



Gathering In Hood River, OR –1990

By: Raj Christ Jesus -

OPENING: Good morning. There's one thing I want to suggest to everyone here, and that is that throughout this weekend do not forget to laugh, do not forget to be happy. And when you leave do not forget to laugh, and do not forget to be happy. Because indeed moving down your spiritual path, engaging in your process of Awakening and enlightenment is not meant to be serious and heavy duty.

All of you are conditioned to approach something that is important to you as though it is a task at hand that you must be deadly serious about. When in actuality what you are confronted with is the opportunity for expansion, for growth, for a fuller experience of real fulfillment. And that never comes with a heavy heart, with a heavy mind, with heavy duty work. And so do not allow your conditioning to cause you to—out of habit—work hard at your Awakening.

Now, everyday you wake up, and whether you think about it or not you start your day with a premise, a mind set, if you will, "well, another day on the treadmill," or "wow, I wonder what today is going to bring." And your mind set—your premise—will absolutely govern what you experience. And so it is well to pay attention to what your conscious or unconscious premises are as you start your day, or as we start this weekend. Because, as I said, they will absolutely govern the way you experience what happens.

Now, I will tell you that my premise for this weekend, and my premise for every moment is that we, all of us, are smack dab in the middle of the Kingdom of Heaven, right in the middle of Reality, with a capital "R", no matter how you have been conditioned to perceive it. And every single one of us is the Son or Daughter of God, absolutely sinless, absolutely perfect, absolutely guiltless, absolutely innocent. Everything that will follow from my words will be based upon that premise. So that this weekend can serve to allow you to release your self-inflicted sense of guilt, your self-inflicted sense of separation from Reality, or from God, or from that which is True. So that you might go home with a clearer sense of who you really Are, and what all of this world and universe Is, so that when you begin your day you may have a new premise.

You have come with a sense of yourself. Some of you with a sense that life is going very well for you. Some of you that you have major problems that cause

you to doubt your integrity, that cause you to doubt your innocence—and you can even point to those who will verify that you are not innocent—and thus undermine your capacity to embrace yourself lovingly and with appreciation.

But I will tell you something: not one of you has ever stopped being the Child of God, the direct expression of God. And no matter what you have come to believe about yourself, it hasn't changed who you Are. I will tell you something else: the only thing that keeps you from experiencing your divinity, your absolute Christhood, and the only thing that keeps you from experiencing your world as the Kingdom of Heaven—your Universe as the Kingdom of Heaven—is your conditioning, your beliefs, your mind sets, your premises upon which you base your perceptions of your day.

And so there is cause for joy right now as we proceed into the weekend, because we are here to uncover your divinity and to uncover, let us say, the mind sets or beliefs which are causing you to misinterpret your world and yourself and thus blind yourself to your fulfillment.

Mind you, I'm not talking about intellectual fulfillment, or conceptual fulfillment. I'm talking about your coming into a place within yourself where you give yourself permission to embrace yourself as divine, as guiltless, as innocent, as having absolute integrity. Where you do not have to deal with witch messages—w-i-t-c-h, witch messages that your conditioning causes to roll around in your mind undermining your ability to love yourself and feel good.

If you do not leave this weekend with anything other than an awareness that you are suppose to feel good, it will have been worth it. Because that will become part of your premise for your day—each day.

It is a pleasure to be together with you.

QUESTION: Hello, Raj.

ANSWER: Good morning.

QUESTION: For a long time I've accepted the idea that physical ailments or disease can somehow be a manifestation of something that needs healing on some other level, like an attitude or something. I'm having a lot of problems with my legs and to me legs are a symbol of moving on, of change and all of that.

ANSWER: It is part of your understanding, isn't it?

QUESTION: Oh yes! A-a-a-a, okay!

ANSWER: Now, all of you are conditioned to understand things. You want to understand the universe. You want to understand the body. Your scientist want to understand everything. And this intense desire to understand, engages your mentalities in such a way and to such a degree that it becomes impossible to be still. Now I have said before, that you will not understand your way into the Kingdom of Heaven, you will feel your way into the Kingdom of Heaven.

Now those who have a metaphysical back ground have taken the statement, “Ye shall know the Truth and the Truth shall make you free,” and they have taken that as an intellectual process. If they think the Truth, their thinking of the Truth will create a better body, or a better wallet, or bank account, that it will create a new car, or a tennis court, or whatever. And so the valuing of understanding and thinking has become an impediment to waking up, because it has negated the value of silence.

Yielding to the Father’s Will is a fundamental premise of Christianity. It is a fundamental premise of other religions as well. It is when you stop taking on personal responsibility for thinking the Truth—so as to bring about a desired result—that you have the chance to become quiet enough to allow Truth to reveal itself to you. In that revealing, you come into your peace and an inner conviction that isn’t generated by intellectual processes, a conviction that is part and parcel of your feeling your essential integrity more strongly, because you have come Home into your Soul, if you will, and are not over valuing your ability to think clearly.

As a result of that self revealing of Truth to you, within you, because you’ve been quiet, you find the fear and the doubt and the conditioned thinking simply dissolving, because it makes no sense whatsoever in the face of this conviction that unfolds within you. If indeed you are already the Daughter of God, then you are already deserving of your perfect health, and you do not need to earn it by right thinking.

Now I am not saying that there is value in wrong thinking, or that there is value in unclear thinking. That which obscures your ability to experience Reality at this moment in its absolute clarity is your unclear thinking. But I’m telling you that what will clear up your thinking is, if you will stop thinking long enough for Truth to reveal itself to you, so that you may indeed know what clarity is, together with this conviction as to its truth, because you are connecting with your Soul. Then you will know what to think that is True. But your thinking will not create a healing, it will be the reconnection with your Soul that does the healing.
Continue.

QUESTION: I think you’ve answered my question. Did you feel there is something else coming up?

ANSWER: I would encourage you to be still for just a moment and pay attention to the subtle “yes, but,” that is there. Not as a challenge, but it is simply there.

QUESTION: Okay! Yes, but, I feel like I know what you’re talking about, because I feel like that’s what I’ve been doing for the last four years. And it’s wonderful. And I guess I’m wondering why there hasn’t been more manifestation on a physical level of the change that I feel on that other level.

ANSWER: Indeed it is because it is not yet clear enough to you that you deserve the healing. And that you deserve it just because. You deserve it for no

good reason. You deserve it because you are indeed the current, direct, expression of God.

I will tell you something: In the Bible there is a series of comments about the temporary nature of man, that he is born, and grows, and then like the grass, withers and dies, and is there but for a moment. And it ends up asking, “What is man, that Thou, God, art mindful of him?” Why would you be mindful of this puny, little, temporary, transient me? But you must remember that the answer is, because this is my beloved Daughter, or this is my beloved Son in whom I am well pleased. Don’t forget that you are the Son or Daughter of God. Don’t forget that you are His direct expression. You are the Father embodied by virtue of the act of the Father in Being All There Is.

Now, true what I am saying clarifies your understanding. But the reason for clarifying the understanding is so that you may let go of a personal sense of responsibility for your health or well-being, and yield into the truth of what I have said—relax into it. You don’t have to deserve your good. You don’t have to earn it. It is your birthright. That’s the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: Hello, Raj.

ANSWER: Good morning.

QUESTION: Thank you for everything.

ANSWER: You are welcome.

QUESTION: You’ve answered a great deal of my question I had already. I think to kind of follow on that same area of healing, because I was going to ask about how to get a healing consciousness more often.

ANSWER: Ah, I am going to interrupt you here, and I will let you continue. But, there is a poem that says:

A grateful heart a garden is,
Where there is always room for,
every lovely God-like grace,
to come to perfect bloom.

Gratitude felt, when your ego and your conditioned thinking tells you that there is no justification for it because you are ill, or you are experiencing this ache or pain, gratitude felt right in the face of that is what will help cut through and allow for the joy to emerge in you, that will signify a connection with your Soul, your essential Being, and contribute to the healing.

Don’t worry I am going to manage to bring the topic of joy into everything that we talk about this weekend. And now you understand that there is a connection between gratitude and joy. And if you say, “Well, things are so rugged I have really nothing to be grateful for.” Well, think again. If your toe is

hurting and your finger is not, can you not be grateful for the finger that is not hurting? If you are in pain, in your chair, in your home and not in a hospital bed, do you not have that to be grateful for?

There is always something going on that is not wrong, something that is right that you can be grateful for. And gratitude being a form of joy is what creates the crack in the problem, or the illness, and allows for the penetration of Truth, and the further penetration of joy that will result “in your experiencing Reality more clearly—as healing.” continue...

QUESTION: I’m going to ask you about, that’s about myself. I’m concerned about people who are ill that you would like to extend a sense of healing to. And they are not feeling gratitude nor joy about being ill. What is the best...

ANSWER: Oh, never feel grateful for being ill. Continue.

QUESTION: What I meant was, they’re not feeling any gratitude about the situation they find themselves in. What is your approach to very ill people...

ANSWER: I realize that this sounds very blunt, perhaps even cold. But you must understand that it is the fact. “You can lead a horse to water, but you cannot make him drink.” If someone is unwilling to pursue the element that will heal them, if they are unwilling to see the possibility of healing in the face of what they are experiencing, you cannot make them change their mind. And it is not your responsibility to change their mind.

What is it your responsibility to do? And this applies to everyone. It is your responsibility, yourself, to stay in touch with your Soul, to stay in touch with your joy, to not see this, let us say, crotchety, unyielding, unwilling individual as justification for your releasing your joy—as justification for your being depressed. You will only be depressed if you think that it is your responsibility to be an affective person in their life that changes their life, as though you are responsible for what they think. And if you cannot get them to change their attitude, their problem becomes your fault.

I will tell you something: I cannot make any of you wake up. But I don’t labor under the idea that it is my personal responsibility to enlighten you. I will sit here as long as you are willing to listen, and I will share the Truth with you. But I don’t labor under the idea that it is my responsibility to make you see the Truth.

One YIELDS into the Kingdom of Heaven. One allows himself or herself into the clearer experience of Reality. And the reason one does that is because there is a desire within you to do it. And if that desire is not there, I can talk till I am blue in the face, and my words will do nothing other than provide the environment in which it becomes easier for you to change your mind. But it never becomes a situation where it is possible for me to change your mind.

Now, what better thing do you have to do than be the presence of love, to be the presence of joy, to be the transparency for Truth, to be the transparency for the Will of the Father—because it really constitutes your will? What better thing do you have to do than to be full of your integrity, whether anyone else is enjoying it or not?

The sun comes up everyday, and there are those who stay in out of the sun. It does not matter to the sun whether it is avoided or not. Because it is fulfilling it's purpose by shining. And you feel your joy by fulfilling your purpose of being the transparency for Truth, and feeling your integrity. And everyone is blessed, whether they choose to receive the blessing or not. What you suffer from is a false sense of responsibility. The idea that you can and must be an active agent for change in that persons life.

And I will tell you something: That is the way codependency starts. Because it does not remain clear that that individual that is not open and willing is the only one who has access to the switch of giving permission within themselves to hear and embrace the Truth. Not you. You have access to your own switch. You are the only one who can give yourself permission to allow Reality to register with you. I, by virtue of relating with you in light of who you Truly Are, can create, if you will, an environment in which you can give that permission more easily.

But I will tell you, there are millions who implore me to help them. And if it did not remain clear with me that I am not the one who has access to the switch, I would become smothered and burdened by the beginnings of codependency. And I would not be in a position of clarity that would be able to help, by saying, "You are the Christ. You are the Son or Daughter of God. You are that which embodies and is the expression of God. You are the one with the integrity. And it is out of that integrity that you must begin to dare to act."

And if you do not choose to do it yet, I say, "Okay." Because, you see, it doesn't change you. It doesn't cause you to be different from the Son or Daughter of God. And so, if you engage in illusion for a little bit longer, it doesn't change Reality, and it doesn't condemn you. It simply constitutes an illusory experience. But you're still the perfect, sinless, innocent expression of God.

And so, when you are working with these individuals who are imploring you for help, but are unwilling to receive it, don't labor under a false sense of responsibility and kick yourself around the block. And remember that they are absolutely divine, and they cannot change that fact. And so, their illusion is not affecting them truly, or actually.

And then there will be a degree of honesty in your relationship. And you, recognizing their divinity, even though they are not recognizing it, will be a presence for them that will not join with them in their sense of their weakness. And that is strengthening to them at the level of what they divinely Are.

And as I said, that makes it easier for them to make an inner change. But that is their responsibility, not yours. You're simply to be the transparency for Truth, the presence of joy and love that is based upon a correct recognition of who they really Are, rather than who they would convince you, or attempt to convince you that they are. That's the end of the answer.

QUESTION: Thank you, Raj. I am really grateful for that.

