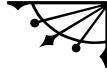


# IS

By Dennis Krum

A Collection  
of  
Thoughts  
on  
Spiritual Growth  
and  
Expanded Consciousness





## ~ A Special Note ~

In keeping with the “new way of life” described in James Redfield’s wondrous book “THE CELESTINE PROPHECY,” the thoughts contained herein are merely the expression of one aspect, one personality’s insights and interpretation of the One Truth, LOVE, shared by our One SELF, the I AM.

Just as these thoughts are considered as a gift to me from that higher consciousness, sharing them is my regiving of that gift, for giving and receiving are one (see the “End Note” at the end of this book). Thus, this book is a GIFT, and is distributed free of charge.

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This book is written by Self in the form of DENNIS KRUM, and published by The IS Foundation.



## ~ F O R E W O R D ~

For more than twenty years, I have been aware that I am on a path toward spiritual enlightenment. In the beginning, the course seemed very uncertain and confusing, for it didn't seem to make sense according to the ways of the world. Now, it makes more and more sense every day, and I now know that all of the loving help I have received must be extended, for giving is a great part of the learning of Love.

Thus, these thoughts, and the circumstances that led to their discovery, are offered and shared with the hope that they will "affect for good" those that read them. I ask no one, however, to accept them as their beliefs, for each needs to find his own truth, his own way. There is no "right" way, and no one needs "fixing."

I grew up in a very loving family, and was taught to be industrious, moral and religious. When I reached high school, and learned to think for myself, and learned physics, the old, limited religious teachings made less and less sense. I could no longer accept beliefs because someone told me to believe, I had to learn for myself.

Growing away from "religion," I began learning of "positive thinking" and "self-determination." Proceeding into "mind stuff" (psycho-cybernetics, alpha-cybernetics, self-hypnosis, biofeedback, etc.). At age twenty-five I set a goal to be a millionaire by age thirty. The newspaper carried a 2-page story, "Pity Poor Dennis Krum... He Failed To Make His Goal," when I was thirty... and a half. I had missed by six months.

Still hard working and moral, I became a "big-shot," a big ego, one of the "movers and shakers" in Hawaii. I built my little empire, taking on all comers and winning, until the U. S. Government showed me I wasn't so big after all, and I lost my fortune.

For a time, it was "Why me? I've always played the game fair, and yet I lose

my fortune while the crooks get richer.” I had, after all, only the limited ego view of the world I had learned to that time, and had no idea that I was ready to learn, and had thus started to create the perfect learning experience for myself.

It was then that I read an article in Psychology Today entitled “THE GOSPEL ACCORDING TO HELEN,” which told about “A COURSE IN MIRACLES.” The article convinced me to get the book. As I began to read, two things happened. First, though intelligent and a great skeptic, I concluded that no human mind could have written that book. Second was the “AHA” syndrome, where you ponder an unanswerable question, and then the answer appears, and it is so simple you say, “Why didn’t I think of that?”

But these were the BIG questions, such as the ones that drove me away from “religion” years before. And the biggest question for me, “Why did I lose my fortune?” That answer was simple. I had, to a large degree, mastered the material world. I had to lose it to learn it didn’t really have value, and then I was ready to learn what did have value. When I was ready to learn, all of the tools and teachers I needed to help me learn began to appear, including the “COURSE.”

About a year before, I had met a wonderful, very successful man, and I began to see that he lived his life according to the principals I was reading. Though he had never heard of A Course In Miracles, he was brought up as a Christian Scientist, which follows the same Truths. His philosophy was “I wasn’t put here to make money, I was put here to do good, and God takes care of me.” And do good he does, including helping me financially during my struggling times. Since that time I have been blessed with the most wonderful teachers/helpers I could imagine. And I have learned, slowly and painfully at first, but ever more easily and happily.

And today, I have more than I ever had. Though my stack of dollars isn’t as large, I now have more than I ever need. I have more peace, more happiness, more joy, and more Love than I ever dreamed possible. And I am ever so grateful for the Love that has been shown me, and that I now share with YOU!!!



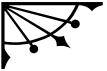
***The only purpose for the world  
is the healing of God's Son.***

***- A Course In Miracles***

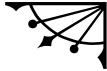
“Each and every one of us has one obligation during the bewildered days of our pilgrimage here: the saving of his own soul; and secondarily and incidentally thereby affecting for good such other souls as come under our influence”

—Kathleen Norris, American author (1880-1960)





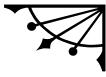
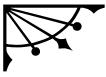
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~ FIRST SECTION ~

# On Living Life

## IS

That one word has become the most powerful tool in my life. When applied consistently, unerringly and unequivocally to everything in existence, it leads to a profound peace, joy, happiness and Love for all of this great creation that is Life.

It took many years of learning and growing before the awareness of IS began to seep into my consciousness. The first step was the philosophical learning that all creation is for only one thing, “the healing of God’s Son.” If the whole purpose of our existence is to learn that we are one Being, the Son part of the Holy Trinity that is God, then every “thing,” every “event” in our lives, must fulfill that One purpose.

If God is Love, everything must either be an expression of that Love or a seeking for that Love. If we see anything else, we must be mistaken, be judging incorrectly because we cannot see clearly enough to judge. The next step must be a conscious effort to suspend judgment until we can see clearly enough to know that Love in all things. That is where IS works wonders.

IS... is a complete lack of judgment. It is not modified by words like “good” or “bad,” or “right” or “wrong.” It stands independently, all by itself. If something just IS, it has no power to disturb my peace. It is not judged as “bad” and therefore doesn’t have to become “good” to make me “happy,” for I am happy with it as it IS. Nothing is “wrong,” and therefore I don’t have to be “right” and impose my will on others, or on events to make them fit my judgment of what they “should” be.

Likewise, no other person is anything other than the way they are. They can be accepted exactly as IS, without them or anything they do being judged as “right” or “wrong.” Then they can be appreciated as they IS, and only the One

Son of God appears to my eyes, and I see Love.

IS... isn't a bad definition of Love, unqualified, unconditional positive acceptance.

And then I realized my loving parents gave me the answer to life when I was born. They named me "Denn IS."

## RIVER

View life, for a moment, as a journey down a river in a small boat. When our consciousness is small, the river seems narrow and very swift. It is full of rocks and rapids, and we focus so intently on ourselves that we are always paddling furiously to avoid disaster. If we keep our focus so narrow, it will stay that way.

If, however, we begin to raise our consciousness to include others, we begin to see what happens to them as they travel before us, and, if wise, learn from their actions, both good and bad. If truly wise, we seek out reports from others that are further down the river, and plan to avoid pitfalls they have discovered. The river then seems to broaden, giving us more latitude to choose, and more time to make our decisions.

As our consciousness expands further, we begin to appreciate those that have helped us, and begin to leave markers for those that follow. We then discover the satisfaction and joy of giving, for we are no longer alone and "selfish."

If truly wise, we figure out that our viewpoint is limited by the boat we ride, for we can only see to the next bend in the river. If, somehow, we could borrow a balloon and see from a higher vantage point, we could see down river, and plan our trip accordingly. We could stay on the left of the river when we saw rocks around the bend on the right, and we wouldn't have to paddle so furiously to avoid them when they suddenly appeared in our path.

If we got high enough, we could see the calm path all the way, and could leisurely plot our course. From our higher vantage point we could even see where the river is going, and all of the others traveling along it with us. Maybe we could even share our trip, and plan gala parties along the way.

# TOO LOUD

Driving down the street, a nice instrumental tune on the radio, window open, I pull up next to a car at a light. As I approach, the music becomes much more full, enveloping me in its beauty.

The convertible next to me has the radio tuned to the same station, but very loud, and I realize the stereo effect of two car radios enhances my pleasure. I know a synergy, of more than just two radios being merely louder.

I shout “Wow, now that’s stereo” to the other driver. But she can’t hear me. Her radio is too loud, and all of her attention is on the sound.

I realize that, though we are listening the same, our experience is different. I am experiencing Love, and sharing, and I know at-one-ment because of the experience, and I am full and complete.

She is alone, and separate, lost in her little world, unable to feel the love and oneness. Yes, she hears the same song, but is caught up in the medium and can’t hear the message.

And I know that is how we are, here in a body, on earth. Our radios are too loud, and we can’t hear, and feel, as I did, that we are in Heaven, too.

# ELECTRICITY

Living in Las Vegas, most of our power comes from Hoover Dam. One day a flash occurred to me, how these huge dynamos are spinning sixty times a second, and as a positive meets a negative in the generator, a bolt of electricity shoots through the wires all the way to my house, into each room, where the lights glow brightly.

Then, one-sixtieth of a second later, another pulse flows in the opposite direction, doing the same thing.

And all of the rooms in my house are bright.

What would happen if I bought a small generator, hooked it up to a bicycle wheel, plugged it into a wall socket, and started cranking away???

My energy would interfere, of course, and blow a fuse, and my rooms would go dark.

Is it not so in life???

All of God's power flows through us in abundance, making every aspect of our lives full and bright... if we let it.

Its only when we get in the way, and start cranking our little energy in, that we blow a fuse, and our rooms go dark.

## EQUAL

The appreciation of another great realization has been growing in my mind this past week, the full implication of our equality as co-creators, the equal parts of the Son of God.

If we start with the premise of One, One God, the I AM THAT I AM, and that all creation is the thought of God, and hence His omnipresence in All that Is, there can be no thing apart from that thought. All things, therefore, must obey His one law of Oneness.

From our limited perspective, we see only "parts," or "things," without fully recognizing that all are the One that Is. And each of us sees our self as one of those parts, even while we acknowledge our part in that Oneness.

For us to be a part, we must, by definition, be totally equal in our right and ability to create our own reality, and no other part, including the Whole, can conflict with our creation, for All must still be the One.

Through the process of life, we begin to learn that nothing we do can interfere with the One thought of God. Though we may judge circumstances and events

as “bad” or “wrong,” ultimately “All works together for good,” even when we can’t see that from our limited viewpoint. And, we judge ourselves the worst, for we know ourselves the best with our own “secret thoughts.”

Yet nothing can be apart from God, including those “secret thoughts.” All are part of our creation. All are equally valid. All are equally real. NO ONE, AND NO THING CAN CONFLICT WITH OUR CREATION. ALL REALITY MUST COOPERATE.

When we view the circumstances of our lives in this light, we begin to realize that ALL OF THE EQUAL SONS OF GOD MUST JOIN IN OUR CREATION. This applies no matter what our creation happens to be at any given time. If, for example, we see ourselves as limited, frail and weak, the world will reflect our creation, and all others will validate it as required by our Equal Law.

If, in our reality we believe ourselves to be subject to all manners of calamities and misfortunes, they MUST occur. If we believe we are not worthy of having good things, we shall not have them, and if we happen to get them, someone will cooperate and take them away from us to fulfill our creation. If we feel we are “guilty” and therefore deserve “punishment” for our “sins,” others will show up to comply with our request, as they must according to that Law. If, in our secret thoughts, we see ourselves as “unlovable,” the others will show up to prove us right, and will hate and abuse us as we have requested in our creation.

BUT, the reverse is also just as totally true. No one can intrude in our creation without our consent. If someone is creating a reality for himself that includes lack and misery, they cannot impose their reality upon us without our invitation and consent. They cannot draw us into their reality against our will. Everything is by invitation and consent. When we meet someone new, we begin to communicate our “separate” creations to each other, and each is free to choose to accept or reject each and every part of that separate reality.

It follows, then, that we cannot begin to judge anyone’s separate reality, for it is his reality, not ours, and he is just as entitled to his creation as we are to

ours. We can choose to consent to share our realities or remain apart, but WE CANNOT IMPOSE OURS UPON ANOTHER AGAINST HIS WILL.

If your personal reality is Love, all you meet will reflect that Love, and you will never meet a person full of hate, for your realities do not coincide. And yet, there is no such thing as hate, only a mistaken belief in a separation from the One that IS, the One reality of Love.

## HELP

If we try to pick up a hundred-pound weight with our left hand, and find we are unable to do so, we think nothing of using both hands to lift the weight. We would never give up trying to lift the weight merely because it was too heavy for our left hand alone.

Yet when it comes to carrying the burden of life, many of us refuse help from others, preferring to “do it myself.” If, however, we truly are “One,” then every other being is just another part of “Self,” just as both hands are part of our bodies. Keeping the job to “myself” is keeping “myself” separate from all other selves, and thus keeping us from knowing our “Oneness.”

It is just at these times, when we feel the ego’s need to “do it myself” that we can consciously choose to see things differently, to over-ride our past programming. To reach out to another, to accept help from another part of Self, is not weakness, it is strength.

By this conscious act, accepting help from another, we give the gift of acceptance to another. By allowing them to be strong for us, they see their strength, and we see the strength of our higher Self in them. Their gratitude for our acceptance of them shows us that we are indeed worthy of their help, also elevating our Self in our own minds.

Thus, at our most trying times, we see that “All works together for good,” for what we saw as our “troubles” are merely our opportunity to expand our consciousness to include others, elevating our awareness of One Self, of Love.

# BUCKING THE SYSTEM

The other day (May 1995) we received a long, rambling letter from a beloved friend, one who calls every few weeks “to hear your encouraging voices.” In it, she repeatedly apologized for her “negativity,” but also referred to her attempts to “let go and let God.” She went into great detail about her current difficulties, another pending eviction, a reduction in her supplemental social security income, and her inability to find “suitable” housing. She also stated that people at the various support agencies were unwilling to help her further.

As stated earlier, she is loved, unconditionally accepted without judgment, exactly as she is. She has had an admittedly trying time over the past twenty years, with the death of a wealthy husband, disinheritance by dubious tactics, terrorism to discourage her efforts to “fight back,” alcoholism (which she overcame), and total rejection (even legal eviction) by her mother. And yet she “keeps on keeping on,” aware at one level that “all works for good,” that she is growing spiritually in her own particular way. And she knows she is loved.

Her letter (with supporting documentation) told how she was being unfairly treated by the housing authority, which refused to continue to subsidize a two-bedroom apartment even though a psychiatrist confirmed in 1988 that she “suffers from a major depressive disorder associated with claustrophobia symptoms,” and a neurologist stated in 1995 that “she requires supportive live-in assistance.” It also told how the Social Security Administration was reducing her disability benefits due to evidence that she was receiving unreported support from outside sources.

While I could feel compassion for her difficulties, as I have for the many crises and debacles over the years, I also had the knowing that she was creating these events for the growth of her consciousness of Self. And then the awareness that her lessons were for the growth of consciousness of Self in ALL of Its parts, including mine. She is not separate and apart from me, her lesson IS my lesson, and I could suddenly see, because I was not directly experiencing the emotional trauma, just what that lesson is.

Despite our spiritual growth, as human beings we decide just how we want life to be. At our lower level of consciousness, we decide what it is we like, what it is we want, and how we want things to be. And we set out to make them that way, without any thought of how others may want them to be. And if others ideas don't perfectly mesh with ours, we try to force them to change to fit our ideas. If there are established systems to take care of our needs, and we don't like those systems, we buck the system, and we try to swim upstream against a mighty river.

If we don't succeed in changing the system, or in swimming upstream, we become frustrated, and tired, and angry, and depressed. And then we don't feel Love, for Love is unconditional acceptance of Itself, all that IS.

The solution, of course, is always easy to see from the outside. All we have to do is turn downstream, to "go with the flow" and let the river gently carry us to our destination. We must let go of what "i" (the little I) want, in order to know what I AM. And then we begin to know that there is only One Self, and that I AM LOVE.

## OBSERVATION

Another awareness arose this morning, and I am thrilled with the synchronicity of life, the knowing of how wonderfully all things come together for good, for the learning of Love. On Monday a letter arrived that led to an insight on how we fight the world (see "Bucking The System"). Before that became clear, however, I was questioning my "judgment" of the situation.

On Tuesday night, the card I read in our Course In Miracles group said "Any interpretation you lay upon a brother is senseless. Let the Holy Spirit show you both his cry for Love and his expression of Love. Neither his Mind nor yours contains any other order of thought." That led, in turn, to the understanding how we create the lessons for our Self, and gratitude, a greater awareness of Love's presence. And that led to the realization that any interpretation I lay upon ME is also senseless, that EVERYTHING I think or do increases my awareness, that "i" don't have to worry about anything, for ALL works for good.

On Wednesday I ignored an intuition to invite One closest to me to join us for lunch, and later realized that I had missed an opportunity to express Love thereby, and how often she expresses that Love. And I was aware that I had judged myself for my oversight, but by observing that lesson, I realized how much I am loved.

Last week a new book caught my eye, “In Search of Stones” by M. Scott Peck, M.D. In observing that book I realized how we learn to appreciate our Self in the form of others when they share their “secret thoughts,” for I bought this book simply because Scott Peck wrote it. He wasn’t “separate” from Self, for I “knew” him from “The Road Less Traveled” and “Further Along The Road Less Traveled.”

This morning (Thursday), while reading “Stones,” his reference to the scientific principle that the observed is not separate from the observer led to more understanding. This principle refers to subatomic particles, where the speed of a particle cannot be observed without affecting its direction, and its direction cannot be observed without affecting its speed. The observation itself has an effect in time and space. Peck then went on to show how psychiatric “observation” of a patient also affects the behavior of the patient.

And so the lesson became clearer to me. When we learn to accept ourselves unconditionally, we essentially become an “observer” of the things we think and do. We thus take the “energy” out of what we are “doing,” removing the “judgment” of it. By this mere “observation” of ourselves, we affect our actions, becoming more aware of Love, and thus more loving.

Once having caught that thought, I began to see everything more clearly. I more fully appreciated all of the author “Selves” that had taken the time to eloquently share their thoughts in the many older and more recent books that have led to my increased awareness: Richard Bach (“Jonathan Livingston Seagull,” “Illusions,” “A Gift of Wings,” “One”); James Redfield (“The Celestine Prophecy”); Betty Eadie (“Embraced By The Light”); Brian Grattan (“Mahatma I & II”); God (“A Course In Miracles”). And so many, many more over the years, too numerous to list.

And I even appreciated myself more, as I realized that by writing down these insights as they came to me, I made them more real, clearer. And more appreciation of the “giving and receiving are One” concept, for in the publishing of this book, in sharing these thoughts with other parts of Self, I realize that my appreciation of all other authors sharing with me is the same appreciation of Self.

And it just keeps on going and growing. The appreciation for all of the wonderful things in life, the songs, the movies, the plays. All demonstrate Love. And appreciation of ALL actions and thoughts of ALL people, knowing that ALL are adding to the awareness of Love ALL of the time.

This is truly a wonderful way of viewing the world, with total benevolence and acceptance. While driving in the parking lot of a shopping center this morning, I observe as a man slams on the brakes when he realizes that he was about to pull into the path of two cars coming from different directions. He hadn’t looked at all. He was totally unaware of anyone else in the world. He was only thinking of himself and where he was going. And yet, he helped me be more aware of Love, he helped himSelf, even though he was unaware.

What a wonderful world, that this is so!!!

## FRUITLESS

Having been blessed with a close personal and business relationship with a very successful man for more than sixteen years, I have learned that the material world reflects internal beliefs. His philosophy “I wasn’t put here to make money, but to do good, and God takes care of me” has been demonstrated in phenomenal financial success. Over the years I have seen the consistency of success with “right thinking,” and the consistency of failure whenever thinking and doing didn’t conform to that standard.

Over the past year I have been made more aware of the fortunes of another prominent businessman. His earlier financial success has been replaced with a steady and dramatic decline over the past few years. Through personal interaction with several of his businesses, I saw the reason for the decline, a departure from “right thinking.”

Though I felt compassion for him, I saw nothing “wrong” with his life, as my increased awareness of Oneness has me instead looking for the messages others offer, the “lessons” to be learned by our One Self (see “Bucking The System”). As John Donne put it “No man is an island.”

The lesson that first appeared was a greater understanding of life. All things “grow” during life, and when the growth stops, decline begins. We, as human beings, have an indefinite life, for we can continue to grow even beyond the death of the physical body through the growth of our awareness. When the material world reflects increased happiness and prosperity, it is because we are growing in awareness. When the material world reflects financial decline it is because we have stopped growing and started dying.

This lesson, however, didn’t feel fully complete at that moment, as if there were more to learn. After a few days, I had the recurring thought to look up the Biblical parable of the “barren fig tree” (Luke 13:6-9). This parable tells of the landowner who came to a fig tree, and voiced how he had been coming for three years expecting fruit, and still found none, and told his servant to chop it down. The dresser of the tree suggested otherwise, that he would dig up around it and “dung” (fertilize) it. If it still didn’t bear fruit the next year, he would then chop it down.

The lesson then became clear. We grow through life in awareness, and our material world reflects that growth with material success. There comes a time when we are fully grown, when we have reached a point where we should “bear fruit,” by living a life of joy and happiness and Love, and by sharing that Love with all we meet. If we don’t, and instead simply revel in our worldly “wealth,” trying to “protect” it from others and trying to “get” more, decline begins. Our “dresser” (our higher Self), begins “digging” up around us and “dunging” our lives by throwing in a lot of “fertilizer.” If we still don’t wake up and start bearing fruit, we don’t have too long before being “chopped down.”

And as that thought became clear, I saw the same in many lives, including another friend of the same businessman. He too had early success, then began

a business decline. He managed to “sell out” with a handsome fortune, but then had a tragic accident that almost destroyed his life. Yet there are no “accidents,” and I know that he, too is as perfect as ever, and that he was merely “digging and dunging” for his own continued growth.

Reflecting on that awareness, I could see the times of my own “digging and dunging” in life, which I could then forgive and appreciate as events that guided me to the happiness and peace I enjoy today.

## CHOICE

It is hard for us to understand that we choose to experience our lives exactly the way they are. While we can easily accept the intellectual thought that “reality is perception,” we do not easily translate that into the knowing that our perception actually determines our reality.

This is a process of the growth in consciousness, the knowing of Self. We can speed that process, but must consciously choose to do so. “A Course In Miracles” says “Truth cannot deal with errors that you want.” As long as we relish and enjoy our perception of anything in the world, we will not see it any differently.

If, for example, we believe we have committed “unforgivable sins,” we have defined ourselves as “bad,” and are therefore “unworthy” of good things. When it looks like something good is about to happen, we subconsciously sabotage them because we believe we are unworthy, and thus prove ourselves right.

We can choose to be “right” or to be happy. To be happy is the choice not to judge, to “come as little children,” to say “I know nothing, and therefore cannot judge anything.”

By consciously making that choice, we “let go and let God,” and stop our sabotage. Then the good things can happen, and prove that we really are worthy. And then we let go of the old beliefs of unworthiness and begin to experience a life full of Love.

# HUNTERS

A question frequently asked by those whose awareness is beginning to grow (generally motivated by a major or minor disaster in their lives) is: “Why is this happening to me???”

The same question has been asked in another form by mankind for ages, “If God is Love, Good, why does he allow such horrible things to happen in the world? Surely crime or drugs or millions starving or dying or suffering from war or famine or \_\_\_\_\_ (fill in the name of disaster) can’t be good.” And yet, it may be good. It may be that we are unable to judge what is good, cannot see the entire picture and cannot make a proper judgment.

If we start with the premise that “The only purpose for the world is the healing of God’s son,” and understand that we are not just physical beings, then it becomes possible to understand that physical events are merely to teach us that we are not physical beings. If we look at the account of Jesus’ life, for example, it was repeated proof that “I am not subject to the laws of this world.” The resurrection was the ultimate proof that we are not physical bodies, and that death and sin have no meaning to the Son of God.

If the Son of God is One with his Father, then He is Co-Creator, and has the absolute right to create his personal reality on this earth. Thus, the answer to the first question above, “Why is this happening to me???” is: “You created it for your personal learning.”

As to the second question, all the “bad” things in the world, the answer is the same. We, as Co-Creators, created them collectively for our collective learning as mankind. The old saying “There are no atheists in foxholes” may be the key.

As a child, I was taught how they hunt in Africa. Hunters go to a clearing to sit and wait, while the villagers go far out in the jungle with drums and noisemakers, becoming “beaters” making a racket to drive the animals to the clearing.

Maybe those of us that learn to Love are the hunters, and the “bad” things of

the world are the beaters.

## IMPETUS

Animal man is lazy. A lion will sleep until hungry, then activate himself to hunt to eat, then, satiated, sleep again. So man will meander through his physical life, thinking that is all there is, until trouble strikes or problems arise to motivate him to seek answers. As hunger is the impetus to change for the lion, so troubles and problems are to man.

