence. There cannot be multiple infinities.

And this experience of infinitely individualized indivisibility is what you open yourself up to the experience of when you dare to take the first step of fitting in and being a part of the system, so to speak. Not a social system, not a governmental system arranged by egos. I am talking about the system, the universal system. And you can start with your local universe. That's the end of the answer.

**QUESTION: First of all I'd like to thank you for everything.**

**ANSWER:** You are welcome.

**QUESTION: Would you explain the kundalini energy?**

**ANSWER:** It is just the energy of your being, which when given permission rises—that is not the best word, but it is an acceptable way of putting it. Literally, if it is allowed to rise it blows the lid off, you might say. It opens up the unobstructed flow of your energy, the energy of your Being. It is specifically

related to the body, but only conceptually. In other words, it is not confined to the body, but the way in which it is experienced is as though it rises from the base of the spine moving upward and out through the crown of the head.

Chakras are the energy points through which the kundalini energy flows. If these various chakras are not open or only partially open then the movement of the kundalini energy flows unevenly creating pressures, just as water flow through a hose that one is standing upon, or which one has parked his car on, creates pressures within the hose. But the pressures are not natural to the hose, the pressures are not natural to the channels through which the kundalini energy flows through the chakras.

Now there is quite a teaching relative to the chakras and relative to the kundalini energy. And I will tell you something, it is all language for helping to promote the process of giving yourself permission to experience who you are divinely. It does not happen to be my particular language of expression. And I am not challenging in anyway those for whom this language is of value.

I will say that it tends to bring to great a focus to the body as though it were a physical organism being effected by etheric dynamics. And the fact is that your body is not physical in the sense that you presently perceive it to be. And there is not a need to emphasize the sense of a physical body effected by an etheric body, effected by a spiritual body, and on and on and on.

I will tell you something: The more you allow yourself to go within into that quiet sanctuary of your being, and the more you become familiar with it, and the more you honor it and love it, you will find what has been called the kundalini energy becoming active—I have referred to it as the Movement of your Being, which when you are in congruence with it you feel the energy. And the energy directly relates to the movement of your fulfillment. And I prefer to speak in these terms, because at this time these terms best promote the process of Awakening with the least amount of, shall I say, distracting side-effect.

Your body is a conscious experience. it is an idea embraced in Mind. Mind, with a capital “M”, is that which gave rise to the self-expression that is identified by means of the body or form of whatever has been created. You experience it as dense. You experience it as physical. You experience it as capable of dying, only because you are experiencing it 180 degrees out of sync. You are experiencing it as though you are an object inside the universe, rather than you being the conscious being in which the universe and your body exist as a conscious experience.

And I’m going to say this, but I’m not going to dwell on it particularly today, but the fact is that the body is not structural, it is an idea which expresses a meaning and is purely mental. What it is necessary for you to understand is that an idea is perfectly tangible to the Mind which forms it. God’s creation is perfectly tangible, experiential, substantial to God.

As you begin to relinquish the body identification, and you begin to explore yourself as that consciousness in which the experience of body is going on, you will begin to find your body reporting back to you new data. I mean by that, healing data, data of transformation, data which will constitute an experience of less density, more perfection and ultimately it will almost be as though your body cracks open and inner light will begin to shine through.

Now do not take that too literally. But the point is that as the density caused by viewing the body 180 degrees out of sync, that density will diminish and your body and the forms of every body will begin to be illuminated, until that illumination supersedes the density of the shell caused by the ego perception. And you find that right there where you had been experiencing “a physical body” is the Body of Light that constitutes your true identification, or your identification truly seen.

At the bottom line the kundalini energy is that Light energy. The concept of chakras and of kundalini energy are simply another avenue of opening up to the point where you can experience the Body of Light.

You do not need to delve into the kundalini energy, because you are already engaged in inner self-awareness, you are already engaged in listening within. That’s the end of the answer.

**QUESTION: Surfs up!**

ANSWER: Indeed, it is!

**QUESTION: Waiting to ask a question is like waiting at the doctors office, you’re waiting and waiting, and finally when it’s time to go in your cured. (Much laughter).**

ANSWER: Somehow I do not feel that you are going to pass the microphone on. (Much more laughter)

**QUESTION: Because when I leave I’ll get that sickness back again. So we’ll have to take care of it. And the question is: With our demo tape, should we submit it to a record company, or should we think about distributing it ourselves?**

ANSWER: I would most definitely not to turn it over to or become involved with a record company. I would encourage you to stay with the purity of the idea, the motivation that all of you are feeling, and keep the effort within the family unity so that the production and distribution do not become manipulated into something unlike the original vision.

Once you have the product and the production of it is under your supervision it will then be appropriate to have distributors in the normal sense of distributorship. That’s the end of the answer.

**QUESTION: I’d like to thank you also for your support, your guidance and love throughout my journey. The question I have here is in the fullness of time will any of my family members be living in Rutland?**

ANSWER: It is not likely. That's the end of the answer.

**QUESTION: Why not?**

ANSWER: I will put it this way, because it does not constitute the fullness of their time. That's the end of the answer.

**QUESTION: I'm really happy to be here, I think, cause I've seen some fulfillment from the past time. And I'm just really grateful to you and those who've come to me since that time.**

ANSWER: You are welcome.

**QUESTION: I appreciated the image of the cork yesterday a lot, because I've been presented with a place where I recognize the cork unforming, and I've been forming in the past maybe month and a half I guess, probably it's formed a lot longer ago than that. The other thing I have appreciated is how you have told us about loving ourselves and I think that when that challenge was presented to me I arrived at one of those places where the movement was going to carry me and that was when the cork started to form.**

**And I think I'm aware that it's the time for this cork of the shame and the punishment to break up. And part of my question is, I want to take the opportunity to proceed where the event is happening now, and I guess I'm maybe just asking for support. And you probably know how much of challenge this is for me now. So I'm here to just put it out, and any help you can offer right now would be helpful. Because I see the one loving teacher who came to my path as being a gift and the other one is being the challenge that has presented me with the opportunity to understand what it means to love myself and I would really appreciate your help now, thanks.**

ANSWER: Indeed, you have more support than you can fathom. And as you are able to receive it and acknowledge it it is already there waiting for you to feel. All of you need so terribly to understand and believe your absolute innocence.