ANSWER: You are indeed, welcome.

And I will say, for everyone's benefit, that what I have expressed here doesn't just apply to the elderly, or the ill. It applies to husbands, wives, children. Because, in one way or another, everyone is struggling with their sense of who they Are. And everyone, to one degree or another, is believing less than what is true about themselves, and binding themselves in that way to an illusion.

And not one of you can be the Truth for another. Not one of you can be the responsible party for causing an act of the giving of permission for the truer sense of things in another. And as you let go of that sense of responsibility that you burden yourself with, and sometimes bury yourself with, and you clearly relate with the son, or the daughter, or the husband, or the wife, or the parents, conveying that they have integrity and that they have the capacity to give the permission, you will strengthen them, even if they are so pissed off that they could scream.

That anger is the ego's last attempt to create a codependent situation where everybody loses a sense of their integrity, but somehow creates a feeling of togetherness that very often is called family, which doesn't allow each member of the family to blossom and grow in his or her own right. That's the end of the answer.

QUESTION: Good morning.

ANSWER: Good morning.

QUESTION: I think most people are of the opinion that an out of tune violin does not create as beautiful a music as an in tune violin. And using that analogy, applying it to the physical body, does an out of tune body inhibit hearing from your guides, or creates any kind of barrier?

ANSWER: Absolutely not! Absolutely not! You may adopt an attitude or mindset that says, "I cannot possibly hear guidance when I am in such pain." But that is like saying, "I cannot become centered because the clock is ticking so loudly," or "I cannot meditate and become centered because of the traffic outside." That is just a concept, that is just an idea put into words. But you believe your words, and you behave accordingly. That is your premise, "I cannot become centered and go into my inner quietness when there is so much distraction." You could just as easily say, "I can easily go within and become still in spite of the noise, regardless of the noise, or sounds, or the distractions." And then you would

act accordingly. Because then you would give yourself permission to become centered, to become still.

Now, agreed, when there is intense pain, it is very distracting. But it is indeed possible to become still and to become centered in spite of the pain. And as a result of becoming centered, find the pain dissolving and disappearing, and whatever is causing the pain to also disappear.

You must all realize how completely you govern yourself by your words and your ideas. Realizing this will uncover to you power and authority that you have, because you can say other words, can't you? You can say new words that express something other than your habit of thinking. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good morning.

ANSWER: Good morning.

QUESTION: I guess what I would really like to ask is how I can drop all of the struggle, and be in the joy?

ANSWER: If I gave you a technique, you would work the technique to death. It would become part of the struggle. I will tell you literally, there is only one thing you can do, it is: Give up. Just stop the struggle.

Have you ever picked up a child that didn't want to be picked up, who goes absolutely limp, and there's no place to take grab hold of him or her? And try as you might you have to put the child down. You must be willing to give up like that. The child who struggles against being picked up, provides wonderful hand-holds. It is easy to get a hold of a child who is struggling. But the one who is absolutely non-resistant is almost impossible to deal with.

Now, of course, this means, according to your conditioned thinking, becoming totally irresponsible. Which of course is not acceptable. There's no integrity in irresponsibility. There's integrity in work, and struggle, and trying, and becoming. Right? But to just let go, to just give up, to yield? Why your ego and your conditioned thinking says, "What are you yielding into? You'd better find out before you yield in." Because that way you won't be totally out of control." And it keeps the struggle going, doesn't it?

The great value of yielding up human will, willfulness, is that you are able to succumb to the Will of God. You are able to be still enough to feel the Movement of the Will of God as your will. And it constitutes an inner experience of integrity.

And I will put it in another way: It constitutes an experience of being at Home with You, congruent with You at the very essence of your Being. And that experience only comes in the middle of peace. That is why the practice of going into your closet and communing with the Father in secret, or in the silence, is so

valuable. This is why meditation, of any sort, that allows you to arrive at a stable, secure experience of quiet peace. That is why that is so important.

All of you are conditioned, especially in the Western world, to being a self-made-man. And now that women are on the march for their rights, they are wanting to become self-made-women. And I encourage you to follow the men down that path.

You, because you are already the Son or Daughter of God, already have your integrity in tact. And if you will simply become still enough to connect with it, you will begin to feel it. And you will discover that you may act out from it, instead of reaching out side of yourself to get it, by means of consciously directed willfulness.

Now what is willfulness? Willfulness is an act of conscious awareness, a controlling act of conscious awareness, a claiming of a birthright that has been arrived at through intellectual reasoning, without ever having become quiet enough to connect with your Soul and feel your already existing integrity. And that is why willfulness puts you out of sync with God. Because it puts you out of sync with your Self. And you are God Self expressed.

And I mean to be very careful here. You are the self expression of God. God is all there is of you. But you cannot at this moment look at yourself and say, "I am God." Because your conditioned and tiny ego oriented thinking will miss use that statement. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good morning.

ANSWER: Good morning.

QUESTION: I think you're terrific!

ANSWER: You are correct.

QUESTION: I know.

ANSWER: And so are you.

QUESTION: I have some confusion in reading your book. Some of the phrases that you use I don't understand. I was hoping you would explain, "Universal harmonies of your Being. Conscious Being as Mind..."

ANSWER: Let's take them one at a time.

QUESTION: Oh, Good.

ANSWER: The first one was?

QUESTION: "Universal harmonies of your Being."

ANSWER: Ah-h-h, yes. You all think of yourself as being confined by the outline of your bodies. You identify as the body, because that is what you have sensor experience of. And this is part of the misperception. By virtue of preoccupation with the sensory data of the body, you neglect an ever present factor, which is that you are conscious of these sensory feelings. This

consciousness that is conscious of it is unlimited. Not one of you has ever found the edge of your awareness, or a limit to what you are able to embrace, because you can look out at the night sky and see objects light years away.

The infinite harmonies of your Being. How could you not have infinite harmonies? You are not a finite experience of Being. Your Self is infinite. And indeed, the process of Awakening constitutes a shift from identification solely with the body to a primary identification with yourself as consciousness—that awareness in which all experiences of form including your body are going on.

So the infinite harmonies of the Kingdom of Heaven, which you are able to conceive of as being infinite, constitute the infinite harmonies of you, because you are not tiny, you are not finite. If there is any harmony you are experiencing anywhere, it is part of the infinite harmony of your Being. That's the end of that answer.

QUESTION: Thank you. “Conscious Being as Mind?”

ANSWER: Ah-h-h. Instead of conscious being as a body, instead of a body that has evolved for itself a brain that somehow has allowed conscious thought processes to occur where the experience of consciousness is some form of extension of physical evolution. You're not conscious as a body, you are not consciousness as a body that is conscious, you are consciousness as a Mind, with a capital “M”. And it is capitalized to define God, the infinite Mind which is the only Mind, and therefore must be that Mind which you are experiencing at the moment but defining in such a finite way.

Being conscious as Mind, means, being conscious as that which is infinite. A Course In Miracles says, “I am not a body. I am free to be as God created me”—as Mind. The last two words are not part of the statement in the Course. But that is the meaning. You are free to be that pure conscious intelligent awareness of being that is the direct expression of the infinite intelligence that God is.

“Conscious Being as Mind.” Those are words which help you to make, or begin to make a shift from body identification to consciousness identification. Continue.

QUESTION: The last one is, “Being out from Mind as Mind.”

ANSWER: Indeed, when you take time to become still, to go within into the silence, you find yourself standing at the threshold of Being, with a capital “B”. It constitutes your standing at the first clear experience of who you are as conscious awareness. It is the threshold over which the Movement of Creation, the Movement of God comes into expression. When one does not relinquish that centered perspective, even while continuing to engage in his or her daily activities, one is being out from Mind, out from pure undistorted awareness as Mind. Because there is not the identification with the body, even though the body has not disappeared.

Right now Paul is coming out from Mind, not identifying himself as body. He is fully aware of the movements his body is making, but he is not acting out from the body. And he is also not self-conscious, even as I'm sitting here talking about him, because he is not identifying as a personality. Interestingly enough, he opts for time to be a body still. He has the right not to be on the job all the time, he says. As though there were something more pleasurable, even though what he experiences when he is identifying with the body is vulnerability and fear. He recognizes that it is stupid, but he insists upon it anyway.

Now he is getting self-conscious and so we will take a break.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: My question is: Is there another place besides Earth where there are spiritual beings living as we do now?

ANSWER: Absolutely. As you do and as you don't. I will put it this way: The Universe is peopled with divine ideas, conscious identity, conscious Individualities. And the way they live there depends upon exactly how much of Reality they are allowing to register with them.

You must understand that no matter where one is in the Universe, one is in the middle of Reality. And one is experiencing it either as the Kingdom of Heaven, or one is experiencing it as whatever his mindsets allow him to perceive of the Kingdom of Heaven. Again it is important to know that infinity is full of nothing more and nothing less than the uninhibited full expression of God. There isn't truly a space in which unreality is occurring. There is Reality perceived correctly, or Reality misperceived.

But to answer your question specifically: Yes there are other conscious Individualities, spiritual Identities occupying your Universe. Not just your Universe, but "The Universe" in its infinity. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: I would like to ask you for some clarification, if I may. Yesterday, Sally had asked me to contact my guide to obtain some information in regards to an experience she is having. It appears as though she's had a lump, or a thickening in her throat, and she wanted to know the cause of it.

Well, after I had some quiet time last night, I put the question to George, and I got the information back. But about half way through the answer it changed from very clear words into meanings or feelings. And what I found is that I had to use my own words to describe the information in order to pass it on to Sally. And this is the first time since I've had communication with George that I've had to do this. So my question to you

is: Can you tell me if the information that I did convey to her using my words, was indeed correct?

ANSWER: Indeed, you conveyed the meanings clearly and perfectly, and for the sake of everyone else, George is the name of your guide, correct?

QUESTION: That's correct.

ANSWER: Indeed.

QUESTION: And may I ask you a follow up on this? I realize that the outcome of this information—probably Sally needs to make the decision herself as to how to deal with it..

ANSWER: Absolutely.

QUESTION: But what can I do as her friend? How can I help her to realize this?

ANSWER: This is a point at which to be very careful. Let—as I said earlier—yourself be the simple transparency for truth. Your fearless willingness to listen within to find answers, your lack of fear around an answer is bound to support her fearlessness in making her own decisions in coming to an awareness of what is appropriate for herself.

And as long as you entrust her to her divinity, you will not contribute to a state of co-dependency. You will not contribute to her weakness, but you will contribute to her clearer experience of her integrity if indeed she is willing to give herself permission to experience it. Your lack of fear, your peace, your calmness and your lack of fear to be clear will be inspiring to her. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello, Raj.

ANSWER: Good afternoon.

QUESTION: I have a question about my career. And I feel fortunate that I have known for a long time that my career is music, and have known that I have a purpose in doing music that will help to heal peoples misperceptions of Reality. And for a number of years...

ANSWER: You may know that that is the potential of the music. And you may know that that is what may happen, but do not let that become the goal, else you will write to meet the goal instead of writing what is spontaneously emerging from you. It is what is spontaneously emerging from you that is healing. It is that the music expresses an inner connectedness that causes the music to be healing. But the moment you shift up into your head and try to write music that is healing, it will not. Continue.

QUESTION: Okay, thank you. I realize that I can't be attached to the specific results that it's going to have on people, that I can only write what it

is in me to write, and put that out, and allow each person who hears it to have whatever effect on them that does.

ANSWER: Indeed.

QUESTION: My question is: I've been for some years writing this music, but have not done much as far as putting it out, and now am finally in a position where I'm going to be able to. I've just completed building a recording studio in my home and am going to be able to do that. In the meantime, I have been continuing to play music in public with a band, and that has been a very rewarding experience for me doing that. I've enjoyed it a lot and I'm making some money at it.

My question now is: Is it appropriate for me to continue with doing that, or do I need to be concentrating all of my energies on putting out my own music?

ANSWER: Indeed, it is appropriate for you to do what works. It is appropriate for your needs to be met, and it is also appropriate for you to be allowing time for the creative flow, shall I say, the original creative flow to occur.

Now, you will have a tendency, because of your current means to “do something,” to stop being spontaneous. You will have a tendency to attempt to take control and make things happen.

You need from this moment to be like a woman who has been a wife for her husband, and a mother to her children to 18 years. And has gone into the kitchen every night, where all of the equipment was necessary in order to make a meal, and who is unimpressed by her kitchen. And who does not see the presence of everything—all of the equipment, and all of the food that is needed—as a demand for her to cook, nor as an opportunity to impress her family.

I encourage you from the start to be at peace with your well equipped kitchen, or studio, or means of being creative. And I encourage you not to let it become that which leads you around by the nose. It is there to serve you, you are not there to serve it. It is there to embody and express intangible form the movement of creativity in you. Let that creativity continue to be the focus, and that which you value, that which you are, shall I say, impressed with. And let the equipment be there to serve you when it serves the movement of creativity.