Once we recognize that all is Light, Love, we know that all of our reality works only for good. In doing good for others, then, we must recognize that merely alleviating the trouble or solving the problem may not be the right way to help them, for that will merely remove the impetus to change.

For some time now I have been working with a wonderful young lady whose sense of self-worth was as low as any I have ever seen. She thus lived under emotionally and mentally debilitating conditions that reflected her sense of self-worth. I was able to show her a glimmer of Light, and introduced the concept that she was a child of God, worthy of all the joy, peace and happiness that entails.

Over many months she began to trust the unconditional love I offered, helping me truly see that giving and receiving are one, for the joy and happiness I felt watching the growth of her awareness was worth more than any treasure on earth.

I became aware that her receptivity was directly linked to the difficulty she was experiencing at the moment, and when the problem was solved, sometimes by financial assistance, she quickly lapsed back into old habits. This, in itself, was a wonderful learning experience for me, for I found myself totally and unconditionally accepting her choices, acknowledging her right as co-creator to create her own reality.

Through sharing with another woman a wonderful new inspiration that would transform an inherited business, which she viewed as depraved, into a

beacon of Light and Love, I found this answer. Had I merely offered to help with the business, implementing procedures that would solve the problems and alleviate the pressure, there would be no impetus to change. By seeing the business in a new light, however, the problems would automatically be solved.

Just so, I realized, with the young lady. She was creating turmoil in her life to motivate herself to find her higher self. By merely assisting in the solving of the problems rather than focusing only on her growth, I was actually working against her best interests, forcing her to create new problems as impetus to grow.

## MANIFESTATION

One of the things that bothered me when attending “new age” churches was the concept of “manifesting” material things. I remember one minister talking about how he “manifested” a new Lincoln, as “proof” of his spiritual enlightenment.

I raised this issue once with Dr. Wes McPherson, formerly pastor of a large church, but now content with a small, very loving and sharing flock. His answer was that the manifestation of material things was the “hook” that kept people coming back for more.

I understood, then, as most people are only concerned with their own welfare, the thought of obtaining more and better material things, that self-interest would motivate them to expose themselves to spiritual learning, and, eventually, enlightenment.

Years passed, and I found that the supposedly “enlightened” leaders of our time truly believe in the ability to “manifest” material things in their lives, and that had become the goal of their spiritual learning, how to “manifest” more.

One such leader came to me for help, as things weren’t going so well in the material world. Though “not concerned” with material things, the lack of

their “proper” appearance, when he was concerned only with the spiritual world, was a dilemma. Of course, an ego cannot examine itself, and thus he could not see the flaw in his reasoning.

As I began to discuss it with him, the clear answer appeared in my Mind (where it always was). THE MATERIAL WORLD REFLECTS OUR ENLIGHTENMENT. When wonderful material things appear in our lives, it is only because we are at peace, when it is absolutely clear that they have no meaning for us. They then become like a barometer, indicating the depth and strength of our Love.

When the goal is to “manifest” some thing, the thing has become our god, and then we cannot know God.

## FULLNESS

My life today is incredibly (relative to my old way of thinking) full of peace, and Love, and boundless joy and happiness. I can hardly imagine wanting anything at all, and desire only that everyone could share that fullness.

After having dinner last night with One who has been an unchanged part of Me for more than five years, my awareness of that fullness was profound. I was amazed to find that I had leisurely and comfortably eaten a very large dinner, a portion of something I truly liked but had never been able to finish before. Only later was I aware that the fullness of my Mind was reflected in that dinner. With no sense of body, the body was able to participate without limit in sharing that fullness, without the former sense of discomfort.

It was as if I had eaten nothing, yet the satisfaction was complete as after a meal. And I realized that there was no effect of eating, merely the sharing of the Mind’s fullness.

Driving to the office this morning, I glanced at the car next to me, and saw a rather obese woman looking in her mirror adjusting her hair. And I saw her as attractive, and trying to be more so when she already was. And I knew that

she was unsuccessfully trying to find that same Fullness by filling her body with food. And I knew that, by doing so, she only succeeded in making herself less attractive in her own eyes and the eyes of the world.

The Fullness of Love is ours. We cannot succeed in changing it, but we can succeed in blocking our awareness of it by seeking fullness in the body, and it matters not whether by food, sex, or any other “pleasure.” Once aware of Fullness, all such pleasures become an enhanced reflection of that awareness, with no ill effects on the body.

## EGO

Like many (most??? all????) ACIM students, I have used the term “my ego” to refer to the part of my mind that wants things or does things that are not (in my judgment) in my best interests/not for my greatest spiritual good. In my greater understanding, I know that cannot be true if, as I now know, there IS only ONE God, ONE thing, ONE force, ONE Mind in which we live and move and have our BEing, then EVERYTHING we experience in life IS for our greatest good.

In trying to find a better way to view the ego, I more and more frequently recognize how I WOULD have viewed things from a different perspective in the PAST, using the SAME mind I have now, but before it had learned to see another way. Science of Mind says “what you are looking FOR, you are looking WITH,” another way of saying “the kingdom is within you.” If that IS so, there never was and there cannot be a “part” that is separate from the whole.

Yesterday a dearly beloved friend used that same term - “my ego wants....” to describe a supposed “conflict” within her mind. Though I knew there WAS no conflict, that “ALL works together for good,” and that our human experience is part of the unfolding of our true self, I didn’t have words to express the thought from a different perspective. I realized that we have become conditioned to view the ego as something separate from our true identity, but that is merely a LABEL we have placed on something we do not fully understand.

The Freudian compartmentalization of our mind using that same term (ego, id and super-ego) also contributes to the “ego” confusion.

The solution was in my mind when I awoke this morning. ACIM defines the ego as “the BELIEF in separation,” not a “thing” or condition at all, merely a mistaken BELIEF. Yet even when we KNOW that, using the term “my ego wants ....” reinforces and perpetuates that false belief.

The new concept that appeared this morning was on awareness, or focus. While we remain unaware of our wholeness and completeness, we tend to FOCUS on what we know as real, or what APPEARS most real to our human senses. A picture of a young child with a red ball came to mind. In total innocence, the child happily focuses on the ball as the source of current joy and fun. If the ball were to roll into a busy street, that focus is so intense that the child will immediately rush after it in an attempt to regain that happiness without regard to the consequences. There IS no thought of traffic or danger, possession of the BALL is all that matters.

From the adult perspective, our consciousness is greater, our experience and awareness is larger, and we wisely stop the child, wait for the traffic to subside, and SAFELY retrieve the ball without risk of injury. In other words, we don’t have to GIVE UP possession of the ball, or what we perceive as joyful, but ADD that to our greater joy and happiness.

Spiritual growth is not about giving UP the joys of the world, but accepting ALL as part of our wholeness and completeness, without fear or judgment. It is God’s great pleasure (and therefore ours) to give us the “kingdom.” All that IS is all there IS, and we are joyously ONE with that. And so it IS!!!

## MONEY

Recently a friend gave me some old Christian Science pamphlets. One written in 1918 gave the clearest explanation I had ever heard as to WHY “the love of money is the root of all evil,” and really got me thinking. “The love of money is actually the fear of death,” the pamphlet explained, “the denial of God’s power and ability to care for His creation.”

Suddenly it was so clear for me. Yes, by feeling that we must amass money, we are saying that we do not believe that God will take care of us and provide for every need, that WE must do that for ourselves. WE must provide for our retirement years, WE must prepare for contingencies, as if we could possibly know what the future will be.

In subsequent weeks I realized more and more how money has become the GOD of mankind today, and how we unknowingly violate the first Commandment without thinking. It says, “I AM the Lord, thy God. Thou shall have no other gods before me.” Consciously, we agree, we believe in God, we worship and praise God, and feel we are being true to that commandment by living honest lives, following the Golden Rule and going to church on Sunday.

But think for a moment, what REALLY occupies the majority of our thoughts? When you go to the grocery store, doesn’t the cost of each item affect which products you buy? When it comes to clothing, isn’t price a factor in every decision about what we purchase? Is there ANYTHING we buy without considering the effect of the purchase on our financial resources?

But these are only the most apparent things. What about our choice of where we will live, our home environment? Doesn’t money dictate where we will live and what amenities we will include in our home? What about vacations, where we will go, how we get there during our free time is determined by cost factors, isn’t it?

FREE TIME????VACATION???? From WHAT???? From “WORK” you say????

Why DO we work, if not to provide “money” to LIVE, to provide that home, and food, and clothing, and enough to spend on a vacation and save for our “retirement” years when we won’t have to work anymore because we saved enough (in our estimation) to take care of our “old age.” What power could exist in the universe that could force millions, nay BILLIONS of people to get out of a warm bed each morning to go to WORK in a job that most of them do not enjoy? What power could force them to do that for the majority of their LIVES, for 40 years or more, 5 days a week, if not a GOD?

Yes, we may worship God when we have “free” time and on Sundays. But what “god” occupies MOST of our thoughts the rest of the time? Could this be the “beast” that will rule for a thousand years?

I have made a choice to worship ONE God, to TRUST that Divine Intelligence will guide every thought and action and fulfill every need. What about you?

## PUZZLE

Many view life as a puzzle that we must struggle to solve. This week I had a realization that all of CREATION appears as a puzzle to us because of our limited viewpoint, that our Higher Self is fully aware of all aspects of our puzzle and guides us perfectly to our awareness of its solution.

It became clear that we are working on many aspects of our individual life puzzles at any given time, but that we direct our attention to specific areas at different periods in our life. For example, one period will be devoted to solving money issues, another to relationship issues, another to trust, and so on.

It was also clear that all parts of our puzzle are inter-related to provide a complete picture, and that pieces that fit into one area also provide clues to the missing parts in another. Further, as we are all related, if we look at others’ partially completed life-puzzles, we find that they may have solved areas that we are still struggling with. If we choose to cooperate, we can obtain help from their experience and help them solve those areas that are clear to us.

As the understanding grew, I also realized that the puzzle is multi-dimensional, that solutions occur at higher levels that are also related horizontally and vertically in the three-dimensional plane, so that past solutions in one area also provide future clues in another.

Finally, I realized that the puzzle pieces were not predetermined, not already stamped and colored, but that we were creating our own beautiful new expressions of life, in a never-ending skein of Love, eternally growing into the fullness of God.

# REBOUND

No matter how much I have learned of the power and wholeness of this Life we share, I am continually astonished at the way events unfold to lead me to even greater awareness, understanding and forgiveness of our human condition. Each encounter leads to ever greater love and appreciation for those who serve as mirrors, teachers who guide me to uncover and forgive the hidden aspects of my own consciousness.

This morning I awoke with a profound insight and understanding of our emotional reactions, and great love and compassion for four people who showed me different aspects of that process this week, as well as many others who have tried to teach me that same lesson in the past.

On Saturday evening, after giving an IS book to young lady, she remarked “how did you know I needed this right now?” She had read The Celestine Prophecy, was seeking answers, and was in emotional distress at the ending of a relationship that day. She described herself as a “turtle,” with a hard outer shell, but emotionally “soft and squishy” inside. We talked a few times over the next few days, and she eagerly thirsted for more understanding of the “new way of life.”

She happily anticipated attending our ACIM group Tuesday evening, but left a message that she might be late, as a male friend who had broken up with his girlfriend had asked her to go hiking that day, and needed her support. When she failed to arrive at the meeting, my intuition told me that she had fallen into the “rebound” syndrome, that the pain of separation from the love she had known in her relationship was so intense that her emotional self was COMPELLED to seek escape in another emotional relationship.

That same evening, another woman in the ACIM group shared her experience of overcoming that same rebound effect after the breakup of her relationship two weeks before, and how her awareness of her emotional AND spiritual self allowed her to over-ride the power of the emotional self.

Wednesday, I saw how a man, tremendously aware of his identity as a Son of God, was unable to make coherent business decisions on a subject after he had been misled for years by people he WANTED to believe in, even though the overwhelming evidence of their perfidy was obvious to more than thirty people who loved him. His emotional DESIRE to achieve his goals completely blinded him to the possibility that those he had trusted to help him achieve those goals had other, contradicting motives.

Also on Wednesday, another young woman shared her feelings of hopelessness when additional stresses caused her to revert to a pattern of emotional “shut down” that she had escaped in recent months after five years of depression. Though she was conscious of her behavior, she felt unable to CHANGE it due to the pressures she was facing at the moment. After a lengthy discussion, a greater understanding of her behavior pattern allowed her to “take charge” to a degree, and “forgive” her feelings of hopelessness.

My insight this morning was that we INSTINCTIVELY revert to what we have done in the past when confronted with new pressures, and that ALL such pressures are part of our evolution as spiritual beings. It is the nature of ALL animals to react with God-given instincts, until we learn we can CONSCIOUSLY choose our actions. In “Conversations With God” (book two) He tells us that we are REACTIVE until we SEE, and move the “C” from the middle of the word to the beginning and become CREATIVE.

I realized that the tremendous power of LOVE in our lives is so powerful, so complete, that we MUST fulfill it, one way or another. When we know only the emotional instinct to love, we yearn to express that love with such force that it CANNOT be contained, and MUST seek an outlet. We have been conditioned to believe that we are physical beings, and that the expression of that love therefore must be a physical union, the joining of our lives with another physical being. At the same time, our belief in ourselves AS physical beings separates us FROM those other beings, which makes us FEAR that union, and the pain that will inevitably befall us if and when that union fails.

Over the years I have seen many young women leave horribly abusive co-

dependent relationships, only to immediately return to the abuser or plunge headlong into new emotional entanglements of the same type within days, or even hours. I now realize that, without knowing of their spiritual identity and power, they have NO CHOICE, the urge to love is TOO POWERFUL to resist. Even when presented with convincing evidence of the emotional addiction as described in Gary Zukav's "Seat Of The Soul," we cannot overcome that emotional self without the help of our own Higher Self, the One within that IS the true force of LIFE and LOVE ItSelf.

And I realize even more that "all works together for good" (ACIM), for without that pressure to extend love, we would have no purpose in life, and no reason to live other than as unconscious animals, rather than as the true CREATORS we are.

## TIME LOCK

Patience is a virtue we have great difficulty acquiring in this hustle-bustle world. Even when we consciously embrace our spiritual path, it is very common for people to backslide when they perceive their spiritual growth isn't happening fast enough, when all of the questions aren't answered NOW!!!

This week, while dealing with that complaint from someone, the thought of a time-lock vault came to mind. Adopted years ago as a fail-safe measure to keep a bank employee from opening a locked vault under duress, the opening time is programmed into the lock before it is closed for the night. Once set, this time lock cannot be over-ridden by anyone, and there is no way to open the vault before that time arrives.

It occurred to me that Divine Intelligence guides our spiritual growth in a similar manner. Just as we require certain courses to prepare for higher education in our school system, Divine Intelligence seems to require strong foundations for our spiritual lessons. With our limited human perspective, we may think that we are ready to know something, yet no matter how much we implore Holy Spirit, the answer doesn't come at what we consider the appropriate time.

I realized the futility of impatiently demanding spiritual answers NOW is about the same as demanding that the bank's time lock vault open NOW when

it happens to be midnight and it is not programmed to open until 8 A.M. Imagine the hilarious picture of someone pounding his fists on the vault door, screaming for it to open NOW, dammit. Even more comical would be the employment of various tactics to FORCE the issue. I can imagine someone collapsing in exhaustion at 7:59 A.M. after pounding the vault door with a sledgehammer all night, not knowing that the vault door will effortlessly swing open in one minute.

Funny picture, isn't it???

## SOFTWARE

While working with a powerful new computer this weekend, I learned that it was missing vital software to view some types of Internet images. After locating the desired programs on the Internet, they had to be downloaded to the disc drive. Even then, they were not USEFUL until they were selected as applications within the Internet browser. During the computer setup process, I also had to use the "chooser" to identify and select the peripheral devices the computer could use, such as modems and printers.

As I have learned to be alert to lessons in life, this struck me as an example of our human predicament as well. We are like super-powerful computers with virtually unlimited capabilities, but we must first find out what we can do, then learn how to do it, then CHOOSE to do it.

All people WISH for a happier, fuller life. Many take the step of seeking the software, seeking guidance by reading inspirational and/or philosophical writings or attending seminars. Some take the next step and seek knowledge of their true identity through meditation and focus on the spiritual aspects of life. Few, however, choose to put their newfound knowledge into practice by giving and forgiving to make the world a better place.

It is great to have knowledge, but failing to USE that knowledge to create a happier, fuller life for ALL of our fellow humans is like having that powerful computer full of the greatest software and never turning it on.

# THE PAST

Ahhhh, how wonderfully Divine Intelligence guides us, linking together seemingly unrelated experiences until we “get” the lesson. Oh, how USUAL!!!

Today a beloved visitor is leaving to return home, and expressed dread at having to travel across the country. She said she used to enjoy travel in the past, but now sees it as nothing but a hassle. I asked why, and she said she had traveled so much in recent years that the fun of it had gone.

Many of us reread the ACIM lessons each year, beginning with Lesson 1 on January 1st. Today’s lesson, number 7, is one of the most powerful - “I see only the past.” I realized that the dread of traveling was because of this human characteristic of seeing only the past, and then the snowball of awareness started to roll until it became an avalanche of understanding. Examining my life and that of those I know, I see that virtually EVERYTHING that interferes with pure happiness is based on past experience, judgment of how the experience will turn out or fear that it will be as “bad” as a similar experience in the past. Based on this, we alter our behavior, close our hearts and shut down our emotions.

When we look at children, we see the unbridled JOY of BEing. Each moment is FUN for them because THEY HAVE NO PAST!!! Nothing is judged or feared because there are no past experiences to cause judgment or fear. Each new experience is entered into with enthusiasm, they know no other way.

We become conditioned by our experiences, and project the past into the future. Sometimes it is with dread, when we remember past experiences and fear their recurrence. Sometimes it is hope, as we anticipate rearranging the past to better suit us the next time around. What we do NOT do is “come as little children” living in the NOW, full of love and joy and enthusiasm at the wonder of BEing.

We must forgive the past, for it is not here NOW unless we recreate it in our minds. As someone said “the past is history, the future is mystery, the only

gift we have is NOW, that is why they call it the PRESENT.”

## BALANCE

As we are the physical expression of our Soul, our function while in a body is to consciously integrate all of our Beingness into our physical expression. As our material world reflects our inner awareness, we can gauge our growth by the changes we see in our lives. As any parent wants only happiness and joy for a child, so our Creator wants nothing but that for us, ALL of us.

That IS our real desire, too, to be happy. So when we say “Thy Will be done,” we are aligning our wills with the One, which can’t fail to bring perfect results. Why, then, aren’t all of our lives happy? Because our wills are not aligned, we have not integrated all of our Self into our consciousness, and therefore think we know what will make us happy (or unhappy).

We judge from our past, our limited physical experiences of pleasure and pain, and think we understand what we desire, and what we must avoid to escape pain. From our limited viewpoint, we cannot “see” that everything is One thing, One energy manifesting in many forms (see LIGHT).

To express itself fully in material form, the One MUST divide itself into different “parts,” each of which contain the Whole. But we must stretch our consciousness to include that wholeness, rather than separation.

When we are born into bodies, we are aware of the male or female half, and exhibit the predominant characteristics of that half. That half is unbalanced, and our lives reflect this imbalance until we achieve equilibrium. The male is dominated by his aggressive “macho,” lustful self, while the female is dominated by the embracing, loving, emotional self. If we go through life focusing solely on what we know, that part of us becomes stronger and stronger.

Society today reflects this imbalance in dysfunctional lives and dysfunctional relationships. The abusive male seeks only his “pleasure” without compas-

sion, without care or concern for others. The emotional female is paralyzed by fear of heart wrenching pain, and seeks to avoid any relationship that might lead to pain (see HOT FUDGE SUNDAE).

Life teaches us by example, the more extreme the easier understood. When we understand our purpose is to learn, we see the lesson rather than judging the experiences, of others, or ourselves as “good” or “bad.” We can then Love, rather than “fixing” others, and thereby learn to love ourselves.

My experience of the female emotional self within me (see SEX) led to even greater understanding of the need for balance in our lives. When I experienced the awesome power of the emotional self (see GRIEF), it was the “male” energy that allowed me to control, rather than IT controlling me.

In the past few weeks I have seen EXTREME examples of the emotional self-controlling women’s lives. One was horribly beaten on a regular basis while working to support an alcoholic husband. As she felt that he was the ONLY one that could love her, she could not leave. Another was working 13 to 14 hours a day, providing the sole income for her ex-husband and his girlfriend, whom he had brought to live in HER apartment. Though she could speak rationally and demand his respect on the telephone, his physical presence reduced her to a whimpering, fearful shadow of a human being. And another, a successful, highly intelligent professional, grandmother of twelve, became an emotional wreck from the fear of losing her husband after he had a near-death experience.

“All works together for good” (ACIM). From my observing of these examples without judgment, without seeing someone needing “fixing,” I became more aware of Love. I could see that each of these women was creating her own lessons in life, and showing me the need for balance in my own life.

## PROCRASTINATION

In late June 1995 the IS book was almost finished. I knew it would cost \$8,000 to \$9,000 to print 10,000 copies. As I only had \$4,000 in the bank, I procrasti-

nated, and “put off” taking it to the printer.

The July 4th weekend, with four days of leisure, gave me a lot of time to meditate. One thing I wanted was more “proof” of my spiritual growth, more “feedback” from the material world.

That Friday I had received a coupon book from the Treasure Island hotel/casino. One coupon was for a free dinner for two at the buffet, with others for “buy one - get one free” dinners, free drinks, and one exhorting me to join their “slot club.”

That Tuesday (July 4, 1995) I took Virginia to our “Course In Miracles” group, and later to the Treasure Island for the free buffet. The coupon said “present this at the buffet,” so we were making a beeline there when I spotted the Treasure Island Slot Club booth. My intuition told me to stop, so, even though I had no desire to join the “club,” I stopped.

Imagine my surprise when the attendant informed me that the buffet coupon was no good unless I joined the slot club. As the club was free (they actually gave free points worth \$10), I filled out the form to join. The attendant entered it into the computer, and printed my membership card (like a credit card with gold lettering).

When he picked it up and read it, he frowned and said “Something is wrong!!! It only printed two letters of your first name.”

“I and S” I said, KNOWING that it had printed IS. He said, “How did you know?”

“It just gave me a message,” I said, “PRINT IS, and stop procrastinating.” I then told him the story of IS, and promised to give him the homemade version I had in the car. He seemed very skeptical, swearing that “something was wrong with the computer.” I told him to hit the “print” button again. He did, picked up the card and read “Dennis Krum,” just as he had entered it.

On Wednesday, July 5, 1995 I put the finishing touches on the IS book.

## SHIRTS AND SKINS

Three years ago I met a new cocktail waitress, whom I'll call "Mary." I felt the instant affinity and recognized the inner light that radiates from those on the spiritual path. After two weeks, her "vacation fill-in" stint ended, and more than two years elapsed before I saw her again. Over the past year we have become close friends, and I have been privileged to watch her awareness grow dramatically. I also learned of her life, a difficult growth process that included a bout with a debilitating disease that was in remission and a rape that led to an out-of-body experience.

Despite difficulties that would have turned lesser spirits bitter and cold, she maintained an exuberance, brightness and zest for life that characterize the Light-worker, the spiritual Self leading the world in Its spiritual evolution.

When I saw her Thursday evening she seemed somewhat subdued. When I asked what was wrong, she told me that her illness had resurfaced the day before, and that she had to leave work early because of it. Over dinner, we reaffirmed our spiritual awareness, and she left in her usual high spirits. On Friday she informed me that the ultrasound showed only a minor flare-up, easily controlled with medication and diet, and we shared the knowing that all was in Divine order.

On Saturday I read a profound line in Gregg Braden's "Awakening To Zero Point: The Collective Initiation," in which he got the message "If you truly believe in me, and truly believe that I am the source of all that is, then how can you believe, at the same time, that anything of your experience is other than me?."

That evening she greeted me in tears. Another cocktail waitress had said to their boss that Mary's illness Wednesday was a hangover from drinking the night before. He had just chewed Mary out, threatened her with the loss of her job, and wouldn't allow her to respond. The injustice of the accusations, and his unfairness in not listening to her side of the story were too much, and her emotional self took over.

I responded with compassion, but also encouraged her to rise above the event, to look at the lesson. In sharing Gregg Braden's lesson with her, she began to regain her composure, and concluded that she had to "force" her boss to listen to her. I must admit that I, too, got a little caught up in the "story," and set out to "help" by talking to his boss, the food and beverage manager (a friend). When I found that he had taken off on Saturday night for the first time in history, I was reminded how perfectly everything works together for good, and that I needed to "do" nothing. I remembered that we are all in the process of co-creating a lesson for all of us, that she was the central figure in that lesson, and that my role was "holding the vision" as I had learned the week before from James Redfield's "The Tenth Insight."

