



Gathering In Princeville, Hawaii– 1989

By: Raj Christ Jesus -

RAJ OPENING: Aloha. So you have questions. I will tell you that questions are the leading edge of answers. Questions are what you have when you arrive at a limit of your present conscious comprehension. Problems are what you experience when you get to the limit or edge of your ability to comprehend the presence of God. They are a fence, as it were, which part of you experiences the beyondness of. Your eyes can see beyond the fence, but your body cannot access what is beyond. The answer is what constitutes the accessing of what is beyond the fence with all of yourself, all of your present sense of yourself, so that you access new territory of your Being, which your ego structures, your belief structures had not allowed you to embrace and own.

So your questions and your problems are really the limit of your present perception of truth, which you are at the point of moving beyond. And so you are not to embrace your questions or your problems as statements of ignorance, or sinfulness, or unworthiness, but as violable and valuable opportunities to break through and move over a threshold of enlightenment.

You do not embrace your problem or your question and get stuck with it. You do not use your problem or your question as the justification for being stuck, or as the justification for denying yourself the movement across the threshold.

How many of you have asked your prayer, stated your problem, asked for an answer, and then continued to state the problem as though God needed to hear what the problem was over and over again before it would register? How many of you have actually enjoyed having the question itself, having the ignorance and staying in it as though perhaps this suffering was going to exalt—exalt your Soul—without ever moving on to the answer, without ever becoming defenseless against the answer?

Now the illustration of the boundary or the fence is an excellent one, and I'm using it on purpose because: What you are calling a boundary—something which is holding you in—is a defense. It is a means you are employing to withhold from yourself the abundance, the territory, the expansion, the ownership of your divinity. You are defending yourself against it. And in becoming defenseless you are letting go of the ego structures, you are dissolving the fence, you are letting yourself expand.

But how many of you sit down next to the fence and weep and suffer because you know there is something more, but what can you do there is a fence. Well, no one else put the fence up. And what you can do is begin to dismantle it, let it dissolve. Do not continue to defend yourself by means of your intellectual justifications against experiencing your good, against experiencing the answer that resolves the limit.

So value your questions. In so many words, each of you has painted yourself into a corner, and your corners are very unique to each of you. And so the answers are very unique to you. And so whatever your questions are, are valuable, because they address the specific limits that you claim to be bound by. So don't judge your questions and say they are silly. Don't judge yourself for having a question. Okay, that's the end of the comment.

QUESTION: As I'm thinking about my question, the fence looms ahead. A couple of years ago I had an experience...

ANSWER: I'm going to interrupt you for a moment. I would like all of you to envision a prairie, a flat land, on which there are circular fences, fences which are placed, let us say, five miles apart, far enough apart so that if you are in the center of the first circle you cannot from that center see the fence.

I will tell you, if your fence is looming in front of you, it means that you have advanced to a point of being able to break through and access the next five miles of diameter that is there for you to enjoy. Being up where the fence looms, means that progress is being made. It does not indicate that you have suddenly begun to do something wrong and you are being penalized. You have dared to own the territory within the first fence enough to discover that there is a fence that you are not legitimately bound by. Continue.

QUESTION: Yes. A couple of years ago I had an experience that was most fulfilling, enlightening beyond anything I ever thought I could have experienced on this earth plane. That feeling of infinity and beauty and light stayed with me for probably four months. I know what it is, I have it in my memory, and occasionally it comes back to me which continues my quest. My question is when may I have this always and forever for all of us? Is this a different dimension I traveled to?

ANSWER: I cannot answer that question for everyone else, nor can you require that it be something for everyone else. But you will have the experience again as soon as you allow it. Now what does that mean? It means as soon as you are not actively energizing your very definite ego sense or interpretation of everything.

The experience occurred when you were defenseless. Now you have since that time engaged in becoming more defenseless, less defended. But I encourage you not to be willful in anyway in the sense of attempting to make this experience

occur again. Literally every single one of you must let yourself into the Kingdom of Heaven, by means of not efforting, not putting forth effort to get there.

The Kingdom of Heaven is what you experience when there is an absence of will, human will, ego will. It is absolutely the easiest thing to do, because all it requires is letting go. You are all conditioned to strive and become. And you are by one means or another convinced that you are worthless and must become worthy.

I will tell you something: When you are feeling the most worthless, when you are scraping the bottom of the barrel and you give up, that is when the influx of the divine awareness of who you are can occur, because the ego defenses do not block you from the experience of who you are before you have a thought, before you lift your little finger to try to become something. But of course, the ego calls that failure.

To be at the bottom of the barrel, to feel absolutely worthless and then to give up is the worst thing that you could do from the standpoint of conditioned thinking. But I want to ask you what is it that you give up? You give up a false sense of who you are. And that false sense has been given a name the ego, and the ego sees its demise as something to avoid at all cost. And so it influences you to keep it alive, instead of releasing it.

Now there is a poster that is available throughout the United States. It is a picture of a kitten and a rope, and it is holding on for dear life with just the barest of claws, scared to death. And all of you in one way or another have been at that point of hanging on for dear life. I will ask you if you were to let go, if you were to fail at holding on to whatever it is you have defined as your good, what would you fall into? The underlying, everlasting arms of God.

It is because you are conditioned to believe that letting go and failing constitutes real failure, that you don't go through that humiliating experience of yielding into the Will of the Father.

What keeps you from having the experience again is, in one way or another, your conviction that you have enough smarts to do it yourself, to handle a situation yourself without having to do any listening whatsoever. You are still feeling some competence, shall I say, as a human being, and I am meaning by that a personality, an ego.

Don't try to have this expanded experience, but let yourself daily yield into the Father's Will by assuming that you from the level of your reasoning do not know the absolute answer. And to the degree that you can relinquish your common sense in favor of the inner experience of the support and the Creative Movement of the Father, you will let yourself into that place where the experience can happen again.

If any of you are not experience being Awakened it is because you feel you have some personal competency, which you are insistent upon exercising, because

that is what gives you your sense of worth. Your sense of worth comes from doing, rather than being. And when you let go of the doing, the striving and let go and become what the ego would call worthless because you are not trying to become anything at all, then is when the fullness of who you are, the presence of the Father has the opportunity to register at your conscious level of awareness.

Now all of you, yes all of you, have had experiences of illumination, a divine experience of one sort or another. Those experiences prove to you that the way you are experiencing things at the moment is incomplete. And those experiences that each of you have had are what allow the first lesson of the Course to take on special meaning. “Nothing that I see means anything.”

Nothing that I see means anything, because there is more to it than I am presently experience. The experiences of illumination that you have had cause you to always be open to and curious to experience the clearer perception, the truer experience of all that is. And it allows you to let go of the world. Now I am not saying that it allows you to let go of the world, I am saying that it allows you to let go of your present limited perception of the world, so that you may experience Reality—All That Is—more truly.

Now I am going on at some length in response to your question, but it is important to everyone.

What is illusion? Illusion is truth incompletely seen. Illusion is not a separate reality called unreality. Reality seen through ignorance is truth distorted. But what is being experienced is Reality. What is being experience that is illusory is truth seen with your eyes all squinted up, so that the whole truth isn't being experienced. And when the partial truth is taken as though it is whole, as though it is All There Is, then you are experiencing a deluded or illusory sense of what? Of truth, of Reality.

So I'm going to encourage all of you not to give illusion such a bad time. Recognize that it is an incomplete experience of truth or of Reality. The illusion is not to be denied as evil and to be gotten rid of or risen above, because it is the truth incompletely seen. If you are seeing illusion then the desire should be awakened in you to see the whole truth, so that you are not judging on the basis of a partial perception.

Each of you appears to be a human being, troubled or not troubled to one degree or another. But what is the truth? The truth is that each and everyone of you is the Son and Daughter of God, each and everyone of you is the Christ, each and everyone of you is the innocent and flawless expression of the Father, the innocent and flawless current expression of a current and living God.

Now, should I face all of you and say, “Wow, what an illusion,” and then attempt to do away with you? No. And so don't attempt to do away with yourselves, or your bodies, or your world, or your universe. But dare to desire to experience the illumination that uncovers that each one of your is the Christ, the

flawless and innocent self-expression of the Father. And that everything you are experiencing is Reality, let there be a desire to experience the Reality of it, which is what each of you has experienced to one degree or another in a moment of illumination.

Ask yourself, when you had that experience did everything disappear, or did everything take on new, divine, profoundly, beautiful meaning?

So how do you encourage having this experience again? By beginning to define illusion as partial or incomplete truth treated as though it was all of truth, and then desiring to see the truth that is beyond the present limited concept of it. Let your world, let your bodies, let yourselves begin to be the presence of God that you are desirous of experiencing more directly as what it is, instead of denying, and embrace.

And as that willingness to recognize the Father in each and everything takes up more and more of your conscious awareness and time, you will find yourselves experiencing greater and greater experiences of illumination and more frequent experiences. But you are going to have to start approaching yourself and your world less defensively.

Thank you for your question.

QUESTION: Thank you.

QUESTION: My question is about emotions. I'm not sure what to ask. All of my life I feel like my emotions are part of my nervous system, or there closely connected. And it feels as though, it's like the end of the many, many dots or spheres coming off of my body, and it's very sensitive. And there are many emotions that can be many, many different things. I feel like I have that for a reason, but I'm not sure. I don't feel like I'm...I feel like it's a gift, but it's painful. I don't think it's anything different from anybody else, but I don't feel like I'm utilizing a resource. I don't understand.

ANSWER: I am not surprised. It is not something one spontaneously understands. Now, I mentioned earlier, that your body is not an illusion. The way you experience it is illusory, but your body is divine. And it is at the bottom line everyone's desire to experience his or her body as it divinely is.

Now, the ego is a defense mechanism. And I will tell you this, the ego uses, or shall I say, misuses the body as its means of denying God. And the denial involves what you are calling emotions. If your body were completely anesthetized it would be impossible for you to experience fear, or anger, or jealousy, or any of the other emotions that you experience. Indeed, the emotions do arise out of a physicalness, they are body oriented.

This is the reason that when you meditate and become centered, your body does not feed back to you the gnawing in the pit of the stomach, or the intense anger in the shoulders, because you have moved by virtue of becoming still out of

the surface reactive ego level. In moving out of it you are no longer in a position to experience the way in which the ego misuses the body. And you come into a clearer experience of what is natural and normal to your body.

Now you must understand that there is a clear distinction between emotions and feelings. Emotions arise out of the ego in concert with physical sensation, which the ego elicits. All emotions constitute a defense against experiencing truth. Feelings on the other hand are the Soul's response to the Reality of All That Is. Joy is a feeling, not an emotion. Peace is a feeling, not an emotion. Love is a feeling, not an emotion. The ego misuses the body relative to love, and then love seems to become obsessive and compulsive and physically oriented. But that is the misuse.

Now love is the recognition of that which is Real in each and everything. What is it that can recognize that which is Real in each and everything? It is not the ego, it is not the intellect. It is the Soul.

Now when you find yourself being turned upside-down emotionally, you may know that you are in the ego's bailiwick, you are viewing everything through the lens of the ego. And you may know that what is called for is not some valium, not a sedative to dull your awareness, but a conscious choice to become centered and experience your peace and move out of the surface reactive ego level. Because your peace is a direct experience of the fundamental nature of you, of your Being and of your body.

It is not emotions which make the world turn round, it is Soul. I will tell you something, if you try to understand your emotions you will add yet another emotion to the whole experience, one of frustration. You cannot understand the ego, you cannot understand emotions. But you can choose for your peace. You can choose to silence the ego by what? Disregarding it. And choosing to become quiet and centered within.

Tell yourself that after you have taken time to be centered you will have the opportunity to be upset again if you choose to. And in that way you can allow yourself five or ten minutes of peace. But once having accessed the peace, you can choose to remain there.

Feelings are Souls response to what is Real. And feelings, the capacity of Soul to sense and feel the divinity of a thing, feels good. It is not passive, it is not monotonous, or dull, or colorless, or vague. And God saw everything that he had made, and behold it was very blah? What was it that was defined as being good? It was Soul. God's recognition of Himself in what was seen, feels good, and constitutes the action of integrity, conscious integrity. That feels like something, and it is stable, and it is secure, and it is invulnerable, and therefore defense is useless and unnecessary and irrelevant.

Now, when you find yourself becoming emotional, don't try to understand it. Choose rather at that very instant, when your emotions tell you otherwise, to

become still, access your peace, go within. As the Bible puts it, “Go into thy closet, and pray unto your Father, which is in secret,” which is in the silence, the silence of your Being.

Once you get into that silence, that inner stable quietness you will find that it is not empty, but full of feeling. And the first feelings you will experience will be specifically relative to you. You will find that you are guiltless. You will find that you are feeling safe for no reason at all. The ego has to have reasons for everything. But your peace is yours for no reason at all other than that you have made a simple chose for it, rather than bouncing around on the emotional surface of the ego.

Learn to make the distinction between feelings and emotions. Feelings are the Soul’s response to that which is Real. Emotions are the ego’s reactions to what is Real. Emotions are reactions. Feelings, you could say, are the spontaneous action of Soul recognizing itself in what it sees. That’s the end of the answer.

QUESTION: Hello, Raj. It’s good to be back with you.

ANSWER: Indeed, it is. Greetings.

QUESTION: Greetings. My life is going to be taking a bit of a change, within the next two years I’ll be ending a twenty year career.

ANSWER: Was there something static about the twenty year career.

QUESTION: No. It’s been very enjoyable.

ANSWER: Then do not make a line of demarcation where suddenly there’s going to change. There is simply going to be a continual flow. And if you will not make that artificial distinction, you will not approach it guardedly, or carefully, or with great attempts to be in charge. And you will more naturally flow with what is nothing more than the continuing unfoldment of your Being—of your Life. Continue.

QUESTION: Yes. I don’t have as direct a communication with my guide as Paul does with you. And I was wondering if there’s any message from my guide that I need to know right now?

ANSWER: We do not have a two party line here. I do not channel other people’s guides. You will have to listen for what your guide has to share with you.

Now, this ending of a career and moving into the public sector, so to speak, is not going to be as different as you might expect. Because you have been a whole Souled individual during this career, and you will be a whole Souled individual as you move on. There will be that uninterrupted continuity of who you are, and the intelligence that you are will continue to be active as it has been.

Again, I encourage you not to make a mountain out of a mole hill here. If you will make this transition from within yourself rather than seeing it as an

external change, then you will have the intelligence available to you for whatever demands arise just as you have this past week.

Let me put it in another way. Stay in your canoe. Your canoe is on the river, or flow of your Being in its process of identifying your fulfillment. Do not see this change line as a time for you to get out of your canoe and get some grounding so that you may now take charge. Stay in your canoe, and allow the current of your Being to unfold and manifest what will identify your fulfillment just as it has been for the past week, or the past ten years.

That is what you need to be aware of. And let there be a sense of joy and expectation in seeing the new fulfillment, if you will. But understand that the new fulfillment is simply an evidence of the ongoing movement of your Being called Life.

Now if you do not do this, you will brace yourself for this change. And in bracing yourself you will be less resilient, less flexible, you will be on guard. Being on guard is an act of defense. And when you are defended you seem to elicit that which calls for defense. And I am telling you that there is nothing going on here, even humanly speaking, even from an ego standpoint that could constitute a demand for defensiveness.

So I encourage you to contemplate, and embrace the idea of continuity, uninterrupted continuity. Let it be clear that your Being is unfolding it, not someone outside of yourself, not yourself personally as a little ego. And then allow the unfoldment to occur without becoming defensive against it. The resiliency, the yieldingness that you bring into play will be reflected back to you as an effortless and harmonious transition. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello.

ANSWER: You will have to keep him on his toes.

QUESTION: This is a more personal question...

ANSWER: That was a very personal question for him.

QUESTION: Oh, I'm sorry. In relationship to myself: Is there anything you can tell me about the relationship between my mother and my brother, that seems to have been troubling me for a couple of months now?

ANSWER: Have you ever tried to play tennis with someone meandering around on the court that you're playing on. Now, what I am meaning to convey here is that they are doing a little dance, a little game with each other, and you do not belong on the court at all. Not only will it serve to distract them from their game, it will arouse there antagonism, and you are likely to get hit by the ball.

Very simply, butt out! Mind your own business! This is their dance, whether it seems appropriate to you or not. You do not belong anywhere in the vicinity. Entrust them to their divinity, because at the bottom line that is what is

governing them. Release them to their divinity and attend to what is your business. You are borrowing trouble, in the sense of borrowing something that is not relevant to you.

Your sense of love for them, your caring because they are family constitutes a false sense of caring. Entrusting them to their divinity, acknowledging that it is impossible for them to get outside of their divinity, does constitute love and will allow you to let them to do whatever dance they insist upon doing. And I will tell you the less interference they have from you, by means of your help and your caring, the sooner they will finish their dance. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good morning.

ANSWER: Good morning.

QUESTION: My question is similar to the one two previous, about a career type change. I'm feeling what Don Juan describes as the young mans pain, and that is the need to develop some kind of career, or some kind of a direction.

And since coming to Kauai, I've gotten more in touch with realizing that it's a more truthful and serving direction, as opposed to a preconceived idea of what I should be doing. And I feel like I'm close. And I feel like I'm floating along in my canoe with the sense of continuity that you mentioned. And at the same time I don't know how to take the next step.

ANSWER: You see, that is what everyone has to deal with. You get the hang of being in your canoe, and the thought is once you get a sense of balance, that then you will be able to pick up the paddles and once again begin to provide direction. The key is to be in the canoe without any paddles—forever—so that you are constantly in this yielding state, yielding to the movement of your capital “B” Being. Because your capital “B” Being and its movement constitute the Movement of God, the Movement of Creation. Did you think that God made a career choice?

Now, from the ego standpoint it will seem as though you are becoming directionless, because you are not working with externals, you are not manipulating externals to make them take form. In going within, allowing yourself to be in the canoe without paddles, and with the willingness to release any intent to pick up the paddles, you will find structure and form manifesting in your life. You will find yourself doing something. And what you will find yourself doing will be in complete harmony with you. You will be able to see yourself in it and feel the integrity.

There will be form, but you will not be able to claim responsibility for it. And yet, because you will be able to find yourself in it, you will know you had

something to do with it. And there will be peace, and there will be an absence of a false sense of responsibility. You will not have to maintain the structure. And you will be able to be in a position to let the structure dissolve, reconfigure and take new form as your Being in the Movement of Creation takes on new self-expression.

Heaven help you if you manage to get a career goal. If you get it, and if you experience any little bit of success around it, you will begin guard it. You will begin to try to maintain it. You will not allow it to change. You will not allow yourself to lose your success, and you will not be flowing with your Being.

But your Being and your canoe will continue moving forward and will become more and more incongruent with the current form that you are holding on to, and the current form will begin to dissolve in spite of you. And if you are identifying your success and your worth with that form, it will seem to you as though you are losing your worth and success.

Ultimately, you will be yanked free of the form, you will momentarily think you have failed; but you will be brought into the new form that is evolving, and you will say a miracle has happened, and you will thank the gods. And if you have prayed, you will feel that you must have prayed right. When all along the inevitable experience of fulfillment will be what was happening.

Now, I encourage you to relax even more significantly into your canoe. And watch what the Movement of your Being evolves for its identification. And understand that the identification of the Movement of your Being is fulfillment. And fulfillment means that which is recognizable fulfillment for you, because you will be able to find yourself in it; your Self, with a capital "S".

You are literally doing everything right at the moment. Don't change. That's the end of the answer.

QUESTION: Just one more point. That's a beautiful message and I feel the truth of it. And on a day to day basis I'm tired of shoveling. You said God didn't take a career, true; but Jesus did, he was a carpenter.

ANSWER: Now permanently.

QUESTION: This is true. I do thank you.

ANSWER: It was appropriate at the moment. Find the joy in what you are doing. And don't be afraid that in finding joy in it that you will be stuck in it. Because your Being does not stop to repeat itself, it moves on. That which meets the human need in the moment is the movement of divine Love, the Movement of God. Be willing to recognize that which is Real in shoveling whatever it may be that you are shoveling, or in doing whatever it might be that you are doing.

Remember that it is always Reality that you are experiencing, whether it is a partial view of it or an expanded view of it, or a complete conscious experience of it. Find your capacity to be grateful for the meeting of the need at the moment, whether it is agreeable with your ego or not. And you will find the joy of it. And

you will find yourself not stuck in it any longer than it identifies fulfillment for you.

Again, you are right where you belong. But don't make the mistake of thinking that there will not be change and reconfiguration. And do not make the mistake of thinking that you must figure out what the reconfiguration is supposed to be. Trust into your Being. You are doing this, but you are getting antsy. And your hands are furtively and somewhat out of sight feeling for the oar. That's the end of the answer.

QUESTION: Raj, I was very please to hear you glorify the having of questions, cause you know I have a few—and that's an under statement. I'm also wanting to tell you that I'm really interested in dismantling fences or bridging them. However you want to think about that.

ANSWER: Then let me interrupt. Deal with them as you arrive at them. There is an assumption on your part that there must be dozens of fences out there in front of you. And in your enthusiasm and eagerness to wake up, you would like to tackle them all at once. Be humble enough to assume that the fence that is in front of you is the one that it is appropriate for you to deal with, and that it is one that you are perfectly capable of dealing with. And let the next one that is five miles off wait until you have owned the territory that you have gained by virtue of violating the last fence.

If you don't know what being Awake means, if you don't know what it feels like; then you do not have the means of judging what you will encounter ahead of you, and you had best take care of and be humble enough to deal with the fence that is in front of you.

Now it is important for you to understand that the territory that is within the first fence is the territory of your capital "B" Being, which is infinite, that does not appropriately have any fences on it. Nevertheless, the territory within that fence is part of your capital "B" Being, and is to be experienced and valued. It is just the fence that is artificial and imposes a false limit on you.