And when the movement of creativity is not occurring because there is some other fulfilling activity going on, let the studio be idle. And do not assume that you ought to be doing something with it.

Again, be careful that it does not begin to lead you around by the nose. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hi, Raj.

ANSWER: Good afternoon.

QUESTION: I have been doing massive amounts of guilt and controlling and all this wonderful drama and trauma lately over my Aunt...

ANSWER: Now isn't it wonderful not to be alone? And isn't it wonderful to be loved anyway? Continue.

QUESTION: Yea, so anyway I put her in a nursing home for a week, because I felt like I had to watch her every minute. She is, in my opinion (huh, in my opinion) choosing to let her mind drift away, but leaving her body here for me to take care of. And I don't like that idea. I'm very willing to love her and care for her if she's willing to keep her mind here. But I have just all kinds of judgments about taking care of a body with no mind hanging out in it.

ANSWER: Indeed, it is not appropriate for you to become the nursemaid of a body where there is no clear expression of intelligence. That is not your fulfillment of purpose. There are others for whom that is very meaningful fulfillment of purpose. Do not feel guilty for expressing common sense and intelligence. That's the end of answer.

QUESTION: Is the place where I have put her an appropriate placement for her?

ANSWER: Quite appropriate, yes.

QUESTION: Thank you.

ANSWER: Now, you in somewhat derogatory way referred to "my opinion," meaning your opinion as though somehow you don't have the capacity to recognize truth, and therefore it must be called an opinion and then downgraded to self-judgment. Don't be afraid to express simple intelligence. And realize that you don't have to apologize for seeing to it that you are able to function in your comfort zone. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello, Raj.

ANSWER: Greetings.

QUESTION: In conversations that I've shared with others, and listening today again, in our every ordinary day, we're dealing with ordinary people in the conditions and situations in which egos are played. How can we best not fall into the trap of our own egos?

ANSWER: First of all monitor yourself, and ask yourself if you are comfortable or not. If you are not comfortable, you may know you have been caught in an ego game. And if you find that you are not comfortable, that you are uneasy then let there be a willingness to become still, let there be a willingness to set the factors, the aspects of the circumstance aside so that you may then become

curious as to what is truly going on, or what you truly need to be doing. But there must be a willingness to shut up the babbling of the ego, the conditioned response.

If you are not caught in an ego game, then whether the circumstances around you change or not, you will find your own equilibrium. And from the vantage point of that equilibrium you will know what it is appropriate for you to do. Whether it is to simply leave the circumstance, or whether it is to express a clarity that will resolve the circumstance, or whether even it is necessary for you to be the brick wall that says no to the circumstance, which may increase the difficulty of the circumstance but without engaging you in ego reaction.

Always pay attention to yourself and what you are feeling. And the area of the solar plexus is the area in which you can tell whether your ego is operating or not. Because when it is operating, this area is not at peace—is not at rest. And when you are centered and when you are truly at peace there will be no disruptive undercurrent or feedback coming from the area of your solar plexus.

If there is feedback coming, you may know that you are hooked, and that which is hooking you is illusory. In other words, it is not to be taken as justifiable fact, upon which you can then base your responses. That will be enough to cause you to choose to become still.

You always have only two vantage points from which to experience the Kingdom of Heaven, or the only thing that is going on. And those two vantage points are the vantage point of your capital “B” Being, which I describe as the centered perspective. And the other vantage point is the vantage point of your ego, which is totally reactive, totally fallacious, because it takes partial information and treats it as though it is all the information there is, and then stupidly but confidently basis is actions upon that partial information.

The key always is the presence of your peace. Choose for that, and then you will not function in the reactive level of the ego. And you will be able to be appropriate and always functioning in a way that elicits and uncovers resolution. That’s the end of the answer.

QUESTION: Raj, I’d like to ask about the guides, and if there is a plan that they may have for us, or our own guide has for us. Is there something that’s unfolding that we’re working toward, or is it unfolding as we’re working toward? Is there something that we catch hold of sometimes that guides us more quickly, and that we might miss at other times? Are the guides guiding, or are they there for us to get back on course?

ANSWER: Your guides are always guiding. But it is guidance more in the sense of the word “way-shower.” Because in effect your guide, walking backwards, and facing you moves a couple of feet ahead of you, in effect, where you see nothing solid for you to stand upon and says, “Come on, it’s safe. Come on, it’s safe.” And you move forward a little bit and your guide moves back a little bit more. And by virtue of being in that place that feels insecure to you, it

helps give you the courage to step forward and find that indeed there is solid ground for you to stand upon.

Now, is there a plan? That is the same as asking if there is predestination, and there is not. If there is a plan, it is to help you become free of dreaming dreams.

Right now your question is similar to someone who is asleep dreaming a dream, experiencing someone who is awake shaking them on the shoulder. And that shaking of the shoulder is being translated into the dream. And you are wondering if whoever is shaking your shoulder has a plan for you in the context of the dream you are having. When in actuality, the context in which it is really happening is that of the world in which it is appropriate for you to be awake, rather than slumbering away in the imagination.

What this means is, that your guide is constantly inviting you and encouraging you to let go of your attempts to hold the Movement of Creation in a static form that you will not have to adjust to. In other words, your guide is encouraging you to develop the skill to yield to and flow with the current of your capital “B” Being. And therefore, to forever be on the edge of the Movement of Creation, where you stand at that point of discerning that which is new at identically the same time that God experiences the newness of it, and with the same divine clarity that the Father is observing His Movement of Creation.

So you see, the purpose of waking up is not just to have a better life, humanly speaking. It is not a matter of waking up into something that is absolutely unmovably dependable. It is a waking up into, (for lack of better words) succumbing to the Will of Father, yielding up the last vestiges of control, and the feeling of the need for control.

Now you asked if there is anyway to speed this up? You will only yield as much as you can yield without being overwhelmed. The only thing you can do is to desire to Awaken, and then learn to be as unwillful as possible. And the best place for you to learn to be unwillful, is in your centered place as a result of meditation, or whatever means you have of going into your inner closet, where you settle out from the surface reactive level of the ego, which is where willfulness comes into play.

Simply asking for guidance and daring to listen to it, is an effective practice that involves letting go of control. Because you are not saying, “I can do it myself,” or “I know enough about this situation to do it without asking.” If you are asking, if you are desiring to know what is appropriate, if you are wanting to know how a particular activity fits into the divine scheme, if you will, or whether it is congruent with the Movement of Creation that is unfolding, you are yielding up the practice of control.

Now the ego again, says that this is irresponsible, that it is not respectable. But the fact is that that is the way in which you come back into congruence with

who you already divinely are—the Christ of you. That is the way you come back into an awareness of the Father’s Will that is not separate from your essential identity. That is the way you come Home.

Your desire to Awaken, your desire to experience revelation and enlightenment does not arise out of your ego, but out of your essential Being. And if you embrace that desire and abide with it without any attempt to bring it to pass, you will be with it as it fulfills itself. Desire that arises out of the Movement of Being, with a capital “B”, is a self-fulfilling Movement. And if you abide with it, without attempting to manipulate it, you will be present at the point of its fulfillment.

Of course, this is not what you are conditioned to do. You are not conditioned to surrender to something outside of your limited present sense of yourself. Guidance always reflects back to you what you would find yourself Knowing, with a capital “K”, If you were listening directly.

And so in asking for guidance, you can count on it that always what will be reflected back to you is your own integrity. It will help you, so to speak, connect with yourself through the back door, because confronting yourself directly is too frightening.

And so guidance is always capital “S” Self-affirming. And you are not relinquishing control or authority to anything outside of yourself. Your guides are always totally Awake, expressing no self-will, but being the perfect expression of the Father’s Will. And the Father’s Will is for you to experience yourself without distortion. It is the Father’s Will for you to experience yourself as His complete Self-expression.

So if there is a plan, it is for you to wake up and experience yourself truly. So that the Brotherhood of man, which is the infinite self-expression of the Father may experience itself in its Totality, consciously, with full participation of every member of the Brotherhood, including you.

So again, the only plan is for you to be Awake so you may fully and consciously experience the Movement of Creation without any distortion. And then there is no plan for you, because you are Awake and in the Movement, experiencing the Movement as the Movement of You, and therefore experiencing your integrity infinitely, perfectly, with no slighting in anyway of your experience of fulfillment, because you are at Home and in your Right Mind. That’s the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello, Raj.

ANSWER: Good afternoon.

QUESTION: I feel like I have about 25 questions. And what everyone has said here is sparked all of those. So I’ve been sitting here trying to figure

out how I can ask one and get everything brought to light. I have been experiencing what feels like being buffeted by winds of change. And for the first time in my life it has not been scary. It really has been feeling kind of delicious, and it's incredible, and I'm grateful.

ANSWER: It is as though you are beginning to find that you are not a leaf caught on the winds of change, but a glider with lift in its wings that the winds of change support. And you are learning how to flow with, cooperate with the winds so that they support the movement of the glider that you are.

QUESTION: Thank you. It does feel more like that.

ANSWER: The winds won't stop. The Movement of Life, the Movement of Creation is not going to stop. But all of you are learning how not to separate yourself from it any more, and how to be so congruent with it that it becomes—for lack of better words—you ally, instead of your enemy.

You see, if you are the direct expression of God, and God is the Movement of Creation, then the Movement of Creation is the nature of the conscious experience of Being that you call conscious identity—You. If you separate yourself from that Movement, it will not change the nature of that Movement of Creation. And all of a sudden that Movement will seem to be happening to you, because you have pulled yourself apart from it without altering it in any way.

And so when you are yielding—which the ego can't stand the idea of—when you are yielding you are releasing this act of opposition to the Movement, which is what separation is. And then the congruence of the Movement with you becomes apparent, no longer is it happening to you, you find that you are it happening. And you become the conscious experience of that Movement of Creation, that act of “Behold I make all things new.”

The wind can capsize a ship or move it thousands of miles with grace, if the sail is set to catch the wind. It depends upon whether there is enough humility to allow yourself to blend with Creation, rather than hold yourself to be superior to it. Continue.

QUESTION: Well, I feel that the direction of what I've been expressing and sharing has been changing. And there has been a kind of an underground drawing to a remembering that I used to want to do more work in education with training teachers and working with adolescence at the level of self-recognition. And always it's kind of come up and gone down, and come up and gone down like a cork. And I'm wondering if that is the direction that this new wave is carrying this little ship?

ANSWER: Yes, indeed. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good day, Raj.

ANSWER: Good afternoon.

QUESTION: I don't know how I'm going to ask this question, because my question is all muddled.

ANSWER: Never hesitate to ask, even if your question is muddled, because divine intelligence knows what you mean. And the meaning is clear to you, even though you are not always able to express it perfectly.

QUESTION: Thank you. My throats been bothering me. I've been very restless, and can't stay in one place for any length of time. And I would like to know what's going on with me?

ANSWER: You are literally standing at a threshold of change. And rather than quietly paying attention to it and allowing it to unfold, you are impatient and antsy to get on with it. Now that is all right, it will not interfere with the progress of the change. However, you are likely to wear yourself out unnecessarily.

I encourage you when you have these feelings to know that indeed there is a movement of support underneath you that is lifting you and moving you forward, and therefore doesn't require any personal response from you other than a willingness to pay attention. And then based on this idea of a movement that is moving you and lifting you, refuse to engage a personal effort to get the show on the road. Let there be a sense of divine orderliness to this movement, just as you do trust the divine timeliness of a bud opening into a full blown blossom, knowing that if you interfered by trying to hurry things up that the perfection of the blossoming would be lost.

I encourage you to say, "Not my will, but Thine be done. I acquiesce to the divine order here, knowing that it is moving in my best interests. And I refuse, by virtue of my impatience, to get in here and mess it up." That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: My question is: What is the highest and best for me to be doing on this Earth this time around?

ANSWER: Well, since it is the last time around, I would encourage you to simply, actively engage in waking up. It is not just the last time for you. This Movement of Awakening is Universal. All those who are still engaged in dreams or illusions are in the process of becoming emancipated from them.

So what would I suggest that it would be your best activity to engage in? I will tell you: Curiosity, curiosity, curiosity. Curiosity about everything. A curiosity to discern divinity—the handiwork of the Prime Mover, if you will—no matter where you look. Because whether what you are seeing appears to be divine or not, healthy or not, constructive or not, there is an essential element of Reality there that is, as I've said earlier, being perceived correctly or incorrectly. And don't just look outside of yourself, look within yourself too. And be willing to

acknowledge that if there is anything going on at all right where you are, or right where a tree is, or right where a concrete pillar is, there must be the intent of God expressed, and seen clearly or unclearly.