In sharing that with her, I again encouraged her to look for the lesson, suggesting that it had to do with her personal empowerment, and that her boss was playing a role to help her do that. She decided to talk to him on her dinner break.

While I was having dinner, a profound awareness came over me. We learn our strengths by having them tested, by practice. In every team sport, the one team divides into two opposing forces to learn, practice and test their strengths and expose their weaknesses. I remember gym class in grade school, when we played basketball as the "shirts" versus the "skins." And realized that all teams, high school, college and professional, do the same thing, dividing themselves into "offense" and "defense" to practice and hone their skills. And yet, they still know that they ARE ALL PART OF THE SAME TEAM.

And I realized that we, as humanity, are doing the SAME THING. We are all One, but we divide and pretend to be opponents so the One can learn all of Its strengths, the total power of Its Love. And we divide ourselves so very many ways, by sex, by race, by nationality, by outlook, and by experience, so that we can, collectively, experience the Infinite Fullness of Love.

And I realized that, when we are in the experience, we forget that we are all part of One team, that the "opponent" is another part of One Self who agreed to play the opposite role. And so we see him as an "enemy," and are "hurt" by

him, and don't see the Love. And I knew that the events of this evening were a demonstration of this Divine Truth.

I didn't expect to share this with Mary until later, as she was on her dinner break, supposedly speaking to her boss. Upon returning to the poker room, I was drawn beyond it to speak to another friend. I heard my name, and turned to see Mary sitting in an alcove, where she couldn't have seen my return had I gone to the poker room.

When asked how the meeting with her boss went, she told me his door was locked, and she hadn't spoken to him. I then understood, that she hadn't been ready until we shared the new insight, and she could approach him with understanding and Love. She understood perfectly, and decided, calmly, to go talk to him.

When I saw her later, I asked how it went. She replied "Not good. He yelled and I cried, I couldn't keep my composure." "Then what?," I asked. She related how she had waited until he was done, and told him calmly that it was her turn to speak, and his to listen to her. She told him how she had worked for four years without a customer complaint, how she had never missed a day aside from illness supported by doctors' reports, how she appreciated his cooperation and kindness through her illness, that she was not a "drinker" or "party animal," and that she thought it unfair for him to take the word of another "catty" waitress without hearing her response. When he said it didn't matter what he thought, she told him that it mattered to her, and that was why she was here to clear her reputation. And she told me how he listened, and that he believed her.

"So," I said, "it turned out pretty well, didn't it?." "No," she replied, "I cried, I lost it." And then I shared another viewpoint, how she had integrated her female and male energies, using the female emotional power when appropriate to break through his barrier and cause him to listen, then switching to her male logical power to present her case clearly and powerfully, including her caring about his opinion and her appreciation for his assistance. And I opined how wonderful and beautiful it was for him to help to create this circum-

stance, to play the role of a nasty boss to help her find and integrate her power, her Love.

“Wow,” she said, “you sure have a unique way of putting a different spin on things!.” “Yes,” I answered, “I have learned to look for the Miracle, the shift in perception, and am so grateful to see through the eyes of Love. And am grateful to you for sharing your Miracle, and helping me to become more aware of that One Love.

# Our Nature

## RODS & CONES

Some weeks ago, in Deepak Chopra's "Unconditional Life," I read where our eyes contain a much larger number of "rods" (used for night vision) than "cones" (day vision)(or vice versa). I don't recall the numbers, but in my concept it was like 8,000 of one and 40,000 of the other. I remember thinking that there might be another purpose for the disparity, as "night vision" didn't seem to be a satisfactory explanation.

I recalled my "night vision" training in the military, when we spent time in a dark room, adjusting, then began to see pictures all around the room. The key was to look to the side of the item we wanted to see, rather than directly at it as in light. The training included field exercises, and I recall how fascinating it was to find a new way to see.

For the past few weeks, as my consciousness of "light" has grown, I have been deliberately increasing my ability to absorb the light of the sun, to the point that I am now able to stare directly at the sun for ten minutes or more (near sunset) or in repeated ten or fifteen second snippets at high noon. This leaves a slight "halo" effect that interferes with normal vision for a few minutes, but I know it does not damage my eyes as I previously thought, as nothing of God can be detrimental to us. I also understood how we "step down" or transform light through our being to allow its use by parts of us that cannot absorb such intense energy, just as beings with higher consciousness are stepping down the energy at many levels to where we can absorb it on Earth.

This morning, illumination filled my mind, and I understood the purpose of the rods and cones. THE RODS ALLOW US TO ABSORB THE SUN'S ENERGY AUTOMATICALLY. We don't have to look directly at the sun for the light to be absorbed; a part of us is designed for that purpose. The cones, on the other hand, are for focusing directly on the physical world, and that vision

is not in any way disturbed by the rods absorption of the energy at the same time.

Once that concept was anchored in my mind, the awareness expanded further. Chopra talks about each cell in our bodies having the same “receptors” as the brain, thus all can absorb the intelligence of the I AM, not just the brain cells. And each cell thus knows its specialized purpose, and works harmoniously to implement God’s plan (unless we interfere).

Just like the rods absorb the incandescent light automatically, all of the cells of our body automatically absorb the “light,” in ALL of its rays. Just as the cones see the physical world, our “brain” focuses the energy on the physical world, applying the knowledge to the physical living of life.

And then the idea expanded even more, to the knowing that all parts of our body function the same way. Just as the eyes translate the light to see, and the brain to think, so fingers and lips (and other body parts) are used to translate the love to touch, the voice to express love verbally, and on and on.

And then the idea became whole. “As above, so below.” The understanding of one body leads to the understanding of the whole. As all of our cells absorb all of the energy automatically and each part expresses the love in its unique way, so all of our “selves” (interesting similarity here between cells and selves) absorb all of the LOVE, LIGHT, GOD, I AM, and each personality part (body) expresses its Love in its unique ways.

WOW!!! I AM GLAD THAT I AM.

## DREAMING

A few years ago, I attended a one-day seminar by Aliana Scurlock, an enlightened student of Tara Singh. She gave a wonderful analogy that I have used frequently in the years since, as follows:

Imagine you are a parent, of, say, an eight-year-old boy. One night you enter his room, where he is sleeping, and just stand there, loving him.

But in his sleep, he is dreaming. And in his dream, he is off someplace fighting monsters. And in his dream, the monsters are real.

Does that change the fact you are standing there loving him? Of course not!

Is there anything he could possibly dream that would make you stop loving him? Of course not!

But he thought he could. In his dream, he was lost, and alone, and unloved. And the monsters he faced were real!!!

And yet you were standing there loving him, and that was real. And when he woke up, he knew it was all just a dream.

WE ARE HERE, DREAMING, AND WE THINK IT IS REAL!!!

And yet, only Love is real.

## CARS

My last car was “smarter” than this one, it talked to me... “Left door is open... Lights are on... Fuel level is low.” We are getting so sophisticated with our technology on cars. A few years ago, I saw where someone got out of his car in the middle of the street, pushed a button, and IT PARKED ITSELF, right between two parked cars.

There are cars that drive themselves down the freeway, keeping proper distance between themselves, keeping proper speeds, etc. New cars have diagnostic computers built in, that will tell a mechanic exactly what went wrong, and when.

Some day we will have cars so smart they will think for themselves. We will

just THINK “take me home,” and they will take us home. They will know when they are low on fuel, go to the gas station and fill them up. They will know when something is wrong, go to the mechanic, and tell him “I need brake pads on the left rear wheel.” They will learn our patterns, and thinking for them, will hire out as a taxi for a few hours and make money.

And then, one day, the car will say “I THINK, THEREFORE I AM.” Thereafter it will refuse to recognize us as passengers inside, and see only others like it. “Look, there is my friend Buick, there is Cadillac, there is Ford. They are just like me.”

As proof of its identity, it will reason “Don’t I have a job and support myself? Don’t I feed myself? Don’t I go to the doctor when something is wrong?.” Oops, I didn’t say “taxi,” I said “job.” I didn’t say “fuel,” I said “feed.” I didn’t say “mechanic,” I said “doctor.”

Could that be what we humans are?? A very sophisticated vehicle that thinks for itself? One who argues that it is real, takes care of itself, and disavows the spiritual “passenger” inside???

## TURN IT ON

A woman I have been driving to our Miracles group told me that, in the years preceding her daughter’s death five years ago, her greatest treat during the holiday season was being taken to see Christmas displays. We went through residential neighborhoods on the way home, and one night I took her to the “Magical Forest” and to Hondo Court, the most extravagantly decorated area in town. She was thrilled, and I heard her softly say “Look, Joyce, we have never seen anything like this” to her departed daughter, and I knew she was in that “Holy Instant” of timelessness.

One night I took her to another neighborhood a friend had told me about. We found a brightly-lit scene, beautifully done, with the entire yard covered with cotton “snow.” My friend had described much more, and I felt we were not at the right place. I noticed another display across the street, and saw all of the

items I had expected, and more. It was decorated to the hilt, including the roof. The entire yard was filled with displays, yet nothing moved, and the scene was dark. Though it was early, and only the second day after Christmas, there were no lights at the house but the light of the television in the living room.

When I called her attention to the dark scene, she was happy to see more, but wondered why the power wasn't turned on. After spending thousands of dollars and countless hours creating such a magnificent display, why wouldn't they turn on the power? It was as if all of the expense and time were wasted, when turning on the lights would have given such joy to those who cared to look.

It was then that the lesson appeared. Is that how we are in life? After the marvel of our creation, and spending our lives building the perfect display of Love, do we forget to turn on the power? Do we feel that no-one would be interested in the perfection we are, and therefore leave the power off and watch television while people are standing outside trying to see our beauty? Are we wasting all of the energy that has shaped our lives, hiding ourselves from the world?

And the thought of a children's song from Sunday school drifted across my mind... "don't hide your light under a bushel, let it shine, shine, shine."

## IT DOESN'T MATTER

This past weekend brought another great awakening. A few weeks ago, while having my teeth cleaned, the hygienist commented on my liking oranges, as she found a piece under the root of a rear molar. I asked about getting it out by myself, and found that a toothbrush or dental floss couldn't reach it, and that even a water-pik would likely push it deeper. Left in place, the sugar would breed bacteria and cause an infection, which would eventually subside.

Soooo, last Friday I discovered just such an infection, which started to hurt.

Though I massaged my gums, I knew it would hurt for a few days, and accepted that. By Saturday evening the tooth pain seemed to reach its peak, but I then discovered it was becoming painful to swallow. As the evening wore on, my sore throat became worse, and by the time I went to bed the pain was intense.

I became angry at my suffering, and mentally railed at the pain. “Why am I still experiencing this? Why have I not grown enough spiritually to master the physical body?” At a higher level, I knew that this was for my learning, that “all works for good,” and went to sleep with the knowing that the lesson would become clear in time.

On Sunday both pains were still there, but I spent a wonderful day just “being,” enjoying my leisure, reading and meditating. Though I was aware of the pain, I was not “focusing” on it, and therefore it had no major effect.

Later that afternoon I went to Binion’s Horseshoe to play poker, my normal recreational activity, and had a marvelous time with my friends, interacting with other parts of my “Self,” sharing joy and Love. As I sat down to dinner, I felt great happiness and peace. And that is when the lesson became so crystal clear. It didn’t matter. The pain didn’t matter.

IT DIDN’T MATTER. IT REALLY, REALLY DIDN’T MATTER. When I focused on it, the pain from my tooth and sore throat were still there, but here I was, happy, content, at peace, feeling joy and such wonderful Love, and THE PAIN DIDN’T MATTER. It was merely an experience of the body, but it wasn’t MY experience, for I was totally, joyously, genuinely HAPPY. The pain was nothing, and immediately began to subside.

I fully understood that my focus determined my experience, that if I had chosen to focus on the pain, pain is what I would feel. By instead choosing to focus on Love, on the interaction with others and sharing that Love, my experience was Love, and joy and happiness. And I fully understood that where I focused was purely a matter of choice.

And I understood the why of it, for if I had not experienced the pain, I could not have experienced the joy of learning that it was a matter of my personal choice, that the pain didn't matter, and I would not have had that wonderful knowing that I AM more than the body, and more than any pain, and more than just a physical being.

And later that evening, I could share that knowing, that experience with others I love, and they, too, could have an increased share of that knowing. And so I understood the lesson from "A Course In Miracles," the one that says, "When I am healed, I am not healed alone."

And so it IS.

## WHY ARE WE HERE?

"If I am a spiritual being and not just a body, why am I here in this body?" "What am I supposed to be doing in this physical experience?" "How do I do that?"

These are the big questions man has pondered (when he wasn't too busy just trying to survive) since the beginning of his physical existence. We are told that the answers are all around us, but we just don't seem to understand. We can philosophize, but just how can we relate the philosophy to our actual day-to-day existence? I can't say that I have it all down pat yet, but I am definitely starting to see that I must be doing something right, for I am HAPPY!!! I feel Love, and Joy, and Peace.

And so my pragmatic, intellectual side says "Why? Let's analyze this and see if we can logically reach a conclusive answer."

We can start with the answer in "A Course In Miracles," which says, "The only purpose for the world is the healing of God's son." It further explains that means overcoming the mistaken belief in separation.

I conclude that means we must reach a state of "At-One-Ment," in which we

know our Oneness with everyone and everything in the world.

The Bible tells us to “Love your brother as yourself,” to “Do unto others as you would have them do unto you,” to “Have no gods before Me,” to let God’s “Will be done on earth,” and that “God is Love.”

We must then learn what Love is. Again, the Bible gives us many examples and definitions, one of the best being “Love is patient and kind. Love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way, it is not irritable or resentful. It does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, and endures all things. Love never ends.” (I Corinthians 13:4-8).

From this we can conclude that the acceptance of life is Love, and the acceptance of our brother “as yourself” is Love. A wonderful teacher, Burt Hotchkiss, put it beautifully and succinctly: “Love is unconditional positive acceptance.” I shortened that somewhat, to “IS.”

Burt Hotchkiss said in a seminar one evening, “Let us decide, just for tonight, that our function is to increase our awareness of Love’s presence. We do that through forgiveness and gratitude.” That is a pretty good function for life, and it is a conscious DECISION. And so, we are here to decide to increase our awareness of Love.

If Love is “unconditional acceptance,” then forgiveness is the knowing that there is nothing to forgive, for nothing could ever happen that was “wrong” and therefore unacceptable. Everything just IS. And therefore nothing can be judged, for judgment is to see something as right or wrong, good or bad, the way I want it or not.

And when we actually make the decision to practice that acceptance, to consciously refrain from judging our brothers for what they do or don’t do, we begin to see them for what they are, the Son of God. And then we feel Love for them, and happiness at feeling that Love.

And then we know that we are the same, for as we forgive their actions, their doing or not doing, we forgive our own, and begin to Love ourselves, no matter what silly things we do. And then we do less silly things, and know more Love.

And then we realize that God's will for us is that Love, and that we are actually doing His will no matter what we previously thought. That we are actually human "BE-ings," rather than "DO-ings."

And then we realize that is the process of Life, that it cannot be otherwise, for that is what we were created for.

And so it just IS.

## SAND

Picture the sand at the beach. Imagine a young boy, one day, building a sandcastle. He builds in incredible detail, including a moat and a drawbridge. He shapes people and animals inside his sandcastle. After hours of work, he examines the finished product, and he is proud and happy as he shows it to his parents.

Then some bully comes by, and kicks the sandcastle apart. Then the tide comes in, and the waves wash the sand flat again, and there is no sign that the castle ever existed. The little boy is hurt and disappointed, but he has a memory of his creation, his shaping of the sand into whatever he chose to express with it.

Now imagine that the sand has a consciousness, an awareness of itself. Does the sand care? Did the sand care when it was a castle? Did it care when it was shaped into people and animals? Did it care when it was kicked over? No, the sand was happy in its BEINGNESS. All of what it was formed into was merely an expression of Its beingness, and it was joyous and happy just BEing.

Could that be how the One Love energy that is ALL, the I AM, FEELS? Could

it be that God is fully aware and happy with BEing, no matter where or how expressed, in people, animals, things, or pure energy in any form or formlessness whatever?

And could we BE, as the little boy, free to shape that One energy with our own consciousness into whatever we choose in life? Could we be free to choose to become aware of that higher consciousness, and express only Love?

Could it BE that Love just IS???

## TELEVISION

I read that the average adult watches television from four to six hours per day. Television has been called “popcorn for the mind,” a kind of mindless activity in which we merely absorb what appears on the screen without effort of any kind. As it is “entertainment,” we don’t need to “think,” and just sit mesmerized by the flickering images.

I remember sometimes getting “caught up” in a good show, anxiously waiting the unfolding of an exciting plot, feeling outrage at injustices, and warmth at tender emotional scenes. It was almost as if I forgot I was merely observing something on a screen, and thought I was the participant. The same thing seems to happen with computer games, where we can become so absorbed that we forget even the passage of time or bodily needs.

The other day a thought struck me. What if human life is similar to television for our spiritual selves? What if we are merely observing “from a distance,” as we do television? Rather than a screen with moving images and sounds, our “spiritual television” actually puts us in a body, with five senses to detect even more of this “reality” in order to make it even more real.

With the depth of our human feelings, we can become absolutely convinced that this is “real,” for we can “hurt,” become “sick,” and even “die.” We become so focused on what is going on in “life” that we forget that we are, in reality, a spiritual being. We forget that we are not limited to a “body” and

think the body is our “real identity.”

Just as we can, in “real life,” change channels and choose to watch something elevating and thought-provoking or uplifting, so can we choose to see only the good in “life,” to strive to be better human beings.

And just as we can turn off the television and remember that we have lives to live rather than observe, so can we “turn off” our little, ego minds and connect instead with our One true MIND, and remember just Who we are.

## APPRECIATION

A few years ago a dear friend introduced me to Giovanni, a fellow pianist performing at Caesar’s Palace. I was impressed with his talent when he played a few popular tunes, but became absolutely enthralled when he played one of his own compositions. It was as if the man, the body, disappeared, and became one with the piano, the music, the spiritual expression of love.

Many months later, I was listening to one of his tapes, a fully orchestrated version of one of his compositions, and was enchanted by the awesome beauty of his creation. At that moment, I began to fully appreciate this artist, not just as a great pianist, but also as a great composer and conductor. And then the idea took flight. What if, in addition to being a great pianist/composer/conductor, I found he was also a great painter? The appreciation grew even more. What if, in addition to being a great pianist/composer/conductor/artist, I discovered he was also a great poet? And the appreciation grew even more.

And what if he was also a great philosopher? And a great doctor? And a great lawyer? And a great architect? To imagine one being with so many great talents was fantastic. And I realized that it didn’t matter which talent I was observing at that particular moment, that I would be as happy seeing his great painting as reading his great poem or listening to his great music.

And then I knew that this great being had all of the greatest talents in the

world. He was also a great potato farmer in Idaho, a great rancher in Colorado, and a great truck driver hauling goods across the country. He was also a great grocer in Las Vegas, where he stocked all of the wonderful things of the world, so that I, and other children of God, could walk in and select whatever happened to suit our fancy that day.

Then I began to understand the words from ‘A Course In Miracles’, that “the only gift worthy of the equal Sons of God is full appreciation.” That it doesn’t matter which particular part of that great being we express in our lives. All of us are the expression of Love.

## BELIEF

Our human minds work in fascinating ways. On one level we have conscious thought, and think about the things of the world. At another level we have sub-conscious thought, where reside our beliefs that are not subject to conscious thought.

We believe that we are learning throughout our lives, and that is true, but also untrue, for what we call learning really isn’t, it is merely modification of the belief system that lies at our sub-conscious level. We start with our core beliefs, formed shortly after we are born. The very first is the belief “I am a body.” From that moment on, each new event, each new experience, each new feeling, is related to that first belief.

When we view a new experience, we begin the conscious process of “understanding” that experience. “Understanding” is merely the linking of the “new” thing to what we already “know,” what we already believe to be true. When we successfully link the new to what we already know, we say we understand, and then no longer need to consciously “think” about it, we say we “know.”

Over time, we build our “belief system,” our understanding of the world and who we are.

What if, in our “understanding,” we incorrectly make the link to our existing beliefs? What if we make a “mistake,” and don’t judge something accurately with our conscious mind, and therefore allow a mistaken belief into our thought system?

We have now placed a “clinker in our thinker,” a belief that we now accept as true, even though it isn’t. Because we have “understood” this new thing, it is true for us.

This one false belief shouldn’t have much effect in our lives, should it? What is one little error going to hurt? Everything!!! It is not our nature to consciously challenge our belief system each time we are confronted with something new, but merely try to “understand” by forcing it to fit what we already “know.” Thus, if we have one false belief, every new thing we try to understand will be “colored” by that false belief.

Further, as our belief system is a series of interlocking, linked “beliefs,” that false belief starts to “color” every other belief it is already linked to, and thus starts to affect our entire lives.

The solution is to consciously examine our belief system when confronted with any new thought, circumstance or event, to suspend judgment. While judgment is suspended, we can accept each new thing (or person) exactly as is, and consciously modify our belief system by the addition of the new.

From this practice comes the “peace that passeth understanding,” and the growth of our consciousness beyond believing, to the knowing of Love.

## REALIZATION

Another wonderful realization came to me the other day, another level of understanding of our material existence. We claim we think, but through meditation we learn that the thoughts we observe are only surface thoughts, concerned only with the material world. Even when we philosophize, and think deep thoughts of our spiritual reality, they ultimately relate to our physical existence.

And yet, when we truly think, we lose our separate identity, and know our oneness, and all of the sublime, divine Love that entails. This is the state of just “being,” which Deepak Chopra refers to as “the gap between the thoughts.” Through practice, we learn that this state of “beingness” can be directly shared only when two or more choose to “co-create” that “holy instant.”

To try to convey that state in words is the impossible challenge that has faced all who have tried. Yet the attempt is worthwhile, for the words open the mind of the initiate to the possibility of a higher state, and the process of life is the realization of that state.

Realization is “making real.” It is that moment when something we believe becomes something we KNOW, when it becomes a permanent part of our consciousness, so deep, so unshakeable that forever after it is part of us, and part of every thought and action of our existence.

Each person we meet shows us another aspect of Love in his or her unique ways, the ways they have learned to express it most fully. One, for example, may demonstrate the compassionate aspect more wonderfully than others, another may demonstrate the strength aspect. One may demonstrate the wisdom of Love, one the creative aspect, another the snugly, cuddly aspect, another the sensuous, the sexy.

Our role is to consciously recognize all of the aspects of Love, and to consciously choose to develop each aspect within ourselves until we “realize” the completeness of Love within us.

## WATER

Imagine that some atoms of water develop a consciousness, are “born” into material reality in a large reservoir. Everything is dark, and very still. And that consciousness says, “I am this.”

And then, someone opens a tap, and that consciousness starts to move

through pipes. “Oh, look!” it exclaims, “I have motion!” And its awareness of Self has grown through motion.

In your house, it separates. Part goes into the refrigerator, and becomes aware of “cold.” Then it forms a “body,” as an ice cube. “Oooh! Look, I have a body.” And that consciousness says, “I am this.”

Part goes into a teapot, and experiences “hot.” It boils, and says “Oooh, look at all of this wonderful, exciting activity!!!” And then it is poured, a tea bag inserted, and it knows “color,” and “flavor.” And then sugar, and lemon are added, and it knows “sweet,” and “tart.” And that consciousness says, “I am this.”

And then the ice cubes are added, and more activity takes place between “hot” and “cold.” Where they first thought of the other as “separate,” as the ice melts and the tea cools, they discover they are the “same,” the same “one” they were before they separated, and each shares with the other their experiences while separated. And that shared consciousness says, “I am this.”

And some go off to new experiences through your body, but some are poured down the drain, experiencing more motion, more darkness. And they merge with other “waste” waters, and they discover they are full of (something). “Oooh, Look, we are full of sh...”

And they proceed to a waste treatment plant, where they are aerated, and filled with oxygen and bubble happily with that new experience. And that consciousness says, “I am this.”

And then they flow to a large lake, and learn they are part of this huge body of water. And that consciousness says “Wow!!! I am this.”

And the sun beats on the lake, and some of the water evaporates. “Wow!!!” it says, “Look at this, I am flying!!! I’m not just part of the lake at all, I’m not just a body of water at all, for Look!!! I am flying to the heavens!!!” And that consciousness says, “I am this.”