Many of you have a great feeling around the concept of the innocence of the lamb. You are the lambs. Are you not part of the flock, the Father's flock, if you will?

You do not need to purge yourself of filth, and labor to recreate an innocence's that was once lost, because your innocence has been with you always. You have simply had heaped on that innocence a lot of irrelevant shit. Yes I use that word, because it is a relevant word, and you understand it very well. No matter how much it seems to make you smell it is irrelevant, it does not apply, it doesn't fit, it isn't true.

Why do you need someone to love you? Because the act of love that comes forth encourages you and inspires you to be able to love yourself, to be able to imagine that maybe you are innocent, or even that if you are guilty that the penalty

that is supposed to go along with that guilt will not have to be paid before you can once again feel your innocence.

Shame arises out of a loss of innocence but you cannot lose your innocence. So then shame must arise out of an imagined loss of innocence. And I will tell you something, behavior that is not innocent arises out of the conviction that the imagined loss of innocence is a fact.

Now all of you must dare to claim your innocence as yours now. To the degree that you claim your innocence—and I am saying claim it within yourself, don't broadcast it to the world because the world will laugh at you, because the world doesn't think it is innocent either—but as you begin to claim your innocence, even though it doesn't seem to be obvious, the actual energy of your innocence and your integrity begins to become available to you as an experience because your thinking is coming in line with the fact about yourself.

And when there is a congruence between your thinking about yourself and your Self, with a capital "S", that serves as the bridge for the experience of your innocence to begin to be felt. And then your thinking about your innocence ceases to be just an intellectual process. And you will begin to shift from the use of the intellectual process to the actual experience of innocence to prove to yourself your innocence.

If you are foolish enough to engage in proving your innocence, you could end up living another two or three or five hundred lifetimes, if indeed this didn't happen to be the last incarnation. Because you can't prove your innocence. You are innocent and you must be out from it in order to have the evidence of it. It is like saying, "I want to wake up and become the Christ." Well, whether you are Awake or not you are the Christ.

So how can you become the Christ? And the attempt to become what you already are constitutes a denial of what you already are and as long as that denial is engaged in you will not experience the obvious and unalterable fact that you are already that the Christ, the perfect lamb of God, the Son, the Daughter, the direct expression of the Father/Mother.

You have been deluded by the ego and by your education into believing that you are less than, different from, and unworthy really of ever truly becoming the Son or Daughter of God, the Christ Consciousness, that which is unalterably innocent. You have been deluded. And you believe the conditioning. And as a result, for you to claim in the face of what the ego calls obvious evidence that you are innocent, it seems outrageous. But you must dare to begin to make that claim. Not to make it so, but to help uncover the fact that it is so.

Now I'm going to express a principle here. If you are asleep and having a nightmare and you rouse yourself out of the nightmare, tell me who it is that is rousing you? Is it the you in the nightmare? Or is it the you that is asleep in the bed? It is the you that is asleep in the bed.

Now the principle here that I want you to follow is, that if you are going to wake up and discover yourself to be in the middle of the Kingdom of Heaven, the rousing is going to have to start from the you that is sitting in the middle of the Kingdom of Heaven. It is not going to start from the little ego sense of self that is caught in the dream.

Now when you make a claim to your Birthright, when you make a claim to your divinity or your innocence, that claim, that idea cannot even arise out of your ego. That claim has to be coming from a place in you that is identifying itself with, and is aware of itself being the Christ in the middle of the Kingdom of Heaven, not in anyway bound by or confined in the dream of a mortal exalting itself and becoming divine, or becoming divine by the grace of God.

You don't become divine by the grace of God. You become divine because it is inevitable that you will discover that you are divine and have never been anything else. The fact will out, is the phrase. The truth will manifest itself. But these days you might say that the truth has a little bit of help. Because, as I indicated before, there are fewer and fewer dreaming the dream, joining with other dreamers in substantiating the dream. And so the dream is beginning to break up spontaneously.

And so, you will open up your eyes and find yourself, as it were, propped up on a grassy knoll in the middle of the Kingdom of Heaven and you'll say, "Wow, what a dream I had. You won't believe it." Actually you won't waste any time on the dream you had because you will joyfully engage in consciously being who you are.

Now my point is this, the shame is unjustified whether it is yours or whether it is anyone else's. The guilt is unjustified whether it is yours or anyone else's. Because it is part of the dream of a self that there's no real relation to the self that you are. You can put the shame down, you can put the guilt down.

Again, I wouldn't suggest doing it vocally, because you have people gathered around you who will be more than happy to reinforce and prove to you that you are far from innocent and far from guiltless. And you do not need to have your illusion reinforced by other's illusions. In this respect you wake up alone. You must claim your innocence and your purity and your guiltlessness within the quietness of you.

Now, I have said that there are those with you providing support, and in that sense you are not alone. But those who are in support of your efforts to arouse yourself are those who are Awake.

The fundamental point you need to know is of your guiltlessness at this very instant. There is never enough justification for you to feel guilty or ashamed. And as we have talked this weekend, we have talked about the necessity of beginning to love yourself right where you are, because that is what broadens the avenue of your

experience of your divinity. Because you are not continuing to engage in self-depreciation and guilt and self-punishment.

I tell you to love yourself because you are not a sinner. I do not tell you to love yourself because you are a sinner and you need love, and the love will exalt you. The love will break up the illusion of being a sinner, of being worthy of shame. And in the dissolving of that the illumination of your innocence and purity can break forth, and uncover in you great joy.

And the question is: How long will it take? There is such a crust of shame that it is going to take a long time to dissolve. I will tell you something: The shame is a belief! It is just an idea! And it is an idea that has no substance whatsoever, because it is imagined.