I encourage you not to think that the grass is greener on the other side of the hundredth fence; it's the same grass, it's the same territory of your Being that you are on right now, within, let us say, the third fence. Now watch it! That doesn't mean you have only ninety-seven to go. Because, as I said, you don't know how many there are out there. And in fact, the fences aren't the point. The point is the willingness to let yourself through the fence that is at hand; to not validate it anymore, not strengthen it.

At one point someone asked me how I moved through walls. And the answer was, I let myself through. You cannot force your way through a wall, you must allow yourself through it. It is not an act of will, but of letting.

Now it isn't the fences as much as it is the releasing of the tendency to validate the fences. And once you get the hang of letting yourself through limits

that are not valid—even though your ego has convinced you that they are—that you will arrive at a point that even if there are fifty more fences, because you have allowed yourself through the fence, you have gotten a hang of yielding.

You see, you are not to go through a fence and chalk one up for yourself, so that when you have chalked up ten you can really feel like you have made progress. Because in so doing you are validating the ego, you are validating fences—one, two, three, four, five, six, seven, eight, nine, ten. “Ten fences. I made my way through ten illusions. Ten! You know how well I’ve done? I do, I’m getting pretty good at it.”

It isn’t the success at dealing with this particular illusion or that particular illusion, it is the act of willingness on your part to be disobedient to a limitation that the ego has imposed upon you, by not fighting it, but by yielding to what is actually your inheritance. It is your inheritance to have the whole land completely available to you because you are the totality of it.

The ego has your totality partitioned off. And in your learning not to honor and validate the limit, the limit that’s right in front of you; so that you may experience where you are, the divinity of where you are, the divinity of who you are at this very moment; that is the success.

The illusion was an illusion. It was just a partial experience of you in your totality. And so as you yield to you the apparent fence becomes clearly invalid. And nothing has been surmounted, nothing has been overcome, you have simply let go of a belief structure that you had judged to be valid when it was not.

Now why am I saying this? I am saying this so that you might begin to appreciate and validate where you are, and not worry about the hundred fences that are ahead of you. Because as you come more into the now, into the present, into the here, and find the reality of here and now; the quicker the illusion of multiple fences will fade completely.

If you are sitting at this moment in the very, very middle of the Kingdom of Heaven, and your eyes are all squinted up and you are saying, “I cannot see the perfection. How can I get to the Kingdom of Heaven?” I could not answer you in the way that you have asked, because you are there. I would have to say, “Open your eyes.” But that is not what you were expecting. You were wanting to know how to get over the hurdles, with some expectancy even of satisfaction from overcoming the hurdles.

Let yourself be here and now in this beautiful place, or wherever you might find yourself, and practice letting go. And whatever limit you find yourself faced with let go and let yourself through. In letting go, instead of fighting the fence, you will find being uncovered in your awareness whatever the falsehoods are of your belief structures that are constituting the fence. You’ll see their nonsensical, silly nature, and you’ll be able to say, “My goodness, I can’t believe that anymore.” And you will relax some more. And there will not have been a

struggle, just a realization, “I don’t have to believe that. I don’t have to be bound by that. That wasn’t legitimate.”

And what I have said is not too simple, it’s just that it doesn’t within itself imply the kind of profound, meaningful success that knocking down fences does. The willingness to violate the ego, to not honor its suggestions of guilt and penalty, because something in you desires to let go into your Being, with a capital “B”, to let go into the Will of the Father, is what is really happening when you seem to make a breakthrough. And what you seem to have broken through becomes irrelevant.

Remember again, that a fence constitutes a defense against your experiencing yourself in your wholeness. And the way you break through the fence is by disregarding it—being a naughty little boy and climbing over the fence, even though mother ego has told you you will be punished, and enjoying the larger territory of your Being, even though mother ego calls from the other side of the fence and says, “God will get you for that.” That’s the end of the answer.

QUESTION: Well, I haven’t asked the question yet. My question is about faith. And what you just said evokes a lot of things for me to say, but I won’t say them.

ANSWER: Say a couple of them.

QUESTION: One of them is I’d like to kick the shit out of the ego, I’m not really interested in the ego. I’d like to be gone with that.

ANSWER: The ego would love you to kick the shit out of it also. Because that is what will keep it alive. You must get this point: A direct attack on the ego, energizes the ego. The only thing the ego cannot defend itself against, is disregard. When you withdraw your attention from it, positive or negative, and you are giving your attention to experiencing the congruence of your Being, to experiencing your peace; it cannot defend itself and its structures begin to dissolve. And you find yourself experiencing healing, or breakthrough, or a new job opportunity, or the recovery of something that is lost, etc. Why? Because you successfully attacked the ego? No. Because you turned your back on it. You put it in second place, and you put yourself in the first place, and your peace in the first place.

Now watch it, because the ego is what would like to kick the shit out of itself. Do you understand what I mean?

QUESTION: Absolutely.

ANSWER: It is the ego that expressed that comment. Your Being knows there is nothing there to kick anything called shit out of.

Now, what is the ego? The ego is a partial view of your individuality. The ego is a little bit of what you divinely are, taking itself to be All That There Is. So you better be careful of who you’re going to kick the shit out of. You will find that it will be your very own foot that will kick you in your very own derriere, and

then you will say, “See, I knew I needed to be defended. See, the world is against me.”

All you are ever stubbing your toe against is Reality. But you stub your toe against Reality because you want to look at it through such squinted eyes that you cannot see clearly enough to know what to avoid.

Your problems are always your perfection going beyond what you are willing to consider to be your perfection. It is always your fulfillment going beyond your limited concept of what fulfillment ought to be. And you had better realize that you do defend yourself against your good. And I am not aiming that just at you, every single one of you are not experiencing the Kingdom of Heaven, because you are defending yourself against it. “I haven’t done this. I’m not worthy. I don’t have enough money. That would be too good to be true.”

So let us be clear about the ego. The ego is not something that is a little ball of pure illusion, pure falsity in the middle of an infinite and ever present God. If God is infinite, where is this ego going to reside? Where can it go to be? The ego is a small circumscribed part of the totality of what you are, considering itself to be All There Is.

Now, I want to make this very clear. If you will imagine a sphere, a hollow sphere, and on the outside of this sphere, this shell, is the totality of what you are as the presence of God Being All There Is. And what is on the inside of this sphere is the rest of this totality. Then what is inside the sphere is not false. But the sphere is, because it seems to separate a totality into an inside and an outside—a disintegrated wholeness.

The shell, the spherical shell is constituted of beliefs based upon partial knowledge that is treated as though it is complete knowledge. And so when you get rid of the ego, you are getting rid of belief structures that seem to cause a little gap between who you are experiencing yourself to be and who you divinely are.

And the way that that shell becomes dissolved is by not kicking against it, and rather going within, into the quietness of your Being where you have half a chance of remembering Home, remembering Reality, remembering your Christhood, remembering who you are. And that who you are is God being All There Is.

And I do not mean by that that you are God being All There Is, I mean that God Being All There Is is all there is to You. And since God does not divide Himself up into little parts, then you must be All That God Is in the act of being what God Is, which is the Movement of Creation. But this You that is what God is Being, is not limited, and has no personal private little sense of self, and you find yourself to be the God Consciousness, if I may put it that way, properly put in this setting it is called the Christ consciousness. But the Christ Consciousness is God’s perception of Himself/Herself, and denominating what is seen as very good. That’s the end of the answer.

QUESTION: My question it goes to the issue of faith. And it seems that in recent months I've had an opportunity to be in faith. And one of the manifestations of that was, I was reading the Course, and other things, probably some of your comments about healing.

I've had high blood pressure for about ten years, and recently it jumped up to what would be considered an unhealthy level. And I thought simultaneous with this reading that, well, this would be a good place to have faith. And so I thought well I'll just throw the blood pressure medicine away, and I'll just believe that my blood pressures down.

And I'm paraphrasing now, I'll just disavow this unhealthy state. And I can generally tell when my blood pressures up. And so I went in this state for a few days and I said, "well, you know, this is the way it is." And so I went to the machine, which may be an act of nonfaith, and it said that it was at extremely unhealthy levels.

And I went to a friend, whose the doctor, and he said, "well, maybe good sense would say go back to the medicine." And I said, "Well, okay, now I'm conflicted." And I really am perfectly willing to throw the medicine away and say, "I'm not going to have high blood pressure." I'm fully capable of doing that.

ANSWER: But why are you make the distinction that says, or does not allow you to say, "The blood pressure medicine is divine love registering with me in language of my present perception, and thereby meeting my need at the moment, whether it is an ultimate form of the meeting of the need or not." Why must you make an example of this?

QUESTION: Because I'm trying to create a way to gage faith. I recognize what I'm doing, because I'd like some emphasis so that I'll know in those other areas where I don't have such an obvious way to measure it that its working.

ANSWER: You want to be in charge of your Awakening. But you see, you already are what you want to become. You may not be experiencing it consciously at the moment. But if you do not start from the standpoint of your already being what you want to wake up into, then you will need measures and gages, you will need to study, you will need to go through processes of becoming worthy, etc. But you are already sitting in the middle of the Kingdom, and you are already the Christ, you are already nothing more and nothing less than the direct expression of God. And you must let yourself into that experience. You cannot work yourself into it. You cannot measure yourself into it.

Now there is too much control here. I said that waking up was effortless. To become effortless is experienced as becoming humble, except that when you are coming from an ego place it's called being humiliated. As the ego is

humiliated, who you genuinely are in your humility begins to be able to register with you and everyone else. And you become easy with yourself and with others. You become easy with your problems. And you become easy with your successes, easy with your good. And there is an evenness to you. And in that evenness there is the clearer experience of your invulnerability, and with that an absence of fear. And with the absence of fear a more normal physical function—a reduction of high blood pressure or whatever.

But struggle will not do it. And having measuring sticks to measure or calculate how much of the struggle you have accomplished, or whether you are managing to be effectively in control on a spiritual basis, will not do it. You cannot be in control on a spiritual basis. Do you realize that God is not in control? God is Being. And because of the indivisible nature of God, and the fact that God is intelligence, innate intelligence, and principle; the movement of what God is is flawless, and expresses absolute harmony, which you would call order. But God isn't controlling anything. There is no need for control unless there is chaos, unless there is division and separation.

Now you are beginning to grasp what I am saying. There won't be anything satisfying about the process I'm telling you about, because it won't be anything you are doing. It will be what I have called an undoing, like the "uncola." I do not mean undoing of something, it is a not doing. And when the not doing is engaged in, allowed, and you begin to feel the influx of the clearer experience of who you are, you will not be able to say, "Look what I have done."

As you allow yourself to open your eyes up wider to see the Kingdom of Heaven that you are in, you will not have a sense of accomplishment, but a sense of peace and of being you without having to earn a thing. You don't have to earn your way, you don't have to reason your way, you don't have to think your way into the Kingdom of Heaven. But you have to dare to have enough trust to release the doing. You must entrust yourself to the Father. There is no other way to put it. You must say, "Thy Will be done."

There is only one right use of will, and that is to choose not to use it. I want you to think about what I've said. No, I do not want you to think about it, I want you to feel what I have said, just abide with whatever feeling is there. Because in doing that more of the meaning will begin to emerge. That's the end of the answer.

QUESTION: I profoundly thank you.

ANSWER: You are welcome.

QUESTION: Raj, thank you for letting me come here, I feel very blessed that I'm able to experience you, and later on I have the chance to talk with you in an interview and with you more personally.

I've been listening this morning to the canoe. And I feel that in my life I'm in the canoe and I'm not using the paddle. And I think I'm fighting with

it, because sometimes I'm with a paddle and sometimes I'm without the paddle. But basically I feel that I'm in the canoe and I'm floating around and I'm doing things. And it's very scary sometimes. I found the financial part of it very scary. I feel sometimes very vulnerable, very... I don't know, just out there.

And I know that I'm guided. I know I'm doing the right work. I've asked guidance many, many times, shall I stop at the store, shall I do something else, get a job and work, pay the bills and all this. But So I know that this is all in divine order, but it scares me. And I know that my needs are met, as you brought forth in your six months and in other six months. And I know that I only want to do God's Work, or the work of the Light. And maybe I have something to go with that.

ANSWER: First of all be very patient with yourself. Yes, sometimes you pick the paddle up and yes, sometimes you put it down. And you are not as consistent as you would like to be. But it's all right. You don't have to do it perfect. But let the intent be there to as consistently as possible allow the Movement of your Being carry you.

Now when you are feeling vulnerable you are viewing your experience from the ego's frame of reference. Understand that the ego is an assumption to presence. It is not an actual presence. It assumes to presence, it pretends to be present. It therefore, is always vulnerable to the enlightened discovery that it has no existence at all.

And so it is always fearful of being discerned for what it is. And so whenever you are viewing life through the lens of the ego you will always experience fear and vulnerability and the need for defensiveness. Not because anything is calling for it in your environment, but because the ego cannot experience its supposed existence in any other way.

So when you feel this vulnerability, you may know that it is a call for becoming centered again, it is a call for connecting with your peace. When that happens stop dead in your tracks, and take time to become still and access your peace again, because that is where you will find no call for defense, you will feel your integrity.

Now I will tell you something else: At the same time that you feel this vulnerability you also feel right along side it a clear and seemingly irrational feeling that you are doing exactly what you are supposed to be doing. That is coming from your Being.

Now, generally, and I am addressing this to the whole group. When you inquire of your deepest most centered knowing whether a thing is appropriate or not, you will get either a "yes" or a "no" answer. In other words, the answer will not always be "yes." But when the answer is "no" it will not be accompanied with

fear, it will be accompanied with peace. It will simply be clear that it is not appropriate.

So do not assume that if you are experiencing fear that this is somehow your Being at a very instinctive level telling you that it is not appropriate. Because when you gather the facts from the level of your Being, the affirmative or negative answer, which will express a truth that is in harmony with your Being will be accompanied with peace and assurance, not fear. That is an important distinction.

Now continue to pay attention to the peaceful, unworried knowing that you experience about your path. You are being true to your capital “S” Self. You are right where you belong for the identification of fulfillment. I do not mean that you are right where you belong for “your learning.” You will not help but learn, but you are right where you belong for the identification for your fulfillment. That’s the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: Hi, Raj. I’m real happy to be here as well. And I’m going through a lot of changes as the rest of us are. And I feel like it’s a seven year cycle, where every aspect of my life is in change. And getting in touch with what it feels like to let go, and without letting go, and feeling the pain when there’s resistance and the fear, and wanting to move into a greater sense of peace and movement. And feeling like, how do you get past the fence when you’re in that state? And I understand the principles...

ANSWER: I will tell you something: You get through the fence as gracefully as you are able under the circumstances. And if you pay attention as you express this disobedience—this disobedience to the ego’s suggestion that this is an actual limit—and you find the reward, so to speak, the breakthrough, the resolution; if you have paid attention through this process, which as you are aware sometimes happens with great slow motion, you will find that when you come to the next fence you will be more ready for it. And your movement through it will be more graceful.

You will recognize that the ego’s bluffs are just that, bluffs, and that they do not need to be validated, they do not need to be honored. And its threats of punishment, or insanity, or whatever bag of tricks it uses, will not hook you.

So pay attention as you move through your boundaries. There will be subsequent boundaries for a time. In paying attention from beginning to end you will be more ready for the next boundary.

Now it is important for you to understand that there will be other limitations that you will be confronted by. Because the joy of moving through a boundary can sometimes cause you to think that you have made it. And when you come to the next boundary, which is always a more subtle boundary—a more subtle ego expression of ignorance—it is possible to feel like you are back to square one, as

though you have lost ground. And this is not the case. It is just that the ego at a subtler level of operation is ready for you to move through, or I will put it this way, you are ready to move through a subtler level of operation of the ego.

Because the ego is not original, the second boundary will seem very much like the first, except that you have had some experience in moving through. And thus, each successive boundary will be easier to move through with more grace. Continue.

QUESTION: I think I have a lot more to offer than what I'm already doing in my work and being of service. And I know part of me wants to extend myself, challenge myself out there. And yet I'm still held back, like, as you expressed with yourself. And so I come into a frustration with my own ego.

ANSWER: When you are trying to be more than you are, when you are trying to do more, when you are trying period, it is as though you become firm, dense.

Now I want you to imagine that you if you were standing up as a very definite figure and presence, I want you to imagine that this figure is made of silly putty. As you know, if you take a piece of silly putty, it relaxes if you set it on a surface and spr-e-a-ds out. If you want to be more, if you want to accomplish more, if you want to reach more people, what is called for is letting go, relaxing, letting go of the effort, letting go of the trying. You see you are already whole, but your wholeness is lost to you when you are so busy trying to be better, or trying to be more.

Now it is going to get very monotonous this weekend, because we are going to be talking about letting go in many of its ramifications, not because I have decided this is what we are going to talk about it, but because all of you have decided that this is the boundary you are at, and this is the answer.

Now, if you want to touch more people, you have to become more comfortable with yourself, less defended, less careful, less cautious. And this is going to mean loving yourself, accepting yourself just as you are. But you say, "I've got so much to learn. There's so much I don't know." Yes, but there is so much that you do know, and there is so much clarity that you do have that is more than another has. What you call not being as enlightened as you would like to be, constitutes mind-boggling enlightenment to another who is not even experiencing the clarity that you are experiencing.

And I will tell you something: When you learn to just love yourself right where you are, whether you could be more or not, when you don't apologize for yourself and you just be present with love, you will touch others. You will be like the silly putty that relaxes, and spreads out, and touches more, and has a broader base, and more stability.

If indeed, you want to serve others then accept yourself, and love yourself, and arrive at a point where you feel no need to apologize for being you to anybody. Then your very presence at whatever degree of intellectual awareness or enlightenment you are, everyone will be touched by you. And you know what they'll say, "It's so easy to like myself when I'm around you." That's what people want. They want to be able to like themselves.

And when you are liking yourself, you are not being defensive, and others don't feel a need to be guarded around you because of your defensiveness. And it sets an example, and it allows them to relax also. And in their relaxing—like the silly putty—they come in to a better experience of their stability and their invulnerability.

You don't have to become more than you are to touch others. Just let yourself be fully where you are and fully who you experience yourself to be at this moment without apology, and without judgment upon yourself, without self-criticism. Just love yourself.

You are enjoined to love your brother as yourself, and that indeed is the order, as yourself love your brother. When you are loving yourself and you become defenseless, all that your brother or sister truly is is able to register with you, because you do not have a shield up against them. And when you are being defenseless against another and letting in the experience of them, they will say to you that they feel touched by you, even though all you have done is to let them in.

It is a trite phrase, it is used so much because it is the truth and it needs to be said until you finally hear what it really means—Love Yourself—refrain from indulging in self-criticism, begin to consciously appreciate yourself.

There are a number of you in the group today who spend a great part of your conscious thinking time in self-depreciation. "Boy, I was stupid today. Boy, what a nerd I am. Boy, I did a lousy job on that." Well, that isn't all that you did this day. There are things that you did do well. And I would encourage you to begin to magnify what you are doing well, rather than magnifying what may need improvement, and then using that short-coming as justification for feeling worthless, or feeling as though you are a sinner, or feeling that you are falling short because there is a fundamental flaw in you.

It doesn't seem reasonable to appreciate yourself unconditionally, but that's just because of your conditioning. You are the direct expression of God at this very moment, nothing more and nothing less. And you are worthy of loving yourself, and acknowledging the good that you are embodying. And it is not unreasonable. And the short-comings that you do need to do something about, the things that do need correction do not constitute an actual undermining of what you divinely are. And therefore, they do not constitute something for which you have to pay a penalty before you can dare to appreciate and love yourself.

You must start doing this irrational thing called loving yourself, without justification, just because. And this is what will allow you to take a deep breath, and sigh a sigh of relief, and let all of this self-improvement that you must engage in slip from your shoulders—self-improvement that must occur before you will give yourself permission to love yourself.

The ego is incapable of telling the truth. It is a liar, and the father of the lie. Therefore, it will tell you that you are not the son or daughter of God. It will tell you that you must earn your divinity—your wings if you will. And that you had better engage in the suffering that is due to one who is not divine. It is not telling the truth.

And whether you have been unloving, whether you have gotten ill, whether you have apparently harmed another, whether you have been loving to yourself or not, you must be willing to acknowledge that in spite of that the truth is that you are the direct expression of the Father at this very instant, nothing more or nothing less. That it is impossible for you except in your imagination to be something that God is not being.

And then on that basis love yourself, and begin to own that loveableness, embrace it, embody it, and you will feel your peace. And you will dare to feel it when you are around others. And without even trying to do anything for them, your very presence will be an inspiration, and will allow them, as I said, to say, “When I’m around you I’m able to like myself better. It is so wonderful to be with you.” And you will feel that they have been touched, and you will have been touched. Not because you stood tall, not because you became something more, but because you loved yourself on the spot, you loved yourself as you are at the moment.

It is a shame, the ego suggests that if you love yourself as you are, that that will constitute self-satisfaction. And that is an evil thing, because if you indulge in self-satisfaction you will surely never grow again. You will just move into a state of monotonous, unchangeableness. But I will tell you something, like the silly putty as it relaxes and forms a pool of silly putty, you will feel an influx of vitality because you are not defended against it, there isn’t enough ego structure to keep it out.

When you start loving yourself you start feeling energized, you start feeling like doing something, and you can feel the motivation to do it. It is when you are all up tight, trying so hard that you become depressed, frustrated, tired out; because you are defended against your peace, you are defended against self-acceptance. And when I say Self-acceptance I am speaking of Self with a capital “S”. And remember that the small “s” self is the capital “S” Self seen partially, in a limited way.

So don’t deny your small “s”, but don’t continue to embrace it as though it’s all there is of you. And then become yielding enough—like the silly putty—to let

the greater experience of who you divinely are begin to register with you. That is what will happen.