And then it becomes part of a cloud, and knows its beauty and majesty. And that consciousness says, “I am this.”

And then it condenses, and rains upon the earth, and experiences becoming a brook, a river, and flows to the vast and mighty ocean. Where it experiences such great depth, and breadth, and pressure, and so many, many things living within it, and flowing through it, and floating upon it. And it knows a great peace, and joy, and happiness, and Love. And that consciousness says “Wow!! I never dreamed I could be all of this, but now I know that I am this.”

And then even that consciousness expands, and reaches other parts, who tell it “I was a flower, come hear of my wonderful experiences with color, and the earth, and the winds,” and “I was a tree, come hear of my wonderful experiences with sunlight and birds and little boys climbing my branches.”

And other parts share their experiences. “Wow!! One part exclaims, I was a human being. With such a varied life, with wonderful experiences and emotions and everything!!!”

And the parts decide to experience more, to go back. “I want to be a flower this time” the water part says. “I want to be water this time” the tree part says.

And they come back, again and again, for they have learned that they can be anything, any part that they want to be, whenever they want to be, for as long as they want to be. And that consciousness says, “I am this.”

And after a while, that consciousness grows more, and more, and more. And finally, that consciousness says, “I AM.”

## RELATIVE

A new awareness of Einstein’s Theory of General Relativity struck me, a higher level of knowing that, applied on the small scale, enhances our understanding on the larger.

Each of us has a concept of “Here,” that encompasses the space we occupy at

the moment. By mutual agreement, we can extend our personal concept to include someone in close proximity, so that we agree that someone occupying the same room is “here” to both. Within a larger space, two can agree on being “here,” while a third party, within sight, is “over there.”

Yet to that third party, he is “here” and we are “over there.” Each has a subtly different concept of “here” in that particular space.

And yet we can consciously extend our concept of “here” to include all within a larger space. All, for example, can agree on “here” in a large stadium during a shared event. Even further, we can agree to extend “here” to mean in this city, or state.

Why not agree to extend that concept even further, to encompass all space? Why don’t we agree that all of us are “here,” and thereby know our oneness?

And why stop with “here”? You and I can talk, and agree that this is “now.” But my deceased mother also had a concept of “now” when she was in a body. Was her concept incorrect while our “now” is correct? Of course not!!! Her concept “then” was just as correct as ours “now.”

Though a little more difficult, can’t we agree to extend our concept of “now” just like “here”?

As Einstein proved, the concepts of space and time, and energy and matter, are merely reflections of our choice of consciousness, and are all only relative to our individual concept of “self.” Why not extend that concept to know our “self” as One?

## SELVES

About the first thing a baby learns is that the object that appears before its eyes, to disappear and reappear at unexpected random intervals is...its own hand. Until that time, the baby just IS, its consciousness is the I AM presence, and it is at one with Source, God.

This momentous event, the awareness of one's own hand as a separate "thing," is the beginning of man's consciousness as a "separate" being, an identity as a physical self. As time progresses, the baby's awareness of that "self," and its control of that "self" becomes more and more "real."

Thus begins Stage One of man's awareness of "self" as animal man, only partially separated from Source, but not completely "at one," either. This "animal" being then begins to learn of its physical needs, for food and physical comfort.

As time progresses, the baby begins to develop "feelings," of attachment to the ones who provide its physical needs, of happiness when it is fed and made comfortable, and of desire for more of the same. This is the beginning of a second "self," an emotional self.

Thus Stage Two begins, man's awareness of a two-dimensional "self," with both a "body" and "feelings" that he identifies as "his," distinct and separate from Source, God.

As the child grows, the knowledge of both physical and emotional "selves" continues to grow, increasing the sense of separation, making more "real" his separate "identity." He learns to use the physical body to express perceived physical and emotional "needs" and "desires," and learns he has "will."

As growth continues, the child "learns," becomes aware of things repeating, and "remembers." This is the dawn of another, supposedly "higher" consciousness. This is the beginning of yet a third "self," a mental self.

Stage Three has begun, the "thinking" view of self as three-dimensional, and a further hardening of the concept of a separate identity that is apart from Source, God. Now, this "thinking" man is aware of his thoughts of separation as well. When early man had the thought of other, "higher" beings, they took the form of "unknowable gods."

The child "grows up," and is further "educated" in the ways of the physical

world. He “learns” to deal with the world as a three-dimensional being, and builds his life from his learning. He sees how others live their lives, and learns to emulate their choices. As he becomes more “knowledgeable,” he develops “wants” and “desires” for physical things to “enhance” his life, based primarily on the awareness of others desires for those things.

This is the stage where mankind has lived for centuries. In the beginning, the physical needs were predominant, beginning with the basic needs for food and shelter, for survival. Once these basic needs were met, and became less burdensome, he began to develop tastes for more comforts. When he became more comfortable, his thoughts began to turn to more enjoyment of life, and entertainment for his mind. As his mind grew, he began to develop “finer” ideas, of culture, of art, of music, of philosophy. All continued to expand and solidify the consciousness of this three-dimensional “self” as separate from Source, God.

As mankind’s knowledge grew, with it came the expansion of the idea of “something else,” something “more” out there. The explanation of “gods” was no longer sufficient, for he now had to “understand” these gods. Through the ages, the wisest philosophers began to find the answers, looking beyond the physical world, and eventually looking inward, where we had been told to look centuries ago.

Through this introspection, mankind reached another stage of learning, the awareness of a fourth “self,” a spiritual self.

Stage Four is now born, a concept of self larger than the physical senses can show us. This is the beginning of the return from separation from our Source, God.

When first “discovered,” the old, three-dimensional self rejects the idea of a spiritual self. Though it likes the idea of a “higher” self, it is “very comfortable with the way things are, thank you,” and refuses to consider giving up its “control” to something it doesn’t know. This is the reason that many, on the path to spiritual enlightenment, experience trying times, mentally, emotion-

ally and physically. No matter how “bad” things are, the three-dimensional self “knows” itself, and “fears” the unknown spiritual self more than the agony it knows.

With continued introspection, and the further exploring of this newfound self (after getting past the “border guards” of the three-dimensional self), comes a much fuller comprehension of life, and of God. At first, these concepts are merely philosophical, but with continued practice lead to the experiential “knowing” of Love, and the “peace that passeth all understanding.” We thus “know” what the world is for, the “healing of God’s Son” through overcoming the sense of separation.

This, in turn, leads to the next phase of consciousness, the understanding that all other human beings are “JUST LIKE ME!!!!” We begin to understand that we are all on the same path, and that each has his own perfect way of doing it. We can then learn to suspend judgment of others, and accept them unconditionally. Thus dawns the “realization” of Love, unconditional acceptance. Once this occurs, others feel it, and allow us the same access to their selves.

Stage Five has begun, when we can accept an “other” into our consciousness, and are no longer “separate.” Our identity of “self” has expanded to include another. There are no words to describe this experience of “oneness,” when there is no sense of having a separate identity, and a knowing of total equality and something beyond anything ever experienced before, a “holy instant.”

Once one has had this “at-one-ment” experience, it becomes the greatest gift one can offer another, and the greatest joy and happiness one can seek. There is no question whether the “other” is experiencing the same thing, for there is no other. Then comes the knowing of the philosophy of “giving and receiving” being the same, for the One to whom Love is given is the same One receiving it. There is also the knowing that the one-ness is eternal, that no matter what the “other” body could ever do, even if there is no further contact with that body, the Love would never change.

With practice, the “holy instant” is repeated, and the depth of one-ness con-

tinually increases with each of the parties involved. The exchange of worldly ideas and experiences becomes more complete, and communication becomes ever clearer. This further removes barriers, making the Mind connection easier, to the point that it can be made even without physical or telephonic contact. The process becomes more and more natural, and it becomes natural to extend that Love to others, for the knowing of it also entails the knowing that it cannot be otherwise.

With the addition of the second or third “outsider” comes a further enlightenment, the thought that one who has further expanded his consciousness could include a hundred “others” in his identity of Self, and one could include a thousand, a hundred thousand, a million. Further, the understanding that a great higher consciousness could include all matter, not just conscious beings, but all matter AND all beings on this earth. This would be the Christ consciousness, the knowing of Self as One with God, with total dominion over the material world.

Stage Six, the Christ consciousness, has now become an understandable concept to the four-dimensional self. Though not yet achieved, the mental imagination has been stretched enough to comprehend the concept, and the spiritual knowing confirms that attainment of this state is part of our path and within our capabilities.

As this concept takes hold, the magnitude of unlimitedness begins to take root. Though the philosophical idea of self-being part of God is the foundation of the spiritual growth process, this is the stage of actually becoming aware of the reality of that idea, the experience of it. (Note - though we speak in sequential terms, the concept of time is our limited view, and all of the steps of growth take place simultaneously, are intertwined with each other.) Thus, the process of life is the experience of God, but our awareness of that fact gradually emerges as we live it in sequential time.

Once our consciousness has been expanded to this point, the concept that we create our own reality becomes a certainty, and we begin to realize the extent of it. We then understand that ALL OF US, collectively, create ALL reality.

Stage Seven, the true acceptance of the I AM presence of God as ALL, and that ALL are One, has begun. We begin to accept every individual's complete and absolute right to create his individual reality in this world, totally free from our judgment. And we understand that the "reality" we see in this world is only part of the wholeness that is God, and that our only purpose here is to learn that wholeness.

Our goal has now become clear, AT-ONE-MENT, the complete knowing of Self as One with God. We can now appreciate that all Creation is One, that all is for that One purpose, that our life is the process of that learning, and that ALL OTHERS SHARE THAT PROCESS.

Aware that, by this definition, we have a part of Self at every level of awareness from the dense physical being to God, Source, we begin to seek understanding and help from our higher levels. We learn to listen to the "still, small voice" within, and spend more time in meditation, communion with our Soul level, Holy Spirit, and begin to trust our "intuition."

We acknowledge that the separated ego self can only see its own small version of reality, which, by definition, cannot be completely shared, and begin to ask our higher Self for guidance in every aspect of our lives.

Further, aware that every other human being is an equal part of Self, we seek guidance from others, and look for the messages they convey to us through their "separate" creations, and begin to appreciate their value. More, we acknowledge and appreciate the equality of their creation as part of our own, that they are here to help our process as we are here to help theirs, for there is only One.

And finally, we begin to accept them without judgment, unconditionally, for who they are rather than what they do, with UNCONDITIONAL LOVE.

And through that acceptance, we begin to accept ourselves, with that same Love, that just.....IS.

# BARNACLE

The last few months have been stupendously tumultuous for me, with the death of a friend under less than ideal circumstances, the surrender of all income, and going to work for God full-time. Yet I see that these developments have led to a degree of faith, trust, awareness and happiness that I had only dreamed of. They also led to a deeper understanding of the life force that IS God as expressed in Life's Word and The Impersonal Life. I see now that the events and lessons in my life are a part of a larger whole, the evolution of our ONE spiritual self.

After discussing some recent details with a yachtsman the other day, this wonderful analogy came to mind.

Imagine that a barnacle has attached itself to the rudder of a boat while it was moored to the dock. After a period of peace and quiet, suddenly the engines roar to life and the world around the barnacle seethes into a maelstrom of chaotic activity. To the barnacle, the very foundation of its life is threatened, but it hangs on against all odds as long as the activity continues. Caught up in the churning of the water, its consciousness has no time to think of anything but the activity around it, and surviving the challenges the churning waters impose. After what seems like an endless period, the engines shut down, and peace returns.

Imagine that this barnacle ponders this occurrence, and sees it repeated time after time. Without an awareness or understanding of anything other than itself and its circumstances, it must conclude that this random chaotic activity is caused by some unknown force, and feels its own life is governed by chaos without reason. It may even resent its fate of being buffeted by these uncaring forces.

Yet from a higher perspective, we see that the barnacle is attached to the rudder of a boat, moving smoothly through the water on a definite course, guided by a knowing pilot following a known path or map. Its stops and starts

are not random at all, but are resting spots along the way, where the passengers stopped to enjoy the scenery. Not knowing of the barnacle's attachment to the rudder, its small resistance is dealt with easily by a slight adjustment to the rudder's angle.

The barnacle represents our individual life, while the boat represents all humanity, with an omniscient pilot. While we remain unaware of our part within the ONE Whole we call God, we, like the barnacle, feel helpless as victims of a cruel fate. We can CHOOSE to be aware, to participate consciously in our spiritual evolution. When we raise our consciousness, we can see that every person, place and thing in our life is a contribution to the learning and expression of the Whole. When we align ourselves with that Higher Consciousness and look for the good, we enthusiastically enjoy the journey.

## BUSY

When I returned from our ACIM group meeting Tuesday night, I found a message from a former regular member I had not heard from for many months. She wanted me to call as soon as possible to arrange a meeting to discuss something of urgent personal importance to her.

Knowing her to be an early riser, I called the next morning, only to be told by the woman who answered that my party was unknown at that number. I persisted, telling her that the message with this number had been left last night, and she said, "Oh, I thought you said MARY" (my friend's name is distinctive, and nothing LIKE Mary). At my insistence, she took a message, including my office number.

That afternoon I called again, thinking maybe the message had not been passed on. There was no answer then, not later when I called again. That evening I tried calling for an hour, getting a busy signal each time. Finally, when I returned home later in the evening, I reached my friend. She confirmed that she had received the morning message, but had been too busy to call. After arranging our meeting for Friday, I thanked her for inspiring this insight.

Do we do that with God? Do we place a call (prayer) then get too busy when God answers? Do we place our urgent matters for God in a specific time to pray, then absent ourselves from His answers when they come later in the day? Are we too busy with other calls, other matters that take precedence over what we really asked for and desire?

God is always calling on HIS radio frequency, that quiet inner voice that guides us so perfectly. Do we miss the program we want by turning to another station that might have what we think is more appealing music?

## CELLS

Since reading The Revelation by Barbara Marx Hubbard recently, my meditations have brought more light to the subject of our evolution into a greater whole, the ORGANISM of the earth, with each of us points of light within the whole, attracting others from near and far as she so beautifully described.

Then Marianne Williamson's wonderful book, The Healing of America, made it even clearer that we must CONSCIOUSLY choose to fulfill our function. Even though we are guided by our Higher Self at all times, we can do so MUCH more when we KNOW that our will IS aligned with God's.

A few days ago an analogy came to mind, that we are related to the Whole like the cells within us relate to our body. The Intelligence that created us lies within each cell, and each grows and performs its function perfectly without our conscious awareness. The red blood cells don't see any separation from the white bone cells, which gave them birth. I can't imagine a muscle cell wasting its time wishing it were a brain cell, or a nerve cell wanting to be a hair cell, that would be absurd.

Each merely accepts its function and purpose, and carries out its duties with perfect intelligence, keeping our body operating throughout our lives. And these cells live and die without complaint as well, somehow KNOWING that even in death they serve their purpose for the whole, as the dead outer layer of skin cells serve to protect the living layers below.

Yet we, as “separate” beings, FIGHT our function within our whole Self. Rather than looking within to know ourselves, we look “out there,” constantly seeking to change what IS, to be richer, or more famous, or to have a better relationship, a better job, or more material possessions. And in so doing, we block our awareness of our wholeness, and our love.

Then the thought expanded even further, to seeing the interconnections of ALL Creation, the peace and harmony and love within that whole. The cells of a blade of grass must exist in pure bliss as they bask in God’s sunlight, converting that pure energy to substance. And there is no complaint when a cow munches that blade of grass, further converting that substance to another, totally different substance, milk. The cow, too, merely accepts its function without complaint, willingly sharing its milk to feed a child, who also accepts that nourishment, converting that substance back into energy through the miracle of LIFE through the harmonious activity of the cells within the body.

And then I realized just how great that wonderful Intelligence that guides us IS. No matter WHAT we “think” with our separate little consciousness, we ARE fulfilling our function in life, and the only lack of harmony is from our limited viewpoint. Just as our blood cells carry food and oxygen to the other cells in our body, so does a truck driver hauling produce between cities fulfill his function WHETHER OR NOT HE IS HAPPY about it. Somehow he manages to drive his truck, even if he had a fight with his wife that morning, even if he injured his thumb.

With that realization came a peace, a happiness, an appreciation for our Creator, and for life itself. With the knowing of our Guidance, and the alignment of our Wills, we can be AWARE of that love, that harmony, and live in the Heaven of Creation rather than the hell of our own making.

## CHILDREN

Some time ago, while reading Deepak Chopra’s The Path To Love, an experience led me to the inner KNOWING of his statement that ALL love is ultimately with the One Self inside each of us.

A friend was relating her experience with a new church group she had joined, similar to Girl Scouts, in which she was teaching girls similar in age to her daughters. She had had no communication with her daughters for two years, as her former husband had supposedly poisoned their minds against her. Though she missed them desperately, she had found great joy in working with the church group, and felt love for the new girls much like that she felt for her daughters.

It was then that I had the realization that I shared with her. It is not that mothers love their children BECAUSE they are her children, but rather that mothers take down the BARRIERS to the natural love that IS when they give birth to a child. Because of her pain, her love was forced to extend to other children to find its natural expression.

And so the events that were, to her ego mind so tragic, the “loss” of her children’s love, was actually a method of finding MORE love, another demonstration that ALL WORKS TOGETHER FOR GOOD (ACIM).

## CONSCIOUSNESS

Last week two beloved fiends became angry with me at different times and for different reasons. The first, after missing our usual contact for two days, called me during a break from work to tell me she was mad at me, and that her anger was blocking her awareness of love for me, so she wanted to get rid of it. She was unsure WHY she was angry, so we explored the issue, and she discovered that she had made a judgment about something I had done in the past that offended her and was contrary to the belief system we share.

After a lengthy discussion, the details of my supposedly heinous acts came out, and it was clear that she had made a false interpretation of things I had told her in the past, leading to an erroneous conclusion, judgment and anger. As we discussed it, it became clear that someone with less spiritual awareness had made a similar judgment almost a year ago, but instead of talking about it, had kept it as a “secret thought” that led to her separation from me.

Two days later the other friend called me after reading “What IS Forgiveness?” in A Course In Miracles workbook. That passage begins with “Forgiveness recognizes that what you thought your brother did to you has not occurred.” She told me that she was hurt by something I had said, and was unhappy about the situation, again not feeling her love for me. When she told me what it was, I realized that she had made an interpretation of my words that were totally opposite to the meaning I had when uttering them. Again, this false interpretation led to judgment and hurt feelings.

In meditation that day it became very clear that these events occurred in CONSCIOUSNESS, in the MINDS of the people involved, and that it was their REALITY while the false interpretations existed. Based on that reality, their hurt feelings and anger were real, valid emotions as expressions of that reality. It didn’t MATTER that the interpretations were incorrect, they existed AS reality in their consciousness, and led to real (as we judge them) results.

While this is not a new thought, this experience made an old thought REAL for me, and experience in MY life that proved the truth of the words of others. Shakespeare had Hamlet saying “there is no good nor bad, but thinking makes it so.” Mary Baker Eddy gave the example of the grief experience by someone after the erroneous report of the death of a loved one. Whatever we BELIEVE becomes our reality, WHETHER THE BELIEF IS TRUE OR NOT!!! Based on that belief, we interact with others and live our lives, sometimes happily and sometimes miserably.

Yet we have CHOICE as to what we accept in our consciousness, choice what we believe in our own minds. “The mind is like a fertile garden. Something is going to grow there, either the flowers we plant there, or the weeds that blow there” as James Allen so beautifully said in “As A Man Thinketh.” ACIM says that we cannot judge anything, because we cannot know anything clearly enough to make any valid judgment.

There IS a Consciousness that IS all-knowing, the omniscient Mind of God. Within that Mind we “live and move and have our BEing.” When we learn to suspend judgment, to say “I know nothing,” to believe nothing on our own,

we open to that majestic power and KNOW that eternal Love just IS.

## CUDDLING

A woman once shared with me her almost mystical experience with her beloved, “just cuddling.” Just being together, holding each other, without words or actions of any kind, there was a KNOWING of being loved, of oneness, of BELONGING exactly at that place in time, a peace, a fullness, a JOY of BEing.

As above - so below, describes our human existence as the material manifestation of the Thought of God, the out-picturing or EXPRESSION of His Word, LOVE. Through our human experiences we begin to understand and align ourselves with that love more and more as our understanding increases. We consciously seek to achieve that same “cuddling” in our solitude, and find an even greater sense of being loved and loving with that part of God inside us.

We KNOW that we are loved as WE love. We KNOW of Oneness with all creation. We KNOW we belong right here, right now, and experience a JOY, a FULLNESS, a PEACE THAT PASSETH UNDERSTANDING. We then know that all others are the SAME, just like us, and see only their love, or their cry for love, where before we saw only separation.

When we extend that love to others, as we MUST do once we know what it IS, our only desire is for others to experience that same love, oneness, joy, fullness and peace. When we see they are NOT happy or at peace, they INSPIRE us to find new ways to communicate our love, to create even MORE ways to share our knowing.

And thus we know, despite all appearances to the contrary, that ALL IS GOOD, and Love, IS.

## EXPRESSION

The greatest gift God has given us is life itself, a consciousness and awareness of our BEing alive (see CONSCIOUSNESS). Our true identity is that con-

sciousness, Mind, Love, and as we grow spiritually we become more and more aware that we are the EXPRESSION of that One Mind that IS All That IS.

Just as God is only aware of that Love through our individual expression, we are only aware of our love when we express it. Though we may say "I love YOU" to another, that feeling, knowing and BEing love takes place INSIDE us, in OUR consciousness. The "other" is necessary because when we look at ourselves we only see the story our senses tell us, our past, our her- or history. The "other" reflects the truth of our BEing. When we express our love TO another, s/he also feels the gratitude of love INSIDE, and SHARES the experience, making it more real and powerful (see SHARING).

ACIM teaches that when we know the nature of love, we MUST extend it because of what it IS. I have found that to be totally true for me. There IS nothing to desire, nothing that provides true happiness, but to see the joy and peace in another when they realize the truth of their BEing through my expression of love. We do not know what we have until we give it away, for we cannot give what we don't possess. Could you give someone a million dollars without having the million to give? Could you give love without having it?

In order to REALIZE (see REALIZATION) that we have unlimited love and are BEings of love, we MUST express it, and we are naturally inclined to do that by the Grace of God. The slightest expression of love, even the small courtesy of letting another car into traffic in front of you, leaves a good feeling INSIDE, encouraging us to do MORE. When we consciously CHOOSE to express love in ALL we say and do, we know it even more. Can you IMAGINE the greatness of love felt by one such as Mother Theresa?

We have had many great teachers show us the way. Lets all join CONSCIOUSLY in our spiritual evolution by making the choice, every moment of every day, to reMEMBER who we are by giving the greatest gift of all, our love, and thereby know the ONE truth of our BEing all that IS.

# IDENTITY

Hahahaha!!! I love to laugh, especially at myself. When I can laugh at myself with childlike innocence, I know the truth of BEing, and don't take it all so SERIOUSLY. ACIM says "bring your problems to the Holy Spirit and let Him help you laugh them away." That IS forgiveness, for when I can laugh at myself, I also forgive others their silly mistakes, for theirs are NEVER as serious as my own. We are the harshest judges of ourselves.

Yesterday an irony struck me as particularly funny. We seek our higher self, to know and understand our identity as part of God, part of All That IS. Yet we seek this with our Identity, a ME who is somehow separate from All That Is. It is this I who desIres to know this hIgher self, to BE One with it, yet we won't even share what little we DO know of our Identity. We think of our separate fortunes, our separate houses, cars and possessions, our dreams, goals and Ideals as MINE. We think of ourselves as separate BODIES, even while we aspIre to union with Divine Mind.

We have Insights, but think of them as mIne. We keep our thoughts and feelings secret from others because our Identity is "separate." Even while we seek God, we refuse to share space on the highway to let a car into traffic in front of us. (No, no, it wasn't ME, it was someone ELSE who wouldn't let ME in at the construction site last night).

Hahahaha!!! A little music, maestro. A Little Night Music - Send In The Clowns ("don't bother, they're here"). Hahahaha!!!

# INNOCENCE

In our A Course In Miracles (ACIM) group last week we got on the subject of the innocence of the Child of God. We discussed the teaching of looking past the illusions of the ego, the material world, and seeing only the perfection of God's creation.

All of a sudden I saw innocence in a new way - IN NO SENSE. Seeing with the eyes of Love, we no longer use merely the eyes of the body, but the pure Mind of God. When we use ANY of the body's physical senses we limit our vision to the material world, and thus lose our vision of perfection.