Simply begin to daily make this claim: "I am innocent. I have the innocence of the lamb. I have the innocence of the Father, because the Father is at this very instant being me. All that I am the Father is being at this moment, and therefore I am more than this puny little guilty thing that I think I am. I am the innocence and the purity of the current expression of the living God and I claim that to be the truth about me. And I am willing to let in the experience of that innocence no matter what horrible thing I might have done, or what horrible thing I might think I have done, or what horrible thing I have been told that I have done. I claim my innocence at this moment. I am going to climb off my cross of crucifixion and engage in the resurrection of me, and I am not going to hold onto the cross as though it is what is going to exalt me, because before I put myself on the cross I was the Son of God, before I put myself on the cross I was the Daughter of God and I still am."

You know what? Everybody thinks I died for you. I will tell you they missed the point. I lived! And I lived for you so that you might discover and realize the futility of suffering for purposes of exaltation, and might let yourself into the exaltation of yourself back into what I will call your spiritual original, which has been forever present with you.

You are innocent. You have never been anything less than the Daughter of God. And you have never been anything more than what God is unfolding is unfolding of Himself/Herself. You are the fullness of the glory of God at this instant. And I do not want you to say that so as to overcome something else. I want you to say it and claim it because it is the truth.

If the you in the dream—the nightmare—said, "I am not really being chased by this creature, something in me realizes that there is a me asleep in a bed somewhere. And I claim the clarity and perspective of the me that is really in the bed. That act of volition from within the nightmare, being in alignment with the actual fact would promote the Awakening. But to say, "I deserved to be chased by this monster, I deserve to experience the fear because it is going to exalt my Soul," would simply leave you in the dream longer and it wouldn't be the truth.



Is this radical enough for you? You are innocent! I am not even going to get up on a bandbox and lecture you with great energy to get you to believe it. It's the simple truth. It's the natural truth. It's really true. And I am not going to try to prove it to you, just like you need not prove your innocence. You simply need to embrace the possibility that it's true, and you need to explore what that means to you—to truly be innocent.

Now I have said a wonderful thing. Now we are going to have a little bit of reality and practicality, not that what I have said isn't real and practical, but let us be very clear. If you have engaged in behavior that is unloving, and if you seemed to have hurt another in the process, you cannot say, "I am innocent and therefore I do not need to change my behavior, no matter what I do I am innocent." That is not what I said. I did not say no matter what you do you are innocent. I said you are innocent, period.

I also said, that if you believed that you are guilty, and if you were indulging in penalty and shame, then your behavior will arise out of a feeling of guilt and it will be reactionary and unloving. There is a natural result to experiencing your innocence and that is that you become defenseless, you lower your defenses and in the absence of defenses you are experienced by others as being loving. And you have available to you the perspective to know how to be appropriate with another. And as a result your actions are spontaneous expressions of harmony.

I am not saying that your unloving actions make you guilty. They do not. You still remain as innocent as ever. But the experience of your innocence and the spontaneous expression of joy and love that flows forth as a result of feeling your innocence means that your behavior will not be identifiable as judgeable. And you will not engage in activities that will be hurtful, because this harmony of being, that I mentioned earlier, will be the experienced fact, where every facet of infinity moves relative to every other one, and there is no action that occurs out of willfulness at the expense of another aspect.

Your actions, your unloving actions do not cause you to be guilty. But it covers up your experience of your innocence and your ability to be that innocence in action. That constitutes a loss of integrity, a loss of the experience of your ever present integrity and it is not comfortable, and it calls for a change.

Now we could talk at some length about the concept of victims and victimization, and I will not go into that at this time. The point is that each and everyone of you at this instant are innocent. And your innocence has an energy to it. And as you begin to embrace the possibility that you are innocent, you will begin to feel the energy of your innocence, thus bringing your innocence in at a level of experience, not at a level of reasoning. And what comes in at a level of experience is much more meaningful.

You will not get to your innocence by means of paying penance! You will get to the experience of your innocence by means of embracing your innocence as

a present fact, thus aligning yourself with the Christ sitting in the middle of the Kingdom of Heaven, thus allowing the penetration of the dream by your real perception and your Awakening. It is time to stop trying to earn your innocence, it is time to start claiming it on the basis that it is the already existing and unalterable fact.

You are in the midst of such claiming and you are on the threshold of having this shame fall away from you, not because you have become worthy of something better, but because you were never worthy of such an awful experience. It has been an illegitimate imposition upon your experience of who you divinely are. And you do not have to continue to be imposed upon illegitimately. That's the end of the answer.

**QUESTION: I have been having conversations with my own guide and recently I have allowed my guide to talk to my friends.**

ANSWER: That is very magnanimous of you.

**QUESTION: A lot of the subject matter recently are things that are really have a lot of our ego's on edge and mine including. And when I am talking to my guide I will ask him if he is of the Christ Consciousness. And I have gotten the answer, "yes." And then I will proceed, and then I will take the information and I will take it to my solar plexus to see if I feel comfortable with it. And that's been fine. And so last week during some of my talks with my guide I felt comfortable at the time that it was my guide speaking, but as the days go on I'm feeling that maybe it wasn't my guide and in fact it was my ego I was listening to. And I'm a little hesitant to talk to my guide right now.**

ANSWER: Well, I will tell you something: You must dare to break the ice. If nothing else sit there and say, "hello," and let your guide say hello to you, so that if nothing else you can get the feel again of the communication.

Now, you will often find that the ego will work you over after the fact, after having listened for the guidance. And will attempt to disqualify or disprove what you have heard, and the necessity is to immediately go back to your guide and say, "what about this? You said such-and-such, but the thought has occurred to me that that cannot be. It doesn't make sense to me. I need more amplification. I need more explanation." Persist in asking questions to get the clarification until you have your peace.

The one thing I encourage you not to do is to refrain from continuing the conversation or dialog. Because if you refrain from having the dialog you remove yourself from the very place that the clarification can come forth. That's the end of the answer.

**QUESTION: Could, would Raj confirm whether or no last weeks conversations from my guide?**

ANSWER: Yes, indeed. Now explore further with your guide.