But in the meantime, in your loving yourself right where you are and refraining from criticizing yourself, you will find that others will love to be around you and will flock to be with you. And you will feel very popular, and yet you will not be able to explain why. You will not be anymore educated than you are right now. Nothing special will have happened to you as a result of any effort on your part. It will happen because you're being genuinely you.

And in the humility and humbleness of genuinely being you at the moment with self-appreciation, you will find the you that you truly are emerging more vitally and transforming you and broadening your experience of Reality. But you see that will be a side-effect, a result of loving yourself.

These days everyone is looking for a more potent truth. "Well, I've known this truth, and there's been some good results from it, but it isn't quite enough. I need a more potent truth." And so you'll run to some other teacher who has a more potent truth, something more stimulating.

I will tell you something, there is no more potent truth than the statement "Love yourself." And you can seek and seek for teachers who will give you something more potent, but if indeed they are in tune with Reality, they will have to tell you the same thing. And you will finally be left with having to do it. That's the end of the answer.

QUESTION: Good afternoon, Raj.

ANSWER: Good afternoon.

QUESTION: I'm physically feeling fragile, and when that happens it feels like the flood gates come down and the ego just comes in very strongly.

ANSWER: You mean physically fragile?

QUESTION: Yea, and then it effects me emotionally as well as spiritually. So I'd like some feedback on what's going on, and it just feels like a struggle that I'm very tired of.

ANSWER: You are not trusting your body. You are not trusting that it has any innate intelligence at all. You are not trusting that it reflects the divine intelligence of that which formed it. The minute you withdraw trust, you bring into play defense, fear. And in effect that constitutes an attack on your body. You only distrust a potential enemy. You only defend yourself against something which seems to have proven itself to be an enemy.

And so when you withdraw a fundamental trust in the divinity of that which appears, you have moved into an attack mode. And of course, you experience feeling vulnerable. But the attack is coming from you by virtue of your own doubt, your own lack of trust.

Now, your body is either one of two things. It is either the visibility and tangibility of your individuality, which is God derived. Or it is a body of ideas

and beliefs entertained by the ego, which causes the body to become the defense against the experience of God. Your body is either being misused as a defense mechanism, or it is being experienced truly as the visibility and tangibility of your individuality.

Whether it is being experienced truly, or whether it is being misused as a defense against experiencing the truth, it always remains what it is—the visibility and tangibility

Now you must begin to define your body in a new way, and make peace with it, rather than being frightened of it, rather than wondering what it is going to do to you next because after all it is an “illusion.” And an illusion is undependable, and you of course have seen how wretchedly so many others have experienced their body, and therefore what better can you expect.

But I will tell you something: As you forgive your body, as you withdraw the criticism, as you withdraw the demeaning of it and begin to embrace it as that which identifies the presence of your individuality and love it for its divine purpose; the feeling of vulnerability will leave, and the emotions associated with it will leave. And you will not only feel better, but you will feel a vigor and strength physically, a sense of invulnerability physically. But you must embrace your body with love.

Now for a point of clarification: If your body seems to be manifesting illness, or injury, or blemish, or pain; you do not love the pain, and the blemish, and the injury, and the illness; you love the body for its divine intent. And its intent is to identify the presence of your individuality perfectly. You do not allow the disease, or the injury, or the blemish to cause you to withdraw your expectancy of seeing perfection. You do not allow them to cause you to withdraw your appreciation of what the bodies intent is. You are experiencing the problem because at some point you withdrew the love.

Now I’m also going to be extremely clear here. Your bodies as you are experiencing them presently, are not the way they really are in actuality. You do not have dense organic bodies. At this very instant every single one of you is illuminating this tent, if you will, and the surrounding area greatly, because your bodies are bodies of light—and the substance of that light is living Love. That is the fact at this very instant.

I am pointing this out to you because the ultimate experience of body is not something you will have to grow into, it’s something that you will have to open up your eyes to. It’s not off in the future. Your experience of perfection is not off in the distance.

But you are not going to be able to get past the partial experience of body, the limited experience of body, if you look at it and you say, “This is what it is. It’s nothing more. It is an organism. It is the result of eons of evolution. It is physical. It springs into existence, and it dies and that’s all there is to it.” If you

are convinced that that is what it is then you will not be looking for regeneration, you will not be looking for healing, it will not be a reasonable assumption that such a thing would happen except as a fluke. And so the perfection, the divinity of your being and that which identifies it will continue to escape you.

As I said earlier, illusion is truth partially seen. It isn't something sitting off in it's own right. And yes, at the moment you are experiencing a deluded sense of body, because you are not experiencing and feeling the Body of Light, the substance of which is Living Love that is actually going on. And you will not experience it as that unless you begin to open up to it.

And so there are two steps that have to occur. First of all you have to be willing to say, "I am not seeing truly." And then you have to say, "But, what is truly here to be seen is available to me and I desire to experience it." And if you desire to experience it, that's the first step of loving yourself, the first step of being willing to see what is divinely Real right here where the illusion, the limited perception of truth is your whole experience.

And so again, it is a yielding to Reality that results in healing, because there is a desire to see and experience beyond your present sense of sight. You do not remain satisfied with the way you are seeing things, but your dissatisfaction with your way of seeing things does not become a justification for not loving yourself, it simply serves as the trigger to your desire to see things more clearly.

Every single thing you see, every single form you see is an expression of meaning conceived in the Mind of the Father. And as you become undefended against the divine meaning of your body, it will begin to unfold to you, and you will not find yourself stuck with an aging, or diseased, or dying body; but one which is evidencing more and more of what is really present—more and more of the meaning that the Father has expressed as your individuality.

God unidentified is nonexistent. And so be careful how much effort you put toward getting rid of the manifestation. But if your perception of the manifestation is incomplete, don't be satisfied with the appearance, go for full clarity. If God is the Source and condition of your individuality and it is your bodies intent to render that individuality visible and tangible to consciousness, then your bodies intent is to identify the presence of God. And that is the truth.

It is not its intent to be blemished, or injured, or sick, or maimed, or dying. But you can manage to "create" the manifestations of illness by not trusting this divine event called the body, and this divine intent called the body, and by engaging in constant fear of what it is going to do next, and by calling it material as opposed to spiritual and therefore unlike God, and therefore as an impediment to your spiritual growth.

These are all ways in which you attack your body. These are all ways in which you undermine your capacity to experience the divine Reality that is right

here. It is not comfortable to attack yourself. It is not comfortable to hold yourself in a state of subjection to the absence of love.

I am not telling you to love the illusion, I am telling you to love beyond the illusion into the fuller experience of what is truly there, the fuller experience of Reality.

If it is the intent of your body to identify the presence of your individuality perfectly, then when you refrain from judging it negatively, you will find your health, and your stability, and your invulnerability, and your vigor, and your vitality superseding the negative experience, replacing it.

Many of you are aware of the idea that it is not so much a practice of faith, as it is releasing the practice of faithlessness that is necessary. It is not so much that you have to change your body, or heal your body, as it is to become defenseless against its natural intent to identify you perfectly. Withdraw the hate, withdraw the depreciation of it, withdraw the value judgment that says, “it is material, unlike God, therefore unlovable, therefore something to be risen above,” and you will open the flood gates of healing and transformation and the slipping from your eyes of the scales that keep you from seeing the Body of Light that is yours, and actually the body of every single form that exists. That’s the end of the answer.

QUESTION: I have another question. It hasn’t felt to me like the problem was that I don’t see my body as divine, but more that I don’t honor always—honor myself. I go beyond my energy level, and that seems to gets me into trouble.

ANSWER: But why do you go beyond your energy level? If you do not think that you mind is superior to your body, why are you unwilling to be congruent and integrated? It is because there is a sense that you are not to be governed by your body, because it is a lesser thing, a more base thing, a more material thing, a less spiritual thing than your mind. You get the point?

QUESTION: Uh-huh, thank you.

ANSWER: You are welcome.

QUESTION: Okay, I’m really happy to be here, Raj. And I am experiencing myself in a little different place than I usually do when I come to talk with you. Because it seems like when I walked out of my apartment door something happened to me and everything left me that I was troubled about. So I’ve been in a wonderful place of peace and fulfillment and enjoyment, but which has been growing more gradually over the last few months anyway.

And I have some critical decisions to make in my life. And the way it happens for me is, that when these things come for my consideration my mind gets dusty. It’s just like somebody blew dust so that I can’t put one, two,

three things together. And so I would like you to assist me to see beyond what I can now see.

ANSWER: We will take care of that part first. Whenever you are listening for clarity on an issue which has great meaning, or great consequences, it becomes more difficult to hear because you place unnecessary importance upon the answer—you become tense. If the issue is a complex issue, the suggestion is that the answer will be a complex answer. And if indeed the answer is as complex as the problem is, you probably won't be able to understand the answer, and so you become tense.

I will tell you: If you wish to experience clarity, and there is a dustiness, or a vagueness, or a haze of some sort that comes into play it is a call for becoming even more significantly at peace.

Now the ego under these circumstances will tell you that you do not have time to become clear, that you must have your answer right now, and therefore you had best depend upon your best judgment. But the universe is not testing you. The universe, life itself, is not testing any of you. And you are never being put in a position where it is more important to act without clarity than to take the time to become still and get clear.

And so you must challenge this bluff of the egos, release the validation of a sense of deadline, or urgency, and choose for your peace—let go of the anxiety, let go of the urgency, and let yourself into your peace. And then from within the framework of that peace listen for the answer.

Now I have said it before, answers are always simplifying. Answers are always easier than anything you are expecting, so drop your expectation, and be open to that which is simpler than what you are expecting. Simplicity is the key note of Being, with a capital "B". It is the false sense of urgency, of deadline, of there being a test which you can either fail or pass that blocks your ability to be clear, to hear clearly, to experience the guidance.

Again this is one of those simple answers that you cannot find a more potent truth to replace.

PAUL: Okay, this is me, Paul. He's wanting me to share: We had a workshop almost two years ago now in Orlando, Florida. Two days before, three days before we were to catch the plane I got an abscessed tooth, and my jaw was out to here. And I was in such discomfort, I mean I was about five feet from the phone, ready to reach for it to call a dentist to see if he could please meet me immediately and pull the tooth out.

And Raj says, "Do a meditation." This is one of those time that I didn't appreciate him. So I went over to the couch and sat down right on the edge. I mean I was that ready to go for the phone. I was going to meditate, you know, not with much peace.

Anyway I did do the meditation, and I did get centered. And I only meditated for about ten minutes before all of the pain was gone, I mean I was completely free of pain. Then I sat back in the couch, and I just stayed there. I finally just laid down, I mean my face was still tight, but there was no pain. And it was like a matter of a half an hour or forty minutes before it opened and drained. And that was the end of it, and we were able to go on the trip.

But it was for me having come from a Christian Science metaphysical background, where you did metaphysical work for healing, to not go through a specific thought process to experience the healing, but to let go into my peace to get centered to experience healing was a pretty dramatic experience for me.

And that was a situation where there seemed to be a great deal of urgency as far as I was concerned, because I wanted to be rid of the pain. And it did not seem at all reasonable to think that I could meditate and become centered under those circumstances. But I found a place where I was able to be willing to do it and that was my experience.

Afterwards then I asked him what was going on, and he pointed out to me that I had been angry with him for a number of days. Because we were supposed to go and do two workshops and in one workshop we only had two people register, and then the other workshop we had fifteen people, which wouldn't nearly cover the expense of the trip and lodging and so on. And it was like my intelligence said, "don't go on this trip, there's nothing to justifying going, I mean it doesn't express any common sense."

But Raj kept saying, "It is appropriate to go. You'll have thirty-five people at one, and you'll have approximately twenty-five people at the other." And I'm saying, "it's two days before we leave, if they were really interested they would have said something." And I was mad at him for putting me in what I felt was a vulnerable position.

And so I could see that yes I was angry with him, and that the harboring of the anger is what had manifested this way. And I was able to release all of that and we went and indeed there were thirty-five at one and twenty-five at the other.

And so anyway he wanted that shared in light of the question and the answer that he had given.

QUESTION: Oh, well, it's interesting that you say that because one of my dilemmas at this time is that I've sent out a number of brochures for educational classes and therapist training, and I have had very little response. And I feel very closely and dearly to my heart that this work is fine and everyone who has done it has acknowledged it as such. So I'm at this point wondering what my next step is as far as marketing this program. And you told me, Raj, sometime ago that I would come into some money in August of

this year, which I desperately will need to do this. And I need some answers my dear.

ANSWER: These things we will take care of at another time. But insist upon letting go more, relaxing more in your process of listening. And when you are listening listen for a feeling as much as specific words. And trust the peaceful, calm clarity, or affirmative feeling or negative feeling in the sense of a no, honor that, even if there is not a great deal of elaboration.

The point is to let yourself into the experience of trusting more significantly. And trusting more significantly means letting go of the conscious need for understanding and explanation and for reasoning the thing out yourself. Trusting is letting go of that, so that there is, you might say, room for the clarification to fill. The call is always for doing less, finding that indeed there is a greater level of peace available to you than you have ever experienced before. And out of that peace you will find the crystal clarity that you need in terms of specific answers. And it is time for you to depend upon this more and lean into it more.

Everything is going well, the aspects are falling into place and will be manifesting at the level of conscious awareness for you. And you will not be at a loss. But I encourage you to release the sense of demanding clarity when you think you have to have it. The clarity will be there in its absolutely appropriate timing. And you can dare to assume that if you do not have it yet, it is not yet timely, it is not yet needed, even though your ego will argue and give you ten reasons or me ten reasons why it ought to be had now.

I am telling you that you are not off track, and everything is in its order. That's the end of the answer.

QUESTION: I'd like to ask a "yes" or "no" question. I'm looking at office space in Point Richmond right across the street from the Fire Department. I don't know the address. Does that seem like an appropriate place for my office?

ANSWER: Yes.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello, Raj.

ANSWER: Good afternoon.

QUESTION: I'm looking for a definition for schizophrenia. Not a clinical definition as we know it in this third-dimension, but sort of a higher conscious definition.

My mother has been suffering from this condition for many, many years. And in my attempts to see her as whole and complete... Well, I still try and see her as whole and complete, I do see her as whole and complete, except I guess really there's a part of me that doesn't. Because when I see her acting

out, or doing things like throwing garbage on the neighbors lawn, or telling me she's having a heart attack, or saying my brother is the replacement for the Ayatollah Khomeini, I mean these kinds of things I can't accept, and my mind sees her as being unhealthy.

And I really don't know of a healthy way to be of service to her and to help her other than just to love her just the way she is. And I wonder if there's something on a more physical plane, level that I can do? I guess that's about it.

ANSWER: Schizophrenia is an extreme form of what I will call ego-i-tice, a severe form of dissociation, of separation.

You see, what we will call the "normal" ego state is one in which your sense of your identity is private and personal, different from every other person and different from every other thing. You do not experience your unity with everything, but you are able to experience the relatedness of things. Your experience is not divided up into many compartments of unassociated things.

But with schizophrenia one's whole experience is compartmentalized, separated off from other things, so that relationships are not spontaneously recognized, and associations between them, between things cannot be perceived. As a result, comments are made that make perfect sense to the schizophrenic, which make no sense to anyone else who sees relationships, where the schizophrenic is talking as though those relationships do not exist.

Now, the necessity here is to be as consistent as you can be in acknowledging that your mother's individuality is, as I said earlier, God derived. That she is the current expression of a current and living Life Principle or Father. That the Father is being her flawlessly at this instant. And that the face and behavior that she presents to the world is caused by a very partial and fragmented perception of All That Is. This fragmented perception is an imposition upon her capacity to experience herself and her world wholly, w-h-o-l-l-y.

This is true for everyone else as well. The ego and its concepts constitutes an imposition upon your discernment of the unity of All That Is and its absolutely divine nature.

Now, we have taken care of your part, in that we are having you acknowledge the truth about her. Now the second thing you must do is entrust her to her divinity. You must remember that what you are in your totality is always present, always completely active. And then there is this little segmented part that you call the self, with the small "s", that takes itself as all there is to reality.

Well, this isolated, tiny, little self-sense is existing right in the middle of the totality of what you are. And the totality of what you are and what your mother is continues constantly to function wholly. And because it does and because it

embraces this tiny separated sense of self, the shell of ego structures is constantly being broken down. That is why the ego is so busy building it up again.

The intent of the totality of you to experience its integrity without obstruction is constant and is dominant, therefore if you entrust your mother to her divinity, to her totality, you will be joining with her at the level of what she divinely is, instead of joining with her at the level of her fragmented sense of herself.

As a result of withdrawing your joining with the fragmented sense of her, you will weaken that fragmented sense. And by joining with her at the level of what she divinely is, by entrusting her to it, you will strengthen it in the sense of providing the environment of love in which it will be easier for her to yield to what she divinely is, because she's not getting support on the side of her fragmented sense of everything.

So you acknowledge the truth about her, and you entrust her to her divinity. Those two things are the most significant things you can do to facilitate her healing. Be alert when you find yourself accepting the picture: You can see that something is going on that doesn't manifest intelligence, but you don't have to agree with it. You don't have to say, "Well, that's just the way it is." You can acknowledge that this is the way it appears to be, but there is more to her than is meeting the eye, and your desire to see it, your willingness to acknowledge it and your willingness to entrust her to it what will be what you can contribute to her healing. That's the end of the answer.

QUESTION: I have one more part to that question. She's currently living in her own house, and she drives her own car, and she's functioning at a fairly normal level as far as her physical activities are concerned. But our family is becoming concerned that she may do something to unconsciously hurt herself. For example: She's just started smoking cigarettes, and she's just started drinking about three years ago. And we're concerned she may burn the house down, or do something like this.

My immediate feeling is to rescue her, to step in and ask her to live with me, or to put her in a sanitarium of some sort, or to do something to protect her from her own self. But I wonder how you feel about that, and what you have to say on that?

ANSWER: I encourage you for the time being to take the approach that I have just described, and not take any outward actions to change the picture. I also encourage you not to take on a false sense of personal responsibility. To the degree that you want to take action you are not entrusting her to her divinity, you are more willing to entrust her to either your best judgment, or what you think your divinity is saying. And that reinforces her, shall I say, victimized sense of life. And this is not the path to healing and regeneration.

There is no call for action to be take at the present time, other than those actions which I just described. That's the end of the answer.

QUESTION: Thank you, that's been really helpful for me.

ANSWER: You are welcome. I'm going to share with everyone, relative to this sense of responsibility of a loved one or mankind in general, it is something that I told Paul early on: It may be your purpose to serve, but you are not supposed to be the main dish. And I say this because you must be alert to see that in your process of serving, of loving others, that you do not sacrifice yourself in the process, and thus cause yourself to be unavailable to be the presence of love, to be the presence of that which is contributive, and intelligent, and inspiring, and fun, etc.

I am saying for you to be very alert, and do not imagine that self-sacrifice is appropriate at any point, else you might both keep each other company in the institution. That's the end of the answer.

QUESTION: I don't know exactly how to word this question, but I've been experiencing a lot of pain in personal relationships over the last few months. And I wonder what it is that I have to let go of now?

ANSWER: For the sake of those in the group, what form does the pain take?

QUESTION: It takes the form of feeling that they're withdrawing love from me. Now I know that's not true, but that's the way it feels sometimes. And I recognize it's very unclear because the fear comes in. It's very unclear. I have a feeling that I'm right up against something, and if I could just let something go I would like to find my peace. And I would like to know what it is I have to let go, because I seem to be holding on to something.

ANSWER: You do embody a very clear sense of spiritual values, a clear sense of what is appropriate for you and what is meaningful, but you want a cheering section, if I may put it that way, a support group would be a kinder way of putting it—someone to help give you the nerve to truly own what you are feeling. And you know what? It's time for you to own it for yourself. It is time for you to stop requiring others to help give you the nerve to do it. It is time for you to find your independent self-authorized integrity.

And what I mean by that is—when I use the word independent—that it is time as with a just born infant for the umbilical cord to be tied so that it may experience its own integrity, not being in a state of dependence upon another for its well being. It is time for you to experience your security that is unaffected by the presence or absence of others, a security that comes from daring to believe what you believe.

Now, in the past it has been appropriate for you to have a support group, but if you continue to have a support group you will be weakened, and the group will

become an impediment, just as a pair of crutches can become an impediment as your leg heals. It's time for you to set the crutch aside. It's time for you to dare to experience your integrity so that you may approach your others without a compulsive sense of need. When you approach others in a clutching way, so as to gather them around you, it makes other people back off.

You are at a point of becoming emancipated from dependence upon others for your having the nerve to own what you believe and be at peace with it. It is a threshold of learning. You are close to your day of independence, and close to the day of your experiencing more clearly than ever before that what you know is true. And your knowing it is all that matters. And it doesn't matter what anyone else thinks at all.

Such a freedom is involved in this that you can't believe it, and that is why you are grasping for help. It's time for you to stand on your own two feet. And you are ready to do it and that is why you are not finding others gathering in a mutual support such as you have had in the past.

Your Being is moving you further than you want to go at the moment. But it is moving you into a place that you are ready to go. And so I encourage you to allow it. And value and trust yourself more than you have been. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Greetings, Raj.

ANSWER: Greetings.

QUESTION: I've been going through a lot of changes in the past two years, and to stay with your analogy of canoeing it felt like white water canoeing.

ANSWER: Indeed.

QUESTION: One of the things that was necessary...

ANSWER: What is white water?

QUESTION: Turbulent.

ANSWER: White water is what occurs when you become too interested in analyzing the part of the river you are in, and comparing it with other parts, as though one part were better than another. And you are doing this as the beginning stages of attempting to justify not flowing with the river—moving up into the head, rather than flowing with the Soul.

The white water simply gets you too busy with what is in the moment to be too analytical. It is what brings you back in the now. It is not to be hated. It is not to be gotten rid of. It is a signal bringing your attention back where it needs to be. Continue.

QUESTION: Well, my greatest need is being to find a direction for the material path in my life.