On that basis you will be able to practice curiosity, to see more clearly the manifestation of God there. And that will begin to undo any illusion or delusion you are experiencing relative to that thing.

You are here to wake up and discover your Christhood and to wake up and discover the presence of God and nothing else. You are here to come back into your Right Mind with a capital “M”. And curiosity will do the trick. That’s the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome. Understand everyone that it isn’t practices that will do the trick. Practices may get you to the point where you can truly be curious without exercising control. Intellectual practices may get you to a point where you can logically conceive of the omnipotence of God to the point where you can dare to let go of personal control and yield into it. But processes only help you arrive at the point of yielding, of being willing to let go of self-will. Curiosity will help move you over that threshold, over that inertia. That’s the end of the answer.

QUESTION: Good afternoon, Raj.

ANSWER: Good afternoon.

QUESTION: The question I have here is that I seem to be at war with my body. I’ve had a variety of things, rashes, lumps, blood sugar disorders, and I’ve read all these self-help books, and worked with homeopathy, and I’ve not gotten any place. I still have all these things. And I wonder if you have any insight for me? It’s probably right under my nose and I’m not seeing it—of how I can help myself?

ANSWER: The problem is that you think you have something better to do than love your body, that the attention that you are being required to give to your body is distracting you from something that is more appropriate, that is keeping you from the real meaning of things—the real fulfillment.

I tell you there is nothing any of you can do that is more important than loving yourself. Those of you who have been on death’s bed, so to speak, have found yourself in a position where it really is more important to you to stop your wild grasping for things and fulfilling concepts that have been laid upon you as “shoulds” and “oughts,” to perhaps do nothing more than to lie still and honor your body enough not to disturb it while it heals.

It is in this honoring, it is in this ultimate act of self-appreciation and humility that the real essence and meaning of you comes forth. It is also where you find yourself most able to be compassionate towards others. Because there

isn't as much arrogance in you seeming to cause a valid difference between you and your fellow man, and it isn't insulting to be like your fellow man.

Now the thought is that you shouldn't have to be taking this much time, that there must be a right way for you to do this so you can get it over quickly and get on with what is important. That is arrogance. And what is needed is simple humility.

There is a saying, a statement in A Course In Miracles, that "infinite patience brings immediate results." And what that means is that the absence of impatience allows you to be so present in the moment, in the now, that there is no fragmentation of your conscious experience into past, present and future, and the wholeness of Being that is present in the now can register with you. But until the humility and the absence of impatience and the absence of arrogance is present you will not be in that place of balance where your health can manifest.

Your life and your experience of its health is important enough for you to attend to for as long as it takes. Why? Because it is the nature of your Being to express love. And expressing love is what brings into play your experience of fulfillment, because you are not distracted by irrelevant non essentials.

As I said earlier, Paul feels that he has a right to time off from being absolutely in touch and absolutely appropriate, that he has a right to be, or have time to be a little bit ignorant and confused. Likewise, there is a feeling that you ought to have time off from loving your body. But if you have time off from doing that, your body is not going to report back to you comfort, because you are dissociating yourself from something that you are inseparable.

There is truly no time off from being love anymore than there is time off from being centered and appropriate. Being on target, being Awake, being forever love is where the experience of your integrity awaits you, and your experience of your innate perfection—and this applies to absolutely everyone. That's the end of the answer.

QUESTION: Thank you.

QUESTION: Good afternoon, Raj.

ANSWER: Good afternoon.

QUESTION: Right now I can say that I have no idea where I'm going.

ANSWER: Excellent!

QUESTION: I have an idea where I want to go. But I have this...

ANSWER: Don't mess with that idea.

QUESTION: But I still have this fear that I'm going to miss the train. And I don't know where the fear is coming from. I've asked for a lot of clarification for it. And I've asked for help to understand it. But it still seems to pop up quite regularly. Well, I'm afraid it will stop my journey.

ANSWER: The misperception suggests that you are not on the train. The fact is you cannot get off the train. The fact is you cannot get off the wave, or the

Movement of Creation. You cannot actually separate yourself from it and observe it, even, except in the imagination.

Now you want dearly to be on the train. Once you get on the train you might dearly want to get off. And I'm going to share a remark that I made to both Paul and Susan, who expressed some distress with the movement that was occurring that they were not in charge of, and I told them: You are like boats adrift in the grip of God, bemoaning—ignorantly bemoaning—your bad luck.

Now the fact is that in spite of the fantasies that you project between yourself and your clear perception of your world you have continued to be the Christ, you have continued to be the perfect creative self-expression of the Father, and therefore you have never truly been out of sync with Reality of God. You have imagined that you were and your conditioned thinking has seemed to confirm that you were.

I will tell you: You cannot get off the train, you cannot be off the train, and you cannot miss the train. You are the Movement Itself. And so I encourage you also to relax and simply pay attention to where you are and the glory of it, rather than overlooking it because there is this consistent, bothersome, subtle undermining of your experience of your divinity and integrity.

No matter where you are if you will allow yourself to move out of the reactive surface level of the ego into the centeredness of your being, you will begin to experience what is really going on. And you will be able to feel the integrity of it, and you will be able to feel the movement of it, and you will forever be freed up from thinking that this location, or that location, or this circumstance, or that circumstance contributes to or inhibits your experience of Reality. That is a freedom, that it is your Birthright to experience, because then you will never again be caught again by circumstances.

If you are in a stream, and you are swimming against the current—because of your strength you may be able to do that for awhile without becoming exhausted—even if you were swimming down stream you would be likely to become exhausted after awhile. *Why the current of the river would carry you effortlessly. And if indeed the current of the river is the Movement of Creation, then you will find yourself effortlessly engaged in standing always on the threshold of what I will call new fulfillment.

You must understand that you are on the train, or you must understand that you're already in the water. But the ego is engaging you in swimming when you have the capacity to float. But the ego says, "That doesn't express much self-direction, that doesn't express much self-responsibility, that doesn't express much of respectability. If you swim, it will become obvious that you are self-directed, that you have integrity. You're already the Son of God. You're already the full conscious experience of the Movement of Creation. That is where your integrity

is before you lift a little finger for the purpose of willful actions, which the ego says give you integrity and respectability.

You can't miss the boat. You can't miss the train. But you won't find that out unless you let yourself be fully in the moment and the place and the circumstance that you are already in. I encourage you to start acknowledging to yourself, "I am in my right place. It's impossible for me to be outside of the middle of the Kingdom of Heaven. I'm safe. I'm going to stop this fussing and start paying attention, and watch the Movement move me."

You will have the opportunity to find that your integrity doesn't not come from what you do, but from what you are. And that is another freedom from bondage. And remember I am talking about something worth rejoicing about. This is the good news. You see, not everybody always wants to find out that they're in the best possible spot they can be, because of the way they're judging the spot they are in.

But I'll tell you something: If any of you could actually be in a bad spot, you would be in trouble. There is always an answer, there is always a solution, because you can't ever be in the wrong spot. And the clear perception of the rightness of it, of the divinity of it, of the presence of the Father in it, of the presence of your integrity in it is what awaits you. That's the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: Good afternoon, Raj.

ANSWER: Good afternoon.

QUESTION: My question in one sentence: Is the concept of spiritual evolution a valid one? And we talk about evolution of various sorts. Before I became a student of A Course IN MIRACLES I was involved with various books like Alice Bailey and such, who postulated this concept of evolving through the mineral kingdom, to the plant kingdom and animal kingdom and all of that.

Now this seems to have a certain validity, but it also would seem at this point to be kind of a distraction, and beyond that it seems there's real danger of feelings of separatism or whatever coming about.

Let me throw one more thing in here. Correct me if you're wrong. I believe that you've mentioned that you're also the author of the "Starseed Transmissions," as well as A Course In Miracles? And at the end of the "Starseed Transmissions" it gets into a rather interesting discussion about what happens after everyone is Awake. That's it.

ANSWER: Indeed, that explanation at the end of "Starseed Transmissions" is not absolutely literal. It is a means of conveying, standing on the threshold of a

forever new conscious experience of Being, which is what the Movement of Creation is. It involves an absolute experience of conscious Brotherhood.

I mean by that, the conscious experience of the unity, the indivisibility of the Brotherhood of Man acting, you might say, in concert. But understand that this “in concert” is not a matter of cooperation of wills, but rather it is a matter of each one, each member of the Brotherhood being nothing more and nothing less than the direct expression of the indivisible Will of the Father.

The Movement of the Father is a Movement of absolute harmony. And so there is harmony without cooperation—it takes separation and then agreement between two separated parts to have cooperation. There is no hierarchy in Reality. There are no levels of authority carrying directives from the top of the line down to the bottom. Every individual is not denying his inseparable identicalness with the Father, and thus there is what I will call completely individual expressions of absolute harmony.

You see, the experience of conscious identity doesn't disappear in the state of total enlightenment. But the sense of that conscious identity being separate from the Father's Will is gone. And as a result, the flawless experience of who one truly is is the only experience of Being that is available, and that is what coming Home means.

Spiritual growth, spiritual development these are all ego concepts. They are not facts. You are the ultimate and have been the ultimate of you since you “began”—and there was no beginning. The apparent experience of the movement from ignorance to enlightenment implies growth. But if the hands are placed in front of the eyes and the eyes are open, one cannot see anything. If the hands are slowly moved out of the way, one sees more and more of what there is to see. Is that growth? Is that development? No. It is simply becoming free of an obstruction, a distraction, an imposition upon your Birthright.

You are not advancing toward anything. You have already arrived. You never left the Kingdom of Heaven, and you cannot grow back into it because you didn't leave. And so you are in the ultimate spot, you might say, to discover the truth about you. And you don't have to grow into it. And you don't have to wait until the grace of God comes upon you to lift you out of your unworthiness into a state of worthiness, because you never lost your worthiness.

It is the apparent transition from ignorance into enlightenment that has given rise to the concept of spiritual evolution. And it is a false concept. That's the end of the answer.

QUESTION: Thank you.

QUESTION: Hi, Raj.

ANSWER: Good afternoon.

QUESTION: Recently I've moved to a village and there's a couple there who were guided to develop in this village a village that they say

will bring in 12 masters to help with the New Age. And I was wondering if you could give more information on that, if it's so. And if it is so, how as community can we come together to see this through?

ANSWER: As I will tell all of you something: Don't look for leaders to whom you can give your obedience. And don't look to leaders as though you do not have within yourself the essential capacity to recognize truth or you will sacrifice whatever degree of your experience of your integrity you might be experiencing at the moment. And in the sacrificing of it, by virtue of ignoring it, because of the willingness to give attention to masters or teachers.

You will create for yourself a state of inner distress that will finally get your attention, and cause you to once again to honor yourself. If any one of you were to attempt to return authority for your life over to me, I would nip it in the bud. You can ask Paul. The reason being, that it is your integrity which needs to be uncovered—it is your dignity, it is your divinity. And any step that any of you take to ignore it or override it in favor of the integrity or divinity of another will not feel good, because you will be in a state of self-denial.

Now what is happening here in this village is an exploration of a new manner of relating, ultimately a manner of relating to each other that does not involve self-will but rather a greater inner sensitivity to what is Real relative to relationships.

The plan may be to bring in or to make room for masters, but they will not appear until the students are ready—there will not be a command performance. And so, you might say, that what needs to be attended to is, becoming ready to listen before the teacher appears. And you will save yourself a lot of time if you will listen in the context of your innate capacity to recognize truth. It will be easier if you begin to honor yourself from the onset. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Good afternoon.

ANSWER: Good afternoon.

QUESTION: Boy, you haven't cut anybody any slack today.

Everything's wake up.

ANSWER: Why waste time with dreams?

QUESTION: How little time do we have?

ANSWER: You're already there. You're already in the Kingdom of Heaven. Time has nothing to do with it. A willingness to see is all that is required.

Stop thinking in terms of time. And stop thinking in terms of growth, or of development. You're already there, right here at this very instant—on the Columbia Gorge, in the state of Oregon—right here you are in the middle of the Kingdom of Heaven. You are in the middle of Reality. No I'm going to put it this

way: All of what reality is is present in the middle of the infinite you that you are as consciousness—Mind.

I mentioned at the beginning of the day, that you all imprison yourself with your words. Remind yourself, “I am in the middle of the Kingdom of Heaven. This spot that I am experiencing is the Kingdom of Heaven, whether I am seeing it clearly or not. I don’t have to go anywhere to get there, I am there.” And then the next obvious question will be, “Well, how can I see it?” And as I said, you express curiosity—become curious, become an explorer.

An explorer doesn’t say, “Do I deserve to explore this new territory? Have I grown to the point where I can deal with this new territory?” No, an explorer is eager for the experience of that which is new and moves forward into the new territory. And it is his curiosity that drives him, that motivates him together with an innate feeling that it is inappropriate for him to be confined in any way.