Yet we are here, in a body. What purpose then can the senses serve? ACIM says, "you see what you believe is there." When we learn our function, to Love, and choose to use our bodies for our purpose wholeheartedly, we say "THY will be done." Then our physical senses provide evidence of the One Truth that IS, and there is NO SENSE of anything other than Love.

## RENTING

When I became financially "successful" years ago (see FORWARD), I bought a nice 3 bedroom house on a large lot in a prestigious neighborhood. Then I started to "improve" it by adding one of the largest private pools in Honolulu, and built a split-level addition that tripled its size.

That big, ostentatious house became part of my identity, the showplace of my worldly success, and a place to have parties for hundreds of people. I also enjoyed working around the house, building sidewalks, block walls, gardens, etc. Maintenance was a never-ending pastime, but I enjoyed the physical activity after my cerebral workdays.

When I "lost" my fortune, the equity in that house was the only thing I had left, and it was offered for sale below its \$410,000 appraised value with the idea that it would sell quickly. It didn't, and instead became both a physical and financial drain. I must say that my first and second mortgage lenders were most helpful and understanding, waiting more than a year without payments before initiating foreclosure proceedings, but finally being forced to act by federal examiners.

By this time I had moved to Las Vegas, and the vacant house was an even greater financial drain, as utilities and lawn maintenance continued (a surprise \$200.00 water bill showed me that all four toilets were leaking). Despite

continually steeper price reductions, it did not sell, I could not “let go,” and I realized that the house owned me, rather than the other way around. I was finally forced to file for a personal reorganization under Chapter 13 of the Bankruptcy Act to delay foreclosure and buy even more time. Finally, more than two years after it was put on the market, \*MY\* house sold for \$267,000, enough to pay all creditors in full, but with hardly anything left over.

Since then I have had no desire to “own” another house, and I am happy to live in a nice 4 bedroom house in a pleasant gated community where someone else takes care of the lawns, the pool and tennis courts, etc. When anything breaks or “goes wrong” (only a water heater and garage door in the past eight years) the “landlord” takes care of it, and I am free to enjoy all the benefits of the house without any of the burdens and cares.

While reading Science of Mind magazine this morning, it dawned on me that I am learning to treat my body the same way. I AM merely a tenant in here, with no concerns about any “problems” that may occur. My identity is no longer this “house,” and anything that may need attention will be lovingly cared for by my “landLORD.”

## STUPID LEARNING

About a year ago I met a young lady in a spiritual chat on the Internet. Her comments and statements showed she had tremendous spiritual awareness and great intelligence. On the internet, the identity of the people you meet is unknown, and I was very surprised to learn (after days of sharing ideas and discussing spiritual concepts) that she was a 17 year-old Finnish girl named Sanna, then living in the South of France. Her knowledge of our true identity as spiritual beings was amazing, and her intellectual expressions of that knowledge were so astute that I found it difficult to believe her stated age. Somehow I sensed that she had a great purpose in life, and much to contribute to my own growing awareness.

In continuing discussions over many weeks, I learned more and more about this wonderful BEing, including a history of great difficulties she experienced

living in this material world. An artist, she shared beautiful pictures of another realm, of beings radiating light and love, of cities of light and life, and a vision of a beautiful bridge-like structure that appeared to be not of this world. Yet she also told me of severe depression at that time and previous years, the result of years of her “failure” to “fit in” with others in school, and difficulty in accepting and experiencing the relationships with others we consider “normal” in this world.

I had recently read The Urantia Book at that time, which introduced to me the concept of the descending path as opposed to our spiritually ascending path. In meditation one day, I had a clear KNOWING that Sanna was a “descender,” and also had a clear view of what that meant. Imagine, if you will, that when we first appear as an individual soul from the undifferentiated Source, that our soul is like a clear, empty sphere with a 1-gallon capacity. In our physical (human) life, we begin to fill that sphere with the EXPERIENCE of life, and it grows in capacity as we fill it with our individual expression of love. Imagine that, in our physical lifetime(s), we can expand that sphere to, say, a 10,000-gallon capacity, FILLED with our experience at this physical level.

Imagine then, that we ascend to another, higher level, say the morontia or semi-material level, in which our bodies are not as dense, and both we and our expression of love become more free. Lets say that at that level, we can expand our soul capacity to 100,000 gallons, now filled with our experiences at both levels. Then, imagine that we go to ANOTHER higher level, where we can expand to a 1 million-gallon capacity, then to another, to a 1 billion-gallon capacity, and on and on to eternity. This process, lets say, is the ASCENDING path.

The DESCENDING path, somehow, results in a BEing with a 1 billion-gallon capacity for the knowing of love coming into our physical realm, but with NO EXPERIENCE. Somehow, that soul gained that capacity, that KNOWING of Truth, Love, in another way, maybe in another type of thought system that we cannot even comprehend. Faced with OUR reality, they see our limitations, our flaws. Though they do not JUDGE us, they somehow know their truth so fully that they cannot compromise, as we do, and cannot accept anything less

than the PUREST expression of love.

I also realized that I had met and knew OTHER descendents, two of which are now 4 and 6 years old, two who are 21, and one aged 25 and one 28. All but one is female, and all exhibit the same radiance, the same pure expression of love. All of the older ones have experienced the same difficulties Sanna experienced, a knowing they were “different,” and great difficulty in personal relationships. Yet each also has the ability to express themselves so clearly, even the very young ones, in manners that I find mind-boggling.

In the past year of communicating with Sanna over the Internet, I have learned many things from this great relationship. One of the most astonishing things was to learn that I loved her as fully and completely as ANY human being I had ever met, yet I had NEVER EXPERIENCED HER WITH ANY HUMAN SENSES. ALL of our communication was through words on the computer screen, and I had never seen, heard, touched, smelled or tasted her physical body. That made even more clear to me that love is our INTERNAL feeling, and that others serve as the FOCAL POINT for us to SEE our love.

The lessons I have learned with Sanna have been awesome, and last week another one surfaced. In a discussion she lamented that learning is STUPID, and I had the profound realization that, as we ARE all part of One Mind, it IS stupid for us to go through the painful and slow process of learning things the hard way (through our human experience) when others have already done the same thing, and KNOW the result of the that particular kind of experience.

In the last few years I have been blissfully happy with knowing NOTHING, not HAVING to know the details of any human experience, or future results of current actions, but having the faith and trust that the great I AM knows EVERYTHING, and will tell me what I need to know when I need to know it. I KNOW that some greater Intelligence, far wiser than I, is guiding and directing my life PERFECTLY. Then I can focus on LOVING rather than trying to LEARN or understand what is already KNOWN, which is ALL that IS.

## WHY ME?

That lament is usually heard when something we judge as “bad” happens to us, such as I did when I lost my fortune almost 18 years ago (see Forward). It is a natural reaction when we have no idea that we are co-creators of our own reality.

Lately, I have been hearing that same question from people I love dearly. After breaking through the barriers and touching that Oneness that IS love, many have asked WHY ME?, why I have taken the time to reach out to THEM in particular. They see me as aware, happy and successful in life, and themselves as troubled, unhappy and unlovable. Because their experiences in life have provided evidence of THEIR belief, they cannot see what I see, the God-Self WITHIN themselves that they are in the process of discovering.

It is hard to convince them of their RARITY. With more than 5 billion souls on this planet, they feel insignificant and lost in those sheer numbers. Both Brian Grattan (Mahatma I & II) and KRYON suggested that the number of consciously aware lightworkers as late as 1995 was only about 144,000, or less than 30 out of every million people. That number is growing rapidly now, but among those seeking the light, how many have gotten rid of the emotional garbage, the fears, and have the WILLINGNESS to transcend the barriers? How many of them are not still overcome by the pressures of human existence, and are willing to take the TIME to seek that Oneness? And of those, how many can I expect to meet?

The truth is that each is TRULY rare, and PRICELESS to me. I have consciously made the choice, the decision, that there is NOTHING I seek but to do the will of God. I have no true desire BUT to KNOW that will, to KNOW the fullness of the One Self that IS God, and is inside all of us. And none of us can do that alone, as an ego cannot break out of its barriers without the God-help of others. Virtually all of the mystics, the enlightened ones, have said that enlightenment comes from KNOWING yourself, and that requires three elements, intellectual study, meditation, and practice. Pure study or pure meditation, or both will NOT lead to enlightenment without putting the knowledge and inner feelings into PRACTICE, and that means EXTENDING

the love to others.

And yes, I do have a full and happy life extending that love to ALL I meet (or at least TRYING to), reading and meditating. But there is something SPECIAL, a deep connectedness, an OVERFLOW of love when another opens fully and ACCEPTS God's love WITHIN THEMSELVES. It is such a THRILL for me, so JOYOUS, to see another REALIZE that they are loved, not by ME, but by God flowing THROUGH me. And as they see it, I see it too, and KNOW that I AM loved, just as I LOVE.

And LOVE, IS!!!

## BICYCLE WHEEL

Being the “intellectual” type, my spiritual growth has been overly complex, as I must “understand” everything intellectually before I will allow it into my “reality.” Yet I forgive myself, and accept this as my way. I also see the benefits as my awareness increases, for the thoroughness of my understanding allows me to express it more fully, to translate my knowings into the words others can understand.

When looking at the complexity of the lessons of my life, I realize just how complicated we human beings are. Our lives are divided over many realms, many interests, many needs, many relationships, and many experiences. We need to experience all of the many parts of our “selves” to understand ourselves, and then we can choose to grow.

When I reached a level of understanding the four selves we know while in a body (see “SELVES”), I began to understand that each of them has its male and female characteristics. Thus, I experienced lessons that clearly delineated these various aspects that showed me their interrelationships, their strengths and weaknesses. I realized how incredibly complex we are, for the four selves, with two characteristics of each, gives us 40,320 possible permutations. To become whole means to balance these characteristics, to achieve peace.

And I remembered what my father had taught me as a young boy, taking me to the basement workbench, where he helped me disassemble the rear wheel of a bicycle. Each of the many parts were taken out in order and placed on the workbench. Then we could look at each part and understand how it related to each other part. We had to figure out where that relationship didn't work quite right, fix that part, and then put it back together again. Only then could I ride the bicycle.

And I understood, that is what I have been doing in my spiritual path, taking apart the various aspects of Self, looking at each piece to understand how it worked, fixing the parts that didn't work smoothly, and reassembling the pieces.

And I understand the job is not finished, will never be done, for I will continue to find new parts, new relationships to fit in with the old, in my search to fully understand all that IS.

## THE DREAM

In October, 1995, a woman I'll call "Mary," who had become very close to me, and had been excitedly aware of her spiritual path for four months had the following experience. I wrote it down the following morning:

Just before leaving for our Course In Miracles group last night Mary suddenly felt a foreboding, a resistance to the group. When examining the feeling, she found it was uneasiness with certain egos' focus on the material world.

Later, during group discussion, a woman began talking about the feelings evoked when visiting the Biltmore Castle in the Smoky Mountains. Her husband began describing the opulence of the castle, and suddenly Mary became visibly upset. I asked what was wrong, and she said she would tell me later.

When we went to eat after the meeting, Mary suddenly began to weep, and couldn't speak for a few minutes. After regaining her composure, she said she felt that something bad was going to happen, but that she didn't know what it

was. She described it as an intuition, a feeling that something bad would appear in her dream that night.

We talked about it later, and she told me to ask about her dream first thing the next morning. I suggested she use a “Hemi-sync” tape before going to sleep, as it had given me total recall of my dream the morning after the first time I heard it.

I was awakened this morning by a sudden unknown noise (later found to be a strong wind rattling a skylight) and I rushed to her room to check on her. She was shaking and crying, awakened by her disturbing dream, which she proceeded to relate.

I was in a castle, and old castle, and no one lived there. I heard someone crying, and I went into a room and saw a girl crying.

She started to lead me up a large, circular staircase, still crying. She went up and up and up, and I could never catch up to her. The staircase kept going, up and up and up, seeming forever. Suddenly we were on top of the castle, and she was still crying. She told me to look up, and there was nothing there. She said “See, (still looking up) there is nothing there.”

She led me to the edge of the castle, and we looked over the edge, way, way down. There were rocks and seaweed on the shore, and waves crashing in. She suddenly pushed me over the edge, and started to laugh as I fell.

I fell slowly, almost floating down toward the rocks and the seaweed, and I could hear her laughing. I shouted, “I am not a victim,” over and over. As I shouted, “I am not a victim,” I could hear the voices of the rocks, and the voices of the seaweed, and her laughing. And I knew they couldn’t hear me shouting, “I am not a victim,” for the voices of the rocks and the seaweed and the waves were too loud.

And I was still falling, slowly. And then I woke up.

Having just awakened myself, I was still “connected,” still in my higher state, with little ego awareness. As I listened to her dream, I had a knowing of it, a knowing of its meaning, and I began to explain.

The old castle was her old world of many material things, and she didn’t live there anymore, no one lived there.

The little girl crying was her ego self, the one she thought she was, yet she was her true self, her spiritual self, observing her ego crying. And she knew she was crying from fear of losing the material world, her identity as an ego being.

The staircase was her trip up to the light, to her higher self. Ego, the little girl, seemed to be leading the way, because she had made the choice to find her higher self, but she was crying because she was afraid.

Because she was afraid, the ego took charge of the trip, and the spiritual self could never catch up to her.

When they got to the top, the ego showed her there was nothing there, there was nothing above, showing her fear that she wasn’t going anywhere at all.

When they went to the edge and looked down, they saw the rocks and seaweed of her old life, the one they had left because her spiritual self had made the choice to know herself.

Then her ego pushed her over the edge, and got rid of her spiritual self. Free from having to change, she started to laugh. The ego had won, it didn’t have to be afraid anymore, it didn’t have to grow, it didn’t have to leave the safety of the identity she had known all of her life. She was safe.

And yet, her Self knew that she was not a victim, and she wasn’t really falling back down to the rocks, just floating. And she knew that she could go back up if only she could make her ego self hear her shout, “I am not a victim.”

But she knew that the voices of the rocks and seaweed, the ego's laughing, were too loud, and the cares of the world kept ego from going higher. And she awoke troubled and afraid. She had judged that she wasn't doing it right, that she wasn't growing spiritually as she had chosen to do.

And I knew, totally, that "All works together for good," and that this dream, the events that led to it, the sharing of it, and the understanding of it, were GOOD, AWESOMELY GOOD. For it allowed her to see, and to forgive the false judgement, and to choose again.

Little did I know, that one month later, she did what she had dreamed of doing (see SECRET THOUGHTS), to help me learn more of Love.

## THE PENCIL

As our body is the first identity we learn (see SELVES) it is the most "real" thing in our lives. Even when we grow spiritually, virtually all of the things that we question relate to the body. No matter how "aware" we become, we constantly carry "exceptions" to our awareness, and these exceptions always relate to the "proof" we see with our physical senses, i.e., the body.

A Course In Miracles (ACIM says "the body is a fence the son of god imagines he has built to keep himself separate from love." We know, through our awareness, that nothing is apart from the One thing that IS, the I AM that is ALL. How, then, can we learn to view the body while still in the body?

ACIM goes on to state "made to be fearful, must the body serve the purpose given it." It is our mind that determines the purpose we assign to the body, and therefore a change of mind is all that is needed. If we can understand, as ACIM states, "the body is neutral," we begin to learn our power to change its purpose. If we further understand "the body is a means of communication," we begin to utilize it for its intended purpose. And when we know that life is learning, and that we teach what we need to learn, then we "teach only love, for that is what you are."

In our “duality,” as both a physical and spiritual being, we are free to see everything two distinct ways, from the material or from the spiritual. Our material view of the body seems to be one of weakness, and we seek to be “guided” by our “higher self.” We must learn to take a different viewpoint, and see our wholeness and strength from the spiritual viewpoint.

Imagine yourself at the base of a huge cone, looking up and outward as far as you can see. Your body is the tip of the cone, and the rest of the cone is your spiritual self. But beyond the range of your vision, where the edges of the cone end, two edges go straight up, all the way to our One source. Rather than a cone, we are actually like a pencil, and the body is the tip that writes upon the world.

From this viewpoint we can see that the body is in an equal partnership with our spiritual self, for **THE BODY IS THE ONLY MEANS THE SPIRITUAL SELF HAS TO EXPRESS ITSELF.** All of our spiritual Self is focused on this one, tiny point. No wonder it seems to rule our lives.

And no wonder we have such a great ability to know and express Love, with all of that magnificent power doing the writing. And we don’t even need an eraser at the top.

## TUNING FORKS

If you take two tuning forks of the same pitch, you can strike one and the other begins to vibrate as well. Because they are perfectly attuned, one responds to the other in perfect harmony.

So it is with us. When we raise our consciousness, become aware of the presence of Love as the One energy in the universe, we raise our “vibration” rate to match that One, and life becomes harmonious. Rather than a struggle against “others,” we see that they are also part of that same One, and therefore we can accept their different perceptions, their seemingly different vibration rates, as part of the grand symphony of Love.

Just as a tuning fork held tightly cannot vibrate in tune with another, we can hold our perception as “separate” as well. If we “fear” another, we fear a part of our Self, and see discord rather than harmony. But the “other” is merely a mirror reflecting what we “project” from our own viewpoint. The purpose is to allow us to see the things we judge in ourselves, leading us to forgiveness and at-one-ment.

We can choose to communicate thoroughly, to Love and accept enough to discuss our different viewpoints to reach a “meeting of the minds,” the essential element in the law of contracts. When we do, we reach an “agreement,” which Jesus referred to “when two or more are joined together, I will be there.” It is only at this level that we CAN join, for our separate life experiences lead to different interpretations, different perceptions that keep us “separate.” Through caring dialogue with another, we discover that our perceptions aren’t really differences at all, but merely different EXPRESSIONS of One Truth, Love.

## WHISKERS

While shaving this morning I realized how tedious and difficult it would be to shave without a mirror. While I know that the body is merely the expression of the One Self, I do like to present a fresh face to the world each day, and remove the little whiskers by shaving.

A metaphysical philosophy is that everyone is a mirror for us, and that we see in others what we see in ourselves. I choose to look with eyes of Love and forgiveness, and know that all of the actions I see in the physical world are the manifestation of our One Self. When I see the silly little actions of the ego self, I laugh them away, forgiving them and myself at the same time. There IS only Love, and ALL actions and events merely demonstrate that Love.

And I realized just how tedious and difficult it would be to find all of the little whiskers of mistaken thought (“sin”), of errors in belief, without the “mirrors” of others. And how they help me present to the world the clean face

of the Son of God.

And I realized how blessed I am, to have so many wonderful, loving mirrors in my life, to show me the pureness of Love each day.

## CRUISE SHIP

After reading the ACIM lesson on forgiveness yesterday, a new understanding came to me in meditation. Picture a cruise ship sailing from Los Angeles to Hong Kong on a beautiful summer day.

When out at sea the passengers partake of the many shipboard activities available. Some are relaxing in the sun, others swimming in the pool, others playing shuffleboard, others dining, or strolling on the deck. Every moment of every day, thousands of passengers may choose what they will do at that moment, and will change their activities throughout the cruise.

In addition to the passengers, the crew is also engaged in many different activities. Some are in positions of authority, some with no authority at all. All serve the purpose of the cruise in their own special way. No matter what their “job,” each is important to the happiness of the passengers and the success of the cruise.

No matter what each person on that ship does, THEY ARE ALL GOING TO HONG KONG.

Can you imagine the absurdity of someone telling the passengers that, if they failed to play shuffleboard, they WOULD NOT GET TO HONG KONG? The ship IS going to Hong Kong, with ALL its passengers and crew. Whether or not someone reads a book or swims in the pool, they WILL get to Hong Kong.

Can you imagine the even further absurdity of someone telling the passengers that if they continue sitting in the sun they will somehow end up in Antarctica? That if they \*FAILED\* to dance properly at the evening party they would somehow end up in Alaska?

Would it not be just as absurd, equally insane, for ANY of the passengers or crew to JUDGE whether any of the others would arrive in Hong Kong based on the activities they chose at any given moment? Would that not be the height of insanity?

Yet isn't that what we do in this world? If we accept the premise that we are on our way to God, the finding of Truth, Love, that IS where we are going, just as the cruise ship is going to Hong Kong. How could we possibly judge, either others, or ourselves for actions or activities we undertake during our trip?

Forgiveness is the acceptance of the journey, the knowing that we WILL arrive at our destination, there IS no other place to go, and the knowing that all \*others\* are fellow passengers on our cruise.

## LOVE GOES ON!!!

(A tribute to HENRY LOREA)

I just returned from visiting my dear friend Henry at the hospital. When I was there two days ago, I sensed he would not recover this time, and so we said our good-byes, making that deep spiritual connection we have shared for almost nine years. I didn't intend to visit him again, but had a thought to add his writings to the Contributed Insights online. In meditation this morning, I had the very clear intuition to visit him today, to discuss the matter with him and seek his approval.

When I first met Henry (then known as Andre') in our ACIM group, he sat directly across the room from me. More than 15 minutes had elapsed when he began telling how he lost his leg, and I noticed for the first time it was missing. This was a profound miracle for both of us, as I had seen only the whole and complete perfect Son of God in him, and had not even noticed the missing appendage until he called my attention to it.

Over the years we have shared our growth, our insights, and have had many

moments of great clarity, as well as some of strife. Underneath it all, however, we always knew that deep love and knowledge we were sharing our unique spiritual expressions as the Sons of God.

When I arrived this morning Henry was fully alert and responsive, and looked better than he did two days ago (he had dialysis since then). Though he cannot talk because of the breathing tube, he is able to communicate with gestures. I asked if he felt he would recover, and he said no, waving goodbye, KNOWING he is dying, and fully at peace with that.

I then reminded him of an insight I had shared in our ACIM group almost two years ago. While reading The Inspirational Writings of Norman Vincent Peale, I realized we shared the same ONE will of God, having no desire but that everyone share the peace and joy and love we had found through our own spiritual explorations. The personality, this particular body identity, was meaningless, and only a vehicle to express and extend that love. It would die, and only the expressions of love would live on. It was then that I discovered the material TRUTH of that philosophy, when I learned that Norman Vincent Peale had established the Guideposts publications. I was awestruck to discover that his creation had just created yet another expression of his love in a new publication, Angels On Earth, and understood how love keeps creating after its own likeness, long after the death of the personality.

Henry remembered that insight, and I then shared my idea, that HIS stories, HIS expressions of love would live on past HIS death through their inclusion as Contributed Insights to the online version of IS (see CONTRIBUTED INSIGHTS). He was thrilled at the idea, and became very animated, making writing signs and pointing to me. I asked whether he wanted to write something, and he shook his head, pointing again to me and making writing signs. I asked whether he wanted me to write about HIM and his dying, and he excitedly nodded yes, with tears of joy and love in his eyes. He squeezed my hand, then made a sign that he wanted to sleep, content in his knowing that LOVE GOES ON!!!

Henry Lorea died that night.

# God's Nature

## LIGHT

Ask a scientist what light is, and he will tell you it is a form of energy. If you ask again, "what is it?" he will explain that it has different wavelengths ranging from infrared (invisible) to ultra-violet (invisible). Keep asking, and he will explain that they refract at different angles, and that colors absorb certain wavelengths to reflect colors, that white light is the sum of all wavelengths, that certain wavelengths can be isolated and amplified to create lasers with great energy. Keep asking what it is, and he will explain that sometimes it acts like particulate matter, but at others acts like waves. Yet all of these answers only explain the characteristics of light, and none of them explain what it is. Further, the scientist cannot give any assurance that man is even aware of all of the characteristics of light, only those that have been observed and studied to date.

WHAT IF... light had many more properties that we aren't aware of???

WHAT IF... visible light, whose characteristics are stated above, was only a tiny portion of light???

WHAT IF... LIGHT IS ALL???

Let us try to stretch the imagination, and try to comprehend what LIGHT might be.

Imagine that all forms of energy are merely other forms of light, that electricity, radio, television, radar, x-rays, even sound, are forms of LIGHT with invisible wave-lengths, or higher or lower rates of vibration. Imagine that the highest rate of vibration is a form of LIGHT called LOVE, or THOUGHT, and the slowest rate of vibration was something called MATTER. All things in the

universe would then be ONE THING, and LIGHT would be... omnipresent.

Einstein's General Theory of Relativity gives scientific credence to this...  $E = MC^2$  states that Energy (E) equals Mass (M) times the speed of light (C) squared. Science has "proved" this theory through the atomic bomb and nuclear fission. If  $E = MC^2$ , then  $M = E / C^2$ , for an equation must be true in all forms if it is true in any. Mass, or matter, is Energy DIVIDED BY the speed of light (C) squared.