ANSWER: Material path?

QUESTION: Right, creating an income for myself.

ANSWER: And what is material about that?

QUESTION: Well, as opposed to the spiritual path, because I don't feel... I know they're not separate, but I'm okay with that. But I see no direction for creating money in my life that I need. I see an outcome, and I've sort of used everything that I've learned to both program, visualize, allow, have faith and trust—which I've had to develop a lot. And I have basically sat back and said to myself, "The universe will show me the way."

ANSWER: Have you asked yourself, "What do I love?"

QUESTION: Oh, yes, lots of times. And I know what I love to do, but I have not found a way to translate that into supporting myself.

ANSWER: Abide with the feeling of what you love. And do not assume that once you know what it is that you love, that then you must facilitate its manifestation. When you are in touch with what you love, you are experiencing desire. But you must understand that desire includes within itself everything that is necessary to its fulfillment. And the necessity is for you to abide with the desire.

And I would encourage you to view desire as the sidecar on a motorcycle, a sidecar that has no motorcycle attached to it—a little pod, if you will, for you to sit in—one that has no steering wheel, no gas pedal, no brake. If you will allow yourself to feel what you love and just abide with it, you are bound to be with that desire at the point in which it fulfills itself. And you will not find that it is necessary for you to figure out, or facilitate, or cause to occur any part of that fulfillment. It will not fall to your puny little intellect to do it.

And in the peace of abiding with the desire, with the feeling of what you love, you will find yourself having the clarity to know when to act and when not to act, even if you cannot justify it intellectually. The key is to abide with the feeling of what you love, and watch the movement that occurs as a result of what? The desire moving in its process of manifesting its fulfillment of purpose.

Now you cannot possibly create what you love. You cannot create a feeling of what you love. What you love is inherent in you, before you lift a finger or think a thought. And in paying attention to what you love you are opening up to an awareness of it and it becomes uncovered.

If you did not create what you love because you already are what you love, then you do not need to create its manifestation. You simply need to remain congruent with it, abide with it without exercising any control whatsoever; and you will find yourself being at the right place, at the right time, with the right answer, and the right idea, and you will not have figured any of it out. And part of the joy of life will have reemerged.

Your Being, with a capital “B”, the aliveness of you, the experientialness of you, is itself the Movement of Creation—not your personal creation, but the Movement of the Father identified. And when you abide with the fulfillment of the Father’s purpose, that is inseparable from your fulfillment of purpose, when you simply yield to it; you will find every little detail of its fulfillment unfolding naturally, including the dollars and cents, including whatever structures are needed, including whatever ideas or plans are needed.

You are not yielding into it enough, you are taking personal responsibility at an intellectual level, and that will always be frustrating. Because as long as you are doing that you are in effect scouting around for a motorcycle to attach your desire to so you can get it where it needs to go.

Now these are not just nice illustrations, they are very specific, and mean exactly what I have conveyed. Yield into the flow with trust. And abide with the desire, abide with the feeling of what you love, and watch what happens.

QUESTION: My tendency really... my natural inclination is been to do exactly what you suggested, it’s just that lately I’ve been feeling a lot of pressure from various sources, that like if you don’t pick up those paddles your little sidecar is heading for a crash. And it’s just been making me a little nervous, because I haven’t seen the progress happening, but I do have a natural tendency just to believe it’ll unfold in a perfect way.

ANSWER: So, what are you going to pay attention to, the hearsay, the words of others, the warnings, the intelligent expressions of caring; or are you going to continue to trust what you are feeling from within?

QUESTION: No, I definitely have to trust my own feelings.

ANSWER: I will tell you something, you may get immediate positive response from others if you do what they say and what they think is best, but if you miss out on your fulfillment, or if the fulfillment that your Being is unfolding is delayed because you have begun serving the ideas of others; these others will not sit around with you commiserating with you, holding your hand while you get back on the track. Be true to yourself.

QUESTION: How do you recognize the flow? of your individuality.

ANSWER: There is a sense of peace. There is an unexcited quietness. There is a confidence. And usually it is a confidence that you cannot intellectually support or justify, but it is there. There is a feeling of congruence with yourself, even if it doesn’t make good rational sense.

I will tell you something: Do not be reluctant to listen to other people’s suggestions, do not be reluctant to listen to me or to anyone else, but no matter what the source of the information is, always take it back within yourself and measure it against your deepest level of knowing. And I dare you to trust into your deepest level of knowing, whether it is consistent with what I have said, or

with what anyone else has said or not. You are not here to overthrow your own integrity. And you are here to remain congruent with your clearest awareness of what is right for you.

You are doing exactly what you feel is right for you, and the words of others are beginning to throw doubt in your mind. Well, don't just let the doubt hang there, get still and take what has been said within and compare it with the already existing feelings that are there. And if they do not match up, toss them out and stay with the congruence that is within you.

Understand that every step you take outside of the ego's boundaries, every step you take outside of your conditioned thinking about what is right and wrong, will carry you into what will seem like foreign territory, and you will not always be immediately at ease. But if you are paying attention within you, you will find that there is a built in radar system, and you will know whether it is safe to move, or whether you must stand still, or whether you must change direction.

You cannot afford to govern whether you move or not according to the unfamiliar sights and sounds and even absence of intellectual logic. Because I will tell you again, when you are moving outside of your conditioned thinking you are moving beyond the current sense of logic that binds you.

The fact that you are moving into territory that is unfamiliar is not justification for not moving into it. The only justification for not moving into it is if something within you says, "no," and there is a feeling of peace and quiet assurance that that "no" is absolutely correct.

PAUL: This is me, Paul. He's giving me a picture of, it's like the gates to the Kingdom of Heaven, and there's this group of about forty or fifty people milling around talking to each other. And there saying, "No, I don't think you ought to go in yet. No, no, wait a minute, it's not quite time. No, I don't think you should go." And there all just busy, there right there, but there all just busy helping each other do what each other thinks it ought to be. Any way so I'm passing on the picture.

QUESTION: Aloha, Raj.

ANSWER: Aloha Nui.

QUESTION: I didn't really have a question formulated when I came here this morning. After listening to your tapes, and watching your video, and reading the newsletters it was clear to me that even my unformulated questions were always answered.

Until I heard Paul tell the story of his acquaintance with you and how that came to be, and how he was drawn to Port Townsend in 1981, and I realized that I desire to know what the hell was I doing in Port Townsend in 1981? I have no idea. I know that I was there for a brief period, and I know that I was drawn there very specifically, but I don't know what for. And I wondered if you could tell me?

PAUL: Okay, this is me, Paul. His answer is a picture. Okay? It used to be with Rail Roads that they would have what was called a round house, where they could drive just the engine into the round house and then it would be on a turn table and they could turn the turn table and then it would come out on a new track going in a new direction.

And the meaning of the picture is that that period in Port Townsend was a round house time where you were just simply changing direction, and then ready to move out. Okay.

Excuse me, there's a further sense that it was a place where you weren't surround with old familiar things that would have made it difficult to let go and shift into a new direction. You didn't have things that had a whole lot of memories associated with them to sort of pull you backwards and dissuade you from making a shift and moving in a new direction.

QUESTION: Aloha. First I want to point out that there's a rainbow over with the mountains.

PAUL: Is it worth looking at?

QUESTION: All rainbows are worth looking at.

PAUL: Oh, yes.

QUESTION: Just another rainbow in Kauai.

PAUL: Just another rainbow?

QUESTION: Oh, hum! And I would think about questions to ask you, and every time I would think about a question it would immediately be answered, and I found that really frustrating. And then as more questions came up they were pretty much answered going around, you covered the body, you covered relationships, you covered the ego, jobs, emotions.

But I do have one thing that's coming up for me, which is new in the last couple of days, is that I'm beginning to get a numbness. It started in my thumb, and now its moved to the back of my hand and up my arm. And I haven't been able to get in touch with what's going on. And I use my hands in my work, it's sort of critical to my work. And I need some guidance or some insights that I'm not able to get myself right now.

ANSWER: All limitations physical or otherwise are illegitimate impositions upon your experience of your wholeness, of your well being. Not all of the illegitimate impositions need to be identified as particular beliefs in order to experience freedom from the imposition. This is one of those instances. It is not necessary for you to delve and find out what it is that is going on at an ego level that is causing this problem.

I'm going to share with all of you an authorization. And this is something different from an affirmation. And if you would like to write it down, I will say it slowly.

“I authorize my body to release whatever is not necessary to its perfect functioning. And I withdraw any prior conscious or unconscious authorization to the contrary.”

Now, this is not a means of controlling the body. It is the intent of your body to identify the presence of your individuality perfectly, therefore when you are making this authorization, you are doing two things. You are claiming your freedom from the imposition by exercising authority. And secondly, your thoughts are in harmony with what it is already the intent of your body to do or be. And therefore, in the absence of contrary thinking, your body has the opportunity to register with you more perfectly. Because you are not defended against it by means of contrary opinions or conclusions.

Now, you may be as general or as specific as you wish. I authorize my body, I authorize my wrist, I authorize my thumb, I authorize my kidneys, I authorize my big toe, I authorize my joints, ect., to release whatever is not necessary to their perfect functioning.

Now, you may contemplate the meaning of this authorization, or make the authorization as many times as you wish during the course of a day, but I would encourage you to not fail to make this authorization just before you fall asleep, so that it is one of the last things that occupies your mind before you go to sleep.

Understand that this is not mind over matter, this is not a matter of mentally manipulating your body into obedience. Control is an aggressive act. This authorization is a process of allowing your body to express the intelligence that is inherent in its purpose for being.

And I encourage you to utilize this relative to your thumb and your hand and your forearm with the full expectation of your experiencing the release of this condition. That’s the end of the answer.

QUESTION: I’m just sort of curious why I throw these obstacles in for myself, whether it’s physically or emotionally, I seem at certain times in my life to just like make things more difficult.

ANSWER: Because you do not know any better. If you knew better, you would do better. If you have been accustomed to functioning within the ego’s frame of reference, then you have been accustomed to less than immaculate expressions of intelligence.

This is a place where most of you get hung up. Because when you discover that you are responsible for your suffering, by virtue of your thoughts and attitudes and beliefs, then instead of rejoicing at the knowledge that your healing and your Awakening is at your finger tips, as a result of authority you express, rather than your being at the mercy of circumstances or the opinions and thoughts of others, you take this awareness of your authority—which has been uncovered—and use it as a basis of condemning yourself.

“What kind of a person am I that I am so self-destructive? What must be wrong with me that I would desire this rather than my peace?” And you never get around, at least not immediately, to the exercise of the authority you have to make choices. To make the choice between the ego’s vantage point or the vantage point of your Being. Once you realize that you have the authority to choose which your vantage point is going to be, there should be great joy and a great sense of relief and the action of choosing for the vantage point of your Being.

Now there are times when it is absolutely essential for you to see what it is you are doing that is impractical—I did not say wrong, I said impractical—it is absolutely essential for you to see what you are doing that doesn’t work, so you can get about the business of that which does work.

If you are trying to unscrew a screw with a screwdriver that is too small, it is an expression of intelligence to recognize that you need a larger screwdriver. It is not a call for you to wonder what there is that is self-destructive about you that would cause you to be trying to use a screwdriver that is too small.

Now, as I said, in this case it is not necessary for you to become aware of any particular belief structure. It is essential for you simply to practice your authority. And understand that here when I use the word authority, I’m not speak of control of anything other than the choice of your vantage point—your choice to have your thinking in alignment with your Being.

As I said, the only right use of will is to choose not to use it. That does constitute a choice and an action, but the action is not one of willfulness. That is the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Aloha, Raj.

ANSWER: Good afternoon.

QUESTION: I have been feeling recently that I would like to contact my guide. I’ve never really felt before that there was a need for it, or that I had even given it much thought, although I had known people who had guides. But it’s been very strong with me and I started meditating again, which is something I had gotten away from for awhile. So I was wondering if you could give me any guidance in this, taking in mind what Paul said about asking for our guide. I was wonder if you can give me any help with this, as to how I might go about this?

ANSWER: First of all, it’s important for you to know that if you do get in touch with your guide you don’t have to pay any attention to him or her. Knowing that will not inhibit your ability to connect with your guide. And whether you choose to pay attention or to accept what is said or not, your guide will speak with you.

This is important for you because you are somewhat of an independent soul—if I might put it that way—with a small “s”. And there is a reluctance to defer to a guide, a reluctance to be put in a position where you are obligated to take what is said. You do not want to get locked into a necessity to be obedient to someone. And so I am letting you off the hook, by letting you know that you do not have to listen, you do not have to pay attention, you do not have to agree, and still your guide will speak with you.

Now there are four steps, simple steps to get in touch with your guide. All four steps are to be employed at a single sitting. Each time you sit down to take time to get in touch with your guide, utilize these four steps.

The first step is: Become still. And you may do this through meditation, soaking in a hot tub. Whatever allows you to relax and let go of the concerns of the day, and whatever allows you to become relatively quiet in your mind, become still.

The second step is: Mentally express your desire to have dialog with your guide. Express this desire once only and go on to step three. And express that desire gently, not controllingly, not urgently, not with great pleading and desire, but gently and peacefully and simply. Anything else constitutes willfulness.

Having expressed it gently once, go on to step three, which is: listen. Now how do you listen, imploringly, impatiently, with righteous intent? No, uncontrollingly and allowingly. This period of the meditation and the process of getting in touch with your guide must be one of yielding up willfulness and just becoming quietly and attentively listening. Let the attitude be, thy will be done, in the sense of allowing your guide to approach you in the way that he or she knows is best for you. And I say he or she because your guide will present himself or herself to you in a manner that will have meaning for you. Do not have an expectation as to which it will be, that can get in the way.

The fourth step is: Expect an answer. You can sit until doomsday and hear nothing if you are not expecting an answer, even though answers will be given.

Now it is important for all of you to know that no prerequisite must be met in order to connect with your guide other than to have arrived at a point where there is a desire for you to be able to speak with your guide.

PAUL: This is me, Paul. He’s going to have me tell the story of our youngest daughter who wanted to get in touch with her guide, I think at the age of fourteen, so she could have help on a spelling bee. That was not a very spiritual motive, but nevertheless she did get in touch with her guide. So your motives don’t have to be particularly spiritual. All you have to do is to have arrived at a point where there is a desire to have communication.

QUESTION: Did it help?

PAUL: Yes, but she didn’t win. I will tell you what helped us to know that she really was in touch with her guide was that he helped her to lose gracefully.

And she has always been a person who loses very ungracefully, almost to the point where I never dared to play a game with her because if she lost it was the end of the world. She's sitting back there shaking her head no.

Anyway she lost, but her guide talked to her about it, and she came home without a sense of failure, or anger, or upset, or anything. So it was very interesting.

ANSWER: Many of you are familiar with the idea that infinite patience brings immediate results. This is the way you should listen, with infinite patience. You know what infinite patience is? It's an absence of impatience. It isn't an abundance of patience. It is the allowing of yourself to be fully present in the moment you are in with no desire other than to be experiencing that moment. That is the way to listen.

Understand that the moment you actively desire to have communication with your guide, your guide begins to work with you from the other side of whatever blocks communication. And so you are not doing this all alone, even though you might feel that you are.

I will tell you there is enough justification in just wanting to enjoy the companionship. Of course, in the process of your companioning you will grow. Your guide is not present to cater to your ego, but to help move you beyond the ego's limits. And at times you will not always be ready to let go of the limits, because they hold meaning for you. And you can refuse. And you will not be penalized, except that you will delay the experience of freedom from having moved beyond the limit.

I will tell you something, one of the most significant aspects of Awakening is letting down your defenses enough to find out that you are not alone, that you are companioned by those who are Awake. But of course, as long as it is important to be a self-made-man, or a self-responsible-emancipated-woman, you will block yourself from the deep experience of unity with your brother and sister both seen and unseen. It is especially important for you to be able to have the experience of communion with those who are not seen, because it helps confirm for you the actuality of God.

Every experience that any of you might have had with what you called a Guardian Angel, any guidance that saved you from a problem, has helped to make you feel more safe, has helped you to feel that there is some underlying orderliness to the universe, to life, and that it's nature is love, and it has indeed helped you in your spiritual growth.

Now it is not necessary for you to speak with a guide, you have available to you the Holy Spirit. And do not think for a moment that the Father cannot convey to you what you need to know. And do not for a moment think that the Father might see you as unworthy of speaking to.

I know that it is very easy to sometimes feel that the Father not only wouldn't speak to you, but despises you. And this is one of the absurd and ugly expressions, or impositions of the ego. It is not true. And you are deserving of answers. You are deserving of the experience of God's love. You are worthy of experiencing the communion with your brothers and sisters who are Awake, so that you might have the encouragement necessary to get past the limits of your present sense of things.

They cannot walk you into the Kingdom of Heaven, they cannot walk into the Kingdom of Heaven for you. But I will tell you something, we will walk in front of you where it seems that there is nothing but insubstantiality for you to step on, and say, "See it's safe, come on another step." And we will back up and say, "Come on it's safe take another step." So that you have the encouragement and the support necessary to take these steps of faith.

So you may avail yourself of the Father, of me, of your guide, you may avail yourself of what you call your Higher Self with a capital "S", the Christ in you. You have many avenues. Mainly it is necessary for you to arrive at a point of having enough humility to ask for help. Because that's when the sharing can begin, that's when the love can be communicated and felt.

So enjoy meeting your guide. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Thank you for being here.

ANSWER: Thank you for being here.

QUESTION: I was very interested in all you have to say about the guide and I on this plane just feel I have to analyze everything. And any insight you can give me as to how I will know when I'm receiving a message from elsewhere and it's not my ego or myself creating it. I would like to hear that.

ANSWER: The simplest way I can put it is that there will be a feel to it that you cannot associate with any prior experience that you have ever had, except in moments of illumination. A part of you will have absolutely no doubt whatsoever, while the ego will interject all of its alternate explanations of what it is that really happened.

Not all of your initial communications with guidance, not all of your initial experiences of guidance will clearly be discernible as coming from a divine source as opposed to perhaps some very clear thinking on your part. What is necessary is to persist in asking for guidance, listening, and receiving it. Because as you continue or persist in the experience the subtle differences between your thinking and guidance will become clearer and clearer.

So initially, I would encourage you to risk the chance that it isn't you making it up, even though you are not absolutely positive. Because as you have the experience repeatedly, as I said, the subtle differences will become clearer.

Now I'm going to tell you something: If you are going to let go out of your normal ego oriented thinking, there is only one place for you to let yourself into, and that is the clearer experience of the Allness of God, the clearer experience of the divinity of your Being. There is no way for you to let yourself into greater ignorance, it takes a great deal of work to get into greater ignorance.

And so, because there is nothing outside of the presence of God for you to allow yourself or let yourself into, and letting yourself into something unknown cannot put you into greater depths of ignorance, you can dare to do it more trustingly.

Now let's be very practical. Don't begin listening for guidance for the first time when you are face with a great calamity. Do it when you are at the grocery store and you are having to decide between five pounds of hamburger and two pounds of hamburger. This is not an emotionally charged issue. As a result, you will find it easier to listen for the "yes" or "no" answer. It is when you get too emotionally charged issues that it becomes more difficult to hear clearly, because your fear and your doubt gets in the way, and the details of the circumstances of the calamity or whatever.

So start listening about simple things. Desire to know what the divine order is. Because everything fits into divine order is, because everything fits into divine order and has its place and its natural point of manifestation.

So listen for guidance on mundane, everyday things. As a result of listening without an emotional charge, you will begin to find that your answers are correct, even when at the moment it doesn't seem reasonable. And your trust level will increase, and you will allow even more. And as a result of the practice around uncharged issues, you will find yourself more able to deal with charged issues, having built up a backlog of experience in listening and getting valid guidance.

PAUL: Okay, this is me, Paul. Just for a simple example he's saying to share. We had gone to the grocery store, and Sue was having a feeling that she should get five pounds of ground round. At that time we didn't have a great abundance of money, I mean like maybe we had ten dollars to our name, okay. And so it was like two pounds of ground round would have taken care of us, and tomorrow if we needed more we could get it and possibly there would be more money.

So Sue said ask Raj. Well, Raj says get five pounds, which didn't make any sense at all, we would eat it that night, but he said to get it. We got it. We drove home, pulled into the driveway, and here was a car full of friends from Spokane, who had driven over to visit us and arrived at dinner time. We would have had to turn around and go back up and get more ground round. So then it made perfect

sense, but at the moment it hadn't made any sense at all. And so anyway that's the story. That is the end of the answer.

ANSWER: It is important for each one of you to understand that your spiritual quest, that your spiritual Awakening is not of the same nature and character as the spiritual quest was experienced, let us say, 1000, or 2000, or 5000 years ago.

I will put it this way, if you have been on a long drive through the desert, and you live in a city on the other side of the mountains at the edge of the desert, and you are driving at night and there is the black vaulted sky with the stars and it is pitch black except for what the headlights of your car show ahead of you, and the moonlight and the starlight, and you come over and through the mountains. As you get near the valley on the other side where the city is, you can begin to see a glow in the sky and you know you are almost home.

Mankind at this point in "time" are in the mountains, beginning to see the glow in the sky that tells you that you are near the end of your journey.

One thousand years ago there was just the remembrance of Home without great inner feeling associated with it, without the impetus and the quickening of the spirit that comes from seeing the glow in the sky and having faint evidence of being near home. And so you are not at this point in time experiencing the same experiences associated with Awakening with the spiritual quest that was experienced a thousand, or two thousand years ago.

You are not just repeating the same old process of faith and insight, because there is the quickening of the spirit, the quickening of your trust, the quickening of your deep seated memory of Home, of your clear undistorted conscious experience of All That Is as it really is. And so there is more feeling. You are more connected with your Souls in spite of your heads.