**QUESTION: It seems to be taking a lot of self-love for me to allow myself to ask this question.**

**ANSWER: That is all right.**

**QUESTION: Well, I was in a relationship with someone and I thought the relationship was going to be forever. And since it now looks like it isn't going to be forever, I felt like I experienced a tremendous, tremendous amount of sadness, that surprised me. And what felt like a tremendous loss. And I felt so much sadness after a couple of weeks that I decided to just cut it off, just develop some kind of an attitude of superiority over this other person, totally knowing I was creating that just as a way of cutting off the sadness so I could feel angry and self-righteous instead of sad. And the sadness did stop to some degree. Obviously it's still here.**

**So my question is kind of from a couple different perspectives. I wondered if my approach, if there was something about my approach to the relationship or some expectation that I was setting up inside myself was off center, and that was the cause of all the pain and all the sadness? Or if there was some purpose to experiencing the sadness and should I continue, whether I'm complete with it?**

**Really I guess even though I would like those questions answered, even if none of those were answered I suppose most important to me is I'm still interesting in understanding an attitude to approach a close intimate relationship with one other human being that will not be a set up for great pain and disappointment if it doesn't turn out to be permanent.**

**ANSWER: I'm going to put it this way, the sadness, the sense of loss, the grief that you are experiencing is on the one hand genuine. But on the other hand it is an effort at gaining control. It is as though a part of you says, "I am suffering so much that I deserve a reversal of the situation." It is partly, on your part an attempt to strong arm God, or strong arm the universe, to change what has happened as a compensation for the great sense of loss and grief that you are experiencing. And to that degree the grief is not genuine, but a manipulation.**

**Now, the simple fact is that the relationship is over, but your being has not been thwarted by this turn of events relative to the unfoldment of your fulfillment, in terms of a relationship. But you are going to have to be will to give your attention to what your being is now unfolding, shall I say, now reconfiguring. And you are going to have to be willing to let this one go.**

**Now how are you to approach a new relationship? I will tell you one thing in particular: If it is obvious to you from the outset that there are adjustments that are going to have to occur before there will be a comfortable compatibility, find someone else. Love, love felt for each other is not going to be sufficient to cause major, or even minor change.**

Don't wear your heart on your sleeve quite so readily. And I do not mean by that to withhold your love, but let there be a balanced perspective. And be alert for the unfoldment of a relationship where there is a naturalness, an easy-goingness, and no major changes called for.

You held out in this relationship on the basis of your great love for changes to occur, feeling that the love would help promote those changes. The problem was that the changes couldn't occur fast enough to be fulfilling.

A relationship is not meant for the purpose of changing the other partner. A relationship is for enjoying who the other partner is. And just as your self-acceptance is what does promote the growth of your increasing clarity, so your love in terms of the acceptance of your partner for who they are at the moment, does promote graceful growth and expansion. But remember that the purpose of the relationship is not to bring about change, but to experience the joy of simply being who you are with each other. That's the end of the answer.

**QUESTION: I guess the thought that's there is that I felt that towards the end of the relationship I had felt that I had lost a lot of the conditionality that I felt I brought to it initially. The question is was it so much my nonacceptance of her or her nonacceptance of herself, or just a combination of the two?**

ANSWER: It was primarily the latter.

**QUESTION: The combination?**

ANSWER: No, her nonacceptance of herself.

**QUESTION: Many of my questions have been brought up yesterday and today, and the questions I thought were answered. But the one about going back into the marketplace, and as it approaches at the end of this weekend my anxiety level is increasing. And I guess I want to bring it back to the amount of my work that is not bringing me the fulfillment that I want, even though I find it's the job I want. I enjoy the work, but the better I get at it the more work I get. And the rest of my fulfillment is being, I feel it's being squashed or it's under the wave, or behind the wave.**

ANSWER: I will interrupt you here. The better you get, the more work you get. But I would encourage you to let it configure in a different way. The more work, the better you get, the more you charge, thus keeping the amount of work at a reasonable level.

**QUESTION: It sounds simple. It may be simpler than I think it is.**

ANSWER: You are not to pay a penalty for doing your work better.

**QUESTION: No, no. I guess even though the answer was answered this morning about letting myself decide that it's enough and I need to rest, I still have been going through not just exhaustion, but physical pain.**

ANSWER: How much is it going to take for you to use common sense? You see, what you don't realize is that you really have the choice to use common

sense. You really have the freedom to say, “thus far and no farther, this much and no more.” And you really can take that freedom and express it with joy.

You at least have as much integrity as a woman, don’t you? Women are learning not to be subservient to men. And they are standing up for their right to say, “thus far and no farther,” to say, “I will be the whole-Souled individual that I am, and not fulfill the role that you or someone as a man expect me to fulfill.” Do you not have as much integrity as a woman, to stand up and say, “thus far and no farther,” and discover the joy of the freedom of your integrity? I agree I am hitting below the belt here, but it is working. If they can do it, you can do it.

You are not here to be like an ox made to pull a plow hour after hour, coming to the conclusion that it is the wearing down of you that gives you meaning. You are supposed to be having fun, but you are forgetting to take hold of the fun, you are forgetting to keep it in the picture.

Don’t be a slave to your work. That’s the end of the answer.

QUESTION: Thank you.

ANSWER: And I guardedly say you are welcome. You will get to the point where you will be able to feel the thank you.

QUESTION: Thanks, again.

**QUESTION: Raj, I recently moved to a yoga center and ashram. And I felt very guided in my decision to go there, and never really questioned that. And I wonder if you could offer some insight as to what I’m doing there?**

ANSWER: Very simply, finding out whether you want to be there. You’re learning to pay attention to yourself. And you are also learning in a larger context that guidance does not give you ultimate answers. It gives you answers that allow you to take steps to the ultimate experience of being Awake. But it gives you only as many steps as you can dare to take comfortably.

So I encourage you to honor the guidance that has brought you this far. But continue to listen for guidance and allow for further steps to unfold without assuming that because you listened to guidance it should have led you directly to your “final resting place.” Life is a Movement, not a resting place, and it will continue to unfold. And especially you will find your steps specifically contributing to your process of Awakening as well as their identification of your fulfillment, humanly speaking.

So now you ask, “what next?” And when what next unfolds you will say, “all right, what now?” And thus you will stay on the wave as it continues to move forward. You are in the perfect spot at the moment. You are right where further self-trust can develop, where further trust in your guidance can develop and where you can begin to get the feel for the movement of life, rather than the end of life, or the ultimate. Do you understand what I mean?

QUESTION: Yes, I do.