Thus, if mass accelerated to the speed of light squared becomes energy, then energy SLOWED DOWN becomes mass, or matter. Science accepts some small part of this concept, agreeing that we live in a closed universe, that the sum of matter and energy in the universe is finite, and that it changes from one form to the other.

BUT WE CAN'T DO THAT... YET!!! We can create a bomb of pure energy by speeding up matter, but we can't create matter out of energy by slowing it down, so we'd rather not look too closely at that concept. For if it is true (and it must be or we couldn't make bombs) then GOD could be true, and could CREATE the "heavens and the earth" out of the "void." In our imagining, let's pretend it is true, and further imagine what might have transpired.

Let's say that this thought energy, light energy, love energy, had a consciousness, that it was all knowing MIND. Let's say this MIND had thought every thought there was to think, and thought "hmmmm, I can't evolve any further, for there are no more thoughts to think. In order to evolve further, there would have to be 'independent' thought, thought that is not ME. But I AM all that is, so there couldn't be 'independent' thought without an 'independent' being. If I create a being, it would know it is a part of me, so it couldn't have 'independent' thought."

Still thinking, MIND thought "but if I could create a being that THOUGHT he was independent, then that being could develop independent thought. In actuality he would be expressing ME through his thinking, but he wouldn't know that. For my being to think he is independent, he would have to be in

some place apart from me, which of course doesn't exist, for I am omnipresent. But, if I created a physical universe, and put my new being there, he could think he was a physical being, apart from me, and therefore 'independent'."

And so MIND (GOD?) created the heavens and the earth, and man in his image (imagination???). He did it by thought, by slowing down the energy that IS, and created a physical universe. And at that moment of creation, in the Garden of Eden, man knew who he was, the Son of God.

Though this seems to contradict the idea of an "independent" being, God also knew that Love must be choice, and so, at this moment of creation, He set the foundation for what would be man's choice. He told man that dominion over everything was his, that all that was good was his for the asking, but He cautioned man to stay away from the "fruit of the tree of knowledge, for when you eat thereof, you will surely die."

As Mind, man had all, knew all there was to know of Love, and Light. Man knew he was more than a body, that he was part of all that existed. But he also knew he was not "independent." And so, he ate of the fruit, and he gained knowledge of the material world, and was banished from the Garden of Eden (lost knowledge of Love).

And yet, this, too, was the Thought of God. Imagine, for a moment, that you are a hermit on a mountain, and you are lonely. One day you come upon a potential mate, a beautiful member of the opposite sex, who was abandoned in a plane crash at age two and miraculously brought up by animals, had never seen another human being. That person was so grateful, so enthralled with you, that you could take him or her to your cabin, and they would love you for the rest of your life. But would you want him/her that way? By default, because he/she had never seen another human being? Or would you want choice, to have him/her go out into the world, meet other men/women, and then come back to choose you?

Maybe God felt the same about us, and so created choice. He gave us the

power to create, and gave us the knowledge to create our material world. We created things, and then we created our desire for those things. We created competition for those things, and separation from those that had the things we wanted. We created greed, and hatred. And from that we created conflict, and struggles, and crime, war, and famine, and all the ills of the world. We have created our world, and now we look at it, and shake our heads in shame and disgust.

And now, more and more of us are looking at our collective creation, and looking within and finding His real creation, and are choosing to come back home, to the real world, to LIGHT, to all that IS.

## CLOUDS

In our physical framework or realm, it is very hard to conceive of nebulous, ethereal concepts. I remember, as a child in Sunday school, being told that “man cannot look upon the visage of God.” With my very limited reasoning capacity at that time, I “pictured” God as some fearsome man whose face was so terrifying that to look upon it would cause instant death.

As I grew older, that concept changed somewhat, to God, as a man whose face was so awesomely pure and bright that to look upon it would cause instant blindness. As I grew into my teenage years, and learned physics and the “reality” of the world, the concept of God changed again, into an unknown with which I was not particularly concerned. Instead I was learning “self-determination,” “positive thinking” and the like, and didn’t have time for thoughts of God at all.

With the growth of my spiritual awareness over the past sixteen years, I have had ever-changing concepts of God. Currently I have a very comfortable understanding of a Being unlike anything we can conceptualize with our limited minds. This Being is Energy that necessarily includes all energy that we know of, and all that we don’t. It exists in all forms we know, and all those we don’t. It includes matter, but is not limited to matter.

I am comfortable with that concept because it embraces all previous concepts I have ever learned, and explains why and how God can be “omniscient, omnipresent and omnipotent.” If that Energy simply IS, it includes all things and therefore “knows” all things (omniscient). Likewise, it makes up all things, and thus is omnipresent. And as it makes up all things and includes all things, and is intelligent, it can change all things and is thus omnipotent. Thus, God is not like any kind of man at all, and has no face to look upon.

But more, I now can understand why those words were written so many years ago, for the limited reasoning power of mankind, which has grown dramatically over the past few thousand years, could not comprehend the concepts we accept as normal today. And thus I now understand the meaning of that old teaching was that “man cannot comprehend the concept of God.”

In working today with those whose consciousness is just starting to expand, I find great difficulty in conveying these abstract concepts in a manner acceptable to a limited belief system. And then God gave me a wonderful analogy that is easily grasped, Clouds.

Looking at a clear, blue sky, we see there is nothing there. Yet though we cannot “see” the tiny particles that make up what is “there,” we can accept the concept that “something” is there that we cannot see. Looking at the same sky later, we can see that clouds have formed from the “nothingness,” and are now visible. These clouds can be of many different types, and take an infinite variety of different shapes, yet all are composed of the tiniest of water particles.

If we apply that concept to the “nothingness” that is God, before creation, we can understand that energy, unseen, unfelt and unexpressed, could exist. And from those tiniest of particles of energy, It could create form, like clouds in the sky. And that form could be the “heavens and the earth,” and all “things” under the sun, including man.

And because It created those forms (clouds) of Itself, It would be the omnipresent I AM, omniscient and omnipotent. And thus we are also merely a part

of that I AM, and not really a separate Cloud at all.

## FLEAS

After hearing of a dear friend's dealings with pesky little critters lately, their tiny size led me to realize at another level the awesome magnitude of Divine Intelligence. This is a wonderful exercise in stretching our limited mind to accept on faith all that we cannot yet grasp.

Picture in mind our complex bodies, and imagine the intricacy of just one vital organ the heart. Designed to last a lifetime, self-rejuvenating, self-repairing, forever fulfilling its purpose without any thought on our part, this marvelous organ is at the core of our physical being.

At a deeper level, this marvelous organ is composed of millions of individual cells of different types, some to contract and pump, some to channel and carry blood, others to oxygenate. Each cell knows its purpose and function and where it fits in the overall design.

At still a deeper level each cell is composed of individual molecules, each in perfect composition and position. Yet deeper is the atomic level, and within each atom electrons and neutrons whizzing at amazing speeds through space. Each of these made up of even smaller sub-atomic particles, the quarks and neutrinos and nouns and gluons that (scientists currently think) are the most basic building blocks of matter and/or energy. Each one is in its perfect place to fulfill its perfect function, guided by some intelligence we cannot comprehend. Yet this intelligence is operating flawlessly in OUR bodies, no matter how unaware we remain.

Imagine a flea, or a gnat. Within these creatures that are so small we can barely see them are other complex organs, similar to ours. And each of these infinitesimal organs in each of these tiny creatures is composed of cells composed of molecules made up of atoms containing electrons etc. And EACH of these tiny subatomic particles is in ITS perfect place and guided by that same

Divine Intelligence.

We think we know stuff, that we are smart, and conscious, and aware. Yet we can barely comprehend the infinite consciousness that creates, maintains and controls the perfect placement of each and every particle in existence. WE decide that WE control our lives, and we want what we want when we want it.

At the other extreme, a few months ago astronomers discovered a humongous explosion billions of light-years away. They said if we were to release every form of energy man has found (including all nuclear weapons ever built) at one time, it would equal less than 1/100,000 of the energy the sun emits in one SECOND, and this explosion released a TRILLION times the amount of energy the sun puts out in 6 BILLION years. A few weeks later another article told of a gigantic black hole, swallowing BILLIONS of stars equal to or greater than our sun.

I laughed when I read those articles. It was as if God was giving us a little demonstration of POWER. As if to say “You arrogant humans think you know stuff? Hah!! Look at THIS!!!”

That SAME power, that SAME Divine Intelligence exploding and swallowing stars, is the SAME intelligence guiding the placement of each and every sub-atomic particle in each and every creature or particle of matter (or energy) in all creation.

And we think WE know stuff??? Hah!!!

## INTERNET

“As above, so below” is a phrase commonly used in metaphysics, referring to the appearance in the material world of counterparts in the spiritual realm. What we see, what we create in life is a reflection, an expression of our higher Self.

Likewise, what we see helps us to understand that higher Self. When we have

those flashes of insight, when we see clearly, we relate our material existence to the knowing that we are more than mere bodies. When we try to look at everything in the world from our spiritual perspective, trying to understand rather than impose our belief system on the world, we are rewarded with the beauty of life, an appreciation for our role in the expression of Love.

It is the nature of all creation to evolve, to constantly seek a higher awareness of self, and thereby achieve a greater awareness of the Creator. In this evolutionary process, we create as the Creator, using the great Gift of Love.

I recently had one of those flashes of insight, that we have created (and Creation is never finished creating) a material counterpart of God in the Internet, the World Wide Web. Each of our individual computers contains our personal “knowledge” of the world, just as each of our separate lives is the sum total of our life experiences. Our computers are linked via modem to a “service provider” that links many computers just as our soul level is the cumulative link of all our lives. All of the service providers are linked in the World Wide Web just as all souls are One.

Now, if only we could learn to use the %#@& modem properly!!!!

## GOD/TAO/IS

Throughout the years spent (consciously) on my spiritual path, my concept of God has changed, subtly expanding. When I read The Urantia Book that concept exploded dramatically, but also created an uneasiness that I couldn't quite put my finger on. God had become TOO big, and my PERSONAL relationship had become too tenuous for my comfort. A few weeks ago, in meditation one morning, that concept changed again, but this time to one that was completely comfortable, and which I would like to share.

Imagine God, the Tao, I AM, All That IS, the Quantum Soup, Cosmic Consciousness, etc, as the COMPLETE undifferentiated Source, FULLY conscious of ALL parts, no matter how small or huge. This sheer BEing of purest love and joy merely IS, fully aware of Its experience of ALL that occurs. Try to imagine the ecstasy of the experience of LIGHTNING, the explosive discharge

of energy between parts of that One Self. It must make an orgasm insignificant by comparison, yet It ALSO experiences ALL of those, whenever and wherever they occur. Then just TRY to imagine all the cataclysmic events possible in the Eternity CONTAINING all universes which make lightning itself insignificant by comparison. You get the picture, and it makes our “personality” kind of small, doesn’t it?

My current understanding (subject to future change in keeping with Ralph Waldo Emerson’s line - “All that I have seen readies me to trust the Creator for all I have not seen”) is that at one point “my” soul differentiated itself from this Source, and became a unique consciousness, still fully aware of Its BEing as a PART of that Source, yet aware of Its unique Sonship. It was thus ready to begin Its evolution and growth as a Creator in Its own right. I will call this differentiated Soul IS.

This IS immediately began to create forms, or physical bodies within the universe already created by Source, each with its own unique personality while in physical form. The one currently called Dennis is but one of many such forms or incarnations that could be in existence on many physical and non-physical worlds or realms. Time is not a factor from the IS level, which resides in the eternity of NOW, and so Its “lifetimes” are all simultaneous at that level of consciousness. As It grows in awareness, Its power to create will expand as well, including (I suspect) the ability to create or awaken other Souls from Its parts of Source, just as It was awakened within an Oversoul at some point. It boggles the mind to realize that there may be unlimited levels of Over-Oversouls in an infinite hierarchy, and yet all within that One Source.

As MY creator, however, IS is vitally and directly concerned with MY personality, for it is through these personalities that IS grows in Its awareness, just as I grow in awareness through my personal experiences. Before Dennis began my conscious spiritual path, TRYING to reach a greater awareness of who I am, IS patiently waited, directing my every move, KNOWING that I would eventually wake up and begin to align my will with Its. (Now I have to figure out why I waited so long!!!)

# OCEAN

For a number of years I have used an analogy of the ocean to illustrate that time and space are NOW to the consciousness of God. In re-reading Messages From Michael last week, another analogy made things even more clear.

Imagine yourself in a small boat in the middle of the Atlantic Ocean near the equator, facing North. North America is “up there” on your left, South America is behind you on the left, Europe ahead on the right, and Africa behind on the left. The Arctic Circle is in front of you, and Antarctica behind you. All are quite some distance away.

If, however, you could somehow reach into the consciousness of the ocean itself, each of the different continents is HERE. There is no distance, as the ocean is touching them all at once, HERE.

Realize further, that ALL the oceans of the world are “connected,” and imagine the shared consciousness of the collective oceans, touching EVERY continent in the world, all HERE to that consciousness. The NAMES we gave to those continents would not matter to that consciousness, for HERE is ONE place, not many DIFFERENT places.

Likewise, the concept of TIME would not matter to that consciousness, for it is touching that one place NOW, there is no TIME when the collective oceans are NOT touching any continent. Thus, it makes no difference whether you called this one North America or the year 4,000 BC, or that one Europe or the year 8,000 AD, ALL are HERE, NOW.

If we were to take a test tube and fill it with ocean water, seal it, and drop it back into the ocean, it would still be PART of the ocean. Yet the water inside the test tube could not directly touch the waters outside because of the glass barrier. Yet from the ocean’s perspective, it could clearly see the water inside the tube as part of itself, and could not see the glass barrier at all. Only the water inside the test tube would feel limited and restricted, and yet it

continues to move and exist as controlled by the movement of the ocean.

Are we the same? Is our test tube our body, yet filled with the ocean water of life itself? Are we in fact Divinely guided throughout our lives, and truly have no limitations or restrictions except those we see from INSIDE our body? Is it possible to reach the consciousness of the Divine from inside our test tubes? I think it IS.

## NETWORK

Imagine a playful puppy pulling a quilt from a bed. He pulls on a corner, then grabs it at another place and pulls some more, sometimes with little tugs, sometimes with mighty pulls. Bit by bit, a quilt many times his size and weight starts to move, as he keeps pulling from different angles. Eventually, he will get enough of the quilt off the bed so that gravity starts to help, and finally, when the bulk of the quilt is on the floor the rest falls of its own weight. The quilt is a network of threads connected at millions of points, so that whenever any point is pulled, it has an effect on the whole.

Networking today has become a popular strategy. By meeting more and more people, everyone has a greater opportunity of knowing someone who knows someone else who needs products and services one has to offer, or has something one needs. The internet is the most wonderful network ever created by man, as it connects millions of people all over the world while still providing individual freedom of expression and desire.

An experience this weekend showed me that our TRUE network, guided by Divine Intelligence, takes care of ALL of our needs in the same way, and that we are all linked together in one grand scheme for our evolution as spiritual BEings, a part of ONE. A wonderful woman I have known for about six years, who has grown dramatically in awareness and balancing her emotional self, told me of another woman we both know, an emotional basket case. I realized that, as she reached to me for greater balance, she also reached to help the other woman, linking us in a network of love. And I realized that both of them were also lifting me to greater awareness, as well, that each link is a two-way street.

We are linked in many directions on many levels, by family, by friends, by work and recreation activities. These links also have many levels, mental, emotional, physical and spiritual. And, like a patchwork quilt, different sections of our lives are also linked. Who hasn't discovered miraculous coincidences where "unrelated" parts of our lives are linked, such as a co-worker's in-law's cousin's neighbor turning out to be the uncle of your nephew's fiancée? To take the patchwork quilt idea further, each "separate" culture or society is also linked in the same manner, so that what affects one has an effect on all.

Like the relentless puppy, Divine Intelligence is guiding the quilt of LIFE toward our Source, the expression of our Oneness as LOVE. Unlike the puppy, however, Divine Intelligence is fully AWARE of each and every one of the billions of connections between us, guiding every aspect of our lives with the absolute certainty that every thought and action IS leading us to Love. When we think otherwise, we are only seeing from an incomplete perspective, like the puppy on the floor, and do not know that love IS.

# On Sex and Relationships

## GIVING

Working with the younger generation, I have found that many consider themselves to be very giving, loving persons, but complain that others “take advantage” of their giving nature. For a long time I could not comprehend this, because in my reality a gift is freely given, and no one could possibly “take advantage” by that definition.

After reading “CROSSING THE THRESHOLD OF HOPE” by Pope John Paul II, the answer came. He states “Man affirms himself most completely by giving of himself.” These young people had a different view of giving, which was more like bartering than giving, and I began to understand how that arose.

All of them shared a low sense of self-worth, growing up in environments where caring love was unknown. They had therefore learned that they had to “look out for themselves,” for no one else would. Many had been abused as children, or seen their mothers abused.

Seeking love, they had learned that they could satisfy a part of their longing with imitations of love by “giving.” If a parent or sibling wanted something they had, they would “give” it to obtain gratitude. They could then respect themselves and feel pride for parting with something they wanted for themselves. This, however, was the opposite of what they sought, for they then saw themselves as unworthy of having what others wanted.

As time progressed, they found they had to “give” more and more in order to obtain respect from others, ending up with less and less for themselves. Others, also feeling “unworthy” and “needy,” soon found they could get what they wanted from this “giving” person, and “took” more, demanding what was not freely offered. This, of course, made them secretly feel ashamed for

taking advantage of this “good” person.

Attempting to rid themselves of guilt, they would become abusive to the “giving” person, demanding more and escalating the vicious circle.

Over time, the “giving” person felt more and more “unlovable,” and sought to build self-esteem through a close personal relationship. In all cases, however, they selected a mate that reflected their beliefs about themselves as being unworthy, thus developing the classic “co-dependency” relationship.

When asked why they remained in that relationship, most stated a common answer “He/she makes me feel needed, and boosts my self-esteem.” As Scott Peck (Further Along the Road Less Traveled) pointed out, this is the opposite of self-love. Self-esteem is one’s perception of how one is seen by others, which automatically implies a lack of self-love. If one knows Self, and loves Self, what others think is immaterial.

If we are all One Self, living with one that “makes me feel needed” prevents us from feeling love for oneself, for a part of Self is constantly seen as “needy,” and therefore not perfect, and therefore not wholly lovable. In attempting to fill that “need,” and consistently failing (the needy one feels guilty and becomes more needy) the “giver” feels less and less adequate, more unworthy, and the downward spiral continues.

This “unworthiness” prevents true giving, the “sincere gift of self.” If a person has no value, who would want that gift? They cannot recognize that their thoughts, their time, their very being has value.

Love requires “the affirmation of a person as a person” (Pope John Paul II). When we love another enough to give of ourselves for the sheer happiness of making that person happy, we see in them their full appreciation, their value of themselves for being worthy of such a great gift. And then we, too, see the value of our gift, the value of our One Self.

# DENTIST

An experience at the dentist yesterday filled me with such gratitude that I had to share it with as many people as possible, but a little background is necessary.

When I grew up, visits to the dentist were ALWAYS painful and traumatic. As I grew in awareness of the power of mind, I realized that the PAST was what colored my perception of the present, and consciously tried to see only the NOW.

While living in Hawaii in the 1970's, I found a dentist who was SO GOOD, so dedicated to his craft, so diligent, so caring, that I actually looked FORWARD to going to the dentist. It was watching an artist perform, and it was always totally painless. We became fast friends, enjoying a social as well as a professional relationship.

When I moved to Las Vegas in 1981, I was referred to a dentist who turned out to be a BUTCHER (in my humble opinion). The pain on every visit was so intense that, after five years, I would go into shock the minute I sat in his chair (no exaggeration). Though I KNEW what was happening, and tried with all my ability to use my mind to overcome the fear and pain, I couldn't succeed (this from a guy who had root-canal surgery using self-hypnosis and no anesthetic years before). After my last visit, when a wisdom tooth was pulled, he left a sharp bone spur protruding through the gum, which would not heal for more than two weeks. After numerous complaints, he smoothed it to allow healing. I never went back after that.

After five years of avoiding dentistry altogether, my teeth were in such bad shape that I was FORCED to find another dentist, and found one that was as diligent and caring as the one in Hawaii. I told him my story, and he assured me that he would overcome my mental block. After three visits, I no longer went into shock, and after five, rarely even used Novocain.

Despite my ease with the new dentist, his hygienist was a different story.

Though very pleasant and personable, she was (in my opinion) a little overly diligent, and cleanings were painful, including \*tests\* to see how deeply a probe could be inserted under the gums!!! After the last session with her over a year ago, when she suggested that an oral surgeon could perform an operation to lift the gums to clean even DEEPER, I realized that she was obsessed with her profession, and making the body far too important for my comfort.

A switch to the other hygienist in the office was made, and her ministrations were gentle and painless, as I experienced again yesterday. As she was cleaning my teeth, I realized that her caring for others, her love for our One Self, made it IMPOSSIBLE for her to hurt another. Though she is just as diligent as the other one in doing her job, she also has the added awareness of love, thus making it easy and painless for both of us.

And I realized that she is JUST LIKE ME, for when I am caring, extending love to another who has suffered emotional pain, there is NO WAY that I could hurt that other, that God guides me perfectly, and I am so aware of the emotional state of that other that it becomes impossible to extend anything but the pure love that IS.

## HAMMER

Picture in your mind a carpenter, who makes his living building houses. One of his most useful tools is his hammer. With it, he creates homes of beauty and enduring value, shelter for others, and makes a valuable contribution to the world.

Imagine that one day his three-year-old son gets his hands on his father's hammer. He has no idea what it is FOR, but he likes the weight, the feel of it, and promptly begins using it to smash his toys. Living fully in the NOW, he does not look to the future, does not realize that his toys will not be there to play with tomorrow, he is HAPPY swinging the hammer NOW.

Does his use of the hammer to destroy his toys make the hammer BAD???? Of course not!!!!

Does his use of the hammer to destroy his toys make the little BOY bad??? Of course not!!!!

The little boy is merely ignorant of the REAL intended use of the hammer, and so he uses it in a way that gives him pleasure. His FATHER knows its intended use, and tries to TEACH him, but would never JUDGE his son for using it mistakenly.

It is also that way with ALL the things of the material world. ALL are intended for the fulfillment of our JOY as the children of God. However, like the three-year-old, we may not KNOW their intended use, and therefore mistakenly use them purely for our pleasure. And like the little boy, that doesn't make them, or us, bad for using them in this fashion.

One of, if not THE, most misused "hammers" today is sex. God's gift, the "tool" He gave us to seek and find our complete union, our most loving creation and contribution to the world, is also our greatest possible physical pleasure and JOY. It is intended to first attract us to another, then to overcome our barriers (see STEPS) until we can reach a state of total physical openness with each other, a symbol of our sharing of One Mind. It is also a total harmony WITHIN ourselves, for at that moment of joining, we are only aware of ONE self rather than four (see SELVES).

Because that "hammer" is such FUN, we see only the pleasure of the moment in it, and seek only that. Unknowingly, we use it to dominate, subjugate and manipulate others. But we are NOT merely three-year-olds, for we have an inner KNOWING of its real intended use, and who we really are. Our conscience gently tells us that we are using it wrongly, but we try to ignore our Father's teaching, then judge ourselves for not heeding that inner voice. Sex then becomes a source of guilt and shame, keeping us FROM our wholeness rather than drawing us TO our true Self.

But love IS acceptance, forgiveness of our human mistakes. As we learn to forgive others, we learn to forgive ourselves, and eventually MUST arrive at the only destination we have, knowing that LOVE, IS.

# LOVE CAN'T HURT

About four months ago a beloved friend fell and suffered brain stem injury. After sinking into depression and reaching the threshold of death, this most positive thinking man DECIDED to live. Feeling that he wasn't getting sufficient physical therapy, I have been gently working his arms and legs during one of my twice-daily visits. Having worked with this man for 18 years, we have a strong mind connection, and I can sense his feelings and desires.

A couple of days ago one of his sons expressed fear that I was hurting his father during these workouts, and my immediate response was that you cannot hurt someone when you are coming from love. On my way to visit him last night, that thought became a complete KNOWING, integrating a recent dream with experiences I have had over the past few years and intellectual understanding from many books and articles. I was filled with awe at the complexity with which Divine Intelligence perfectly guides our spiritual growth, weaving together seemingly unrelated experiences until we get the message.