The times are different. It isn't just a rehash of, shall I say, the forty years in the desert before you get to the promised land. You are standing, if I may put it this way, at the border. And there is an upsurge of feeling and commitment to what you divinely are than was experienced in the past.

It is important for you to know that you are not just one more part of the treadmill, so to speak, the plodding day after day through the desert, where at the end of the day there is no greater evidence of your being closer to your destination than there was at the beginning of the day. That is not the case. And most of you feel this and are not able to put words to it.

Well, I am putting words to it, but I also want to share one other thing with you. Begin to let go of the demand for words to put with the feeling. It is not necessary to be able to put it into words. It is just necessary to feel it and trust the feeling, in spite of your educated and conditioned thinking. You can begin to dare to trust what you deeply feel. And understand that since you are moving out of conditioned ego reactions into the spontaneous experience of Reality, this

movement of Awakening isn't going to make sense, is not going to be congruent with your conditioned thinking. And that is why there is the need for faith, and the investment of trust in your deeper feeling of coming Home.

What does coming Home mean? Coming to a place? No, you're in the place, you've always been in the place. The desert was in the middle of the Kingdom of Heaven, in the middle of Reality, but there was such a denial of the Kingdom of Heaven that it looked barren.

Most of you live here in what has been called paradise, and those of you who have lived here know that you can be as miserable here as you can in the middle of the Mojave Desert. And the misery comes from the denial of the Reality, the blocking of your willingness to let in the beauty, to let it register with you. And this place can seem pretty barren, in spite of all of its lush and exquisite beauty.

So where is Home? Home is in the act of willingness to let in what is Real. Home is in that willingness to be undefended. It is not a physical place. It is a defenseless and unconditional conscious experience of all that you are experiencing. And in the process of becoming unconditional everything that you are aware of becomes expanded beyond what you have been aware of. And your embrace of All That Is truly includes the infinite self-expression of God beyond the limits of your present sense and experience of the universe.

"The times are a changing," it has been said. And indeed, the experience of time, the experience of limits is dissolving. Time and space will yield to the universal conscious experience of Being. Everything identified as time and space will still be present, but time and space will not be your anchors in infinity. You will pull up the anchor and thus not be tied down to a specific point of the universal self-expression of the Father.

And in not being anchored in time and space infinity will become the place, if you will, of your experience of Being. And it will be your experience of being You. And you will find that you are not a body, but you are the consciousness within which All That Is is embraced, and you will not limit your self-identification to any single point of that infinite self-expression of the Father. And thus, you will begin to find yourself in everything.

And you will find that your brother is some aspect of you. If you are some aspect of the Father, then all that the Father is expressing is some aspect of you, because the Father has not become divided in His self-expression. He has not dismembered Himself, disintegrated Himself into little bits and pieces called you, and you, and you, and you, and me.

Coming Home is shifting from an identification with objects to an identification with your being pure conscious awareness in which all that you are aware of, all that actually is is embraced. And wherever you are giving your attention in that universal conscious experience of Being, there will be this

specific identification of you as a Body of Light. But you will not be identifying with it anymore than you would be identifying with the tent poles, or the trees, or the flowers, or the waterfalls, or the oceans.

Dare to trust the unreasonable feelings that you have of the divine presence of Life, and the Movement of God, if you will, that you are feeling. That does not constitute insanity, even though the ego calls it unreasonable. What is unreasonable is to deny it.

Now the Bible indicates that when “the end” comes there will be much gnashing of teeth and wailing etc. Well, I will tell you it will not be the Sons and Daughters of God that will be wailing, it will be all of the egos that are dissolving and fading out of the picture. And if you are identifying with the ego, rather than with the consciousness that you are, then it will seem to you that the ego as it goes through its death throws will be you going through your death throws, because the ego claims to be you, and claims to be all there is to you.

Dare to trust more and more significantly into your deeper feelings of the Movement of God, right here and right now. Not doing away with here and now, but illuminating it in its actuality, and doing away with whatever distorted perceptions cause you to call the Kingdom of Heaven a wilderness, which if you will wander through it well enough will exalt your Soul. Your Soul is exactly as God is Being it, and has been being it right in the middle of the Kingdom of Heaven all along and it doesn't need to be exalted and formed into something more perfect.

The process of enriching, and improving, and exalting your Soul is a false goal that the ego has set before you that in effect causes you to go around in circles, never arriving at the promised land, never discovering that right where you are is Home.

It is a wonderful time, and it is necessary for you to know that it is different now than it was 1000 years ago. The glow is not in the sky, it is in your heart. And you are feeling it and it is real, even though you cannot explain it and cannot justify it. And even though it seems to be incompatible with your reason, abide with it, feel it, and it will elicit words, it will evolve new reason that is a closer approximation of truth. And if you do you will have the opportunity to discover that waking up can be FUN!

QUESTION: Hi.

ANSWER: Good morning.

QUESTION: Why is my ego so strong, my ego and everybody's ego? I find myself melting in these workshops, and when I read spiritual books, and do my meditations. And then as soon as my buttons get pushed, I trigger back into a reaction and there I am back in the ego again feeling righteous and angry. Could you speak about this?

ANSWER: It is pure habit. If you drive exactly the same way to work every single morning, and one morning you decide that you would like to go a different route, the possibility is that you will forget when the time comes, because the habit is so ingrained to go the way you have gone.

Now the habits that are formed from an ego basis are always formed out of fear, out of a sense of insecurity, because as I indicated yesterday, the ego is insecure. It is an assumption to presence, not an actual presence. It therefore, has no substance to it, except to whatever degree it can cause you to have faith in it.

The habit is a pattern of behavior that you have developed in order to stabilize the feeling of insecurity and fear. And until you find that the fear is baseless, you will continue to engage in the habit that provides you with your present sense of safety, even if that safety is not absolute. The ego is a compulsive act of self-preservation, where one is in complete safety.

Now to give you a conceptual frame of reference: When you become centered that is wonderful, and it is contributive to your being less hookable when you move out into the marketplace. But what is important for each of you to understand is that once you have become centered, once you have connected with your peace, it then becomes important for you to move back into the marketplace, or “the world,” and bring that peace with you consciously and on purpose, even though it will seem to fade as the day goes by, or the minutes go by. The point is to be able to be in the marketplace from your center, rather than from the surface reactive ego level.

I mentioned that Home is that place or action of willingness to see what is Real. Because of the dualistic, polarized concept of life that has developed, especially in the Western World, you divide things into opposites, and your centered meditative place is good, and the world is bad. The things of the spirit are good, and the world of matter is bad, and they are incompatible. And so you see a challenge when you finish your meditation, and you brace yourself for the challenge of having to go back into this material place called the world.

You see the world as a block, or a challenge to divinity and to clear perception. Well, I will tell you, the marketplace is also right in the middle of the Kingdom of Heaven, and that it looks like a marketplace is no different from it looking like a desert. It is just another negative, or distorted concept of the Kingdom of Heaven. And that is where the clear perception is needed. That is where the defenselessness is needed. That is where the Light is needed. Not because it is a dark, horrible, mortal, devilish place; but because the illumination that it takes for you to see it correctly is needed so that you are not fooled by the appearance and then reactive to it.

When you hear of being unconditional, it does not mean to look at this ugly marketplace of a world, and unconditionally let it be what it is—still ugly. The unconditionalness is the withdrawal of judgment upon it, positively or negatively,

so that you may not block the experience of the Kingdom of Heaven right there. The perception of the marketplace in all its splendor as the activity of God, where the buildings and those who are in “business” can be seen as the substance of Light, of Living Love moving in the most beautiful artistry, a living work of art, of expression, of meaning, of feeling. And again, not a moving work of art that you may unconditionally observe, but a moving work of art in which you find your capital “S” Self, so that you know you are it and it is you, and it is all love.

The fact that you look at the marketplace, or the world and do not see it as what I have just described, is due entirely to your conditioned thinking. It is the Kingdom of Heaven that you are in. It is the Kingdom of Heaven that you Are. But you are not going to begin to see it until you withdraw your commitment to your belief that it is the way you see it at the moment, and that it must be expunged, wiped off the face of the earth. And if the ego could have its way you would wipe the earth away also, so that there would be no material universe to stand in your way of discovering God.

Your experience of God is found right in the middle of hell, because hell is nothing more than the ego’s definition of Heaven. Right in the worst place you can imagine is where the greatest opportunity to experience the presence of God is. Don’t be afraid to bring the illumination of yourself to that place that does not seem to be worthy of it.

The ego would suggest that you will be doing something wonderful for that place, but in your unconditional defenselessness what you will be doing is withdrawing your resistance from discerning the Kingdom of God right there—Reality. And the moment that resistance is gone, Reality will snap into focus. And you will likely say and everyone else will likely say, “what a miracle,” as though one had done something to something and fixed it.

To be unconditional is to let go of the fear enough so that you are willing to open your eyes and see what is there. Paul cannot do that yet. That’s the end of the answer.

QUESTION: Thank you.

QUESTION: Hello, Raj.

ANSWER: Good morning.

QUESTION: I have a tremendous amount of excitement in my life at this time.

ANSWER: Is that good or bad?

QUESTION: It’s wonderful, and in a lot of ways I feel I’m not able to contain it, so I try to just allow.

ANSWER: That is good. It will hurt if you try to contain it.

QUESTION: This is what I am finding out. I’m right now...

ANSWER: I am going to interrupt. You are all so conditioned to accumulate truth, to accumulate knowledge, to accumulate facts, to accumulate

what is good. If you would learn to let it fly like a butterfly, that would land on your finger momentarily, and take off, and not feel any necessity to hold onto it for future use; you would find more and more butterflies coming your way. And you would experience the joy of being able to be attentive in the now, and not busy cataloging what you have accumulated, and taking care of what you have in your memory banks, and the joy of life would increase. Continue.

QUESTION: Thank you. I'm wondering if it would be a furtherance to my expression to move to Kauai? I'm living on Maui and I keep finding new wonderful places. It's wonderful.

ANSWER: Which part of paradise is better than the other part of paradise?

QUESTION: I guess I don't really have any questions. Could I have an energy reading from you?

ANSWER: In answer to your first question, I'm going to tell you to follow your heart. But once you have followed it do not cast it in concrete, let it continue to be flexible so you may be responsive in the now, and remain continuously appropriate.

PAUL: Okay, as is the case when people ask for an energy reading the answer is always given, or has always been given so far in images. The images of your being at the edge of the water, the ocean. The temperature of the water is about 78 degrees, and you are going up there ready to put your toe in to test the water. It's like... and the feeling of it is that you generally tend to be more cautious than you need to be. It's like you could dare to relax and just walk into the water without wondering whether maybe it's too cold, being somewhat reluctant to just move forward with enjoyment.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good morning.

ANSWER: Good morning.

QUESTION: Well, I noticed yesterday you said everything is about letting go. So I'd like some information, not information, but some ideas on just letting go again, on letting go and let the Holy Spirit lead the way, rather than the opposite.

ANSWER: I will tell you that the best practice you can engage in is to ask specific questions of the Holy Spirit. Don't just muddle around in the sense of resistance, or the sense of fear, or the sense of anxiety, or a sense of some specific hurdle that stands in your immediate path, and do not be vague in your desire for clarification.

The act of asking a question involves the formulating of the question. And the formulating of the question provides clarity about the "problem" that you will not have if you are just muddling around in the experience of anxiety or fear. The

asking of a question brings clarity in itself. In asking the question you are saying, “I am not assuming that I know the answer from my memory, or from my experience, and I am reaching beyond that.” It is as though you cast your anchor into the infinite, rather than the finite, the problem, the situation.

And then having formulated and asked the question, listen for the answer in the same way you would approach your guide. Ask the question once, get off the question, and listen with the expectation of an answer. Now you will be put directly in the experience of letting go. Because when you move into the act of listening, you will find that you do not listen very well. And I am not picking on you, no one listens very well.

And letting go you will find will involve the letting go of the jabber, the “yes-buts,” the impatience, all of the dynamics that come into play that don’t constitute quiet attentive listening. You are so conditioned to figure things out that that business constitutes the block to your hearing.

So this act of asking, of reaching beyond your present experience, your present understanding, will bring you face to face with the process of letting go, and of truly listening. I cannot give you any better first step. And I will tell you something, when you get that under your belt, you will find that there isn’t a second step, unless the second step would be to arrive at a point where you don’t even utter the question and you just allow the knowing to be all that is going on at any given moment. That’s the end of the answer.

QUESTION: Could I have a reading?

PAUL: Hum, that’s me. The image is one of a snow white, I mean really bright white cloud with a black lining. Instead of a cloud with a silver lining, it’s a cloud with a black lining. The feel of it is that you tend to be very, very open, very nonjudgmental generally speaking. You allow inspiration and light to... you let it in, but there is still a part of the ego that gets a black edge around it so that you don’t embrace this white cloud fully. There is a little bit of active reservation that’s very, very definite, even though it’s just a thin black outline to the cloud.

In other words the black doesn’t occupy much of the volume of the cloud. And the whiteness of the cloud is increasing, but the black edge to the cloud is not going to be crowded out by the whiteness of the cloud. There’s going to come a point where you as a conscious act of will, if you will, will need to be brought into play where you set aside black linings. It will have to be a conscious act of release. And it’s sort of like that’s where your work is, if you want to call it that. Okay.

QUESTION: Thanks.

ANSWER: You are welcome.

QUESTION: I’ve had a turmoil problem that’s been disturbing me this last year that I have been in the process of making out my living trust. And I had it all finished with the lawyer and so forth, and then I’ve decided it’s all

wrong. So I've been going through it, and I'm trying to get some rest in that, and some proper answer that would make everything the way I feel it should be. I know it's wrong, or I wouldn't be so uncomfortable about it and suffer like this.

Now I've also had a problem with a physical...

ANSWER: I'm going to interrupt you there. I will tell you something: It is all right the way you had it drawn up, but you have a tendency to be a perfectionist. And you are in your attempt to do it perfectly being overly precise.

Now if you are an artist, and you work with oils, and you become too precise in the application of the colors and the lines, etc.; the fullness and the richness and the texture of the picture can be lost and it can become very artificial in its appearance—the soul of it will have gone out of the picture.

Now it is fear, it is the ego, it is what you would call mortal mind suggesting to you that you have not arrived at a point of rest yet, and that you have more perfecting to do. I will encourage you to return it to its original form, and be grateful to be done with it, and get on about the living of life. It is not appropriate for you to put an undo amount of effort and energy into a living trust that is keeping you from living life with joy. The next part of your question?

QUESTION: Is that I've had a physical pain for several months in my arm. And I refuse to give into it, I go right on. And I've been trying to work with it, work to get rid of it, I should say, see more of the light. Just after yesterday, I was wondering if possibly there could be a latent belief or fear that these two mingle somehow. And until I get my rest with this other problem that's taking all of my time, that I will be suffering that arm ache.

ANSWER: Indeed, there is a connection, shall I say, an absolute connection, a very specific connection. It is time for you to put this problem down, because it is not a problem. You are reworking a solution. It was solved, and now you are attempting to rework it.

You are applying energy to something that is already finished, and therefore there is no place for that energy to move into expression. It is like having a rubber mold of a figurine that you pump clay into. When the form is filled, filled full, full filled, there is no more room for more clay to be pumped into it. And pressure builds up in the hose that the clay is coming through. And the hose must be removed and allowed to be put into a new form, another form, another activity.

To continue to try to get more clay into the finished form is a willfulness. And that is what you are experiencing of pain in your arm. It is time to be finished with that project and get on to a new one that is available move into expression or form. It's time for you to be relieved of that, and there is nothing more for you to do about it. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome. I'm going to say one other thing. Finish it, be at peace with it. And realize that what anyone thinks about it is irrelevant. No one else has to agree with what you have done. And it is no one else's business what you have done, or what your decisions have been. That is going to be very important for you to remember.

For anyone else to have an opinion about what you have done with this living trust, is for them to be being rude and to have their nose where it does not belong. It is none of their business, acknowledge that it is none of their business, and do not even engage in argument of discussion about it. That's the end of the answer.

QUESTION: In Ashland I asked a question about a sleep problem that was related to two years of intensive TM that I did many years ago—about fifteen years ago. This question is related to that experience, because since that time I have felt blocked in my ability to go within. And the block is very specific.

I'm able to become settled with what feels like a unified or integrated when I'm in a group of people who are all like-minded, like the Course In Miracles group, where we're all doing the same thing.

I don't have much problem settling into myself in the group. But when I'm alone and I have the intent to become quiet, my mind becomes very compulsively active, as you were describing earlier. And the only place I can go to get out of that is the place that I conditioned myself to go to with all of that misguided meditation that I did. And it ends up feeling like I am in a kind of a white noise in my head, which feels like an electrical sound of my nervous system or something. And I feel completely disconnected from myself, completely ungrounded, no contact with the environment at all.

And I'm frankly quite afraid of it, because it represents for me the cause of all my sleeplessness, and the cause of my being spaced out all the time, and not in touch with my body, and not in touch with my feelings, and living as a head without a body. And I have been that way all my life, but it got intensified by the meditation. So I feel like I'm looking for a doorway into my peace that doesn't make me dependent on a group of people.

That's a long question, but the only success I've had working alone is with the affirmation of self-love that you described. And I'm able to pull myself out of some crummy places with that.

PAUL: May I ask a question—I, Paul. When you say when you were in that misguided meditation, were you meaning to refer to TM itself as a misguided meditation, or the energy of the group of people that you were involved with?

QUESTION: I feel that there was no guidance, there was no individual guidance available in the group, except for the master himself. And I didn't make use of him, although I had the opportunity. I think that the practice itself was not appropriate for me, because it took me further away from my wholeness. It took me more into a mentalness that I had already run into as a defense when I was a little child.

So I feel that that was a mistake that I reinforced by doing all of that stuff. And now I feel that I want to be grounded, I want to feel what's going on in the rest of my body, my heart, my gut, and my feet, I want to feel the world. And I feel the blood pounding in my brain, and I hear this electrical sound, and that's it—if I attempt to get quiet, unless I'm in a group. And then somehow in a group I'm able to... It has to do with fear I think.

I don't go surfing in high surf unless there's at least one other surfer around, because I'm not a strong swimmer. I love to surf, but it feels like the same kind of thing, like I'm afraid of my own good. I don't trust it.

ANSWER: I am going to encourage you to meditate and let your breath be the mantra rather than a word. And rather than giving your attention to the bridge of your nose as I have suggested at other times to other people, I'm going to encourage you to let your attention rest gently at the third chakra, just below the breast bone, in the place where you feel sensation if you are going down a fast elevator.

Let your attention rest on the intake and the outflow of the breath on the third chakra, just simply let your attention abide there, the sense of the air coming into that point and coming out from that point. Let your breathing be normal and relaxed. You will find that this will get you past the noise and the compulsive chatter, or busyness.

Do this easily. This is not a process of overcoming the noise. This is a process of letting yourself sink below it. That's the end of the answer.

QUESTION: May I ask a follow up question?

ANSWER: You may.

QUESTION: What might I do if I'm not able to sense anything in that region, anything below my neck? Is there a stronger sensation that I can anchor on until I get settled enough to be able to become aware of that? Because that literally is my experience that I feel almost nothing below my throat, lets say. It's like it's something way off in the distance, very, very distant.

ANSWER: Simply rest the palm of your hand at that point and breath into the palm of your hand and out of the palm of your hand.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Raj, I guess my question has to do with a dream that I had as a child, a recurring dream. I don't know I was probably three or four, had this dream every year of my life until I got married. And then the dream recurred a few years ago.

The dream is a dream I... Where I grew up was inland, but they did have sand, they had sand pits. So my mountains were mountains of sand. And the dream was that the top of the mountain kept falling into itself, the sand kept falling, it was a bottomless pit. And as it would fall into itself, it would look like a TV screen. And I would look at that TV screen for an answer, but then more sand would just fall in and it would open again to a TV screen, and more sand would fall... I would night after night after night I'd watch the sand fall into sand, fall into sand, fall into sand.

But over the period of my life answers began to come, and I did what was appropriate with that for the last fifteen years of my life.

PAUL: Excuse, me this is me, Paul. When you say answers did come, you mean you would begin to see answers on the screen?

QUESTION: No, I didn't see answers on the screen, but they came within me. I wasn't seeing the dream anymore, the answers were just coming.

Now, in the last three months of my life the dream has come back, not as a dream, but as I awake. It's like daily or every other day that dream, or the memory of it comes back. It's like an urgency, now it's telling me to do something with that dream in another expression. So I have been.

And I guess my question to you is, I'm wondering if I'm kind of dragging my feet on it? There seems to be an urgency, because it keeps coming so often. I mean, like if I'm not doing what I'm supposed to be doing, I get the idea of the dream again. And even since I've been here, everyday the dream comes, because I'm not doing what I'm supposed to be doing while I'm here. I'm supposed to be doing some writing. And I'm not doing that while I'm here, I'm just relaxing, having a good time, enjoying you and the people.

I wonder if I'm being like you were that six months that you just said no, you knew better?

PAUL: Me, Paul.

QUESTION: Right, you, Paul. So I guess would you give me some insight if there's some urgency about the writing that I'm doing, or can I kind of drag my feet a little bit more?

ANSWER: You are not dragging your feet, it is just that you do not have your foot on the gas pedal to give you forward moment. This means that you are exactly in the right place, doing exactly the right thing. What feels like dragging your feet to you is the fact that you are not applying yourself. And in not applying yourself, you are interpreting that as a resistance, when it is not. There is a

shifting occurring with you, and this is most appropriate. And I encourage you to relax.

Ceaseless movement... The ceaseless movement of life that appears to be bringing forth something concrete, but never does. That is what you must get used to. Life does not bring forth things concretely, which become immovable. God is the Movement of Creation and what is created is never fixed.