ANSWER: In other words, you still stand at the threshold of discovery, you still stand in that delightful place of life moving on, making itself new.

So I encourage you to enjoy this spot, even though it does not seem to be obviously the ultimate, or a resting place at least for a reasonably fixed period of time. Enjoy this place that you are, and enjoy what you discover about you and about your life while you are here. That's the end of the answer.

**QUESTION: This community places a lot of emphasis on cathartic process and which I didn't know when I went there. And it seems to me that this weekend you've been talking about that too, in terms of releasing the cork. And last year you responded to a man who had a question about anger, and your answer was that if he kept his focus on God his anger would dribble out the sides. And I'm wondering, I prefer that method rather than the pain of the cathartic process that this community espouses. Would you respond to that please?**

ANSWER: Does that awareness that you have just expressed constitute a meaningful self-awareness?

**QUESTION: I don't understand the question.**

ANSWER: What I mean is, you sit here with a crystallized feeling that you prefer the process of focusing on God so that the anger or whatever the negative might be might dissolve, rather than going through a catharsis. Correct? That is a clarity about you that you just expressed. Correct?

**QUESTION: Well, I think it's more theoretical.**

ANSWER: Now you know why you are there. I am not saying that what you have just expressed is not valid, but being where you are will help you find out experientially whether that hypothesis is true. Again, you are not in the wrong place, and you are not in a place where you will be damaged, but do pay attention to yourself and what you find yourself learning in the process.

I will tell you something: Catharsis for the sake of catharsis is not valuable. But in the process of getting in touch with yourself, in the process of daring to begin to love yourself you will find your justifications for not loving yourself coming to the surface. And their surfacing and their release does constitute a catharsis. How strenuous that catharsis is depends upon the degree that you resist it once you have asked for it.

Pain is not inherent in the Awakening process. Pain comes into play when the process of clarification is resisted once it has begun. And sometimes one learns how not to resist by finding out what it feels like to resist. And that is learning, and it does work. But it is not part of the setup, it is not unavoidable.

Pain and suffering are not necessary in order to wake up. But in many cases it seems to be inseparable simply because once the movement begins—which always begins as a result of a desire and a defenselessness—once it begins and the defenses are put up, it hurts. Because you have invited the active experience of the

Movement of your capital “B” Being, you have opened yourself up to it, and it is as though the flood gates have been lowered and the water behind the dam, the you beyond your current limit begins to flow over with the force of the whole body of water that is behind it, and to put the flood gates back up again is more strenuous because you are going against a flow that you have allowed to start. But you see one doesn’t have to put up the defenses again.

Now, I encourage you to stay right where you are and pay attention and learn, and when you find out why you want to stay there, stay there. Or when you find out that it is not appropriate for you to stay there ask, “what now,” and listen and move on in accordance with your guidance.

You are right where your clarification can become crystallized with the greatest ease and succinctness. Your being has not wasted energy and it has not wasted your time. You sit on the cusp. A wonderful place to be. That’s the end of the answer.

**QUESTION: Is it appropriate for me to extend my commitment to this place?**

ANSWER: I am not going to answer that question. You must ask within yourself and then dare to trust the integrity of your answer, understanding that whichever answer you get will not be a mistake. You must invest a little bit of trust in what you find yourself feeling within yourself, and then act on it, and hold your head high and move forward with confidence and grow and move on. That’s the end of the answer.

**QUESTION: Hopefully this won’t be too extended. I have been told two or three different times in the past that my guide is standing directly behind me and it should be very easy for me to make contact. In spite of that I have not accomplished this as yet. Could you enlightenment as to how I might proceed to contact my guide?**

ANSWER: Very specifically, I would encourage you, first of all, to attempt communication on a regular basis, like once a day, or once ever evening, or once every other evening. But let it be regular. And let it always be in the same place, in the same chair, or in the same room. Then sit down and take 10 or 15 minutes to just relax and to become as quiet as you can. You may meditate if you wish, you may use self-hypnosis relaxation techniques, whatever helps you to become relatively quiet within yourself.

Then mentally express the desire to have communication with your guide. After having done that, listen. Simply remain there for perhaps another 10 or 15 minutes listening. If you find yourself distracted by a thought, tell yourself you can take care of that after you are through, and become quiet and listen again. And expect an answer. Understand that you are not to expect the answer so as to make the answer happen, but you are to expect the answer so as to express your intent.

You are listening because you expect to hear an answer. You are not just listening for the heck of it.

Now, understand that when your guide speaks to you, there will be activity in your mind. So do not try to keep your mind a blank. Let the words form. You can block the hearing of the communication if you are trying to keep your mind absolutely still. And in the beginning you are going to have to “risk the chance” that what happens will not be you providing the words.

I will tell you this, your intent to hear from your guide will help focus your attention where it needs to be, rather than allowing it to be vague and undisciplined and therefore susceptible to your ego.

Now when you are listening I encourage you to have the attitude of “Thy Will be done.” And this attitude of “Thy Will be done,” needs to be directed towards your guide. There needs to be a willingness on your part to let your guide approach you in the way that he or she knows is best—the way that will connect with you most meaningfully. And you must even leave the timing of the first conversation up to the discretion of your guide.

It may not happen the first night, or the second night, or the third night. But let there be an attitude of letting your guide speak for the first time to you at his or her discretion, knowing that it is the intent of your guide to connect with you and knowing that it is your intent to have dialog.

It is not that you are asking for communication before it is appropriate, that is not why there would be a delay. It is because you are doing something new and unfamiliar to you, something perhaps a little radical. And it is important for the first communication to happen in a way that is substantiating and securing to the line of communication, if you will. And so, I encourage you to let it happen when it happens. And let there be patience.

Understand that since the moment of conception it has been your guides intent to connect with you as soon as you were desirous of having communication. So it is bound to happen.

I will tell you that although, visually speaking, those who are sensitive may be aware of your guide standing immediately behind you, the fact is that the point of contact is in consciousness. It is as though your guide as consciousness and you as consciousness are in the same place. And that is where the connection is and where it will be experienced. So you are even closer than you thought.