And so let your Awakening process not be caught up in moralistic issues, or of whether you deserve it, or whether you are ready for it, or whether there is a great deal more “growth” that must occur. It’s all poppycock. You’re sitting on a grassy knoll, in the middle of the Kingdom of Heaven, as I’ve said before, with your eyes all squinched up saying, “I cannot see the perfection.” Well, I’ll tell you it’s only an eyelid away.

It isn’t at a distance in time, it is the willingness to open your eyes and simply observe where you are. And the key to this, as I have given you, is in the recognition that you exist as consciousness rather than body. And this consciousness that you are is unlimited, and it is within this consciousness that all experience of form is occurring.

If you identify with body, with form, if you claim that you are nothing more than form with a mind, then the infinite manifestation of you that the universe is, the visibility and tangibility of you, which is the visibility and tangibility of the Father, seems to be something that can happen to you, and that you can be at odds with, and where there can be conflict. But as the shift from body identification to mind or awareness identification occurs and you begin to pay attention to the experience of being conscious, the Universe and your world will stop appearing to happen to you, at odds with you. And you will find your world reconfiguring to identify marvelous fulfillment which you are not responsible for, but which you are inseparable from. That’s the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hi, Raj.

ANSWER: Good afternoon.

QUESTION: Would you tell me if the primary relationship that I have will become integrated?

ANSWER: The answer is yes. It will seem to call for some patience from you, which you already are not unfamiliar with, but remember that patience means the absence of impatience, and the willingness to be present with and sensitive to that which your ego would say you need to be patient with. That's the end of the answer.

QUESTION: What would my ego say I need to be patient with?

ANSWER: The apparent time involved in the integration. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello, Raj.

ANSWER: Greetings.

QUESTION: In The Course In Miracles it talks about periods of unsettling. And I've been experiencing one of these. It seems that it happens to me when I am most—my Real Self—that it's like a wind blows be off my under-pinnings, and without warning my ego takes control again. And then there's a period of unsettling that's more disorienting than it ever used to be, because I was thinking that I wasn't going to do that anymore. I guess my question is what's the purpose of the period of unsettling?

ANSWER: The unsettling is always the undoing of your ego's security blanks, the unraveling of your ego's security blanks. The unsettling is the lifting of the anchor, or anchor's, that prohibit you from flowing with the Movement of your Being, with a capital "B". The unsettling is the undoing of your confidences in illusion. The unsettling is the means of your emancipation from bondage that is not legitimate and is not part of your Birthright.

Your conditioning says that your anchors, your boundaries are there for your safety, and that to abandon them causes you to be vulnerable, and that therefore their loss constitutes a lack of wisdom and a presence of danger for you. If that were true, then you would be forever lost, forever unable to yield into the flow of the Movement of your Being, which is inseparable from the Movement of Creation that the Father is being.

Do not worry that you flip-flop back and forth. It is the way you maintain a certain degree of balance so that you do not become overwhelmed by the process. But each time the ego gains control it does so with a little less faith on your part in it, and a greater willingness and eagerness to once again experience the unsettling, and the movement that reminds you of who you are, truly.

I will tell you something: The only reason there is an unsettling is because the ego is losing its strength, and the current of your Being is greater than the amount of drag of the anchor, you might say, that your ego is using to hold you tight. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: Hello, Raj.

ANSWER: Good afternoon.

QUESTION: Some time ago I sort of pressurized a group of relatives into forming a partnership and securing a Christmas tree farm and operating it. It hasn't been easy to do, because we live in rather distant locations from the Christmas tree farm, and it's become quite a burden. And I've suffered with some feelings of guilt over having pressurized people into doing something that might not have been a good idea. And I've been working on releasing those feelings...

ANSWER: Good. Understand that they were completely responsible for their decision, you never were in control of them. And they need to play as active a part as you in deciding how best to deal with the property, whether to dispose of it or not. Do not waste your time feel guilty, because you did not make anyone make the decision that they made. They made the decision themselves. Continue.

QUESTION: Well, I think I've fairly well internalized that, but it's creating some problems now in that the Christmas season is coming up and the farm has been listed for sale. And my question now is, is it going to sell in time that we won't have to go through the Christmas season with it? And if not, why?

ANSWER: At this point it is not the likelihood that it will sell before the Christmas season. And the answer as to why is because that simply is not, shall I say, the timing of it. And I encourage you to be willing to embrace the possibility that the actual timing that occurs will be perfect, and not be so sure that you know what perfect is. That's the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome. Smile. I have shared with you good news. I encourage you to be open to the reception of the goodness of it.

QUESTION: Thank you for being here, Raj, now and always. I know I have a guide, and the times when I've been most in touch with him or her have been the milestones of my life. But most of the rest of the time it seems like I'm talking on a walkie-talkie, or I ask a question and I wait for an answer, but I leave my finger on the talk button. And what I would like to ask of you is, as a mutual friend, if you can make a formal conscious introduction.

PAUL: This is me, Paul. A formal conscious introduction of what?

QUESTION: Of my guide and me to each other.

ANSWER: I will tell you something: Your connection with your guide is a very intimate connection. It is intimate because your guide is absolutely

unseparated from you, is not holding himself apart from you, is not identifying himself as being a separated Individuality. It is—for lack of better words—unethical for me to do anything other than to tell you what I have just told you and instruct you to persist in experience this connection that isn't really a connection, because there are not two things to be connected to each other.

Your desire is sufficient. But as you said you do have to take your finger off the talk button. As I have indicated before, the first step to get in touch with your guide is the become still. The second step is to mentally and gently express the desire for communication. And step three is the magic step—listen. And step four is expect an answer.

Your guide is intent upon connecting with you, with dialog, with clear cut communion. But the desire must be there on your part, and the defenselessness must be there, and so there must be a desire to be defenseless.

Now I will tell you something else, and everyone needs to know this: The only reason there is resistance to get in touch with your guide is because you are afraid that when your guide speaks to you you will be convicted of whatever you feel you are guilty of. But your guide is there to illuminate to you the fact that you are innocent—not guilty. Your guide is there to provide the truth. Your guide is there to resolve confusion. Your guide is there to provide answers not problems.

Your conditioning will suggest to you that your problems are so complex that the answer must be beyond your capacity to grasp. It is never true. Answers always simplify. Connection with your guide always simplifies. And the only time you have problems is when you are demanding a more complex answer, where the simple answer is just to unbelievable to you, or when the simple answer doesn't conform to your expectation. But always the answers are avenues of simplification. As I have said before, you can dare to expect that the answer is simpler than anything that you are expecting.

So on that basis I encourage you to continue to desire communion, and then desire to be defenseless, and then let go and listen. And risk the chance, if you will, that the answer will illuminate and demonstrate your innocence, and that you do not need to be afraid. That's the end of the answer.

QUESTION: Thank you so much.

ANSWER: You are welcome.

QUESTION: Thank you. I am very concerned about aids and cancer and terminal illness. Will there be cures for these people who are so sick?

ANSWER: I do not mean to be over simplistic here, but the answer is, yes, as soon as they are willing to give themselves permission to set aside the verdict and the penalty, if you will, as soon as there is a willingness to discredit the source of the verdict.

These diseases seem to be death sentences, but if the judge is a jerk they are not to be honored. Who or what is the law maker? Who or what is governing? Is

the body governing? Is a doctors current knowledge governing? Or does everyone function or be under divine law that perfectly reflects the flawless intelligence of the First Cause of God?

Now it started out this morning by pointing out that there was a premise upon which everything this weekend would follow. That premise being, that each one of you is at this very instant the direct expression of God. And you are at this very moment in the middle of Reality—the Kingdom of Heaven. That must be ones premise when he or she seems to be faced with the verdict of death that seems inseparable from cancer, and aids, and age.

It is imperative to begin to release this idea or concept that each one of you is just a physical organism, or that each of you is a spiritual individuality temporarily occupying a physical organism as a host for your Soul.

God unidentified, unmanifest is nonexistent God. There cannot be God without the infinite manifestation of God that is called the Movement of Creation. And likewise there cannot be conscious individuality without it being identified. And so if you are conscious, then there is that which specifically identifies you, which you call the body, and that which universally identifies you, that is called the universe. And so body and universe constitute the eternal identification of your eternal Individuality.

Any other interpretation, concept or perception is deluded and is what A Course In Miracles refers to as an illusion. But again I reiterate, that you must understand that the word illusion refers to the misperception and not that which is being perceived.

If your body is as eternal as your individuality, if that which identifies the presence of your individuality is inseparable from your individuality then whether you seem to die from cancer or aids or anything else, you will still find yourself having an uninterrupted experience of body, even though to everyone else it seems as though you have left your body behind. That is their perception. That is not the experience of the one who has passed on.

And if in the process of death the cause of death has not been shown to be absolutely idiotic, because you are still experiencing life and body, then the opportunity to give yourself permission to experience your divine health is still present for you to practice. And so why wait? The necessity is to start now to give permission so that that which has the intent to identify the presence of your individuality perfectly has the opportunity to identify the presence of the Father perfectly, because it is one and the same thing.

Illness, disease is an illegitimate imposition upon the divine one that you are. But if you insist upon identifying as body or organism, you will not seem to experience your Birthright.

What is something that is illegitimate? It is something that has no real source. A three dollar bill is illegitimate, because there isn't a real three dollar

bill. You cannot have a counterfeit three dollar bill, therefore its presence wouldn't fool a sole. Illness and disease is equally illegitimate, and it constitutes an imposition upon your experience of your Birthright. And it's important to begin to challenge the apparent justification for disease or illness of any kind. If you walk outdoors and you breath the wonderful crisp cold air, and you think, "I'd better go back inside or I'll get a chill," correct that thought immediately—replace it. The cool crisp air, the autumn colors, the river, the rain, the fog are all part of the infinite expression of you. It cannot possibly be functioning at odds with you, if it is you in your infinite aspect.

And I will tell you something else, turn down the volume on your TV when they begin to advertise medications. Do you realize that you are told when to expect a summer cold, and a winter cold. You are told when the flu season is going to start, and you are advised to be prepared to become sick by getting the medicine that they are selling. And you are brainwashed into forgetting that you are a divine manifestation of an indivisible and undivided First Cause, who's self-expression is incapable of being divided and polarized into opposites—into conflict. Do not subject yourself to such information anymore than you would subject yourself to constant scenes of violence.

Now we could speak for hours about illness, about healing, about the fact that illness is an illegitimate imposition. But this is not the time to do that. Whenever you are confronted with someone, whenever you are made aware of someone who seems to have a terminal illness, do not play into that emotionally anymore than I have suggested that you play emotionally into the fear tactics that are used in the advertisement of illness so that medication can be sold and a profit made.

Be the presence of love. In other words, the willingness to recognize that which is Real, with a capital "R", in each and everything, or each and everyone. Don't join that one in his or her ignorant belief of victimization. And don't give what is at the bottom line an illusion, the validation of your fear, which says it is real. If it is not of the Father, it is a suggestion, it is a whispered suggestion—you might say, a hypnotic suggestion—the equivalent of someone saying, "you have an apple stuck on the end of your nose. And you cannot get it off. And you look like a fool. What are you going to do?"

Now I'm not being too simplistic here, this is the truth, and it does give you a starting point. Acknowledge each ones divinity. Do not take it upon yourself to try to correct the situation, but to the best of your ability, as I said earlier, be the transparency for truth that doesn't join with that one's fear and strengthen the fear, but that which joins with what is true about that one, thus making it easier for him or her to give permission for healing to occur. Permission is the key word. That's the end of the answer.

QUESTION: Thank you so much, and I love you.

ANSWER: You are welcome, and the feeling is mutual.

QUESTION: First I'd like to express publicly my gratitude for the people in my life and the good fortune I've had to have them in my life, to attract these incredible human beings and this incredible environment. Thank you, thank me, thank them.

My question would be... actually I would like you to speak to what you perceive as my greatest obstruction?

ANSWER: Fear of what significant others in your life think about you. And a reluctance to simply be you and let the chips fall where they may. You have a certain willfulness about you that does assert itself and plow through resistance, but it doesn't do it without caring, it doesn't do it with comfort and ease, it just knows it must do it.

And I'm not speaking of ego here. I am talking about an inner conviction in your own integrity and a willingness to stand by it knowing that there will be resistance. And this is healthy. The only thing is that you are hooked by concern about reactions, instead of recognizing that those reactions are other peoples issues for them to deal with. And then leaving them free to have their reaction and come to terms with it themselves.