The conscious experience of Being, with a capital “B”, is forever new, as the Bible said, it never stops to repeat itself. It is the ceaseless flow. It is your ego which is telling you that you must apply yourself, rather than be with the moment, and appropriate in the moment. Whenever there is, shall I say, change occurring, whenever there is significant movement occurring, I will call it reconfiguration, this dream has been in your experience.

Now it is not up to you to figure out what the reconfiguration is going to be, it is simply necessary for you to allow it. Everything is fine. Everything is all right. Life is not a test that you can pass or fail at. It is not necessary for you to take any activity or any inactivity and use it as a justification for expecting a penalty. Continue to flow as you are. That’s the end of the answer.

QUESTION: Well, then I guess I would ask then, every morning when I get up and I have for the last almost twenty years asked for divine guidance. “What shall I do today? What shall I do to today? What shall I do today?” And now in the last three months the only thing I get is, write, sit down and write. And when I do sit down and write everything just flows, and flows, and flows. And the next time I sit down it says write, write, write.

And what my concern is that a lot of times when it says sit down and write, I don’t do it. I think about it. And then the next day it’ll say write, until there’s such a sense of urgency because I feel like I’m not minding it, I’m not doing it. I would rather go home at the end of working with people all day, and I’d like to watch the Oprah Winfrey Show. I’d just like to sit and relax. And I get this urgency, it’s not appropriate for me to do that, it’s appropriate for me to keep writing, keep writing.

ANSWER: So what?

QUESTION: So I watch the Oprah Winfrey Show.

ANSWER: And?

QUESTION: Well, someone came to me...

ANSWER: Do you let yourself enjoy it?

QUESTION: Yes.

ANSWER: Do you feel as though there is an ax ready to fall because you enjoyed it?

QUESTION: No, I don’t feel that way. But someone came to me, probably six months ago, that didn’t know me, and just said, “if you don’t do

what your being guided to do, there's other people that can do it. It'll be taken away from you." And I don't know where they were coming from, or what they knew.

ANSWER: I will tell you something, thank God there are other people who can do what you can do. It's going to take all of you doing it. You can't possibly do all of it.

QUESTION: Oh, we're just talking about the one little part.

ANSWER: Who are you doing this for?

QUESTION: Jesus. Jesus speaks to me. Jesus came to me.

ANSWER: No, why is there a desire to be obedient?

QUESTION: Because my life goes a heck of a lot better when I am. And it doesn't go so well when I don't.

ANSWER: If you don't do this, somebody else will. Who will they be doing it for?

QUESTION: For mankind. And for greater clarity within their own mind, heart and Soul.

ANSWER: You had better being doing it for yourself. If you cannot love yourself, how can you love mankind? If you do not connect with who you divinely are, how can you see, or feel, or experience who another divinely is?

I will tell you something: Shakespeare nailed it on the head. He perceived and felt the truth of this statement, "To thine own self be true. And it must follow as the night the day, thou canst not then be false to any man." If you want to do something for mankind, discover the stranger within thy gates, the Christ of you. Find God in you, and then your light will shine. No one is going to take away your opportunity to find your Christhood, whether you delay for ten thousand more years, or for only one more second.

The comment that was made to you was coming from an ego place. Thoreau said, "If I knew for a fact that someone was coming to do me some good, I would run for my life for fear that some of their good would get done to me."

Be careful about being a do-gooder and doing something for the world, because if what you do for the world is different from being the humble and genuine presence of you, then you are fulfilling some concept of good. And fulfilling a concept of good for someone else always constitutes an expression of control, and not love.

QUESTION: Paul, I would come from a place where as one begins to discover a sense of divinity within them, there is no separation any longer. To do something for the world is to do it for yourself. It isn't you, and me, or them, or us any longer. It's just I, and in myself there is all of creation, which includes each person. It isn't a separate thing, it isn't...

ANSWER: But right now you are up in your head. If it is for you and there is no separation, then why would the term be used, “Do it for the world?”

QUESTION: The world is who I am. The world is who you are.

ANSWER: Then who would take away from you your opportunity to be who you are?

QUESTION: Myself.

ANSWER: Who else could do it for you?

QUESTION: Some other part of myself.

ANSWER: But you are not broken up into bits and pieces. I want you to pay attention to the words you are using. If you do not do “this work” it will be taken away from and someone else will do it for the world. There is no humility involved in doing some good for someone else. It is impossible to do something for someone else without being self-conscious, because you would be coming from an ego level.

If you are in a state of yielding to your Being there is no time to do anything for anyone else. And in yielding to your Being and discovering your innate stability, and security, and invulnerability, and peace, and joy, you find illuminated in you what is true about everyone else and you begin to see that there is nothing you need to do for them. And you begin to recognize that they are right where they need to be, and that there divinity is providing them with their opportunities for Awakening, with flawless ability.

And in this way you begin to find that you don’t need to do anything other than enjoy your clear capacity to appreciate and value where that one is in his learning, if you will, and to see how his or her divinity is operating so clearly, and in this you make the gift of acknowledging their divinity. But you don’t do it for them, you can’t avoid doing it because you are seeing clearly yourself. And so you don’t expect a result from it.

If you walk around and you see a need, then you are not seeing clearly. And if you are seeing need, then you cannot help another one see that he has no need. If I believed for one second that you or any of you were the poor miserable mortals that you think you are, our conversation would be of the same quality as that which goes on at a cocktail party.

Your capacity to be you cannot be taken away from you. And those who would help you—I’m speaking of your guide, of the Holy Spirit, the Father—those who would help you experience who you are more clearly will never withdraw their help. The totality of what you are will not withdraw its insistence upon breaking down the little gap that causes you to feel separated from what you totally are.

The gift that you have to give to the world, is the simple gift of you being in touch with your capital “S” Self, you daring to own and incorporate who you divinely are and embody it in your daily experience. And if you will attend to that,

indeed everyone around you will respond as though you have done something for them. And you will wonder why they are saying that, because it will be so obvious to you that that is not what you are attempting to do. And then you will have learned the secret of love.

Love is something that happens when you are allowing yourself to be in love with you, when you are willing to recognize that which is Real in you and own it.

If you look at someone and they say, “Oh, you see me. Thank you, thank you.” You would say, “Of course, I see you I have my eyes open. Nothing else can happen if I have my eyes open but to see you.” “No, no, no, you have blessed me. Thank you, thank you, thank you, you have seen me.” And you will stand there a little bit incredulous, why are they thanking you for something you can’t help.

Well, that is the way you bless your world. You become humble enough, and undefended enough against your capital “S” Self to let it in, and let it fill you, and find the joy of the humble experience of just being you, and experiencing total congruence. And in that experience your eyes become opened, and others will say, “She has seen me. I have been touched.” And you will say, “You have? I’m so happy for you. Who touched you?” “Why you did.”

And you will realize that this is what happens when you are just being you and not denying who you divinely are in any way. And the joy of having this wonderful response when you weren’t trying to do anything, will convince you of the value of never trying to do anything yourself again. And you will begin to let yourself into the ongoing continuous experience of not trying to do anything for the world.

You will also have as a result of this response, an experiential proof of the unity of All That Is, the fact that you and your brother are not separated. But you will not be able to account for how that unity came to be experienced by everyone. But you see it is the ego that wants to account for it, so it can do it again—So it can do it.

What if the guidance says, “Grow daisies, grow daisies, grow daisies.” And everyday you grow daisies. Before long you will have daisies all around you and it will be a little monotonous. An orchid here or there, a rose here or there, even a dandelion here or there would be a nice break in the monotony of daisies.

We’re going to take a moment here, because everyone needs to hear this specifically. Don’t be blindly obedient to guidance! Whether it is the guide, whether it is the Holy Spirit, whether it is the Father, whether it is your direct connection with you capital “S” Self; one thing and one thing only is going to occur as a result of that connection: That is going to be the uncovering in you of your capacity to experience Reality.

Out of habit, because you have always learned from others, you have a tendency to defer to your “teacher” whatever your teacher, your guide, the Holy Spirit says, you will do it because that is what a student does. But the teacher does not have what he is saying as his focal point, he has the triggering of your Awakening as the focal point. You are the focal point.

Blind obedience does not constitute what I am going to cautiously call self-responsibility, self-governed. It is you who is to come into a clearer experience of your own integrity and your own divinity, and so you had best the effect that your guidance has upon you. The guidance doesn’t become an accumulation of facts for you to use in order to live more successfully.

What is said is that which will spontaneously trigger in that moment, from your present mindset, your escape from that mindset. And so you are to take what is given and measure it against your deepest level of knowing—your deepest level of knowing. You are the one who is being strengthened in your divinity, not the one who is speaking with you. You had better pay attention to what is happening to you.

I will tell you something: A little over two years ago, Paul became moved at my being Jesus, and entered into what you would call a personal relationship with me, very different from the relationship that had gone on for the previous six-and-a-half years. Paul prior to a year-and-a-half ago did not give me dutiful respect, he was often disrespectful. But his disrespect was an expression of his doubt, an expression of his integrity, an expression of his lack of clarity, and at times an expression of his clarity.

He wanted to understand—and so he pushed for understanding—whether I was Jesus or not, whether I was a character in history or not. And as a result, we had very real down-to-earth dialogs. And I could be real with him. But a year-and-a-half ago as a result of a conversation with a young priest that I had, it dawned on him, “My God, this is Jesus!” And he slipped into his concepts of me, and his concepts about how he ought to relate to me. And he became unreal.

And so as he listened dutifully, and wonderfully, and obediently to whatever I had to say, I gave him something to do that was impossible for him to do. And I did not tell him that he was deferring to me at the expense of his experience of his own integrity, because if I had he would have obediently paid attention to himself, and he would not be acting out from his own experience of his own integrity.

And so I gave him something impossible to do, and he obediently did it, except that it was not comfortable, it was not compatible with him. And then I put the screws to him a little tighter and made the impossible even more impossible. And finally he said, “Raj, if I don’t do this will you continue talking to me?” And I said, “Of course.” And he said, “Well, then I’m not going to have anything to do with this anymore.” And I said, “Good! That’s what this was all about. Because now you are paying attention yourself, you are paying attention to your own

integrity. And if you are talking to me from your highest sense of your experience of your integrity, and you are treating me as though I have integrity also, we can be real with one another again.”

And now he’s paying very close attention to himself, and now there is movement where life became static for almost thirteen months. Don’t lose yourself in the process of connecting with your capital “S” Self. What I mean by that is, whatever the valid source of guidance is that you are getting help from, it is not to supersede you, but to uncover in you your equality with it so that you may stand side-by-side, shoulder-to-shoulder with that which is divine and own your own divinity, and dare to act out from it, and not be ashamed of it, and not feel that it must be not as good as it ought to be.

If you, out of habit, give your power away and serve someone else who is experiencing his or her divinity completely, and treat yourself as though you are nonexistent, your guidance will do whatever is necessary to cause you, for reasons of your own, to take your power back. Not because that is principled, not because that is wise, not because it reflects truth; but because something in you cannot do otherwise. That is where you get in touch with truth.

It isn’t words, “don’t give your power away to me,” it’s a feeling in you that you find you have in spite of the guidance, irrelevant of the guidance. And your guides—all of your guides—will utilize whatever it takes to cause you to validate yourself again, for your very own reasons, because it is you in your divinity that needs to walk into the Kingdom of Heaven. It is not you riding in on the shoulders of one who is Awake, whom you are the perfect servant of.

Now I have taken some time because this is extremely important. You will not get into the Kingdom of Heaven because you have a wonderful guide who showed you the way, and relieved you of the responsibility of having to be motivated from within yourself to get there. And since motivation to be who you are is what is needed, then the guidance will be such that it uncovers that motivation in you, which the ego has covered up.

And if you are insisting upon being a wonderfully obedient servant to the Christ, to a Christ that isn’t you, it will be an unpleasant experience. Because neither I, nor any other Awakened one will support you in that inappropriate, unintelligent, false goal. Remember you are the focal point. You are the ones who are sleeping. You are the ones who must become connected with the motivation to rouse yourself from ignorant dreams. And book learning, and wonderful guidance won’t do it! All that that can do is help you arrive at a point where you can muster up the energy to arouse yourself.

Now the glow within the sky, dawn is coming, you are getting help in feeling motivated to rouse yourself. But if you begin to bow to and worship the light in the sky, rather than looking at what is being uncovered in you as a result of the light, you will still be dreaming.

A good book is wonderful, guidance is wonderful, but if you do not allow what is in the book to illuminate you to you so that you can own yourself and experience who you divinely are; then having the book, and reading it, and rereading it, and rereading it, and marveling at the wonderful truths that are in them will not be useful. The connection has to be made. The truth that's in the books is the truth about you, but the truth about you isn't in the books it's in you. And so you must shift the attention from the book or the source to what has been uncovered in you, and you must embrace it, incorporate it, and dare to be it.

The ego wants guidance to be logical, intelligent, understandable. Why? Because the ego wants to take the knowledge and duplicate the spontaneous, uncontrolled, effortless, spontaneous Movement of Creation that God is being. And it wants to do it as an act of will, an act of control. And as I said yesterday, the Movement of Creation is not a practice or effort of control by the Father.

So when you listen to guidance, do not listen to it as though it is information. It is the exquisitely skilled Movement of Love that has the capacity to get past your ego and connect with you at the level of your Being and illuminate it so that you can say, "Wow, look at me, I am that?" And so that you can arrive at the point where you can say, "Look at me. I am that." And then so that you can arrive at a point where you just be it and you don't even comment about it. That's the end of the answer.

QUESTION: Raj, hello.

ANSWER: Good afternoon.

QUESTION: Good afternoon. You've spoken quite often this morning at various times about giving. And I was wondering if you could expand on that theme of giving, and particularly about tithing and it's role, or does it having any role in our development?

ANSWER: Let me put it this way, tithing as a gift is most appropriate. The taking of a portion of your income, of your abundance and specifically applying it in the direction of, I'm going to say that which you value, that which promotes Awakening, is most appropriate. But if tithing is a means of creating more income, it is a selfish act, and not a gift at all. And therefore, it is a meaningless act relative to the intent.

To acknowledge in your life the value of that which promotes your spiritual growth, together with the investing of your income in the down-to-earth specific meeting of your needs constitutes a balance. if you feel inclined to do it, do it. It represents a balance, an evenness. But understand also that if you do not do it, you are not in a worse off position than the one who does do it.

I'm going to put it very simply, pay attention to where your gratitude is, and be willing to share of your abundance in the direction of those things you feel grateful for. That is tithing. I will tell you this: A smile, a spontaneous felt smile constitutes a tithe. But as is always the case, if you do it to get something, it is not

a tithe and does not constitute a gift, it is an expression of selfishness and control, and the effort will fall flat on its face.

Giving comes from the heart, not from the head. And of course, the greatest gift you can give is the gift of you. And the only way you can give the gift of you is to be in touch with yourself. And the only way you will truly dare to get in touch with yourself is, if you find some way to realize a connection between yourself and God, yourself and the Life Principle, yourself and the Creator.

The only way you can dare to get in touch with yourself is if you are able to acknowledge that your selfhood is derived from something more than just evolution. Because if your source is not divine, then what you will connect with when you connect with yourself is likely not to be very lovely, is likely to be flawed. And who wants to really connect with something that is flawed and experience it, I will say, exquisitely and completely?

Gifts are very seldom really given. Most of what is given is given with an expectation of getting. You invite someone to dinner, you expect a return invitation. You do something nice for someone and then you are perturbed if that one or someone else does not return the gift. You must arrive at a point where you give the gift because it constitutes a congruence with yourself, it constitutes an integrity of you, because it feels good to just give.

You see, when you give you can be complete in the giving, but you cannot guarantee that what you have given will be received. It might be taken, but has it been received? Has that one let it in? You cannot guarantee that. And if you do not feel a completeness until the gift has been received, then you are practicing control, and manipulation. "I can't feel good until you receive my gift. See what you are doing by not accepting my love?" But love is something that must be given freely. And you must learn to get your joy out of the sharing of you.

When you give your power away to another by saying you can't feel good until they receive the love you are giving, or accepting and acknowledging the kindness you are expressing; when you put another's actions in the position of governing how you feel in an attempt to manipulate them, you end up being their puppet. And you will be miserable.

Giving is something you just give. You present yourself. And when there is nothing expected in return, you will find your giving becoming more genuine, and more complete in itself. Your giving will not constitute a demand, and in the absence of a demand the gift is more likely to be received. It will not cause the receiver to become defensive against the strings attached to the gift.

Now this is not something you do not already know, but it is well to have it clearly put again. That is the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: Good afternoon, Raj.

ANSWER: Good afternoon.

QUESTION: In the Bible as it is now written, Jesus said, “Ask anything and you shall receive, if you meet one of three conditions.” Those three conditions that I understand them to be, when you ask you believe, or you have faith, or you ask in my name. My question is I would like a clear understanding of those three terms. And also, how I could acquire at least one of them?

ANSWER: How can you ask in my name? The word “name” truly refers to the word in English, nature, character. You must ask as I would ask.

Now what is it one wants, what is it one desires? If one desires from his head, from the intellect, from the ego; he does not ask in the nature of the Christ. When you ask, you must first have taken time to listen, you must have first taken time to be in touch with your Self, with a capital “S”. Because when you are in touch with your Self you are in touch with its Movement. And its Movement has a feeling.

And the feeling can best be described as pleasure, it is a feeling that arises out of wholeness, and it is also a feeling that you could say has an obvious destination, an obvious purpose for being. And this movement is desire. And when you ask in the Christ nature, when you ask from that place where your Christ Consciousness is being experienced by you, then you are not asking for something that is not congruent with your Being or different from what your Being is unfolding. And so the desire does not start from a small ego point, but starts, you might say, from the very swell of the Movement of the Father in you that constitutes your true will.

And so when you ask in the nature of the Christ you are asking in harmony with the flow of the unfoldment of your very own Being that is already in motion. And because you have come into perfect alignment with this movement of fulfillment of your Being, you will find that desire being fulfilled.

It is not that the universe is abundant and abundance is the law of Being, and therefore you can say, “Wow, I want a swimming pool, and a tennis court, and a Rolls Royce, and I want never to have to lift my finger again to have my abundance.” Going around demonstrating Cadillacs, and houses, and swimming pools, and whatever it is you think you might want, does not put you in the position of being congruent with yourself.

And what it actually becomes is a process of demonstrating a principle that may or may not have anything to do with what your Being is unfolding. And as a general rule, one begins to see whether he or she has as good or better a demonstration than the Smiths or the Jones down the street.

It is as though the swimming pool does not become the focus, but the skill at manifesting swimming pools becomes the focus. And the point is missed. And the having of the swimming pool does not bring peace because it didn't arise out

of peace in the first place. It didn't arise out of a true sense of one's wholeness in the first place; but as, what I will call, a feat of magic.

The Mind of God is in you, because there is only one Mind. And that one infinite mind is infinitely individualized as what are called individualities. But the mind of the individuality is not a separated mind from the One Mind. If you are experiencing consciousness, you are experiencing God, but you think you are experiencing yourself, your life. If God is intelligence and you reflect or are the direct manifestation of that intelligence, it does not mean that you now have the capacity to become creative on your own, that is what the ego is.

What you have the capacity to do is to be so congruent with the Mind of God, so absent of any effort to be creative as a personal little entity that you find yourself caught up in the flow of the Movement of Creation. Creation could be called infinite demonstration. But it is God that is being the Movement.

And when the sense of a private, personal, intelligence, or mind—which is an imagined thing—is let go of, and one lets go of identifying with it; then the Movement of God that reflects the Will of God begins to register with you as the only will you could possibly have, and the only intelligence you could possibly have. And you become swept up in the wave of the Movement of Creation feeling it as the movement of your Being, except that your Being is no longer identified by you as a private and separate mentality, separate from the Mind of God which is the Movement of Creation.

So you do not want to be little personal creators reflecting The Creator, again that is what constitutes the ego self concept. What you truly want, what is truly satisfying to you because it is the Reality of you is to be so in touch with yourself that the Movement of your Being, which is the Movement of the Father, is experienced as your Movement, your infinite Movement and your inseparability, your experiential inseparability from the Movement of God so that what you experience is what God is experiencing from God's point of view, and that is what constitutes the Christ Consciousness.

And what I am talking about is not difficult, because it is absolutely natural and it is therefore effortless. What is unnatural and effortful is trying to be an individual mentality which by virtue of its skill at being mental can cause things to happen, or appear to cause things to happen. That is not natural. But it is what you are used to, and so it feels unnatural to let go of it.

Ask and ye shall receive. But what are you going to ask for? You had better be asking for what your Being is already unfolding. And then you shall surely receive it. You will surely find it being your experience. But of course, one cannot be proud of the accomplishment, because you have not accomplished it, and that is difficult for the ego to take.

Let me put it this way, your ego has not accomplished it, but your Being has. Your ego wants to take credit though, because that is how it validates itself.

And so you will have to get used to having fulfillment for which you are not personally responsible—personally as a little ego. And you will have to begin to be willing to experience fulfillment just because it's happening, and not because you have done it, not because you have become skillful enough, or learned enough to make it happen.

I will tell you something: When you begin to experience fulfillment that you are not responsible for and which you cannot take credit for, you will also find yourself completely free of a false sense of responsibility for maintaining that fulfillment, or causing that fulfillment to happen again. And that false sense of responsibility for success is a terrible burden as many of you have experienced from time to time. That will be completely gone when you give up the apparent need to be a creator of your good, of your success, of your abundance.

Indeed, the Father is infinite and is infinitely expressing Himself, and therefore there is no incompleteness to His self expression. And yes abundance is the natural, lawful, principled, loving and actual result of the Movement of God, the Movement of what your Being is. But it is not a personal accomplishment.

It is perhaps one of the difficult things in Awakening to arrive at a point of comfort and self-appreciation when wonderful things are happening and you cannot take personal credit for them. But it is a marvelous relief and a source of very deep joy, because you become aware of the unity of All That Is as your experience, and you know how much more safe you are than when you thought you were personally responsible for your happiness and your success and your abundance. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good afternoon.