One further thing, in the beginning you will not be sure it is not you making it up. Let it be! And persist in having whatever dialog might occur. I also encourage you from the first day of communication or the first day of listening to have a journal in your lap with a pencil or pen in your hand, and write down not only your question, but whatever answers you get. It is very easy during the first few weeks for you to totally discount and invalidate what has happened. If it has



been written down, you are not dependent upon your memory and it cannot be discounted as easily. Persist, you are indeed close. That's the end of the answer.

**QUESTION: First of all I want to say that I really appreciate all the questions that everyone has been sharing this afternoon, and without a shadow of a doubt the answers also.**

**My questions deal with the issue of love. As we had a conversation earlier this year, you had stated that there was not a true understanding of love, or the experience of love with people here on this world. As a matter of fact, no one is truly experiencing love in its totality. And that very fragments of love were being experienced on a limited basis throughout the world, but nothing of any substantial totality.**

**My question is why can't we open up our eyes and experience love and see it, see what the Kingdom of Heaven is? And why does the resistance to love even exist at all?**

ANSWER: The simple fact is that as long as you are identifying with a body as though the body were you, rather than the consciousness that you are, being you, then because your five physical senses tell you that this body is tiny in comparison to the universe, that it is fragile, that it can hurt, etc., one begins to be self-protective. And in the act of self-protection one begins to develop coercive means of controlling his environment so as to be safe, so as to increase one's invulnerability.

You see, the moment you leave the sound basis of your infinity and adopt rather a tiny sense of self located in the middle of infinity there is immediately a sense of insecurity and inferiority. And everything else arises out of that sense of insecurity and inferiority, even one's expression of love—thus love becomes a friendly way of controlling.

The reason that love isn't experienced is because love, true love, requires defenselessness. That is another way of describing unconditional love. To be unconditional does not mean to say, "I will love you no matter what you do." To be unconditional is to be defenseless, to not be self-protected. And in that state of defenselessness, as I said earlier, you have the opportunity for the Reality that confronts you to register with you, to let it in. Love is letting in what is Real. But as long as the defense is up you cannot see what is Real. And the defense constitutes the distorting factor that causes you to see egos all around you rather than Christ's.

Now I will tell you something, the moment you become truly unconditional, truly defenseless, and your eyes are open, you will see Christ's, even if they are seeing themselves as egos. And that is what is healing.

Because when you look at one who sees himself or herself as an ego, and you see the Christ there, your behavior toward that individual will be inconsistent with that individual's sense of what is appropriate. You will not be judgmental

when they expect judgment to occur. You will not convey uneasiness with them when they are uncomfortable. They will feel an absence of a need for defense around you. And to whatever degree they allow their defenses to lower there will be increased meaning to the relationship. And so healing and transformation is the inevitable and ultimate result of one's practicing unconditional love.

Unconditional love has nothing to do with allowing or disallowing another's behavior. It has to do with letting go of one's defenses, one's self-protection. It is caring enough to be willing to recognize what is real in each and everything. In that willingness is the defenselessness. In that willingness is the openness to experience Reality, the Kingdom of Heaven more clearly. And that is the only sound basis for a relationship, because in that place all you can see are Christ's, all you can see is the presence of God.

And with that vision you will be unable to join with another in their ego point of view. And so their ego point of view will not be substantiated and strengthened by you. And they will feel touched by you, even though you did not extend anything to them, but let them in, by virtue of not being defended against them.

Nevertheless, you had better be willing to start with whatever your highest concept of love is. A concept of love is intellectual, but a concept of love is better than a concept of hate. And a concept of self-appreciation is better than a concept of self-hate. And as I said, that concept because it is in alignment with the fact about you serves as the bridge, serves as the means by which you begin to be able to have the experience of your divinity and of the divinity of whatever it is you are looking at or in relationship with. That's the end of the answer.

**QUESTION: Thank you very much. To follow that up I would very much like your help in giving me direction in allowing me to understand the feeling of love so I can radiate that love and share it with others.**

**ANSWER:** I will tell you that if you will simply take the time to be quiet, to go within and abide in the quietness and pay attention to what you are experiencing there, pay attention to the peace, and realize that the peace that you are experiencing is not an emotion but a direct experience of the substance of your Being. The substance of your Being is peace and love, if you allow yourself to be in it and pay attention to the feeling of it and recognize that it is a direct experience of you, there will be a joy that you will find yourself experiencing. And this joy will ooze from you. It will be extended not because you are choosing to extend it but because it is just bubbling out all over you.

The other factor here is that in discovering this experience of yourself it becomes patently obvious to you that what you are experiencing of yourself is absolutely true of your fellow man if your fellow man would come into that same inner place within him or her and therefore because you are having a clearer experience of who you divinely are you come into a knowledge of the divinity of

your fellow man. And that constitutes a shift of consciousness that will come across as love, and as a lack of need for defenses on their part.

The key though is to get into that place within yourself, that secret place of the most high, as it has been put, that sanctuary of you, get in touch with that. Because until you begin to know yourself from that level, you will still not know anything truly about your fellow man from a level of experience. That's the end of the answer.

**QUESTION: I really admire your stamina. My question is: I've been given an image a number of years ago about a healing center in up-state New York. And without losing sight of the future image, and without losing the here and now, I have a three-fold question.**

**I sometimes seem to have a real difficulty in focusing on being grounded and centered, and at the same time allowing both healing energy and creative energy to flow through.**

ANSWER: If you are not grounded and centered where is the place for the healing energy to flow through?

**QUESTION: I don't know, but I sometimes have.. unless I really concentrate I have a difficult time with everyday stuff. I mean I've been working very hard at it, but all my energy goes into it and I'd rather just be playing. And I haven't been doing that, but well I do it a little.**

**I've been told that in order to finance this healing center that I would be making a lot of money through the arts. And as part of the question I'd like to know where I begin, because I do have some fear. Should I focus on comedy, music, writing, entertaining, art programs that I do, children's programs? What do I do specifically?**

ANSWER: Again, what do you have the most energy for? In other words, when you are paying attention to that list of opportunities, where do you find a rise of energy and enthusiasm, because that is the area that you should pursue, because that is where you are feeling the movement. Remember that you must pay attention to the movement.