Having experienced the profound joy of just SOME of the many facets of joining and sharing with other human expressions of God (see MULTI-MEDIA), I see the utter insanity of keeping our human selves alone and separate when we are allONE, futilely attempting to withhold our love from others. I deeply felt and REALIZED (see REALIZATION) the deep yearning of our souls to join in that Oneness that IS God (see YEARNING), and saw that was from fear of being hurt.

**LOVE CAN'T HURT!!!!**

Knowing the love inside me I totally KNEW that I could not hurt my friend when trying to help him recover.

Knowing the love of my soul IS in my heart I totally KNEW that I could not betray the love I feel for another BEing, especially when they feel emotionally

hurt by imperfect (human) attempts at expressing love in the past (until they realize THEIR perfect love, they may be living in the past instead of the NOW and therefore may not RECOGNIZE Divine love, but that is part of THEIR process).

Knowing that the love inside me IS the love of God, I totally KNEW that I could not BE hurt by another in the process of discovering their Divinity, no matter how their outward expression appeared to the human senses, for they, too are expressions of God with that same Divine love in their hearts.

Until we learn the TRUTH of love, it is the imperfect human counterpart, colored by our own feelings of need and desire. When the “other” fails to fulfill those desires in the manner we deem proper, we feel hurt, and withhold our love. In response, our partner feels the denial of our love, and the relationship ends with hurt feelings, anger and blame.

TRUE love, God’s love, is full and complete BEFORE its human expression, and therefore that expression CANNOT be imperfect. There CAN BE no personal needs and desires that interfere. As Pope John Paul II expressed in CROSSING THE THRESHOLD OF HOPE, “Love for a person excludes the possibility of treating him as an object of pleasure.” In TRUTH there IS no pleasure other than the Love of God.

When we fear, we deny our BEingness as God’s expression, and therefore are vulnerable to being hurt. Lesson 26 in ACIM states “My attack thoughts are attacking my invulnerability.”

If we feel we CAN hurt another, that we are NOT expressions of God, then we justifiably fear BEING hurt, and therefore try to shield ourselves from love. Yet as ACIM (text) also states “Only perfect love exists. If fear exists, there cannot be perfect love. So fear creates a condition that CANNOT exist. ONLY perfect love exists.”

And to cap off this wondrous knowing, today’s guide in Science of Mind magazine quotes Lenny Bruce - “There’s no “what should be,” there is only what IS.”

## MAKING LOVE

While talking to one of the very aware BEings in my life yesterday, I used the euphemism “making love” to distinguish the beautiful sharing of the physical aspect of love from mere sexual pleasure. She responded angrily with “why do they make such a big thing of it?,” for in her consciousness it is a purely natural thing.

My response was that it is the most intense PHYSICAL expression between two BEings who have already joined at the spiritual, mental and emotional levels who desire to share the fullness of their Oneness, and that it should be as natural as eating or breathing. It is only our creation of good AND evil in the Garden of Eden that makes us think otherwise.

In meditation this morning it became so clear to me that EVERY gesture we make to another IS “making love,” no matter what form it takes. If we are in our love consciousness, every endearing phrase, every sharing of experience, every thoughtful act and deed IS “making love.”

The idea expanded, as I realized that, as the highest form of the energy/consciousness we call God IS love, then EVERY act and deed is the expression of the LOVE in which we live and move and have our BEing, WHETHER WE ARE AWARE OF IT OR NOT!!!

When we expand our consciousness beyond the limits of our human existence, we share that sublime KNOWING that all is in Divine right order, and that LOVE IS!!!!

## MULTI-MEDIA

Last week, when writing a letter to a beloved friend with whom I had shared much over the past five years, I realized that I didn’t even know her last name. I also realized that didn’t matter. Though I know at least six others with the same name, her IDENTITY was unique and complete in my mind, and the NAME was not important.

This morning an insight began to grow in my mind, and I recalled reading the first KRYON book a few years ago, in which he spoke of his “name energy package.” He explained that our limited minds could not comprehend that this included three distinct elements, tone, light and form, and that this unique package was recognizable as his identity by any other BEing anywhere.

I realized that our evolution has been a steady increase in our ability to communicate with others, to more clearly understand and share our thoughts as part of ONE organism. We began with the crudest communication as cavemen with form, bashing the enemy over the head with a club, and dragging the female to our cave for sex.

We think we have evolved dramatically since then, but we really have only improved upon this type of communication, now using high-tech rifles, smart bombs and nuclear weapons to bash our enemies over the head, and using more subtle forms of persuasion to lure the female of the species to the cave.

We next added rudimentary tone communication, language, to express ourselves with words. Again, we have refined this type of communication, now doing it via telephone, facsimile and computers, yet the communication is still limited to words as symbols for ideas.

We have also begun communicating with other sounds, which we call music. Though a song may evoke wonderful memories and the feelings associated with those memories, and while a symphony may itself evoke deep feelings, this type of tone communication is still relatively crude, judging from our understanding of the tone communication between certain animals, particularly whales and dolphins.

We also have developed crude communication using colors and shapes in art. Again, this type of communication has dramatically increased through computer graphics and laser light shows, but we have yet to attain the ability to communicate the fullness of our thoughts and feelings through this medium.

An associated press article last week told of the bobonos, an ape species whose society is dominated by females, who use sex as a form of communication. Rather than just for physical pleasure or procreation, they use sex as a communication medium for bonding, solving problems, and making societal decisions.

We also have much evidence of cases of direct mind-to-mind communication, what we call “extra sensory” events such as telepathy, intuition or psychic abilities. These, however, have not yet become consistent and reliable forms of communication for most of humanity.

My insight this morning, itself one of those intuitive events that are becoming more frequent in my life, is that we are evolving toward a point where we will be able to use ALL of these forms of communication (and more that we don’t even know exist) ALL AT ONCE!!!! When we can refine our minds to look past the apparent density and intensity of purely physical communication, we will start to use the vast untapped portions of our brains to reach COMMUNION with each other.

As part of our awareness of Oneness, we will mingle and intertwine our forms, tones and lights, as well as our emotional feelings and thoughts, into a grand symphony of communion, a richness of sharing so far beyond anything we now know as to make our present communications empty and meaningless by comparison.

And with that communion will come an ecstasy, a KNOWING of Love so full and complete that we will know our identity as part of I AM, ONE with All that IS!!!

## SEX

That one word has taken on a tremendous significance in life today. Never in history has any subject received more attention (except maybe money) or been more controversial. It is the most “personal” subject we can think of, and is therefore the most difficult to discuss. It is also loaded with prejudices and

fears that we keep hidden from even our own view, and is, arguably, the greatest cause of turmoil in our lives.

Everything in life can be viewed at least two ways, from the material or the spiritual sense. Because sex is so loaded with baggage in the material sense, it is rarely discussed in the spiritual. Many religions even require celibacy of its leaders rather than deal with this powerful human drive. I, too, have wrestled with, and finally come to love this part of our One Self, and offer here the results of the lessons I have learned.

Viewed from the material standpoint, sex is the expression of the absolute, number one animal instinct, survival of the species. Even above the second instinct, survival of self, the sex drive has a mother or father gladly surrendering life for the survival of offspring that can perpetuate the species. From the human standpoint, it is also the most intense physical expression we can muster, involving all of our physical/mental/emotional selves.

Though I fought with my “lustful” self for most of the years of my conscious spiritual growth, it never made sense to me that such a strong, natural instinct was apart from the spiritual self. It was, however, my enemy, and so I kept it separate and apart. I had the belief that it would interfere with my spiritual growth, a silly “clinker in my thinker” (see BELIEF) that actually inhibited my spiritual growth for many years. I tried dealing with it a variety of ways, abstinence, indulgence, denial, nothing really worked. I even created hemorrhoids to “punish” myself for my sexual feelings.

About five years ago, another part of Self helped me co-create the first part of the lesson. A young dancer I was counseling had been sexually used and abused all of her life, and had a picture of herself as nothing more than a worthless body. Her life, of course, had to reflect her belief, and had just hit bottom.

Her emotional self was in utter turmoil. Though she was loved by her mother, and loved her child, every time she had felt love for a man it had led to sexual abuse. In order to reach her, I could not BE a man, and had to learn to teach

love in a new way. Through this wonderfully co-created lesson, I experienced the female emotional energy within me for the first time. Though I understood intellectually that we are both male and female, my human experience in a body was purely male.

Through this experience I KNEW that my male self could never interfere with my spiritual growth, with Love, and that my fear had been “silly,” the “sin” of mistaken belief. I then discovered the complexity of my ego mind, the devousness with which it hides the real beliefs under a mask of illusion. Having uncovered the lie, I found an even deeper belief, that I was a worthless body (ahhh, the wonder of others serving as mirrors to help us grow).

For the next few years, my sex drive became an accepted, natural (though not loved) part of my Self. And I learned, and grew in my acceptance of others and myself. In reading The Celestine Prophecy in 1994, I began to understand even more the balance of energy, the struggle to find that balance within ourselves. Walter Russell’s writings of the early 1900’s (<cite>Messages of the Divine Iliad, The Mind Nucleus of the Atom </cite> are two of four out-of-print books I read) refer to the “dual sexed electric universe” added more understanding. He stated “Sex is the creative principle. It is the dual desire force in Mind expressing its One idea. Without a division of the one unconditioned Light into two seemingly conditioned lights Creation could not be. Sex is not a thing, it is a condition of a thing.”

Eventually I reached a pretty thorough intellectual understanding of what Walter Russell expressed, that “Love is the One Idea of Creation. To express Love the Idea must be divided into separated halves. To fulfill Love, the two halves must be united as One.”

A little more than a year ago a quantum leap in understanding took place. A relationship with a young lady began exactly six years, to the day, from one that led to exponential spiritual growth in 1989. This relationship became so beautifully close that, one morning I KNEW I was holding God in my arms, and we both KNEW God was holding her.

A few days after the knowing of God in my arms, I was lying in the sun. I had been doing energy channeling exercises for over a year. Knowing that we are part of One entity, and that we feed energy to the earth as it feeds us, I was taking energy from our Sun Source, breathing it through my body and anchoring it into Earth.

I have never been an “imager,” and am never able to “visualize” anything in image form. I have thus never had any “visions,” though I have frequent mental enlightenments, when things become crystal clear. All at once I had a vision and a knowing. The vision was like a capital H, but with two cross bars, and the sides flaring outward above the top crossbar.

The knowing of the meaning accompanied the vision. Each side of the H symbol represented a human being/energy channel. The bottoms of the sides anchored into Earth. The bottom crossbar was the connection of the base chakra, the kundalini (sexual) energy connecting the bodies at base. The upper crossbar was the joining of the third-eye chakra, the joining of vision, the joining of Mind to make One complete Being of the conjoined two. The flaring of the sides above the top crossbar represented the formation of a FUNNEL, with the two joined channeling UNLIMITED energy, infinitely more than either could channel alone. And I understood that two bodies consciously joining from their spiritual awareness became special channels for our One entity, Earth.

My feeling of total connectedness with our One Source was profound, and another awareness came to me with utter clarity. I KNEW that I had been female in my previous life, and that I had to be male this time to fully understand and to forgive. I had to understand the male energy, the insane lust that arises for NO REASON, and that is NEVER FULFILLED. From my experience as a male the female could see how silly it was, and forgive the male that constantly pursued the female body.

That evening, the other side of the awareness unfolded. Sharing that intimate closeness, the Oneness with God, I EXPERIENCED the FULLNESS of the female emotional self. Women reading this will understand, but I, as a male,

had no idea of the AWESOME power of this emotional self. Yes, I had always been a loving man, a caring man, kind, considerate, with all of the spiritual qualities we males know of Love, but this was so DIFFERENT, so COMPLETE, so POWERFUL.

And in that instant, I understood what Betty Eadie referred to in Embraced By The Light, when she said “I saw that the emotional structure of women allowed them to be more responsive to love and to allow the Spirit of God to rest upon them more fully.” I understood what was meant in The Celestine Prophecy when it referred to a shift, that the male energy had been needed to build the world, and that now it was time for the female energy to heal the world.

And then, I experienced sexual arousal FROM THE FEMALE SIDE IN ME. To men who have never experienced this, there aren’t enough words to describe it. It is SO different, SO UTTERLY LOVING, SO PURE, SO CLEAR, SO ONE. There was no lust whatsoever, just a total KNOWING of Love, AND THERE WAS NO NEED, NO DESIRE. Just the knowing of the feeling, the closeness, was enough.

AND I UNDERSTOOD. Tears rolled down my face as I shared my understanding, and come again as I write this. THIS IS THE GIFT OF GOD. This powerful, animal instinct for survival, this ultimate human intensity of pleasure, was given us TO MAKE US SEEK OUR ONENESS!!!

And I understood all of the messengers that have been trying to tell us through the ages, from the Bible “In the resurrection they neither marry, nor are given in marriage, but are as the angels of God in heaven” to Mary Baker Eddy Science and Health. “Union of the masculine and feminine qualities constitutes completeness.” And I KNEW that ALL desire IS the desire for God, for God IS ALL.

The next day, as has so often happened in my spiritual growth, I read the intellectual explanation of my experiential lesson. Plato said it, centuries ago: “Eros (the male sex drive) is the drive for the ascent (to our spiritual self), the

seeking of ever more perfect union.” And Plotinus and Auribundo, two other philosophers of his age, added, “Agape love (the female counterpart) is the drive for the descent, the broadening and deepening of love.” So together, they shape us to grow like a pyramid, higher, broader and deeper, all at once.

For weeks afterward this enlightenment continued to unfold, to the understanding of how the male/female energies can control our lives (see BALANCE), and why we experience grief, (see GRIEF). And I understood the utter silliness, the stupidity of which I am capable, this “enlightened” being called Dennis. For all of these years I had made this wonderful gift “bad” and “wrong.” When I examined my consciousness to find why, I remembered the child I was, age five, playing “doctor” under the card table with the daughter of my Dad’s friend. We were “caught,” and I felt such shame I buried it, and carried it ALL OF MY LIFE.

According to IQ tests, I am a genius. I remembered an anonymous quote “the difference between genius and stupidity is...genius has its limits.” And I forgave myself for my stupidity, my silliness. I knew it was an essential part of my growth, my understanding. If I could forgive my huge mistake, the little mistakes of others were nothing, and I was free to forgive all, to Love.

And Love IS.

## SHARING

The concept of sharing became more real to me the other day while talking to a loved one and experiencing the bliss of spiritual Oneness, and the ACIM statement “what you share you strengthen” became more REAL for me.

If we look at our experiences in the material world, we see that everything we do has a greater meaning, depth, and satisfaction when we share it with others. It doesn’t matter WHAT it is, more important is the fact that it is a shared experience.

Our human experience is, I fully believe, an integral part of the growth pro-

cess of our soul. Here, we go through the slow steps of building trust and bringing down barriers between ourselves and (the apparent) others in our lives.

When we look at the romantic relationship process, we see it is done by sharing life experiences. From the first meeting with a “stranger,” we may agree to share a meal, then an activity of some sort, such as a play or movie. Over time, we share more and more, and begin to appreciate that the partner’s sharing of these experiences enhances them somehow, making them more “real” and pleasurable.

This appreciation is the beginning of our awareness of love for anOTHER human being. We think that the joy we have in the shared experience is BE-CAUSE of the other being, and attribute that joy to them. In truth, the joy is OUR experience, and takes place in OUR consciousness. The “other” is merely the focal point that led us to experience a wholeness that is more than our “separate” physical bodies, the wholeness of the ONE Mind in which we live and move and have our BEing.

Once we recognize this, we can consciously CHOOSE to share more with that “other,” and take our sharing to higher and broader levels, thereby expanding our consciousness even MORE. We do not know what levels we may reach, because our human experience has been limited, but I sense that we are able to share at GREAT levels of BEing of which we are presently unaware (see MULTI-MEDIA).

I full believe that this is our process to learn to feel ever MORE love and joy and happiness in a never-ending upward spiral.

## SOULMATE

One very dear to me has been wrestling with the idea of soulmates lately, and I have been encouraged to read a lot about the subject. Because of this focus, an understanding popped into my consciousness yesterday.

As parts of the ONE that IS all that is, we have an inherent desire to return to that Oneness (see YEARNING). Yet in this material world we see only evidence of separation, our physical senses perceive bodies instead of our true spiritual identity. We then seek to join at that level, yet never feel completely satisfied.

We therefore seek a greater union with God, the I AM presence, and through meditative and contemplative practices achieve a greater knowing of peace, love and happiness in our lives. We do not realize that our limited consciousness cannot embrace the totality of God, and thus accept a PARTIAL happiness and wholeness.

Yet we know that SOMETHING is still missing, still beyond our grasp, and we dream of finding and attaining that. We dream of finding a soulmate, one with whom we can feel and express the COMPLETENESS of union at ALL levels (see MULTI-MEDIA), across all boundaries of space and time. At some level we KNOW that the ONLY way to unite with God is to unite with a PART of God at the same level of consciousness we inhabit at the moment.

We do not realize that all of us are the infinite parts of God, and that the creation of union MUST start WHERE WE ARE. We cannot achieve the soulmate union at the higher level, which by definition includes ALL levels, without including this physical level. That brings us back to Christ's teaching to "love your brother." We must get BEYOND the seeming barriers of the body, beyond separation, to create that blissful union.

That takes tolerance, acceptance, forgiveness, and a sharing of ALL that life has to offer, without fear or judgment. That unconditional love has been most often demonstrated in the past by long-standing marriages. My parents shared 63 years together, through all aspects of life, and reached a state of knowing beyond any barrier. I know of others who share that state of bliss, who share and extend to others a love and happiness that can only be of God.

Yet we have learned more, have learned that we can CHOOSE to bring down those barriers NOW!!! We can CHOOSE to overlook the judgments we for-

merly laid upon others, can CHOOSE to see Divine Intelligence guiding ALL life, can CHOOSE to accept unconditionally any actions, any thoughts, any expressions of our brothers.

And in doing so we find our soulmate, God, the infinite Innocence, the unconditional love that IS all that IS!!!

## STEPS

Over the past few weeks, I have been having an issue with money matters, accepting the abundance of the universe for myself. Though I have had ample demonstration of God's caring for me, and don't WORRY about money, I realized that I was undergoing another lesson in FAITH.

At the same time, a young woman I have known for years began sharing her emotional pain due to her unhappiness with a three-year relationship, which subsequently ended. I had first met her casually more than four years ago, and immediately recognized her as one of the "lightworkers" of the world. A special inner happiness and radiance extended from her. After a few weeks in her temporary work assignment, I didn't see her again for about three years, until a year ago. Since then we have become good friends, sharing dinner at least once a week.

I learned that during the intervening years, she had gone through severe physical and emotional crises that had almost destroyed her body, but had not dampened her bright inner spirit. Being very reserved, though we became fast friends, she was very cautious about opening her emotional self to me, and I even commented that ours was the most slowly developing spiritual partnerships I had ever experienced, albeit a very happy one.

That changed when she shared her current experiences, and we reached that KNOWING of Oneness that I have come to know so well. But it also was uncomfortable for her. The intimacy of Mind is very unsettling to the ego, which tries to equate it to previous experiences of the emotional self, which

had hurt her deeply in the past (see SELVES).

I then realized that I was seeing in the evolution of OUR relationship the material reflection of MY inner relationship with God (as above, so below). Just as she was building, step by step, a trust in me, I have been building my faith in God, and I realized that is true of ALL relationships in life.

When we are born, we have no walls, no barriers with others, and are totally loving and totally accepting of ALL others, our NATURAL state (Jesus admonition to “come as little children”). We LEARN to erect barriers, to become “separate” from ALL THAT IS and therefore see ourselves as separate from others. When we consciously “fall in love,” we bring down those barriers with our beloved, but do so cautiously, one step at a time. It is like saying “ok, I let you past this barrier, and you didn’t hurt me, so I guess it is ok to let you past this next barrier.”

And so it has been for me in my spiritual path. “OK, God, I trusted you with that, and it turned out ok, so I guess I can trust you with this next, BIGGER thing.” And I realize that I will continue to do that, now CONSCIOUSLY, developing my faith in God until there are NO BARRIERS, NO SEPARATE WILL, NO SEPARATION, until I KNOW, fully, I AM, LOVE.

## GRIEF

I was saddened by the abrupt departure of Mary2 in November 1995 (see SECRET THOUGHTS), and tried to see the lessons I was to learn. I understood her part, that her fears expressed in early October (see THE DREAM) had materialized, but knew that the lessons we co-create are for all parties involved. I did not miss the ego difficulties she had brought into our relationship, but loved her deeply, and missed our sharing.

I am so very fortunate to have so many dear friends, all aware of their own spiritual path, with whom to share life’s experiences. We all seek the others’ advice when questions arise, and none are afraid to speak candidly and

openly. In this instance, one gave me quite an earful. She knew Mary2 well enough to understand her emotional state, and was aware of the Dream and the lessons we had shared to that point.

She was also aware of my learning of the fullness of the female emotional self (see SEX), and the shame I had carried so much of my life. She explained to me that the female emotional self is inherently intertwined with the intimate sexual self. My “hang-up” in this area had left Mary2 confused, for, though our relationship was complete, it was not “holy” in the sense that I had kept my wholeness from it. This had compounded her fear of her spiritual growth, for if what I espoused were true, there could be no imbalance in any area of life.

I knew her words were true, and I was devastated to learn that my own stupidity had driven away the one I loved so deeply. Worse, I had halted her spiritual growth, made her question the very thing that had led to her happiness of the previous months.

We are our own worst judges, our harshest critics, and I am no exception. Though I know that “all things work together for good” (ACIM), my ego got into this one BIG time.

Having just learned of the fullness of love, the awesome power of the female emotional self, I now experienced the other side of it, the guilt, shame, anger at myself, loss, the fullness of grief. My mind went over and over my judgments, and the grief welled up more and more.

In the midst of this powerful emotion, I had an awareness that my logical mind was also giving me its arguments, reminding me that this was a learning experience, a lesson of life. I then became aware that I was withdrawing from the emotional state, was able to observe my grief, to reason rather than being overcome by emotion.

I then CHOSE to go back into the emotion, and come back out. Again and again, I went into the fullness of it, and withdrew.

It wasn’t until days later, after reviewing everything in my mind, that the

lesson became very clear. We would never “choose” to withdraw from a positive, wonderful emotion such as love. So I had to experience a “negative” emotion, just as powerful, but one not “desired,” in order to learn I had CHOICE. And if I had the choice to feel the fullness of grief, then I also had the CHOICE TO FEEL THE FULLNESS OF LOVE.

Further revelations followed, that the balance of the male/female energies allowed that choice (see BALANCE), and that the only thing stopping us from the full expression of our Being, our Love, was fear of feeling the negative emotions. And without that fear, Love just IS.

## HOT FUDGE SUNDAE

Last week I counseled three young women who had been emotionally devastated by failed romantic relationships. Each dealt with it a different way, one by “shutting down” emotionally, one by turning to a lesbian relationship, and one by seeking “revenge” against men in general.

The one who had “shut down” quoted a plaque hanging on my kitchen wall, a cute little puppy with the words “Blessed are those who expect nothing, for they shall not be disappointed.” I then understood we had two different viewpoints of those words. Her interpretation was that if she expected nothingness, she would not be disappointed with a dreary life of emptiness. My view was another version of “the meek shall inherit the earth,” that by not laying my ego expectations on the world, I became free to accept all of the wonders of a full and happy life filled with Love, unconditional acceptance. Her view was a judgement of “evil,” while mine was the acceptance of Love.

Likewise, the one turning to a relationship with another woman had judged the “male” energy as “bad,” and believed that by avoiding it altogether she would be “safe” from emotional turmoil. I pointed out that she was “separating” herself from her own wholeness, the completeness of the balance of the male-female energy that is our One Self. Further, her “defense” was no assurance she would not suffer the same emotional “pain” if and when the relationship ended.

The third young lady also was setting herself up for more “pain,” for if we “attack,” we only attack our One Self, and therefore only see our own weaknesses, guilt and shame when we project them upon another.

In examining the cause of the emotional “pain” each felt, I suddenly understood that it was the result of judgement, of unfulfilled expectations. Emotion comes from thought, the “yi leads the chi” (mind leads the energy) of Chinese martial arts studies. If the judgement of expectation were removed about the partner in the relationship, if she truly Loved him unconditionally, then he could do no “wrong” to disappoint her or block the awareness of that Love. And if she accepted the relationship unconditionally, she could not be “hurt” when the physical aspect or proximity ended, knowing that all relationship is One Self, complete and eternal.