It is helpful for you to know that there are more people on this planet who do not care what you think or do than there are those who do. And it would be helpful for you to think about them, rather than the few who might disagree. Because the ones whom you would react to would limit you in your freedom to be you and honor yourself and the millions of other who don't give a damn leave you free to explore and be you. It is your right to enjoy being you. It is your birthright not to have to answer to anyone else, to meet their expectations, or not make waves for them.

Now, by going on at length here, I do not mean to imply that you are a blithering mess. But this is a key issue. And when I say a key issue, I do not mean a serious issue. I mean an issue where the promise and the fulfillment is very great on the other side. That's the end of the answer.

QUESTION: Thank you for the key.

ANSWER: You are welcome.

QUESTION: Good evening.

ANSWER: Good evening.

QUESTION: Somehow I feel the answer to the last question applies to me.

ANSWER: Indeed, to one degree or another it applies to everyone, because everyone has been taught not to make waves, to be polite, to conform to social etiquette, to be respectful—which always means, in so many words, to defer to others if they are in some position of authority. And you realize that there is never

a point where you were finally told, “Okay, you are grown up now you do not have to automatically defer to your superiors. You do not have to defer to your elders. You have graduated. You are now free to be you, and to learn how to do it gracefully.

And so whether one is 80, or whether one is 50, or whether one is 25 everyone continues especially to try to please Mom and Dad, or to be the kind of wife or husband that your Mom and Dad were, or that those who gave you instruction as you grew up had indicated to you was best, or that role models that you yourself selected had represented to you was the most desirable. And very few of you have arrived at a point of asking yourself what you feel, and what is important to you, and what do you want to explore, and what do you want to experience? Continue.

QUESTION: I have this urge, and I’m constantly being put in the position of healing. And I enjoy being in that space. I feel this is part of my work, and I’m not there yet, I’m willing and wanting to be there. And also I would like to know what my obstacles are?

ANSWER: The primary obstacle is that there is a feeling that you must somehow find a way to be personally responsible, or personally effect healing.

And I will tell you something: The only healer there is is love. The only thing that effectively cuts through the illegitimate imposition of ego beliefs is love. And all that is necessary is for you to be willing to get out of the way and to be the transparency for that love, and let it flow and let it be the presence of intelligence and harmony that it is because it comes from the Father. And let it do the healing. And do not assume that it is a personal or acquired skill of your own that you haven’t quite yet gained. These words, “Not my will but Thine be done,” meaning the Father, or God, or your capital “S” Self, because they are all one and the same and are God.

That is the key, surrendering any sense of personal will, or of personal responsibility for making something happen. Surrendering that to the inevitable flow, the inevitable expression of God right where you are, and right where the one needing healing is.

I cannot emphasize firmly enough that you are conditioned to be responsible, to be an effective presence, to make your mark on the world by virtue of learning, when the only manner in which the value of your Presence, with a capital “P”, can be experienced by others is when the attempt to be effective is released, and you let God shine through and be the only presence right there where you are, so that you become not only the transparency for love and the transparency for truth, but you become the embodiment for it right in the world, because you are choosing to let that be what is present. And you are not claiming a right to be present also as this little, tiny, limited organism that can acquire skill and expertise and a reason for pride, etc., and a sense of accomplishment.

When you allow yourself to be the unconditional presence of truth, by letting truth be right where you are, and letting love be right where you are, you are not sacrificing yourself. You are allowing who you really are to be present, it is your ego that gets sacrificed. And it is an illusion anyway, a limited perception of Self, with a capital “S”—a limited sense of who you divinely are. That is what gets sacrificed. And in that process of being the presence of, “not my human puny will be done, but Thine be done,” you are engaging in an active process of coming into a clear and true experience of your identity.

When you let the Father through, you are letting through the only thing that has ever been present right where you are. There never has been anything other than God right there where you are.

And so when it comes to healing you can say, “I don’t have the faintest idea what needs to be done here. I don’t have the faintest idea of how to heal anyone. But I am willing to step out of the way and let the infinite penetration of truth shine through, because that is it’s inclination and intent. And I will not block that flow. I yield to it. And I trust it. And I entrust the one I am working to it.” And then you let the illumination of love, which is the presence of the Father in human experience do the healing.

And you will not feel incompetent or unready, because that which feels incompetent and unready can never become competent or ready, because it isn’t part of the healing process. You are the place where God shines through. Yield to that illumination, knowing that It knows exactly what to do and how to do it. And I encourage you not to wait six months to try this out. Whatever opportunity you have to actively stand as the transparency for truth and love you will find healing occurring. There is no need to delay. There’s no way for you to be ready, so why not go ahead now and watch the dynamic healing effect of the love that you let shine through.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: And I love you.

QUESTION: Good evening, Raj.

ANSWER: Good evening, indeed.

QUESTION: Well, I have a question that I would like to preface it with something. I have two visionary experiences, at least to me, that are a recurring thing. One is of you as Jesus, and I see everything but the face. And the other is stepping up to a gate into what I call infinity or infinite love, and turning back as if I needed a parachute, and I’m asking how I see the face and I step past the gate.

ANSWER: The way you see the face is by not attempting to coerce it into being whatever you conceive my face to be, and daring to allow your face to

appear. The Christ, the stranger within thy gates that is your teacher, and your healer, and your revealer is you.

Now, the second vision is not one for you to do anything about. It is one that will continue to occur and you will find subtle changes occurring and they are for you to simply observe. The move through the gate will occur. It is not a call for you to do anything at all, just observe it, and notice the changes, and be curious. But also be allowing, and do not try to hurry it up, do not try to help it be what you think it is going to become.

It bears a direct relationship to the degree of trust that you are bringing into play, and instead of reacting to the fact that you stepped back, acknowledge the significance of your stepping up to the gate first. That is a stepping up to the threshold. That is what is to be magnified and valued in this vision. The stepping back will become less and less, and the forward movement will be more and more. Just be patient and abide with the unfolding scene of the vision. That's the end of the answer.

QUESTION: Thank you so much.

ANSWER: You are indeed welcome.

QUESTION: Good morning, Raj.

ANSWER: Good morning.

QUESTION: It's been difficult for me to be here in this setting, but I'm here. I've been working a lot on changing my misperceptions of you, as I see you here in the present, instead of the way I used to think of you. Could you help me with anything you could say on this to help the shift?

ANSWER: Certainly it illustrates to you the necessity of being willing to be present with whatever it is that you feel uncomfortable with, rather than being present with your preconceptions.

This phenomena that you have experienced of the difficulty of being with me because of your preconceptions, illustrates difficulties that everyone has being with certain other people, whether they are me, or whether they are family, friends, business associates, etc. Because your preconception, or your mindsets so completely governs how you perceive what is going on, altering what is going on at least to your perception. And in this way each of you does create your experience.

And I will tell you something: when you approach your fellow man behaving toward him on the basis of your preconception, your fellow man feels the fact that you are not present with him, that you are not seeing him. And this is bothersome to say the least.

I will tell you that it is very much like one night when Paul's wife had a dream about Paul, and in the dream he did something that was very offensive to her. And she woke him up and was very angry with him for his behavior in her

dream. At the moment she was not distinguishing the difference between the events in her dream and the real Paul.

It is well, especially when it comes to those things which are divine to approach them with a simple willingness to be present with them so that you might be sensitive to them as they are instead of as you perceive them to be, or conceive them to be.

This is one of the major difficulties in Awakening, because of the fact that the limited ego frame of reference defines everything in limited terms. And thus, that which is infinite, that which promotes expansion into one's native freedom is seen as a threat to the ego. And so it paints horrible pictures, it creates images of fear around those, shall I say, portholes of expansiveness so that one will not pass through them. And that is why it is wise in order to get past the ego images to be willing to simply be present, assuming that your preconceptions are likely to be false. And be open. And let that which is divine present itself to you.

You see, at the bottom line, when you are opening up to that which is divine, you are opening up to that which is part of you, because, as I said yesterday, your being is infinite. The limited circumference of the ego frame of reference simply blocks you from experiencing all of yourself. And what you are opening up to by virtue of defenselessness and just a simple willingness to be present with that which is divine, is yourself. And that is the way you let yourself into your greater capacity to be aware divinely.

Why would you be defended against that which is real? Only because to the ego that which is real uncovers the ego's unreality. And that is why the ego is nothing more nor less than a defense mechanism, it is intent upon saving it's skin. But I will tell you that it is a sense of self that is only reasonably comfortable to anyone because it's familiar. And you will not be able to move into your larger capacity to be aware and be comfortable if you don't become defenseless against it, if you don't become undefended, if you don't become willing, receptive and yielding.

As I said yesterday, the reason it is difficult to open up to one's guide, and the reason it is difficult to stand defenseless in the presence of God is because everyone is afraid that in the illumination of that which is real your guilt will be confirmed.

(Side 2 of tape 5 starts here. It sounds like something was missed. But I'm transcribing from the original tapes.)

But what the light uncovers, truly is the divine reality of each of you, your Christhood, your divinity, your purity, your innocence. And these are not just nice words that I am bandying about with, I may be saying them gently, I may be saying them casually, but I am talking about the fundamental capital "F" Fact of your Being. That's the only thing that can be uncovered in the illumination of the presence of God.

I will put it this way, in the baptism of the light of God, what you will hear is “not guilty,” but “this is my beloved Son, this is my beloved Daughter in whom I am well pleased.” Do not be afraid of the divine presence, whether it is me, whether it is the Father, whether it is the Holy Spirit, whether it is your guide. Because in that presence who you truly are in all of your innocence and perfection and completeness is uncovered to you, because you are the only one’s who are not experiencing your divinity. It is obvious to me. It is obvious to the Father. It sticks out all over you like a sore thumb.

And I will tell you something else: When you approach your fellow man with preconceptions that cause you to be defensive, you are disallowing yourself the experience of recognizing their Christhood, and you are eliciting by your behavior responses from them, shall I say, of confusion and frustration, because they feel you are not connecting with them. It is as though you are talking to somebody else, or about somebody else, and yet you appear to be talking to them. This is very disturbing, and each of you has had that experience at one time or another.

So I do encourage you to be willing to be present, defensively present with your guide, with me, with the Father, with the Holy Spirit, and let us in, so that you might have the opportunity to know us NOW—not a God of the past, not a Christ of the past. Because there is no such thing! I exist NOW! You exist NOW! The Father is being the Movement of Creation NOW!

And I will tell you something else: The unbelievable thing that will happen when you dare to be defenselessly present, is that you will experience being loved. And you might cry because of the joy of being loved when you thought you were so undeserving.

And I will tell you something else: The love of the Father is not extended to you, because you are willing to be defenselessly present. Because you are being defenselessly present the ever present love of God has the opportunity to register with you. It is not a sudden gift, as a reward for being willing to be defenselessly present. Not one of you has ever managed to be outside of the love of the Father. It is an all-consuming, all-embracing love.

But it is possible for you to become so preoccupied with your imagination that you ignore it, in preference to the very strong belief of your worthlessness. You all to one degree or another have a very strong conviction in your worthlessness. And your conviction convicts you, and you feel convicted to darkness, and you feel that it is justifiable. And all the time that you are caught up in this intellectual, compulsive, preoccupation with worthlessness, you are the glorious Christ being loved by the Father, included in the Brotherhood of Man—which the Bible has spoken of as the Body of Christ—dreaming this tiny little dream.

I encourage all of you when the word dream is used, as in *A Course In Miracles*, or in other metaphysical systems that you stop thinking of it as a night dream and start thinking of it as a daydream. A night dream suggests that you are unconscious. A daydream is something that is going on while you are totally conscious—you can sit here and glance out the window and become distracted and involved in a daydream, or a student in school can do the same thing.

It is much more helpful for you to think of the dream as something that is going on while you are conscious, because then switching from the dream to what is really going on amounts to nothing more than a shift of attention—a conscious shift of attention from a preoccupation with something that isn't going on to something that is going on. And this will help you to understand that waking up is not some difficult process of moving from unconsciousness to consciousness. And it will be easier for you to grasp that this doesn't necessarily mean a long journey. It is just a shift of focus of attention.

I am with you this weekend to help distract you from your daydream. The revelation can come instantly. In the school room the teacher calling your name, or a nearby student dropping a book on the floor so there is a sharp sound is enough to wake you out of your reverie, your daydream. And there you are back in the class room. And likewise, just as suddenly as that you can find yourself back in the Kingdom of Heaven, because you are in the Kingdom of Heaven at this instant, fully conscious, but distracted with an imagination.

Now does being distracted by an imagination cause you to be a sinner? Is it a moral issue? Is it something that is deserving of punishment? No. It certainly is a capacity that each one of us has. The only thing is that in giving your attention to an imagination you become distracted from the experience of being the conscious Movement of Creation. Your awareness becomes limited to a very fine focus. And so it is a limited experience. A limited experience going on right in the middle of real happenings that are unlimited.