**QUESTION: Comedy and music.**

ANSWER: You are correct.

**QUESTION: So what do I do. I've been told and I've also felt that I'm supposed to...**

ANSWER: First of all, before getting scattered discard the rest of the list, and let comedy and music remain. Now without the others there, simply pay attention to the feeling that you have about those two things. Listen within relative to those two things. Ideas will begin to emerge, because that is where the energy is. Jot the ideas down, begin to develop them. Do not think about the end result.

Pay attention as this unfolds, pay attention to what is unfolding in the now. Let the ideas develop and your enthusiasm will be sustained and they will naturally

lead to a form of expression that will succeed. But you are going to have to be willing not to jump around from this to that or the other thing, or ask what if this, and what if that, and what if the other thing, or what if this doesn't happen, or what if that does happen." Stay simple. Stay focused in the sense of giving your attention specifically to those two things on the list and abiding with them. It will fall into place.

**QUESTION: Thank you. Along with that, I've been feeling that this particular home that I see in my mind is supposed to somehow appear. And it hasn't, or I haven't seen it—it may have and I haven't seen it. And that I'm supposed to be continuing the spiritual work that's already been started—the healing classes and the sessions with people. Can you give me any information about this home, like when and what I need to do?**

**ANSWER:** It is not pertinent at the present time. And that is why there is no activity around it, nothing further unfolding. I encourage you to let it be there, but let it be there on the back burner. And you attend to the other things that are up in the foreground—the two things on your list, plus your healing work, and the meeting of your daily needs in the simplest and most practical way.

You tend to try to take on responsibility for unfolding what is going to unfold instead of letting it unfold and being the joyous observer of it.

**QUESTION: Am I going to be staying where I'm living at this friends house?**

**ANSWER:** For a short time longer. My definition of a short time is three to nine weeks. That's the end of the answer.

**QUESTION: Just want to thank you for having the workshop here again in Vermont, and thanking Paul for listening to you so we could have it here again.**

**I came to the workshop last year, and a little while after that I left for a trip and I've been traveling since then. I returned about two months ago. I was traveling overseas mainly in India. I've had some ambivalent feelings about my trip. And my present situation now is somewhat confusing...**

**ANSWER:** You had had some ambivalent thoughts about your trip. The trip you had no ambivalence about you simply experienced it.

**QUESTION: True. So at the moment I'm trying to get settled down with just started work again, and the living situation is really up in the air. Presently I'm also staying at the same friend that Dee Dee is staying at. And we're also looking for a home.**

**I just want to have some general guidance about what would be helpful at this particular time in space and situation...**

**ANSWER:** Expect to have your practical needs met and expect to have a way to support the meeting of those practical needs. I will tell you also that it will be three to nine weeks. The two of you will indeed find a place together. Let there

simply be an expectation that your need will be met. That is the intent of the movement of your being to identify your fulfillment. And fulfillment means the meet of your need right where you are at your present point of unfoldment. Let that expectation be there so you will not be blocking the recognition of it because of doubt.

**QUESTION: Okay, also I just wanted to ask if there was any other just general guidance about that I would seem to need right now? And also anything about the relationship between Dee Dee and I that could be helpful to us to know.**

ANSWER: Indeed at this time there is nothing further that it is appropriate to say. Simply be alert to, and expect to see your need being met relative to a residence together. That's the end of the answer.

**QUESTION: I'm sure this will be easy for you. Although it's been very tough for me, my question is not deeply spiritual, but ego like in maybe one of those silly ones that are appropriate.**

ANSWER: I so glad you said that, because it is important for all of you to know that your motive for asking a question doesn't have to be particularly high or highly placed. I will tell you something, your guide will rejoice at having the opportunity to speak to you no matter what causes you to initiate the conversation.

**QUESTION: My question is not exactly formulated, but is around the issue of vanity, about beauty and the physical body. I grew up with a gorgeous mother, with seven beautiful sisters and it's a problem for me and many of them. And how I have approached it... Sorry this is important to me. And I know it looks like a very surface issue. I'm very conflicted about it. I've run the gamut from sort of making myself ugly so as to not look pretty, to really wanting to be pretty, but feeling it's bad to try and have this mother and sisters to compete with.**

**So I feel trapped by this. I'd like to just let go of it. And I don't know if letting go of it means giving myself permission to do what I want to do to be pretty, or to just quit. But I can't seem to quit. And when I look at issues like using affirmations, I mean choose things that I can... It looks to me like it remains in the battle. And I'd just like some release. I'd like to be comfortable and forget about issues about my body and beauty and acceptableness. Is that enough, thank you?**

ANSWER: I do not mean to be discouraging in any way, but I will tell you, that you on the leading edge of something that everyone will be faced with the Kingdom of Heaven is exquisitely beautiful. Reality is exquisitely beautiful. The Father/Mother is love and truth, and together manifested those constitute exquisite beauty. The Movement of the Father is beautiful. Creation is beautiful.

As Awakening occurs every single individuality who is dreaming the dream is going to find physical healing and transformation occurring. Disproportionate

members of the body will become proportionate. Short-waisted people will become properly waisted people. Short-legged people, and long torsoed people will find balance come into play. It will physically feel similar to the teenage years when there were growth spurts, except these will be adjustment spurts.

I will tell you something... (end of side one)  
(beginning of side two)

believe that they are really there and Paul wonders how long it will be before he will wake up and find out that it's a dream.

That which is obviously beautiful and that which is obviously good it is difficulty for you to embrace with any sense of eternity to it. It must have been a fluke, it must be temporary, it must be the luck of the draw, but you can't count on it being there forever. And all of you are going to be faced with, in the process of Awakening, the embracing of undeniable good and letting it rest with you, letting it be with you without finding justifications for kicking it away, or denying it a little bit.

As I said, you are on the leading edge of a dilemma that everyone is going to be faced with. And the answer is embrace your beauty.

I cannot convey strongly enough that God experiencing Himself, that God seeing all that He had made was an experience of Meaning, which is embodied in the words, "And behold it was very good." That recognition was a response, a meaningful response. It wasn't just okay, it was very good. And as I have said before, correctly interpreted the words say, "and God saw everything that He had made and behold it was verily it was God." God saw Himself. Being is the experience of self-recognition, of seeing yourself in what you see, in finding yourself in your fellow man, etc.