ANSWER: Good afternoon.

QUESTION: I don't have a question. I would just like to have a reading, please.

ANSWER: An energy reading?

QUESTION: Yes.

ANSWER: Yes.

PAUL: Okay, this is me, Paul. The imagery is of a canoe in a current. It's like there's very rapid forward movement. The current is strong in other words. As I watch the image the canoe changed into a porpoise or a dolphin, which is moving through the water very rapidly without displacing the water very much. It's like very powerful and very sleek and able to move through the water without creating a lot of disturbance to the water. It is as though there is rapid forward movement with a very fine balance that is being maintained.

There's a great equilibrium or balance. And the feel is the fast forward movement will not go on indefinitely, and it's as though there will be some rest

from it, but in the mean time it as though you are embracing the movement very beautifully and just continue to maintain that balance. That's the only way that I can put it into words.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: You know how we're all saying the question was just oh, so close. Aloha, Raj.

ANSWER: Aloha.

QUESTION: Communicate with us if you will more of the love and harmony from our brothers and sisters, the whales and the dolphins.

ANSWER: They are communicating it well enough. I ask why it is that they inspire you and why they inspire mankind. And I ask you if it is not perhaps their innocence, which they manage to convey wordlessly, effortlessly, just by being? And if it is not also an aspect of unconditional presence in that they are quite willing to die and they are quite willing to live without any preference. I don't mean that they are willing on their own to die for their own reasons, I mean they are quite willing to die at the hand of mankind. And they seem not to avoid it.

I will say this, dolphins are Christed manifestations on your planet, and that is why they inspire you. And you can take a lesson from the fact that you are inspired without any rhetoric from dolphins, without any teaching, but just by their simple presence and by their behavior. This will give you a hint as to what it is like to be Christly.

They are not here to make a point. They joy in Being, you could say, without preferences. Positive or negative, right or wrong, they are not caught up in the polarities. They flow in the singleness of purpose to be, and I will tell you, to be love. And they communicate this and always have without words, without language, and all peoples of all races who have experienced them have felt this. That is all that I will say at the present time.

QUESTION: Mahola

ANSWER: Indeed.

QUESTION: Hello, Raj.

ANSWER: Greetings.

QUESTION: Would you talk about UFO's and whether we are getting visits from beings from other planets.

ANSWER: You are being visited all over the place in all kinds of ways. Is this not a visitation? Is not the presence of your guides and your actual experience with them an experience of visitation. Indeed.

There are those who are gathering in what you call your heavens. And why do you think that is? Because quite an event is beginning to transpire on your planet, the event of Awakening. And it is known, it is recognized, it is easily seen.

The illumination around your globe that does not come as a reflection from your sun, but rather from the enlightened conscious Beings, if I may put it that way, on your planet is easily visible.

Some who are gathering, are gathering to help facilitate as I am facilitating and others are facilitating this shift. Others are gathering to watch the emerging effulgence of light.

Now it may sound as though I am being contradictory here, in that I have already indicated that your bodies are Bodies of Light at this present moment. But there is a shift in the quality of the light as individual conscious Being discovers its Christhood and dares to own it.

That conscious discovery of one's divinity is visible as well as felt. And I will tell you also, that in a spiritual equivalent there is a sound, a harmony that emerges. And just as you joy at watching a beautiful flower open, we joy as our brothers and sisters consciously discover, experience and own their Christhood, their Divinity, their Sonship and Daughtership. Because along with this brightening, if you will, of the light that you are, there is the experience received and felt of your capacity to consciously be love, which is what happens when you wake up.

And so you have those gathering who when it is appropriate will be facilitators, supporters if you will. And there are others who are gathering to observe it. You must remember that all those who are asleep are a part of the Brotherhood. And so your Awakening constitutes an experience for those of the Brotherhood who are already Awake, a clearer experience of the integrity of the wholeness of the Brotherhood as those who were unconscious of it become conscious of it.

Now I want to be very clear on a point for all of you. The space brothers, or whatever it is you wish to call them, are all fully Awakened. They do not overtake or overpower human beings, and lift them up into their ships and examine them and violate them physically. Whatever they might want to know, they know. Do not be afraid of those who have come to be called the space brothers. They will not intrude, they will not present themselves where they are not wanted.

You see, we all can only respond to an active inner desire for Awakening, or for truth, or for love, or for healing. As I indicated earlier, you must get into the Kingdom of Heaven, you must open your eyes by virtue of a motivation and a reason within yourself that stems from you. And once the motivation and desire is there we can support it and encourage it.

And so you will not find yourself being intruded upon by any of us. And so when there are sightings of spacecraft, you may know that it is because an invitation and a readiness to receive or have the experience of contact has been arrived at by mankind as a whole on your globe.

And again, it will not be a time to give your power away, but to ask yourself, “What does this say about me? What am I experiencing here?” It reflects a readiness. And you do not need to be afraid that they will be alien monsters, threatening, aggressive, warlike. They are fully Awakened individualities. I will tell you this also, they do not need the spacecraft in order to arrive here, or be here. It is an accommodation to your science fiction mentality.

In other words, the appearing is occurring in language of your present perception and that which will not frighten you. That’s the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello, Raj.

ANSWER: Good afternoon.

QUESTION: My question is about my oldest son. I feel that he does not feel that he is connected to God. And I would like to know if there is a way that I may assist him in this, or if this is for him to find on his own?

ANSWER: I would encourage you to approach this very gently with him. It is certainly something that you cannot prove to him. What I would suggest that you do is, to share with him that God is Love, that God is Life, that God is Truth, that God is Principle, that God is Mind, that God is Soul. And that therefore, wherever he recognizes Love, and Principle, and Truth, and Soul, and Spirit, and Life, he is experiencing God.

And if God is Mind and Principle and Love, God is then harmony and intelligence. And therefore, wherever he sees intelligence expressed, whether it is in a flower, or a tree, or in an idea, there is God. And if God is Mind, and mind is consciousness, then wherever he finds consciousness, there is God.

Now you will not need to do much more than that, because once you have shared that with him, he is likely to pick up on it himself, and think about what you have said. It will begin to make sense to him, and he will begin to become, let us say, defenseless against his experiencing the presence of God in this way. It will start the ball rolling. And then back off, and let the momentum of the ideas carry him at whatever speed they carry him. That’s the end of the answer.

QUESTION: Thank you. May I also have an energy reading at this time?

PAUL: This is me, Paul. The image is an image of a pool of water that is absolutely still, perfectly at peace. Mind you, I am speaking of your energy here. The only way I can put this is as though the surface of the pool is ready to respond to the, I’m going to say, the presence of a divine idea, or is ready for a divine idea to be dropped in it, and thus, create a pattern of ripples that will identify the divine idea.

The feel of it is one of very receptive readiness. And so literally the sense is that there is something, I’ll say, about to happen, there is movement that is about to occur on the surface.

Who's question was that? Okay.

QUESTION: Thank you.

PAUL: You're welcome.

QUESTION: Hello, Raj.

ANSWER: Greetings.

QUESTION: I'd appreciate a clarification of the surrender required for healing, and the definition and use of a healing team.

ANSWER: Disease is the manifestation of willfulness operating at odds with one's Being. Disease, suffering is the result of the opposite of surrendering. It is the result of aggressive, self-assertive willfulness from the standpoint of a tiny, separated entity called a human being, or an ego. This is why the skillful exercise by an ego of metaphysical principles does not constitute true healing. Because there is no surrendering into one's Being.

Put more bluntly, there is no surrendering into the will of the Father, because not only was the disease the result of willfulness, but the practice of metaphysical principles from the ego standpoint is willfulness, human will. And healing that appears to result from the practice of human will does not constitute healing, nor does it constitute one's permanent invulnerability to that disease.

But when one yields up this false human will and becomes humble enough to yield to his Being—"Thy Will, not mine be done"—that is when permanent healing occurs; because there is actual clarification, actual enlightenment that results, growth, if you will. And there is no way when growth has occurred for you to be able to ever fit in again to those smaller sized shoes, or smaller beliefs.

Now, each one of you has a spiritual guide. Working along with your guide is always a fluctuating group, fluctuating in quantity of Awakened individualities, who are present to help you in terms of clarifying your experience of your body, helping to support your movement toward the conscious experience of your Body of Light. They have been called the healing team. They work under the jurisdiction of your guide. Not that your guide governs them, but in that their point of cooperation is with your guide.

You may call upon your healing team any time you want. Your healing team, the individualities would be the equivalent of what you would call divine beings, angels. But let me tell you right now that angels do not have feathers. Not they do not have wings either. But understand that the beauty of conscious individuality aware of its divinity, aware of its inseparability from the Father is exquisitely beautiful and every movement of it has the grace that you would associate with an angel, in your present conception of it.

Now, what happens when you call upon your healing team, or what happens when you call upon the Father, or what happens when you call upon a healer who is incarnated and walking among you, is that you are surrendering your sense of personal responsibility, you are surrendering your arrogant need to be able to

prove something, to make something happen so that you can validate your worth. And you are saying, “I am going to let someone else in.” To do that you must become defenseless.

And I will tell you something, you may have thought that the healer healed you, you may have thought that God healed you; but what has happened is that you have become defenseless, you have stopped holding yourself completely separate. And as the defenses go down you begin to be infilled with the clearer experience of truth and Reality. What happens is that your eyes open up and you see the truth.

God didn't begin to dole out a little bit more of truth or health to you because you asked. God is ever present and continuously what He is, being what He is, withholding nothing from His self-expression. “Behold, all that I have is thine. All that I am you are.”

When you reach out in faith, trustingly, defensively, you let down the shield you have had up that kept you from experiencing Reality clearly, and you say you have had a healing, and you thank God. It is like thanking the sun for giving you a tan, which you have experienced because you took your shirt off. The sun was shining there all along, but until you take off that which covers up your skin you cannot get the tan.

The love of God is shining on you always. The love of the rest of the Brotherhood who are totally Awake is constantly shared with you. And it is indeed a joyful thing when one of you says, “help me.” It is a wonderful thing to see you become more defenseless. It allows our unity to be more clearly experienced consciously.

So in all cases healing is the result of surrendering to the Will of God, surrendering to the presence of God that is ever present, and not shielding yourself from it by the use of and the investment of energy in ego structures.

Now it is also important for you to understand that if you call upon your healing team, if you ask your guide to have your healing team work with you for the headache, or the sprained ankle, or the broken arm, or whatever it might be; understand that these individualities cannot override your free will. You must override your free will, by choosing not to validate it. When you say, “help me,” you are reaching beyond the boundaries of your ego. Your ego will not say, “help me.” It says, “but Father, I'd rather do it myself.”

So when there is a request for help, it is a desire for joining that comes from your Being, and it is responded to. But if you do not ask, your choice to be alone, your choice to be sad, your choice to be ill will not be violated. Because you must arrive at a point where something in you recognizes that the suffering is illegitimate, that it is an imposition upon your capacity to experience the perfection of your Being as God is Being you. And then ask.

The asking has been called prayer. But prayer has become a petitioning, rather than a felt acknowledgment of your right to your experience of your health, your perfection. And so you have asked as some pitiful, little mortal who is actually unworthy of receiving what has been asked for.

Now I will tell you something: If you ask the Father, or if you ask the healing team for help; but you at the same time sit there and say, “I am not worthy of healing,” your word will be law, your will will be what you will have. And it cannot be overridden.

No healer, no matter how great, can cause you to accept the fact of your divinity and your flawless perfection. But the moment there is the merest willingness to embrace the idea that you are the flawless self-expression of God, and therefore anything less than perfect is an illegitimate imposition upon your experience of life; you will have available to you more support than you can imagine. And if you will invite it and receive it, your healing, your Awakening, if I may put it that way, will be accelerated. That’s the end of the answer.

QUESTION: Mahalo.

ANSWER: Mahalo.

QUESTION: Aloha, Jesus.

ANSWER: Aloha.

QUESTION: Since I’ve been studying A Course In Miracles, and there was the beautiful meditation about taking your hand, and you would take us through the clouds of doubt into the Light; I’ve been using that and it felt that you were my guide. And over this weekend I’ve had some doubt raised as to that, and I want to know if that’s inaccurate or if it is accurate. Are you my guide?

ANSWER: I am not specifically your guide, but you have not reached out to your guide, and you have reached out to me. And I have been with you, and I have been working with you, and I will continue as long as you wish. Paul had to get used to the fact that I am not his personal possession.

QUESTION: Also, as far as meditation is concerned, my ego has been real active lately saying that I’m not meditating properly. And yet down deep I feel that I am.

ANSWER: Trust that feeling.

QUESTION: The questions I’ve been asking in meditation about, joy, whether to go off with Jack and Lil, traveling, the fact that if that’s accurate that my partner Ben would be getting the same messages. My feeling is that that’s all just going to be revealed in its own due time. And I’m just to hang in there—not like the cat—but to let go.

ANSWER: I understand.

QUESTION: And when my ego starts to tell me that I'm full of it, and that I'm just an airy-fairy, it loves to say that I'm (the expression has escaped me right now)... it loves to beat me up with that one. And my normal response to that is, "thank you for sharing, ego breath."

I wonder if I'm on track with that?

ANSWER: You are indeed. Take one step at a time. Do not jump unless there is something clearly ahead of you to land on. And if there is nothing clearly ahead of you to land on, then patiently wait until there is, knowing that there is a divine order to absolutely everything that is unfolding with you. It will all fall into place.

But again, I want to remind you that the guidance that is given is not only relative to the specifics, but it is also relative to your inner growth. And so pay attention to what is being uncovered in you in the process.

Your ego is very tricky, everyone's is. But the Holy Spirit is trickier. And what the Holy Spirit does is always master of the situation, and will provide guidance that will uncover most effectively the truth about you and the illusion so that they may be more easily separated. So let your attention again, not just be on the specific guidance, but what you find happening to you as a result of the guidance, the shifting that occurs within you and what comes to light as a result of the shifting. And as I said, take it one step at a time. That's the end of the answer.

QUESTION: May I also have an energy reading?

ANSWER: For this present time until we have finished answering everyone's first question we will not do anymore energy readings.

QUESTION: Mahalo.

QUESTION: Aloha, Raj.

ANSWER: Good afternoon.

QUESTION: On July the 4th I will be entering into holy matrimony. And so I'd like to hear some dialog or conversation on marriage. And also appreciating one's sexuality in the holy relationship.

ANSWER: May I extend my congratulations.

QUESTION: Mahalo.

ANSWER: Relationships are the laboratory in which you have the opportunity to learn what unconditional love is. Marriage is the place where you have the opportunity to get to know yourself better, so that you may more humbly present yourself genuinely to your partner. Marriage is the place where you learn how to be willing to see that which is real in each and everything. And you have your husband, and you have your children to provide you with the demand for that practice.

Marriage is the place where you have the opportunity to discover just how infinite is your capacity to love. Marriage is the place where you find the

bottomless reserve that is part of you to give, and give, and give without getting. I am not trying to discourage you.

QUESTION: I'm still here.

ANSWER: To have all of these things uncovered to you, revealed to you by virtue of the experience of relationships that are so close is indeed wonderful.

Now, sexuality... We are going to talk about sexuality and cooking. Both of them are going to come into play in your marriage. Are you going to make a big thing out of cooking?

QUESTION: I don't know how to cook.

ANSWER: You will learn. You do not know a lot about sex either, and the meanings involved in the experience in a committed relationship, but you will learn.

But you see, you didn't ask me about cooking in marriage, you didn't ask me about cohabiting in marriage because there is no sense of sin associated about them, there is no question, no bias applied to them in your background. I am putting sexuality in marriage together with cooking in marriage because they are both as benign as cooking. And they are both as significant a part of life in a relationship. And they are both to be embraced as easily.

It is an opportunity for sharing. It is an opportunity to let go to yield up control for both of you. And to be with each other as unconditionally as possible, making no demands upon the other, but embracing each other easily, enjoying each other easily without judgment.

Sexuality is not an obstacle to a holy relationship, nor is it an obstacle to spiritual growth or Awakening. It is an expression of love. I agree that the body can be misused so that it is not an expression of love. But we are talking about two healthy individuals here, who are not inclined to misuse the body in a way that is hurtful or harmful.

Be defenseless against sexuality, be defenseless against your husband, and he should be defenseless against you, so that there is an openness, a blending, if you will, an experience of unity, of purpose, and motive, and love.

The sexual relationship is just as much an opportunity for unconditional love as cooking is going to be, during the first year of your marriage. You will have to love yourself anyway, and your husband will have to love you anyway. And you will do it. Don't make a mountain out of a mole hill, and enjoy yourselves. That's the end of the answer.

QUESTION: Mahalo, I sure he will also.

QUESTION: Raj.

ANSWER: Good afternoon.

QUESTION: I would rather than a question, I think it's more on the lines of clarification. In the latter part of the text in the Course you talked about that place that we would be in when we have learned our lessons in

forgiveness. It's sort of described in the Course, as I recall, as a place where we find that perfect peace that the Course talks about, and there's a period there that we remain in that state before God reaches across that gap and takes our hand and takes us Home.

I would like some clarification on that space as to how that's occupied, or what we're really doing at that time.

ANSWER: It is a period of "time" in which you become comfortable with and satisfied with your peace. It is a time in which you could say your peace becomes incorporated into you. It is a time when you take possession of it or own it completely, you could call it an adjustment period—a glorious adjustment period, but an adjustment period nevertheless. That's the end of the answer.

QUESTION: Could I have a follow up on that? Is there any relationship to that period and the guides? What I'm asking is, is this where the guides may come from this space?

ANSWER: No, indeed. This space, as it were, is an internal space of mental adjustment. It is the last part of the passage, if you will—I'm going to say passage way, but I am using that term very loosely—it is the last part of the passage into your identity as the Christ Consciousness, as the Son of God in complete possession of his divine faculties, his divine knowing, his experience of God seeing Himself perfectly.

Although you are coming into the clear experience of who you always have been, it seems as though you are having to adjust to becoming something new. And that is because what you are adjusting to is outside of the ego's definition of itself, which you are identifying with. You will move forward only as rapidly as you will allow yourself to, and the speed with which you move forward will be governed by your comfort zone, how much of your good, how much of your divinity you can embrace without feeling overwhelmed.

And this period of experiencing your peace is a period of integration, if you will, where every last vestige of inclination to identify yourself other than as the presence of the Father dissolves.

And what was described as the Father reaching out to you, means, your letting the Father become All There Is of you as He always has been. And as you let it, it will be as though the Father is reaching to you, but it is because you are letting the Father in, because every vestige of identifying yourself as something other than the presence of God expressing Himself will have left, will no longer be present in any way shape or form to be renewed or regenerated. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome. I will add that this is not the Course In Miracles equivalent of purgatory. It is bliss, it is truly bliss. That's the end of the answer.

QUESTION: Speaking of bliss, do you think I could have a hug if I come up very quickly?

ANSWER: Yes.....You may still have a question.

QUESTION: First I'd like to thank you for facilitating my Awakening. I've really enjoyed the tapes, and the papers, and I've done everything that has been asked in the Course, and in the papers, and on the tapes, and I've even moved my chair into the closet—it's become quite a joke up here in Princeville, because I keep tearing back to the closet to meditating.

And I still have the illusion of something that has been going on for me for many years. I don't make saliva and I don't make tears. And I've negated that and I've used last night the authorization. And I'm just wondering, in the Course it says that we don't heal our perception. Is there something that I'm not seeing, that I'm not healing.

I mean this is years and years that I've had it, and it doesn't seem to be getting any better. And I feel that I've given permission, and I desire it. And nothing seems to be happening, so I just wondered if you could... I was going to ask for an energy thing because I thought maybe you could tell from that, but it's just a tremendous blockage that I seem to have started when I was a child with blocking my sweat and things in my body.

ANSWER: It is okay to be a human being. You are completely and physically lovable at this instant. There is nothing about your physicality that needs to be denied, in fact it needs to be embraced lovingly so that what it divinely is may emerge.

Now I encourage you to continue to use the authorization. And I also encourage you to practice the infinite patience that brings immediate results. All of you must understand that there is a necessity for persistence, for hanging in there with the truth.

Acknowledging the truth is not a way of gaining leverage on the problem. Acknowledging the truth is a matter of recognizing what is true and then being willing to abide with it. The truth is not a tool you use, or a weapon you use to kill error, or evil, or the ego.

And so I am encouraging you to use the authorization and gently persist in simply acknowledging the truth. This physical manifestation does not represent the normal function of your body, and that which does represent the normal function of your body constitutes a clearer experience of the truth about your body than what you are presently experiencing.

And so you can dare to expect to see this inactivity becoming activated. But don't be impatient. The willingness to be infinitely patience constitutes the removal of will, of willfulness, which constitutes the emergence of yielding, of saying yes to your perfection. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: I don't really have a question, but I would like to take this opportunity to thank you for reminding us of our divinity, and for reminding us of our quest for unity rather than separation. And I'm thankful to be able to share with all of you here today. Thank you.

ANSWER: Thank you.

QUESTION: Welcome, Raj. There is a message that was given to me on April 17th of this year, that seems to be resonating. And so I'd like to put in the air. It was, "We want you to land with the Christ on this one."

ANSWER: Indeed. I perceive no question in that.

QUESTION: No, it just wanted to be put in the air, because it seems to be connected to the land at this time.

ANSWER: It is in the air.

QUESTION: Aloha, Raj.

ANSWER: Aloha.

QUESTION: The question I have today regards my two children, who aren't living with me now, they're both living with their father. And I acquiesced to the choice because I felt it seemed to be in their best interest, and I could perceive clearly that it would help my Soul evolution if I could embrace the situation as it unfolded to me. My daughters been away for two years, and my son, this will be a year this month. And they both are aware that they can come back to live with me at any time.