Now you simply became comfortable with your daydream about me—your preconception about me—to the point that it felt threatening to have your attention snapped back into a real experience of who I really am in the now. And it is the same thing relative to waking up.

Everyone is afraid to wake up, because they are afraid they will be judged for having been distracted and involved in imaginations. But everyone of us, everyone of us, every one, including you, of the Brotherhood of Man have that option, that capacity. It is just that we do not any longer engage in it, because it is so much more unfulfilling an experience than being totally aware of our identity—being aware of our divinity, being the conscious experience of the Movement of Creation that means that we are inseparable from the Father—it is so much less fulfilling than being at Home in our Right Mind, with a capital “M”.

And so you are simply learning that your distraction into imaginations is not particularly fulfilling. Don't be afraid to be present with Reality. And assume that until you are willing to be defenselessly present with Reality, that anything that you might think about Reality will tend to be false, and therefore you don't have a justifiable reason for being defended.

And then as I said yesterday, dare to become explorers. Dare to become undefended and risk the chance that God is All, and that the act of become defenseless and willingly present with God will uncover and illuminate your undeniable innocence and confirm to you your divinity. That's the end of the answer.

QUESTION: Thank you, Raj.

ANSWER: You are indeed welcome. And it is good to be able to be with you, and have you let me in.

QUESTION: Raj...

ANSWER: Good morning.

QUESTION: I believe I'm in the Kingdom of Heaven. And being here, I'd like to know more about the divinity of the people (the men) I've known as an adult—been in relationship with—and so that I will be in a clear understanding of the truth, instead of misperceptions.

ANSWER: There are two things that it will be important for you to do. And I'm not going to talk to you about past relationships, but I'm going to talk to you about current relationships and any future relationships that might occur.

First of all, as I said yesterday, there is always a preexisting premise to your means of perceiving what is going on around you. There is always some basic premise that you are utilizing in order to interpret your world. And so you must dare, with those men in your life—as well as the men and women in your life who are perhaps not intimate relationships, but associates or friends—you must dare to approach them in the context, in the premise that if there is anything there appearing to be a man or a woman it must be the presence of God. And it must either be the presence of God seen truly, or the presence of God being misperceived. But nevertheless it is the presence of God.

Now, that is the first part. The second part is: You must be willing to intelligently monitor your thinking so that when you begin to judge them, or when you begin to perceive them as un-God-like—unloving, untruthful, unprincipled, acting at odds with life, not expressing much soul, etc.—you must catch that thought process and replace it with the conscious awareness of your basic premise, which is, that if there is anything standing here looking like a man, it must be the presence of God.

Do you love God? I'm not asking you to answer that question. But is not God ultimately lovable? I know that some of you at times have felt that God is

absolutely not lovable, but that is because of the misperception caused by the limited frame of reference. God is indivisible.

Do you know what that means? If God is indivisible, then God is incapable of being divided. And if there is not division, there cannot be polarization and there cannot be agreement. There can only be unity. And unity is the definition of harmony. Harmony does not define the cooperative working together of disconnected parts. And that is very important to understand. God is infinitely expressed, and the harmony of God's infinite expression is not a result of an incredibly complex cooperative effort of disconnected parts. It is the unavoidable perfection of the infinite expression of unity.

Now why am I saying this? I am saying it because this means that it is an idiotic idea to conceive of God as being a wrathful god, a god of punishment, a god that would be impossible for you to love, a god that it would be impossible to dare to be defenseless in the presence of. It is because God is indivisible presence—which is another way of saying omnipresence—that you can dare to love God, and you can dare to love the God in your fellow man, whether you fellow man is consciously embracing it and embodying and expressing it or not.

As I said yesterday, love is the willingness to recognize that which is Real, with a capital "R", in each and everything, in each and every one. And so you must dare to exercise a little bit of, not judgment, but discernment relative to your thinking. And when you find thoughts, conditionings presenting themselves to you that interpret another as being unloving, hateful, worthy of judgment and condemnation, you may squelch that unintelligent activity going on in your own mind, and replace it with an acknowledgment that, "if there is anything going on here at all where I see this man or this woman, it must be the presence of God, and I desire to be defenselessly present, defenselessly open to the presence of God that is here."

Now we cannot avoid also being wise. If the one whom you are willing to acknowledge the divinity of, is unaware of his divinity and is behaving out of fear and inner conflict, you cannot afford to allow yourself to be influenced or mistreated by that one's behavior that is based on his ignorance. To be defenselessly present with the divinity of another does not mean being unconditionally willing to be abused when that one's behavior is based upon ignorance.

And this is a very important point. But understand that in the intelligent use of discernment and the recognition—the discernment between that which is real and that which is unreal—you are not blocked from being unconditionally present with the Christ of that one.

When you go out into your garden, you look at it and you see that there are the flowers that you have planted, and there are weeds that have also started to grow. You are able to discern the difference. Being open enough to discern the

difference doesn't put you in a position of being overwhelmed and controlled by the weeds, it simply allows you to discern which ones to pluck up and which ones to leave. You let the beauty and the order of the flowers dominate, and you let the presence of the weeds hold no control over you, and you pluck them out and discard them.

So you do make a distinction, but that does not mean judgment, it is simply a matter of discernment. And when I use the word judgment, I mean it in the sense of accusation, judgment and conviction. You discern in your fellow man what doesn't truly represent him. And you do not honor it. You also do not react to it. You simply handle yourself in a way that is wise, and then you make the effort to honor that which is Real in that individual, and by virtue of honoring it elicit it from that individual, give support to it by virtue of your honoring it, and identifying it as that one's true identity.

In this way you will handle yourself well, and you will find that you have available to you a bridge that can get past the ego—the false ego dynamics of that individual—and connect with him at the level of who he is. And it will most definitely appear as though miracles are happening. That's the end of the answer.

QUESTION: Thank you, Raj. That's a very satisfying answer.

ANSWER: You are welcome.

QUESTION: You mentioned yesterday, Raj, that in relating to this experiment going on in this village where there are some of us together, that there would be a new way of relating. I believe that's the way you phrased it. I'm going to need to ponder it for awhile.

ANSWER: The answer to the last question and the one prior to that, both address this way of relating from one's center. and so you have even more of a grasp of the meaning of the answer given yesterday. Continue.

QUESTION: We have a group, a small group of us that are meeting regularly, in addition to our Miracles group, and we are meditating once a week. And my perception is that, there are two things that are important or feeling correct about it. One is that simplicity is part of the Reality, and also a good deal of desire to be in the silence. And everyone seems to be responding to this.

And I feel a strong desire to be still almost all the time, to not be using words that often. Yet I feel that somehow we all need to have some common understanding and some understanding together that as a group there is something to listen to that effects all of us around what we will be doing in the future...I think I'm asking for guidelines, further guidelines as to how we can be together.

ANSWER: It is important to understand that as one first begins to explore, shall I say, the nature of the closet that one goes into—that inner space, that

centered place—that as one initially begins to explore that experience of quietness, it is necessary to be still, to be physically inactive, sitting quietly. But as one becomes familiar with the experience of his or her peace—the peace of his or her Being—it then becomes possible to experience it without the requirement of being physically still. It becomes possible for one to be connected to his centered awareness without absolute mental activity.

Now when you meditate and you finish the meditation, do not immediately release the experience in favor of returning to your normal responses and approaches to your activities. I encourage each of you, when you finish your meditation, to gently and even slowly open your eyes, and do not engage in actions that are jarring, that unsettle the experience of peace. And you will find that you will be able to get up from your seat and go and attend to thing while still carrying forward a surprising amount of that peace.

The point of meditating is to become so familiar and so comfortable with your centered place that it is easy to remain in it as you re-engage with activities in the world. The point is to bring that centered perspective, as I have said before, into the market place, into the activities of your day.

The more familiar you become with being centered, by virtue of meditating, the easier it will be to access that centeredness in the middle of your activities. And that is what is going to contribute to your behaving with others in a way that represents Reality more clearly, and will revolve a new means of relating or of relationships.

You move into the silence to become familiar with the nature of your Being. And then you can bring that nature of you—that essential Being of you—with you into your activities when there is not silence. I say this so that you will not begin to value silence and immobility so much that you make a distinction between that and your activities and begin to see them as opposing each other.

When Paul and I first began to speak, it was essential for him to meditate for at least 15 minutes before he was quiet enough to be able to experience my presence and what I was conveying. As he became more and more comfortable with it, he found that he could speak with me without meditating at all, and even speak with me while he was driving the car.

And now obviously, he is able to hear me when he is with a large number of people, and there are activities going on around, and sounds above, etc. And he is able to use his body expressively as it fits what is being said. And so it is not necessary for him to be sitting in silence in perfect inactivity. That is just a stepping stone that allows for becoming familiar and comfortable with being connected within.

As I said yesterday, much to Paul's distress, he is coming to a point where it is becoming more and more ridiculous for him to return to what has been called

the role of “bumbling Paul.” His wife jokingly says that after a workshop he turns back into a pumpkin. It is lovingly said.

And so the point is to arrive where one is being, as we said yesterday, out from capital “M” Mind, out from one’s center in the world, so that one walks through the world Awake, so that one engages in relationships Awake, so that one engages in activities Awake. And the state of being centered is not identifies with a particular pose or posture or location. And one moves into the freedom of his Being, and the freedom of moving and being in the world without sacrificing his or her wholeness.

Now the one other point that it is important for you to understand in the context of the question that you asked is: That becoming the transparency for truth, becoming the transparency for love, allowing the presence of God that truly constitutes your individuality to be that which is embodied and expressed by you does not require you to use certain language. What it requires you to do is to simply be unconditional love.

It means for your behavior to flow out of an inner balance and equilibrium that constitutes poise, that allows you to be exquisitely responsive with absolute appropriateness at any given time. It amounts to being genuine, and real and simple in your relationships and activities with others.

So I am encouraging you as you move forward in the development of this community, not to look for structures or new patterns of behavior to replace the old patterns of behavior in community. You don’t want structure. You want the fluid, flexible flow of the ability to be appropriate at any given moment. That of simple genuineness, of simply being present with and sensitive to another, without new, more modern, more new age rules of etiquette.

You’re at a point of letting go of etiquette, of letting go of rules or patterns of behavior in favor of being so present with those around you and in the community that you are again exquisitely appropriate in a manner that confirms everyone’s essential divinity and worth. That takes love.

And again, and this cannot be said often enough, Love is the willingness to recognize that which is Real, with a capital “R”, in each and everything. It doesn’t take a lot of schooling to do this. It doesn’t take a lot of skill to do this. It doesn’t take a lot techniques to do it. It takes nothing more than a willingness to be humble, simple, genuinely coming forth from your center, from the void in you, the nonarrogant defenselessness.

In all of your “processes” of Awakening, don’t for one minute allow yourself to forget about love, and gratitude, and joy. These three things are the most effective elements for cutting through the limits of your old conditioning. That’s the end of the answer.

QUESTION: Thank you.

ANSWER: You are welcome.

QUESTION: I have a young son who was diagnosed last year as a diabetic when he was three. How can he and his parents teach him, or how can we help him make the decision to heal himself?

ANSWER: I encourage you to convey to him—again in language that he can understand—that he is wonderful, that he is the child of God, that he is the expression of Life, with a capital “L”, that everything about him is regenerative. I understand that you cannot use these words with a three-year-old. But if he cuts himself accidentally, and he cries, and he is frightened, you tell him not to worry that it will get better, because it will heal.

You convey to him that he doesn’t need to be afraid, and that he can expect himself to arrive at a point where his finger is no longer bleeding and no longer looks or appears to be out of the ordinary. You convey by your attitude the fact that he can dare to relax and be confident in regeneration—healing, the manifestation of perfection.

Now, both of you as parents have the opportunity, you even have the demand here to take a look at the premise or the context in which you are interpreting his presence. Is he just an organism generated by the organisms of your two bodies? Is he a body that is the result of something that two other bodies have engaged in? Or is he a manifestation of something greater than, more than physique?

If you are willing to acknowledge that you are in the middle of Reality, you are in the middle of the Kingdom of Heaven and so is he, and all three of you are the direct expression of God, and therefore Christ’s, then you will be holding him, you might say, in a context of what is Real, with a capital “R”, therefore divine, and therefore at the bottom line, incapable of expressing anything unlike its Source.

This will cause you to arrive at the conclusion that the diabetes is a distorted manifestation, or I’m going to say, a distorted experience of something essentially perfect, that the distortion is an illusion having its source not in God, and therefore being sourceless.

As you withdraw investment of faith in the definition of his health that says he has diabetes, and there becomes an equivalent investment of faith in his divine origin, his current divine nature, and the fact that there is not truly present any causative agent capable of generating disease, you, by virtue of that clarity and the peace that will come with it will stand as, what I will call, healing agents in his experience.