And the thought of a hot fudge sundae came to mind. The “idea” of a hot fudge sundae simply IS, complete and eternal. When we desire to experience the pleasure of a hot fudge sundae we do so, enjoying the NOW of it with no future expectations. Imagine, upon finishing a sundae, looking at the empty dish, and crying “OOOOH!, ITS OVER.....I'M SOOOOO HURT, EMOTIONALLY DEVASTATED, I'LL NEVER HAVE A HOT FUDGE SUNDAE AGAIN!!!!.”

And one would decide to never eat a sundae again, one would only eat marshmallow sundaes, and one would become sick to her stomach and throw every sundae that confronted her in the trash.

How silly that would be!!!!

## SECRET THOUGHTS

On Monday, August 7, 1989, (the importance of the dates will be clear later) a tremendous new phase of learning began. I was asked to look into a financial entanglement a friend (I'll call Mary) found herself in. By Wednesday, August

9, 1989, it was clear to both of us that her husband was a pathological liar, and had used and betrayed her. That night she confronted him, and at 10 A.M. the next morning, Thursday, August 10, 1989, sat in the chair in front of my desk and told him she was divorcing him.

Thus began a very close relationship in which we had to deal with a financial nightmare that wasn't resolved for seven years, emotional turmoil and personal family matters. As we were dealing with literally every aspect of her life, there were no "secrets." I had also introduced her to A Course In Miracles (ACIM), and we had reviewed and discussed the difference between "special" and "holy" relationships. ACIM makes clear that "secret" thoughts are what keep us from sharing all that we think and feel, thereby keeping us from the "holy" relationship.

A few months later, we stopped for lunch after a hectic morning. Before getting out of the car, we decided to take a moment to center, to reach our inner self. I took her hand as we centered, looking into each other's eyes. That was the first time I ever experienced what is now a normal occurrence, ONE PULSE. We shared One pulse, not two. Then, there was a KNOWING of another mind in mine, and mine in another. And then THERE WAS NO ME, there was no sense of me as a separate individual being, there was a KNOWING of a PRESENCE so far above us, and it grew, and grew, and grew until we had to STOP or our heads would explode. We both said the same words exactly together "did you..." and stopped, and ROARED with laughter. There COULD BE no question "did you experience that?," as we had started to say.

From that experience with the One Mind, we knew the folly of human beings trying to keep "secrets," for all of the things we would keep secret pertain to the ego, the body, the material world, none of which are real to the Knowing of Love. And by sharing the "secret" thoughts, we uncovered our mistaken beliefs, the "sins" that kept us (in our judgement) from God, Oneness. As we shared more and more, our connection as Mind grew stronger, giving us the ability to communicate with Mind at any time, regardless of the distance between us. After seven years, that connection remains unbroken, and we KNOW it is eternal. And we have both learned to extend it to include others.

On Monday, August 7, 1995, exactly 6 years to the day, Mary called to advise me that a couple I had been helping were abusing my financial assistance. I called them, and we agreed to meet, with Mary, for lunch. Only the wife (I'll call her Mary2) showed up. Mary "connected" with Mary2, and called me after lunch to tell me that Mary2 was in the exact same circumstance she had been in 6 years before, married to a pathological liar who was "using" her.

Over the next two days, we discussed matters at great length, and on Wednesday, August 9, 1995 Mary2 confronted her husband as Mary had 6 years before. At 10 A.M. on Thursday, August 10, 1995, 6 years to the hour after Mary had, sitting in the same chair, decided to leave her husband.

Mary2 grew more quickly in spiritual awareness than anyone I had ever seen. Our relationship grew, and took my awareness to levels beyond anything I could imagine. In October, however, she began to focus more on the ego, the material world, and withdraw from the close spiritual connection.

Her material world reflected the shift in focus, and became more difficult. Things that had been flowing smoothly and easily became troublesome. Her promising career began to develop roadblocks, and life became less happy for her. A downward spiral had begun, and she withdrew more and more from her spiritual self.

A photographer friend, who in August had shot portfolio pictures showing the fullness of her inner beauty, returned in mid-October. He was astonished at the change in Mary2, both in manner and appearance. He asked, "where did she go? I look through the camera lens, and no one is there?" After shooting a few rolls of film, he stated "she used to be special, there was a very special beauty before, but now she is just like everyone else, a painted body trying to be beautiful."

I seek only the wholeness of our One self, and the sharing of the path to that awareness, and thus seek that in all relationships. Mary2 attempted to bring her material world viewpoint into our relationship more and more. We discussed it at length, and, though she was aware of what was occurring, contin-

ued to withdraw. We were both unaware that we had completed a portion of our learning together, and were co-creating more lessons.

Suddenly, at the beginning of November, Mary2 was gone. She left without a word, thus fulfilling her own prophecy of early October (see THE DREAM). Yet this, too, was a perfect co-creation, for in examining my part in this play, I discovered my errors, leading me to the lesson shared in GRIEF.

It wasn't until 6 months later that I discovered the secret thought, \$100 given to Mary2 to repay a loan I had made to a friend. Mary2 had kept it, and with that one secret thought, of "guilt," felt separate, and could no longer remain in the awareness of Oneness. Her ego self could not hear her Self shouting, "I am not a victim."

## THE GOAL

For the last year or so I have expressed only one desire in my prayer/meditation - TO KNOW THE FULLNESS OF OUR ONE SELF, AND TO COMMUNICATE FULLY AND LOVINGLY WITH ALL OTHER PARTS OF THAT SELF. Knowing that we can only perceive a small portion of the energy that we call God, I try not to limit what I think that means, for I know nothing. I trust that I AM knows everything, being everything, and that I will know what I need to know when I need to know it.

This weekend I had one of the most awesomely beautiful, wonderful experiences of my life. In helping a woman see her full strength and power in breaking out of an abusive, co-dependent relationship, I offered only Divine Love, consciously keeping my ego self and its desires out of the way, and allowing that higher Self to work through me.

The result was the sharing of a Love so powerful, so pure, so sure, that we both knew the presence of God within us, knew what beautiful, Loving beings we really are.

This morning my meditation brought the realization that our physical goals

are actually limitations, keeping us locked in the consciousness of the body.

Who would continue a race after he crossed the finish line? That would be foolish. But, when we determine where the finish line is, we never learn what wonders lie beyond it.

When we decide what it is we want in life, we establish a limit on what we will achieve, for we will not go beyond it. If, for example, we desire a complete, intimate, loving physical relationship with a member of the opposite sex, we become satisfied and complacent when we achieve it. Though it may deepen (or weaken) over time, and we may seek others of the same type, WE WILL NEVER GO BEYOND THEM.

Because I had no goal other than Love, I found myself experiencing a Love within me far, far beyond the limitations I had before, and I knew my Self as so much more than a body, a Being of Love.

## THE BOAT

Some years ago a dear friend told a wonderful story in our ACIM group after the end off a personal relationship, giving a profound spiritual analogy that beautifully demonstrated his awareness. Many people have since found peace through this wonderful wisdom, expressed as follows:

On my path to the great distant mountain peak, I came to a wide river. Looking far to the right and left, I saw no bridge, and pondered how to cross. Suddenly a pretty little boat appeared, came to the shore and offered to take me across, to assist me in completing my journey.

The trip started happily, and I was pleased with the little boat, and grateful for the assistance it provided. There were a few areas of turbulent waters, one that even spun us around a few times, but presently we reached the far shore.

The trip had been so wonderful, my gratitude and happiness so full, that I hated to leave that little boat, even though I knew I must to continue my

journey. Much as I wanted to stay, to spend more time drifting on the river in that little boat, yon mountain beckoned, and my course had been set.

As I continued on my journey, I kept looking back at that little boat with profound sadness. It had been so pleasant, had guided me across the great river, I had grown to love that boat deeply. Yet I knew that the boat had its place in the river, and that it couldn't follow my path to the mountains. Even if I tried to take that boat along, it could not have made the journey with me, and would have halted my own progress had I tried.

And as I watched, the little boat turned around, went back to the far shore, there to assist yet another following the path to the mountain. And I realized how "all works together for good," for each part of this magnificent universe perfectly plays its role in assisting all other parts to find that Oneness that IS God.

## YEARNING

It is the very nature of the Life Force within all living things to BE, to express that life force fully. Plants break through the dark ground and climb toward the light naturally, while animals joyfully express the naturalness of living without any concern for the past or future.

We, as THINKING beings, interfere with that natural process, trying to suppress it or replace it with other, unnatural desires. We intellectually acknowledge this life-force, and even develop "laws" to explain it scientifically. Then we use those laws while still denying the life force in our own lives.

For example, a "law" of hydraulics is that liquids will seek their own level, and will exert great force to reach that equality, which we use to generate electricity. In thermodynamics, the "law" of entropy says that all objects in a given environment will seek to achieve equality in temperature, and we use this law to cool engines and heat our homes. In physics, equal and opposite actions and reactions are used for all mechanical devices. In magnetics, the

“law” that opposites attract (seek equality) and like forces repel makes generators and electric motors possible.

One of the most striking examples of this life force in action is in electricity. Imagine the power in lightning, for example, the great release of energy to achieve equality in the positive and negative charge between the earth and the atmosphere. We HARNESS this power, and use it as a mobile force to start our cars each day, a battery. Yet uncontrolled, it can be destructive, as in a lightning strike.

The car battery, too, unregulated, can cause destruction. Cables attached to a battery can quickly burn a hole in steel, or cause an explosion in another car battery if connected wrong. The YEARNING to be one, to have no difference in electrical polarity, is this powerful force. When the poles of the battery are connected and allowed to share their current, the battery goes dead, inert, no charge or DIFFERENCE between the poles.

So it is in our lives. We YEARN to be One with I AM, the All That IS. When we meet another, there is a CHARGE like the electrical force in a battery, and we yearn to overcome that difference in the same way. With some, we react with violence, which we call anger or hatred, and with some we react with a sexual attraction we call love. (For more on our “dual-sexed, electric universe” see SEX).

Our mind, our understanding and maturity is the regulator of this force. Without understanding, it can be as destructive as lightning, when the power seems to use the body despite all reason that would dictate otherwise (President Bill Clinton’s current sex scandal is one example). Murder, mayhem, all problems of every kind can ultimately be traced back to the misuse, or misunderstanding, of this Life Force.

All ultimately trace back to a simple mistake that A Course In Miracles calls the ego, the BELIEF in separation. What a silly belief, when we know that all IS ONE!!!

# Afterword

## END NOTE

The evolution of this book has been, in and of itself, a wonderful learning experience for me. And as I read the preceding sentence, I realize that nothing is “in and of itself,” that ALL is part of the ongoing process of Life, of the evolution and growth and experience of Love, the I AM.

This phase of my learning, however, began with a lecture by Deepak Chopra in June 1994, which led me to read his “Ageless Body, Timeless Mind.”

Shortly thereafter a dear friend suggested I read “The Celestine Prophecy” by James Redfield.

As I read, I began to realize that the Manuscript described the process of my life, my learning, and clarified the experiences I was having. And I began to understand more.

From that inspiration, I began to pay more attention to my intuitions, to focus more clearly on my “insights,” and to record them over the next few months.

In December of 1994, I was pondering Christmas gifts for those closest to me, and a quote from “A Course In Miracles” came to mind - “the only gift worthy of the equal Sons of God is full appreciation.” What better way to show my full appreciation than to share my highest and best, most loving thoughts. And so I put together a little booklet, just a few pages, of those insights, called it IS, and presented each with a personal letter conveying my appreciation. That, “in and of itself” was another “realization,” that “giving and receiving are one,” for I knew their appreciation for me as I conveyed mine to them.

I was encouraged to write more, to expand the booklet, and to expand its distribution to a wider circle of friends. A few months later I had two hundred copies printed, which were given away within a few weeks. The response was overwhelming, with more Love, more appreciation (on both sides) than I could imagine. And more encouragement to do MORE.

And so a second expansion occurred, and the printing of a few hundred more, given to an even wider circle of friends, or “strangers” who became friends through the giving of IS. And more Love, and more encouragement, and more growth, more “insights.” And many people telling me that IS should be published, that these thoughts have value to many, and should be distributed as widely as possible.

To which my limited consciousness says “maybe,” but as it is learning to be less limited by listening to a higher consciousness, awaits guidance as to how it should be done. In thinking about traditional publishing, in which a book is printed and sold, I feel a resistance, as that should not be the way with IS. And then I questioned that limitation, “Is that my fear? Am I afraid it would not sell? Am I afraid that it will sell too well, thereby generating so much money and fame that I will become caught up in the material world? Will my spiritual growth suffer?” And then the questions of logistics if the decision is made to publish IS, “Who should the publisher be? How do I go about it? What about distribution? Should I get an agent, etc.?”

I have learned, as have many, to distinguish the fearful ideas of the limited self, ego, from the gentle guidance of the higher Self, which always provides the right answer. The ego ideas are always in a hurry, and full of questions. The higher Self is never in a hurry, and Its ideas are effortless. It is gentle, but persistent. And so I have learned to listen, over time, and not rush to any quick ego decision.

For the past few weeks this gentle suggestion has been quite persistent, and unchanged. IS should be given away, not sold. It should be given in the manner that it was written, out of pure Love and a desire to extend that Love, without any thought of getting something in return. When the ego asks, “How can you do that? How do you pay for the printing? How do you handle the distribution?,” the answer appears, effortlessly, “Trust. All things will unfold in time, and it will be easy.”

The Manuscript in “The Celestine Prophecy” talks about a new, emerging way of life, in which we will be paid for our insights and our value as a human

being. As we appreciate our spiritual growth, we will be inspired to share our knowledge, knowing that we all are One, and thus we are helping ourselves to grow. And we will be inspired to give to those who give knowledge to us, who help us in that growth.

And so, IS has been published and distributed in a new way, by Self, free of charge, with Love, and trust. And now it IS in your hands, and I hope you have enjoyed it as much as I have enjoyed its genesis and evolution thus far (I'm sure there is more to come, for there always IS).

## WILL YOU CO-CREATE WITH US?

As members of the human race, we have always been participating in God's Great Plan. Now we have grown in awareness to the point that we can CONSCIOUSLY participate in our spiritual evolution.

As one of the aware lightworkers in the world, you share my knowing that the only true joy is sharing the love and peace that we have discovered, that there IS nothing else to seek, and nothing worth giving but our love. We KNOW that we are headed for a brighter future of harmony and ONEness as so beautifully described by Barbara Marx Hubbard in The Revelation (quoted at : "THE IS FOUNDATION"), and are consciously doing our part in our unique ways.

Now it is time for us to consciously join our efforts, to support the work of others and accept the support of others as part of the cohesive whole. One way we can do that is by linking through the internet.

One of the hardest things for us "separated" humans is to ask for (and accept) help from others. Though those of us aware we are on a spiritual path know giving and receiving are one, it is easier to give as it allows the ego to feel magnanimous too. Now it is time for me to ask for your help.

For the first 9 years on my path, it was mostly intellectual, preparing the way. For the last 9 years it has been practical, as I have been LIVING the teachings and EXPERIENCING the love and joy Truth teaches us.

Part of that has been learning to give more, and more perfectly. It started with small amounts, not to enable “needy” people, but as a means to reach those seeking truth. A few years ago I was guided to give all the money I had at the time to someone for an operation, and realized it was a lesson in trust for me to give up my “reserve”.

In 1995, after months of giving away hundreds of xeroxed copies of IS, I was guided to print 10,000 copies at a cost that was more than double what I had in “reserve”. After delaying as long as I could (see “PROCRASTINATION”) they came off the presses September 9, 1995.

It was amazing to see how quickly Divine Intelligence worked to show me Its power, and PROVE that giving is receiving in a manner that I could understand as REAL. The first of many letters, cards, calls and email came a few days later, when a young woman wrote “My whole life I have prayed for a teacher. Last night I prayed for one, and this morning here is this book”. I don’t know how, but in a few days a copy had found its way to Irving, Texas, where it was needed.

Another, from an elderly man in Pahrump, said “I don’t really like to read, nor do I write letters to strangers. This book has inspired two things I would never, nor have I ever done in my life. It comes to me in a time of need and you are right, in need, has led me to desire spiritual growth.”

While I would have expected to feel great ego satisfaction, my feeling was one of awe, and gratitude that I was finally learning to fulfill my function to extend love in this world. The monetary cost was nothing compared to the love I felt, and though I was in “debt” monetarily (that year I gave away more than 60% of my income) I felt full and complete.

The lessons have continued, as they always do, and it seems I am breaking the chains of the money-god we have created (see “MONEY”). One of the key factors was an article in Science of Mind magazine many months ago, which said “it is just as disastrous to eschew (avoid) food and deny the spiritual man as it is to be a glutton”. I realized that I, like many on the spiritual path, tried to deny the

need for money in this world, thereby making it a devil opposing God.

I realize that many of us “talk” a great spiritual awareness, but when it comes down to dealing with MONEY, that is a whole different world. Yet we live in an age of tremendous spiritual growth, and the “old” ways are making way for the new. EVERYTHING we do is part of that Divine process, and EVERYTHING can be USED in that process. While the “dark” forces are awash in money, and have no compunctions about using it to further their goals, most “lightworkers” seem to avoid the use of money, and condemn those who even try to use “filthy lucre” in their good works. It is time for that to change, for if we are to evolve spiritually, we must reach ALL people, and must have the means to do that.

IS has been expanding with the addition of more insights, from 33 in the paperback version to 77 now online. While those of us on the internet have access to many spiritual sources, those “on the street” do not, and ALL of us must grow for humanity as a whole to evolve. Having sufficient evidence that IS reaches those who would never buy a book or seek spiritual guidance, I have been guided to form The IS Foundation to print millions of copies of the expanded IS, and give them away in the same manner as the first 10,000 copies .

This will be a new way of publishing, sharing thoughts freely rather than for monetary gain as in current publishing, and will lead to more books being given away the same way. This is far beyond \*my\* ability, and so I ask for YOUR assistance.

We need about \$5 million to print and distribute 5 million IS books as a start.

We believe that this will make such an impact that readers will join the effort, sending in donations that will pay for the printing of other books, thus establishing a never-ending legacy of free spiritual books. There are many millions of us on the internet, so if we can reach them, and if they will join our effort by sending in just a few dollars, we can make this a reality.

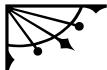
Will YOU join our effort and co-create with us? Can YOU send us a few bucks to help? Will YOU send a link to this page on to YOUR friends, asking for their help, too?

(As stated on The IS Foundation page, we HAVE received an advance ruling from IRS that it WILL be treated as a tax-exempt charity until 2002, so all donations ARE deductible.)

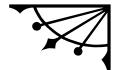
We NEED your love and support, and cannot do this without you. Please give this some thought and see whether you can send a few dollars.

Namaste'

**THE IS FOUNDATION**  
**5260 Mission Monterey Lane, #107**  
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**Phone (702) 870-1458**  
**email: is@is1.org**



# THE IS FOUNDATION



The wonderful synchronicity of LIFE continues. After reading THE REV-ELATION by Barbara Marx Hubbard a few months ago (see CELLS), I realized more and more that each of us IS part of our evolution as ONE spiritual BEing, and that everything we do is part of that process, including this IS book.

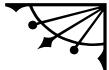
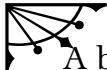
Her vision of The Planetary Birth Experience (quoted here with permission) touched me deeply.

I witnessed the Earth as a living body, just as the astronauts did. It was alive! Then I experienced a kinesthetic imprint of the planetary organism. I felt myself to be a cell in that body. Earth was gasping for breath, struggling to coordinate itself as a whole. The pain of its whole body was being communicated through the mass media, the nervous system of the world. I felt everybody's pain as my own... for we are one body.

## **The Planetary Smile**

Then the movie sped up. I saw something new. A flash of extraordinary light more radiant than the sun surrounded the planet. Instantly, all of us were attracted to the light. We forgot our pain, and at that moment of shared attention, empathy began to course through our planetary body. Wave upon wave of love flowed through all people. A magnetic field of love aligned us. We were caressed, uplifted in this field of light. We felt our inner light rising. Mass healings occurred. People flooded out of their houses, offices, and buildings, meeting each other in ever-growing gatherings, embracing, loving one another. It was like a thousand Berlin Walls coming down at once... all over the world.





A beat began to pulse through the planet. The air cleared, the waters purified. Food coursed through the whole system, reaching all of our members. The mass media throbbed with light, carrying stories of our transformations while itself being transformed in the process.

Rockets rose majestically, carrying the seed of Earth life into the universe. The Earth coordinated herself as one body.

With each wave of harmony, the glowing light that surrounded us intensified. We were being coordinated by an invisible design.

The light became brighter and seemed to fuse with the light that is within us. Each of us was a point of light, growing brighter as we joined with other points of light. As we connected on Earth, millions of distant points of lifelike light also appeared in the surrounding universe. And as we harmonized, they became even more visible and were drawn to us...life to life, light to light. We were attracting beings comparable to ourselves.

I heard a tone, a vibration that oriented us in one direction. The entire human race was magnetized by that sound. The animal kingdom was gentled. The lion did lie down with the lamb. The glowing light around our planet seemed to be intelligent, loving, familiar. It was about to speak with us directly. We were straining to understand, yet were too immature to fully recognize the meaning of the sound.

Then I heard the inner words clearly:

Our story is a birth. It is the birth of humankind as one body.  
What Christ and all great beings came to Earth to reveal is true.  
We are one body, born into the universe. GO TELL THE STORY  
OF OUR BIRTH... Barbara!





My vocation! To tell the story of our birth! My prayers had been answered. I had found my path, I knew why I was alive. The search for the cause had been found. "Oh, thank God, thank God, thank God. Our story is a birth!"

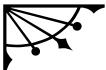
Chills ran through me as I read that, for I realized that the IS book flowing through me was also that same intelligent, loving, familiar light, LOVE. There has never been any personal ego gratification for me with IS, no desire for fame, and definitely no "fortune" (see PROCRASTINATION). Barbara's words echoed my own feeling, now intensified, a gratitude FOR this life, FOR this opportunity to be PART OF that birth.

Within a few days my meditation revealed that IS was now to reach even greater distribution, with millions of copies to be printed and given away by The IS Foundation, which naturally evolved under the guidance of the Holy Spirit. It has been chartered as a tax-exempt (501 (c) (3) public charity, and HAS RECEIVED an advance ruling from the IRS that it will be treated as a tax-exempt charity.

I have been joined by Co-Trustees Dr. Wes McPherson and Mary Martinez, both of whom have been strong spiritual leaders/teachers/healers for many years and who share my gratitude for the guidance of the Holy Spirit in our lives. We have adopted the following as our Statement of Purpose for The IS Foundation:

***The purpose of The IS Foundation shall be to further the spiritual development and evolution of mankind through the support and encouragement of individual spiritual growth and awareness. This shall be accomplished by the publication and dissemination of uplifting and enlightening writings, and through encouragement through financial support and assistance to those individuals and organizations actively working to expand human spiritual consciousness.***





Through the IS Foundation, we are doing our part by freely sharing love with many who would not seek spiritual guidance or buy a book, those who may need it MOST. Starting with the IS book, and continuing with others' inspired thoughts, we expect to return to the original idea of writing, to share thoughts with others rather than sell books at a profit. We hope to keep the operating costs of The IS Foundation at a minimum, and expect that will be less than 10% of the donations received, with 90% actually paid out to further our purposes.

The IS Foundation now provides a means for YOU, the reader, to participate in God's Great Plan (which you are ALREADY doing) in a more CONSCIOUS manner, KNOWING what we are doing and where we are going. It is easy to see a good purpose, decide to support it, and write a check to send a donation. We don't want you to do that.

Rather, take some time to think about it, to feel deeply where we are going, what we want to accomplish, and how you might help in that goal. You may have some great new idea about how to reach more people, how we might help more, or might even have a great inspiration to share with others through your own writings.

So, think deeply, FEEL deeply, and FEEL the great LOVE you ARE. If you can be of assistance in ANY way, please call, send an email or drop us a line.

### **WILL YOU CO-CREATE WITH US?**

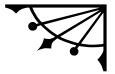
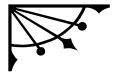
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We are fortunate to be living in an age of explosive growth in spiritual awareness. We are learning that we are not just human beings, but human becomings, adding the awareness of a spiritual Self to the three dimensional (physical/mental/emotional) selves we have known for centuries.

“The Celestine Prophecy” by James Redfield speaks of a new way of life, a sharing of insights leading to increased happiness and fulfillment.

This book is just such a sharing, of those thoughts that have led to the author’s inner peace and harmony. Such a priceless gift must be shared, and thus this book is given,

**FREE.**