But recently I've had cause for anxiety, because I feel a growing sense that they are embracing more darkness than I had expected. And the anxiety prevents me from functioning like a light being that I would like to function as, or I feel that I am. What I would like to ask you is, how can I keep the channel of light open to them and act when I have to act, and also accept the situation if the situation is to be accepted?

ANSWER: I will tell you something, every single one of you that is gathered here, has always done exactly what you wanted to do. And if you were skillful and smart you managed to do it and make those around you feel as though it was their idea and it is to their credit that you have done what you have done.

Children learn this very early on. Parents want to feel responsible, and they want to feel successful. And children recognize this immediately, and manage to behave in a way that meets their parents expectations without violating the child's

individuality. The child does what he wants to do, and if it happens to be in alignment with what the parent agrees with then the child conveys to that parent that the parent has been successful.

Now your children have been making choices from the first moment they drew a breath, and where they are today is a result of their choices as much as you would like to think that you have made significant contributions. If they are embracing what you have provided, it just happens to be nice that you provided it, because if you hadn't they would have found it elsewhere, because they would have gone for what they were intent upon experiencing.

There is absolutely nothing I could say during this whole workshop that would make you believe anything. Whatever you are believing today that you did not believe yesterday is because I have substantiated what you were either ready to hear or wanted to hear. And those who were not ready to hear, or did not want to hear did not return today—that is not the only reason.

But you must understand that they are following their path, and have been, as I said, from the moment they drew their first breath. And that there is inner direction in them, and that inner direction is a composite of prior growth, prior release of ego structures, and the presence of unreleased ego structures together with the overriding insistence of what they are in their totality, which is slowly breaking down their ego structures.

In other words, humanly speaking, they are a combination of the truths and understandings that they have learned, as well as their ignorance's that have not been dealt with, and divinely speaking, what they are as God created them is embracing this conglomeration of ignorance and intelligence with the nurturing guidance and impulsion to wake up.

Now, you cannot bring the light to them and force them to see it. You could take steps to bring them home so that you could provide them with the environment and the opportunity to see the light that you feel is so important to them, because it is so important to you. But it would not be appropriate, because they are where they are by choice, and their choice is not unaffected by what they divinely are. In other words, their choice has not been unaffected by their divinity.

Now you must release a false sense of responsibility here. And when you think of them you embrace them in the light, because they are in it, and your acknowledgment of it is an acknowledgment of an already existing fact. And you love them in your heart, and you embrace them in your love, but not with a sense of being responsible for them, and as I said yesterday, entrust them to their divinity.

I will tell you something else: The Holy Spirit utilizes every circumstance to the advantage of your divine Being, to the advantage of your Awakening. And no matter what ignorance you might be laboring under, and no matter what ignorance they may be laboring under, you can count on it that the Holy Spirit will

utilize that on behalf of their Awakening, in ways that will be specifically and uniquely contributive to their Awakening in such a meaningful way that they cannot miss it. Now do dare to entrust them to their divinity. Do dare to entrust them to the Holy Spirit.

And as an aside, I want to share with you what the Holy Spirit is. The Holy Spirit is your divinity, held in trust, while you dally with the ego. And that is why when you release the ego, when you decide not to energize it any further, and it is completely gone, and you are Home, and you are in your “Right Mind” there will no longer be the Holy Spirit. There will be God experiencing Himself/Herself perfectly, and recognizing Himself/Herself infinitely.

And that awareness that God has of God’s infinite Movement, constitutes the Christ Consciousness, which is infinitely individualized as conscious individuality. And so there will be the Father Being the Son. But since the Son will not be an entity or identity separate or different from the Father, it will all be the Father. And so instead of being the Father, the Son and the Holy Ghost or Holy Spirit, it will be God, All That Is.

So when you are listening to the Holy Spirit, which came into existence the moment you decided to dally with an ego sense, a private sense of things, when you rely upon the Holy Spirit you are truly leaning into your own divinity and beginning to rely upon it and trust it, and therefore it constitutes an integral and necessary part of your, shall I say, reintegration, your Awakening.

Your children are right where they belong. You are right where you belong. Don’t be meddlesome. And understand that it is not your responsibility to save them. Because in the first place they are not truly in even what could be called a humanly detrimental situation, even though you would not choose to be there, and you would find it uncomfortable to be there.

Recognizing what is and what is not your responsibility will help you to let go of what is not your responsibility and be about the business and the joy of living your own life. That’s the end of the answer.

QUESTION: I understand. Thank you.

ANSWER: You are welcome.

QUESTION: Shalom.

ANSWER: Shalom.

QUESTION: You have referred to us as the Sons and Daughters of God, Son/Daughter. In the Course, as in much of life here on planet Earth the terms are masculine, the Father, the Brotherhood, the Sonship. I just wondered if this was a matter of convenience?

ANSWER: Exactly, nothing more than that.

QUESTION: I just wonder why sometimes they don’t do it the other way for convenience?

ANSWER: It would be more strenuous, not only for the men, but for the women to rethink in terms of the femininity of God and the femininity of Being. We took the easiest way out, because it is easiest for you. But it is absolutely essential for you to understand that God is Father/Mother/God, even though father and brother and mankind and brotherhood are the words most commonly used. Whether you are a woman, or whether you are a man you have a sense of what the word brotherhood means. And to use the word sisterhood would not convey as full a meaning as the word brotherhood does.

And the issue isn't really gender, the issue is waking up. And so whatever facilitates that most easily is what is done. But understand that God is Father/Mother/God, and that man is male/female, and women are female/male, if you will. And men must come in touch with their femininity, their yieldingness, their receptiveness, their allowingness, their sensitivity; just as women must come into a clearer experience of their strength, their stamina, their power, their authority, etc.

But women must not in the process of gaining their experience of their strength forsake their femininity, nor must men forsake their masculinity as they become more sensitive, and soft, and feeling, and yielding.

Please don't delay your Awakening, any of you, on the basis of a grammatical decision. That's the end of the answer.

QUESTION: Can I just ask you one more quick question? I wonder if you could say anything about human beings eating other animals to survive.

ANSWER: At the bottom line, you do what works, and that is intelligence. But if you have more choices available to you than eating the flesh of an animal, then I would encourage you—and it is more consistent with the nature of the construction of your body—to not eat the flesh of animals; but to enjoy the abundance of fruits, and vegetables, and grains, etc. If you wish you can say that I endorse vegetarianism.

But what I endorse is intelligence, and your body was not designed to digest meat. And animals, you could say, are sentient, conscious life forms. Vegetables are not. And we will not get into the complexity of that at this time. Vegetables, and fruits, and nuts, and grains are what your body is designed to digest and function most efficiently with.

But at the bottom line, you do what works. And if you are starving and a chicken runs across the road, grab it. That's the end of the answer.

QUESTION: Hello, Raj.

ANSWER: Good afternoon.

QUESTION: In 1982 my mother took her life, and I had always thought that it was best for me to be strong, so to speak, and to bury those feelings. And I'm finding now that it's been coming up in other ways, of anger, and just frustrations that I have. And I don't know how to deal with

it. And I'm wondering am I doing the right thing by not addressing it, or letting it go, or I really don't know what to do about it It's coming up for me now though that I'm starting to cry about it, where as before I never did.

ANSWER: Indeed, I would encourage you when the tears come, to let them flow and do not stifle the crying. I will tell you something, you are getting in touch with your softness, your vulnerability, your yieldingness, your capacity to love, when the tears come.

There is nothing you can do obviously about what has happened. But I will tell you something, you do not have the right to judge what she has done, anymore than she would have the right, if she were still here to make judgments about what you are doing.

It is important for you to feel your feelings about this issue, not because there is some deep psychological problem associated with it, but because you are not able to breath easy about it.

There is not as much anger as you think there is. And underneath the anger is your capacity to love her, in spite what she did, in spite of whether it seems reasonable or not. And it is your capacity to feel your love, and to feel your softness, and to feel your defenselessness. It is important for that not to be unavailable to you. It is important for that to be available to you.

You should not have to go around holding yourself tense about this issue. Because whether it is anger, or whether it is tears, at the bottom line it is you getting in touch with your defenselessness again, and realizing that you are safe in your defenselessness, and that you do not need to hold yourself tight, and defended, and therefore conflicted within yourself.

It is not likely that you will need to work this through with a counselor. But do not be reluctant to do so, do not be reluctant to find someone with whom you can explore your feelings. And I have chosen my words very carefully there. Do not find someone whom you can talk about your feelings, and talk about your indignation, and your anger. Because that does not constitute being in touch with your feelings.

Find someone with whom you can explore your feelings around this issue, and feel them, even if it is the anger. Because as you feel the anger, it rises, it bubbles over the top, and what rises up underneath the anger is your capacity to love, which the anger and the frustration has squelched. And before long all of the anger has bubbled over the top, and what is coming forth, and what you are experiencing is your gentle capacity to love. And that will constitute an emergence of a feeling of wholeness in you that it is your right to be experiencing. That's the end of the answer.

QUESTION: May I also ask, is this one of the blocks that I have in to loving myself. Because I do not feel love for myself as I am, a perfect person

in this third-dimension. Is this what it is that is blocking me from getting in touch with my guides?

ANSWER: No, it is your ego that is blocking those things. This aspect, or this incident relative to your mother and the feelings you have around that incident do not have very much controlling effect on the rest of your life. That's the end of the answer.

QUESTION: I thank you.

QUESTION: Hello, Raj.

ANSWER: Good afternoon.

QUESTION: I feel such an affinity for your words that you share with us. And I would like to thank you so much.

ANSWER: I am glad that you agree with me.

QUESTION: I would like to thank you so much for giving us the Course, and for the clarification and communication that you are giving all of us now. It truly is most helpful to myself and I know many others.

My question is, as I feel such an affinity for your information, I wonder why I feel differently about other beings who are channeling or communicating with us through people? Why is there a variation among their messages, and are they all of equal awareness?

ANSWER: There is such a variety of egos that it takes a variety of expressions of truth to reach them, to register with them. And so the truth is expressed in the language of the perception of those who are listening. I have said it before, that Ramtha speaks boldly for those who are hard of hearing.

Now the process of Awakening is occurring, it is not that it is going to occur, it is occurring. The message, if you will, of Awakening will get through just like the early Pony Express. And it will come through in whatever language registers with those who are in the process of Awakening. Obviously what would trigger Awakening with an Australian Aborigine will be different from what will trigger the Awakening of a Scientist in the Western World.

Now don't fret over apparent inconsistencies. Underlying the style, or the accent, or the appearance is fundamentally the same message. But the way in which it is presented, and how much it cost to hear it all plays apart for those who are attending. There are those who do not value what does not cost an arm and a leg, and so they will not come to this gathering (even though some of you might have felt it cost an arm and a leg). And so they will be met where they are. Some are less contemplative than others, some need fires built under their derriere.

And so whatever it takes is provided all in the context of the process of Awakening. And so enjoy what you are able to enjoy, and disregard what does not register with you. But do not fret over the language of expression. And do not look for absolute consistency.

You will find from time to time that I might tell you what seems to be opposite to what I have told you before. But it will be because at that moment that is what will trigger the Awakening. You must understand that it is not so much the information as, what I will call, the slight of hand that is brought into play to distract your ego while I connect with you at the level of your Being. And whatever it takes to distract your ego, or cause you to voluntarily shift into a clearer space, I will do.

Do not be disturbed by the differences, but enjoy the fact that movement is occurring no matter what the language of its expression.

I am not going to list those who are being channeled and give them credits or discredits. You will have to pay attention to you, just as you must when you are listening to me. And what makes sense, and what nourishes and triggers your increasing clarity, take hold of it. And what does not, trash it. Or at least put it on the shelf until such time as it suddenly makes sense to you. That's the end of the answer.

QUESTION: May I ask then about sometimes people have said that there are negative entities appearing to them and they need to protect themselves with white light and certain sayings and this type of thing. Could you talk about that?

ANSWER: This is an expression of ignorance, very simply. I will tell you something: Just as you are not able to sit out here and convey a message to someone else at a distance through what is called telepathy, those who are in the three-dimensional frame of reference who are incarnated cannot break through the density of that three-dimensional frame of reference and speak with another who is also bound within the three-dimensional frame of reference, but who has passed on.

The limits of the ego frame of reference does not allow for communication to occur in this manner. The ignorant cannot communicate with the ignorant over the barrier of what is called death, or the transition. We are able to speak because I am not blinded by ego structures any longer. Those only who can convey any communication to you whatsoever are those who are totally Awake. And there, of course, will not be any dark or negative energy being expressed.

The dark energies that other people feel are being communicated to them are not coming from any source outside their own limit and fear. And those who seem to be channeling entities expressing negative unintelligent ideas are not channeling at all, but giving "creative voice" to their very own ego, no matter how much they believe they are doing otherwise. There is indeed integrity to the universe, and to the way things work. That's the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: Aloha.

ANSWER: Aloha.

QUESTION: One of the greatest teachers I've had is a major illness that's been with me for three years. And although it's improved dramatically in the last six months there's still many symptoms. And as I meditate I feel it's really time to move on into total health. And I don't know what's holding me back and what more there is to learn. I really honor all that I've learned and the transformation. It's been fabulous.

ANSWER: I understand completely what you are saying. What I want you to understand is that the learning has not been a blessing derived from the illness, but from the use the Holy Spirit has put the illness to on your behalf. The reason it is important to understand this is so you will not value the illness to the point of not wanting to let go of it until you have gotten the maximum learning from it. You may release it, and whatever learning is needed will continue, because the Holy Spirit will continue to utilize whatever else is going on to your benefit and on your behalf.

Very specifically, what is delaying it now is the desire to get the maximum learning. And in order to have "the maximum learning" it is not wise to let go of it prematurely, it is not wise to let go of the disease prematurely. And so you are holding on to it. Do not value the problem as though it were the source of the learning, or as though its intent or reason for existing was for your benefit.

Under all circumstances disease, inharmony, illness, etc., is a manifestation of a resistance to Reality and it is an illegitimate imposition upon your experience of your perfection. And so do not honor your problems, no matter how well the Holy Spirit has turned the problem to your advantage. Don't value illusion, even though in the process of your releasing of your releasing it you learn so much. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Aloha, brother.

ANSWER: Good afternoon.

QUESTION: I would also add my thanks for your wisdom and enlightenment, all of the wonderful help you've been giving us this weekend. I've been totally delighted as I watch one question after another pass through my mind as you answer them without them ever being voiced. I come to this point then simply by asking if you would share with me that which you know would be most beneficial to me at this particular point in my unfoldment.

ANSWER: Very simply, it is important for you to know that the red carpet that has been unrolling in front of you does not have an end. You have been wondering where the end is, or having a sense that it might be coming up shortly. Do not labor under that idea, and do not prepare yourself for it. Continue to take

one step at a time on it. Embrace it, enjoy the fact that it is unfolding in front of you.

And do not worry what is going to be at the end of the next 30 yards of carpet, let yourself be supported fully by the carpet that is immediately under your feet. It is a false fear that is presenting itself. And understand that indeed the ego presents ideas, concepts in the form of suggestions just as a hypnotist does. And you have the prerogative not to validate and energize, and become subject to those suggestions. That's the end of the answer.

QUESTION: I received that it wasn't so important for me to ask a question, but just in the being here the things would happen to me that I needed. I would be worked on in the levels that I needed to be worked on. But I do find that being pregnant six months, I have questions about the nature of life.

ANSWER: It is a miracle.

QUESTION: Indeed. I'm approaching the birth process and...

ANSWER: No, you are approaching the birthing process, the little one is approaching the birth process. And do understand that you will not be doing this alone, that it is an experience of unfoldment for both of you. And I am going to pass on some very wise counsel to you: Love is the art of giving. And I want you to remember that in delivery. Love is the art of giving. Unconditional giving. Continue.

QUESTION: I guess that's the end of my question. Thank you very much. (I think she was crying.)

ANSWER: You are welcome. Feel what you are feeling, and don't resist it. And do remember that the nature of life is a miracle. Divinely speaking, miracles are absolutely natural, but from the standpoint of the partial view the Movement of Life seems miraculous, because it goes beyond what can be defined from within the ego's limited frame of reference.

And so do not try to peg the nature of life completely at this moment relative to this birth, but participate in the process of the birthing, and feel the miracle of it. And hold that child in your arms and feel the miracle of it. And you will know something of the nature of life that the ego cannot embrace. And it will be part of your breakthrough, if you will, part of your Awakening process. Okay.

QUESTION: Thank you.

QUESTION: Hello, Raj.

ANSWER: Hello.

QUESTION: I would like to hear what I need to know at this moment, in relation to my desire to start running now that my health has improved. And what are the possibilities of this?

ANSWER: First of all, don't run with great intent or great intensity. Let it be pleasurable, let it be simple enjoyable exercise. Don't have an end result, like running ten miles a day, so that you can then run twelve miles a day, so that you can then run fourteen miles a day. It is good for you to enjoy the pleasure of running.

Now I would encourage you to start out gently. The healing with your heels is rapidly coming to a conclusion. But initially I encourage you to run gently, evenly, on level ground, not on sand, not on grass. And just enjoy the freedom of the movement, and keep it easy, it will be good exercise whether you do it strenuously or not. So avoid doing it strenuously.

Now at the same time I want you to understand that as you begin to acknowledge that your body has a divine intent to identify the presence of your individuality perfectly, you will begin to realize that the health of your body is not solely dependent upon what you put into it or the activities you give to it. And so you will begin to eat with more ease, you will begin to move and run and engage in physical activities more easily, because there will be an underlying feeling or confidence that your bodies natural inclination is to function smoothly, efficiently, comfortably and well.

So begin the running and do it easily, and enjoy it. But be very alert not to turn it into a discipline, a workout. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good afternoon, Raj.

ANSWER: Good afternoon.

QUESTION: I need your wisdom on...

ANSWER: You have my wisdom.

QUESTION: I need your comments on an issue of patience related to trust. We're involved in a major change and direction in our lives, the last phase of which involved physical relocation to Kauai. Now this has all been done under guidance, and each step has progressed quite smoothly. There's one remaining phase and that involves the sale of some physical property.

We've received in our meditations that the sale—which this part of it is necessary to effect the complete physical change—the sale itself is immanent. But we have also I think because of our ego involvement and anxiety related to this have been given false information in our meditations, specifically we were given dates on which this was to occur, and it didn't occur.

ANSWER: Let me explain something for your benefit and everyone else's. The future is not fixed. It is not sitting on a reel of film waiting to come past the lens of the projector so you can see what it was inevitably going to be anyway. Whenever there are egos involved relative to what you would call a prediction, the

prediction cannot be accurate. It can be very close to accurate, but the reactionary state of egos causes the information to be not absolute.

Any answer that you get from guidance relative to the future is not absolute. It is based upon all of the information as of the moment in which the information is being given and what the greatest likelihood is based upon that information.

So I would encourage you when there is a time span involved to check in periodically during that time span to see whether any elements have come into play of ego reaction that would alter the original answer that you have gotten relative to time. You will find that when an answer is given relative to the future, that is not subject to ego reactions, that those answers will turn out to be highly accurate.

So it is not that your egos have necessarily gotten in the way and caused you to hear incorrectly, it is just that the nature of the question elicits an answer that is not an absolute answer, and therefore you must check in relatively frequently in order to be updated. That's the end of the answer.

QUESTION: May I ask for an update from you?

ANSWER: Indeed, you may. The guidance you have gotten, that it is immanent is correct.

PAUL: Okay, this is me, Paul. He indicated that the sale was likely to occur or to be definite within seven days. And I said is there like an outside limit, a certain amount of time within which it is almost bound to have happened. And he said fourteen to sixteen days.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Unfortunately money ever to present. I am wondering actually if it's time for me to start charging for things that—I do a lot of things that I don't make any money from and it's creating a terrible...

ANSWER: Why do you do that?

QUESTION: I do it because I think I'm good at it.

ANSWER: Why do you do it for nothing?

QUESTION: That's what I'm asking. Well, I do it for nothing, because I have another profession that I'm supposed to be making money at. And I'm wondering if there out of balance by purposely?

ANSWER: It is appropriate for you to be making a specific charge for what you are doing.

QUESTION: Do you know which part of what I'm doing I'm supposed to be charging. I don't seem to be making money from either one actually.

ANSWER: From the new activity you should be placing a charge. And it is appropriate for you to base it in terms of your time, rather than what it is you are doing. Do not be reluctant to demand a fair exchange. And above all don't try to

be the one to decide whether what you are doing is worth \$10 or \$40 or \$50. That is the persons prerogative who avails themselves of what you do. But let there be reciprocal balance. Don't be afraid to honor what you are doing.

Now, I encourage you on the basis that you are to make a charge for what you're doing, listen for how much you are to charge, listen for inner guidance. That's the end of the answer.

QUESTION: Aloha, Raj.

ANSWER: Good afternoon.

QUESTION: In our last conversation you suggested that I allow for clarity concerning Marty, and also to not make any emotional investment in this situation. And I was wondering if you would amplify this a bit for me?

ANSWER: Very simply, I meant for you to be allowing without biasing your attitude positively or negatively, without deciding how it ought to happen, or how it ought not to happen so that you may judge how happy or unhappy you ought to be. I meant for you to be allowing, and open, and unconditional—unconditional to see what ;your Being is in the process of unfolding for you. And what your being is unfolding for you is quite wonderful.

Do not formulate concepts in your mind ahead of time, with which to gage the reality that does happen. Let the reality happen, and let it define itself. That is the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

PAUL: I want to say, when I got the letter in the mail asking if we would possibly—possibly, can you imagine—possibly consider coming all the way to Hawaii to do a workshop, I was absolutely delighted and was... I got a little chuckle out of the fact that there was any hesitancy, or that there was any thought that I might be hesitant to come over here. I want to express my sincerest thank you for the invitation. It has been a wonderful experience. Kauai has been a wonderful experience. All of you have been wonderful. And it's been great to be here. And so I want to say thank you to all of you.