You will be embracing him in the truth, and your actions, and your words will thoughtlessly convey to him the very same confidence that you have conveyed to him that he can practice that if he cuts himself it will get well. And it will confirm and support his confidence in the fact that his body is present to affirm life not destroy it.

It is the intent of everyone's body to identify the presence of that one's individuality perfectly. If the two of you are not expressing fear, and you are not conveying that fear is justified to your son, and on the other hand you are conveying justification for confidence and peace and healing, you will be laying the ground work for his experiencing that healing. And you will not be establishing a mindset that will undermine his confidence in his very experience of life, because maybe this body is on his side and maybe it's not.

And in the meantime you take all the practical steps to see that balance is manifested in his body. And you be grateful for the fact that in spite of the fact that this balance is not occurring naturally, the penetration of love into the illusion is sufficient to negate the illusion and bring about that balance until that balance is able to be seen so clearly that no "artificial means" are required. That's the end of the answer.

QUESTION: Thank you very much.

ANSWER: You are welcome.

QUESTION: Good afternoon, Raj.

ANSWER: Good afternoon.

QUESTION: First of all I'd like to thank you and Paul and the Father and all of us for that rainbow, and the love and the joy that it represented.

My question is about karma. And this really is a personal question, it's not a metaphysical one. I really agree with your teaching that salvation is here and our divinity is absolute, and that guilt and all that can be changed in a moment, and that we can Awaken in a moment. As I believe somebody like Saddam Hussein could wake up in a moment, and I pray that he does.

But it also seems to me that the law of karma is at least relatively active, otherwise people wouldn't be born with diabetes, or deformities, or whatever. And I really don't have any problem with that polarity. My question is more about...

ANSWER: Let us stop for just a moment. It is quite possible that there are other explanations for those who are born with what are called birth defects, besides karma.

Karma, the word, simply represents ignorance, whatever the current ignorance of reality is. Karma is never a debt or a penalty. It is simply the suffering that accompanies ignorance, which lasts until the ignorance is replaced with clarity.

For example: If you were to pass on at this very instant, you would not find yourself changed in anyway from the moment prior to your passing on. You would still find yourself believing what you believe now. You would still find yourself fearing what you fear now, except your fear of death, because the experience of passing on would have proven to you conclusively the

uninterruptibility and eternity of your existence. But other than that you would find yourself still faced with the necessity of yielding into your divinity, the necessity of becoming defenseless against it.

Someone observing you from the other side entering that place might look at you from a more Awakened vantage point and notice that you are bringing with you some old baggage, if you will, that would be the equivalent of birth defects in this lifetime.

So what you take with you, what you bring with you as you come into this lifetime is whatever degree of clarity you allowed to penetrate your limited frame of reference prior to your birth and whatever remaining ignorance's had not been removed prior to your birth.

I am glad you brought up this subject, because I love it—I love to dispel the belief about it. As I have said before, karma is a pay-as-you-go affair. Your suffering is always the result of current ignorance. Ignorance is not accrued, and whatever suffering you experienced in the past does not create for you a penalty greater than the suffering that accompanies the ignorance.

Who would decide that a penalty greater than the suffering of the current ignorance ought to be laid upon you, and make that judgment, and convict you, and hold you to the paying of a penalty whether you experienced clarification or not. Or who would decide that clarification would not be allowed until you had served your time. Certainly no one who was Awake. And if you want to put it this way, creative decisions—the practice of, shall I say, being causative—can only be exercised by those who are Awake. Continue with your question.

QUESTION: I agree with you that karma is ignorance. To go and step further, my questions about, whether you can take on this ignorance or this suffering for someone else? And my question relates to my experience with a man who is a head of one of the Tibetan Buddhist lineage's. And his name is the Karmapa, and his name literally means karma pa, or father of karma. And I believed him to be an Awakened one. He has consciously reincarnated as the Karmapa for the last 800 years, and he predicts his next incarnation. So from my limited view, that's relatively enlightened.

And he has taken what's called the bodhisattva vow, which is to gain enlightenment for all beings, and to stay here until all beings is enlightened. And yet in each incarnation he's very sick. He's always got many diseases and he dies in his fifties, usually. And there's some misunderstanding I have of how that could be as before you said when you're in lined with the spirit that your body lines up and your diseases go away. Well, the belief is that this man takes on karma for other beings as part of his spiritual path.

And I asked the Karmapa a question, a few years ago about suffering. And he told me that suffering was joy. And at that time I went into a period

of long suffering, I believe as a result of that encounter. And I was told that I took on karma for other people. And I don't say that with pride, because it was a very unpleasant and humbling experience.

And I guess my question is just trying to understanding this idea of suffering, and also about your life as Jesus. I feel that your life effected me very much, and still does. And I think I have some misunderstanding of this idea of the martyr or taking on the suffering for other beings in service. And I would like your illumination on this issue, which is a very deep one for me.

ANSWER: You see, because of the necessity, the apparent necessity to present the idea that everyone is a sinner in order to keep the church alive, it also became necessary to provide an explanation as to how one could possibly escape that decree of sinner, that statement of sinfulness as though it were a fact. And so it was decided within the church hierarchy to present the idea that I had died for your sins, for everyone's sins. This was the escape hatch, the loop hole, if you will, that allowed for those who were being told and convinced that they were sinners, to escape from that pronouncement.

There really is only one word that can be properly associated with my life, and that is: Way-shower. Because I simply proceeded along the path that everyone must proceed along in their process of Awakening. And even now I am simply standing a little bit ahead of you saying, "Come on it's safe."

The concept of sin is a deluded or distorted mental concept, an aberration, if you will, of conscious awareness that causes it to seem reasonable for all of you to assume that maybe you are sinners, just because. Even though none of you can really justify it.

And that is why I am here, to restate the fact that we are brothers and sisters, that we are the off-spring, if you will, of the Father/Mother, that we are nothing more and nothing less than the direct expression of God, that we are therefore God expressed, as I have been saying.

Suffering is inseparable from the belief of being a sinner, of being something less than the Christ, being something less than what God is being right in the spot where you are. If you are a sinner then you are guilty of something. And if you embrace guilt you cannot help but be uncomfortable. And the more firmly convinced you are of your guilt the more uncomfortable you will be, and the more distressing will be your experience of life.

Now, you cannot take on someone else's illusion. You cannot take on someone else's guilt. If you think you are, you are just embroidering the basic false premise of sinfulness as a given of existence. What most effectively cuts through illusion, is someone who is not seeing the illusion and is able to report back to you the reality.

Now you must understand that each of you holds on to your illusions. Some of you have found that you can believe that your illusions are actually contributing to the progression, the evolution, the development, the exalting of your Soul. And so why would you get rid of the suffering that is going to exalt you?

I was no martyr. It was a simple fact that it was time for the deathlessness of life to be demonstrated, for all to know. So that the fear of death, and the disbelief in the eternity of life might be release from one's conscious experience and thus promote a more rapid embracing of the essential divinity of conscious human individuality.

I was not confused, and I was not conflicted, and I did not experience death, and I knew I would not experience death. I was going through a process, if you will, that would register in human thought, that would penetrate the limited frame of reference in language that would prove something that is apparently incomprehensible from within the limited frame of reference.

What I did appeared to fit the concept of martyrdom. But none of the other martyrs who have died for their cause, has advanced the comprehension of the eternity of life, because there was no resurrection and ascension. And so I was not fulfilling the role of martyr, and I was not dying for your sins. My life, and my work, and my words, and my relationships with the disciples and those who listened was such that it opened up a clearer sense of who our Father is, and therefore of who we are, so that those who were aware of me and what I had to say could embrace an expanded or enlarged view of themselves in a larger context, and thus free themselves up to more gracefully Awaken.

I was here, and it was part of my fulfillment of purpose to set an example. But my life has been used as a means of separating all of you from me, setting up a difference between us, exalting me by virtue of my martyrdom, exalting me by virtue of proposing that I was the only begotten Son of God—and I don't know where that leaves the rest of you. And that it was because I was different from you that resurrection and ascension—in other words the disproving of death as being as sure as taxes—and my being able to leave this planet without dying is what is in store for you. Except that the example doesn't need to be repeated, and so it is unnecessary for anyone else to be killed and to be resurrected before ascending.

You can simply allow yourselves more easily into the conscious embrace of your divinity so as to experience the enlightenment that allows you to be more and more congruent with the fulfillment of God's purpose that you are, and thus not go through an experience of death again. And when it is time to, shall I say, be somewhere else because it fulfills purpose, you will be able to go there without going through a process of death.

The ego always uses divine events to support its on going existence, and it does it by turning the unlimiting freeing elements of emerging divinity and turning them into processes and means of becoming deserving of what is truly already

yours. My life and my apparent death occurred to prove what is already true, and what is already yours and always had been.

Now this one that you mentioned indeed has returned many times and has fulfilled this intent. He—and I am not meaning to negate what he is doing—is caught in an attachment to a role of savior. There is indeed a great deal of clarity, a great deal of enlightenment, but he is enamored with the package in which the gift of his clarity is given.

He is not totally Awake, but he is far more Awake than those with who he works, and has worked in each of his lifetimes. There is still further Awakening, and you are correct, there is an inconsistency between what he is teaching and the way he is manifesting, the way he is being in the world. And it is important for you to understand this so that you do not assume that there can be or that there needs to be as part of your spiritual advancement the taking on of suffering.

It is time to be through with suffering. It is time to be through with ignorance. And it is especially time for suffering not to be valued as that which exalts you. What exalts you is your already existing divinity, your already existing Christhood. It is Reality penetrating the limited frame of reference that exalts—already existing Reality.

There are many in their process of healing—and the practice of healing, which if there is healing, is always an expression of true Love, Love with a capital “L”—who embrace the belief that they must take on the problem themselves, and then because they know that it isn’t their problem they can more easily discard it. And so indeed, the person whom they are healing becomes free of the disease, and the healer experiences it as his or hers and then sets it aside.

Well I will tell you something: The taking on of the illness and the setting aside of it, are an irrelevant and unreal process. Because the love that is being expressed has in the final analysis provided, as I said yesterday, the environment or atmosphere in which the individual needing healing has been able to give permission to himself or herself to let it go and not claim it any longer. It is that individuals decision, that giving of permission, and the release that has effected the healing. It is the unconditional love that promoted and supported that inner decision on the part of the one needing to be healed.

That is the only real thing that happens. The apparent experience of taking on the illness by the healer and the subsequent discarding of it is an irrelevant bit of nonsense. But because the one engaging in the healing gives permission for all of this to happen on that basis, it works. It doesn’t make it true. But it is a manner, a way in which the penetration of Reality can occur because the permission is given. That’s the end of the answer.

QUESTION: That was very helpful. Thank you, Raj.

ANSWER: You are welcome.

ANSWER: I would like to answer Susan's question. But you will have to ask it.

SUSAN (Paul's wife): I've never done this in a workshop before, but I'm urged to ask this question. And I'll try to keep it simple. Can you give your interpretation or definition of the word "integrity?" It's used often, and I have a feeling that it's not going to have the same meaning that we usually feel it does. That's it.

ANSWER: Indeed, it is a good question. Integrity is essential truth. Your integrity, if I am speaking to each of you individually, is constituted of the essential truth of you, the essential presence of you, the undistorted presence of the First Cause, the Life Principle, the Father/Mother/God, whatever word you choose to use. There is something genuine about each of you. There seems to be a wrapping around that genuineness of a bunch of irrelevant crap. But underneath it is something fundamentally, essentially valid.

I will tell you something: The experience of humiliation is constituted of the peeling away of the layers of irrelevant crap, which you have come to value because in one way or another it represents you and gives you credibility, because you have learned to work with it relatively well, and to integrate and correlate it with the crap that is encircling everyone else.

Indeed when you are ultimately humiliated, you have come to an experience and a place of humility, you have come down to the essential kernel of your presence. You do not enjoy that experience to begin with, except that there is a great relief that is experienced, because you don't have to put on a front anymore for anybody. You don't have the energy to put on the front anymore for anybody. And you don't give a damn whether anyone cares or not. And something ultimately honest comes out of you finally. And there is a great relief even though your conditioning tells you you are in the worst spot you have ever been in ever.

What you have come down to is the essential truth of you. Because it seems to have been covered over like layers of onion skins, you feel very small when it has been peeled away. But when you get to that point where you simply don't have the energy anymore to play the ego games, and you must let yourself be this inconsequential little piece of shit that you feel like, something happens, you begin to feel yourself being filled with something quite unexpected. That is if you do not quickly attempt to wrap yourself up again.

You begin to feel marvelous, because you are free of the ego games. You experience a freedom that feels unquestionably perfect and justifiable. In fact it is so substantial that no justification is called for. You begin to feel the presence of God as the constituting presence of you. That is your integrity.