Now that which is beautiful is beautiful and it feels like something. There is a response. There is a Soul acknowledgment. The fact that there is a feeling does not mean you're uncentered, it means that you're alive to Reality. And so, you not only are going to have to accept your beauty, you are going to have to allow yourself to feel the feeling, the joy that is part and parcel of the experience of beauty. And then you're going to have to just let this whole wonderful experience be what it is. In other words, you're going to have to live with it.

This does not constitute vanity. Vanity is an obsessive preoccupation with beauty, not for the sake of beauty, but for the sake of impressions, for the sake of what other's will think, or at an inner level, or at a private level for the sake of living up to a concept that someone else has conditioned you with relative to your worth or your worthlessness. That is vanity.

But when you come over a rise on a drive and suddenly before you is this panoramic scene with a rainbow. And before you've had a chance to think you gasp, the air is taken away. That is a Soul response. It is Soul recognizing it is

beauty its beauty, the beauty of the Movement of God. And it is supposed to be that way.

I would encourage you to say to yourself, “If God, if the Movement of God is exquisitely beautiful then I guess I’ll just have to live with myself.” And then don’t squelch the inevitable response that you will have when you recognize the beauty of God every time you look into a mirror.

Nothing is too good. Everything is perfectly exquisitely good. And I am very glad you asked this question, because it caps the topic that has emerged through the weekend. Everyone wants to wake up. The Movement of God that I have spoken of is occurring. The Awakening process is occurring.

We have talked about where to be in order to experience that Movement and that clarification, and we have touch somewhat on the nature of Reality. But here we are having the opportunity to bring it home in a very practical way. Because the beauty is going to effect you. You are going to have to live with it. You are going to have to let go of any sense of unworthiness, to have, to be and to be in the midst of such beauty, such symmetry, such balance of outline form and color. And you’re going to have to let go of the conditioned response that says, “it can’t last forever,” because that is a defense against embracing the nature of you fully.

This helps all of you to have some idea of how all inclusive and how profoundly meaningful the Awakening process will be, and the state of being Awake. Most of you could tolerate being in surroundings that are beautiful, but few of you could tolerate being beautiful.

Your question crystallizes either what you could call the dilemma that faces everyone, or the promise that awaits everyone, depending on whether you are willing to embrace the inevitable or continue to attempt to resist it a little bit longer. It is divinely natural for you to be beautiful. It is of God. It is not a personal attribute, it is an inherent attribute, which in the process of incarnating this time you did not cover up. And I encourage you to have the courage to embrace the expression of divine beauty that you are without apology and without guilt. And let the issue become a dead issue in terms of inner conflict and let the beauty and the appreciation of the beauty fill you.

And I will tell you something else, those who are caught up in vanity are assured of the fact that the beauty is only skin deep, as it is said, and that it will only last a few years. If it is God expressed then the beauty is eternal. And I encourage you not to expect it to fade, and not to buy into that, and also not to use the fading of it as a means of escaping the demand that confronts you to embrace beauty unconditionally, to embrace your beauty. Each one’s beauty, each one’s exquisite symmetrical unique expression of beauty is like each one’s innocence. And you must dare to embrace it and be it, and let it in.

Do not let this be a problem any longer. You deserve to be beautiful, because you are God expressed. Not because you did anything to get it, but just

because you exist. And so does everyone else. So be the clearer of the trail, the trail breaker. Dare to embrace your beauty. Dare to feel responsive to it. And do not apologize for it. Find your comfort with it, because you will be able to inspire others as they begin to discover their beauty. And you will be able to help them embrace it more gracefully as a result of your experience.

I am certainly not trying to flatter you. The simple fact is that the Movement and expression of God is exquisitely beautiful. That means that each and everyone of you are exquisitely beautiful together with being absolutely flawlessly innocent.

So, I hear some of you saying that it's going to be impossible for all of this to happen very fast. That it will not be easy to embrace innocence and it will not be easy to embrace beauty, and it will not be easy to let go of worthlessness and shame, and it will not be easy to let go of self-depreciation.

But again I must affirm to you the fact that these negatives, these impossibilities are all ego techniques to defend you against experiencing your divinity. But it doesn't matter because there are not any longer a sufficient number of those dreaming to keep the dream going. And therefore, some of these things which I have said, which are absolutely true, but which seem to be perhaps impossible, will occur not by virtue of great skill or great native spirituality on your part, but because the dream is waking up.

I encourage you not to look at your waking up process as something that is going to be inherently laborious. All you have to bring to it is a little willingness. The reason being that the illusion doesn't have the strength that it used to have.

I encourage all of you to remember this last question because all of you can relate to how you would feel if you were beautiful. Some of you will find that you are very grateful that you are not exquisitely beautiful. Some of you will even be able to be honest enough to admit that if you were exquisitely beautiful you would probably fall in love with yourself. But you will have the opportunity.

And because this crystallizes the human dilemma I am bringing it to your attention. Because waking up involves the embracing of that which is exquisitely beautiful. And it involves discovering yourself to be exquisitely beautiful, perfect, flawless, innocent, pure. And it's going to feel like something. It's not an intellectual purity, it's an experiential purity, an experiential beauty.

I want you to remember this last question, because it will help remind you of the significance of waking up in a way that registers with you at this moment. You let yourself into the Kingdom of Heaven millimeter by millimeter so that you will not have to have your unworthiness confronted by unjustifiable good.

It isn't because you love that which is ungodlike, it is because you are afraid to be that perfect perception of Reality that constitutes being the Christ, and that allows you to experience your unity in the Brotherhood of Man. Which is what the Bible and Paul referred to—not Paul Tuttle, but St. Paul referred to as the Body of



Christ. What is the Body of Christ? It is the manifestation of God. It is God's self-expression manifest.

The Brotherhood is exquisitely beautiful. You are Brotherhood, you are the Christ at this instant. All you have to do is to dare to embrace your beauty, to embrace your shamelessness, to embrace your worth, to embrace your good without arguing against it. A little willingness to become defenseless enough to let it in. That is it in a nutshell.