

THE BOOK
OF
**EVOLVING
RELATIONSHIPS**

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Blessings and Greetings to you all,

Your visit to this plane of existence you call earth is to experience the physical. This takes courage.

In Spirit there are no boundaries, no limitations, no physicality. On this physical plane called earth you are here to heal, to grow and to evolve. You have contracted at Soul level to be here, with other Souls, Souls which inhabit physical bodies, so you can play out your various Soul contracts in various relationships. By healing "past/parallel" lives issues you need to relate to various people (Souls within bodies). These people, with whom you relate, in your relationships are, like you, Souls within bodies, all of you have agreed to choose to play out various roles in terms of your various Soul contracts.

These roles of choice include mother, father, sibling, relative, friend, teacher, fellow pupils, boyfriend, girlfriend, lover, husband, wife, child, grandchild, grandparent, etc., etc. Included in these roles are best friends, so called "Soul Mates" (actually everyone is a Soul Mate), enemies, murderers, rapists, adulterers, thieves, gentle people, loving people, fearful people, giving people, caring people, healers, sinners and saints, to name a few labels.

Every Soul comes from Light and is energy. While in the physical, the Souls learn about Ego and Ego infiltrates Soul. In the context We use Ego it is best defined as "Edging God Out". In this context, Ego is negative, it is egotistical, it is darkness.

The healing process involves moving from Ego to Soul for Soul to reclaim its rightful place of being Light in the body. Once the Light has emerged, the Soul has started its reclamation process. The continual process bringing more Soul, more Light, into play

allows the body to heal, to grow and to evolve.

This relationship with other people (Souls with bodies) can sometimes be a mirror relationship. This is where people exhibit behavior that you exhibit now, or have in a "past/parallel" life. This mirror enables you to see, invariably, your Ego at work reflected by others. By changing your "ways" and "improving yourself" - inevitably achieved by coming from Soul/Love, not Ego/Fear - this mirror enables you to heal, to grow and to evolve more into the Light.

This journey of your life on earth is your choice to go on a path to find your worthiness as you involve yourself with others in various relationships.

However, We, your Guides, are non-judgmental, non-manipulative and non-controlling. We are here for you to call upon Us. Soul will always give you what you need - not necessarily what you want - that's Ego's role.

Nevertheless, you always have freedom of choice - your Soul Contracts notwithstanding. If you don't achieve your Soul Contracts through your freedom of choice, you simply return to this plane you know as earth, at another time, to attempt to complete that healing process.

It takes courage to be in the physical and We admire you all greatly for that. We are here to guide you to heal, to grow and to evolve - in Love and in Light.

These lessons given through this Channel should help you understand the role of Ego and Soul in your relationships as you heal, grow and evolve.

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Blessing and Greetings

In Light and in Love

Namaste

May the God in Us greet the God in You

Amen and Amen

13 Questions To Ask If You Wish To Resolve Your Relationship With a Meaningful Other

1. Are you prepared to be self-honest? Yes?
2. Do you sincerely wish to resolve this relationship with the meaningful other person? Yes?
3. Would you prefer to continue to kick around the issues of this relationship like an old scarred football? Yes? No?
4. If you resolved the issues of this relationship, what would you do with the time that your mind is pre-occupied with these issues?
5. Are you prepared to be self-honest?
10%.....50%.....90%.....100%.....?

6. What is it that you admire about the other person in this relationship?
7. What is it that you admire about yourself?
8. What is it that you dislike about the other person?
9. What is it that you dislike about yourself?
10. Do you sincerely wish NOW to resolve the issues about this relationship, allow Love to enter to replace Ego and find Peace of Mind?
11. What would you prefer to be: Happy or Right? Happy comes from asking and doing "What Would Love Do Now?" Right comes from asking and doing "What Would Ego Do Now?"
12. Can you now be happy with this relationship and can you now live with Peace of Mind, embracing Love with the significant meaningful other person in this relationship - no longer coming from Ego?

There are no more questions to ask! Enjoy your Now Love Relationship!

Worthy Of Love?

You are Love.

You were conceived as an act of lovemaking.

You are part of God - God is part of you.

God is Love.

You are Love.

What happened to you that made you accept the mistaken fact that you are not worthy of love?

What rejection, what unasked for influence, what non-acceptance told you "You are not worthy of love?"

What have you done to yourself to re-enforce this mistaken fact from which you have created your belief that "You are not worthy of love?"

What stumbling blocks have you placed in your own way to re-enforce the mistaken belief that "I am not worthy of being loved, of knowing love, of being in love?"

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Who have you rejected? Whose advances have you spurned? When love presented itself in so many forms what did you throw up in love's face to discourage its advance?

How many times have you done things you now regret to gain approval, to gain acceptance, to manipulate, to control, to avoid rejection, to create self-inflicted wounds? To justify to yourself - "I am not worthy of love?"

How many times have you said to yourself "love is a myth, love is for books, poems, stories, movies and songs? No one knows love. Look at how many divorces, extra marital affairs and unhappy marriages are out there - love does not exist!"

And yet you listened to love songs, watched T.V., watched movies, read books and poems of love to see if you could find what love was. You never really gave up hope on love - although your thoughts and actions reinforced your mistaken belief that "love is a myth".

What would you now give to discover that you are worthy of love?

What would you do now if you could know love?

What would you do now if you could be love?

What would you do now if you could be loved?

What would you do now if you could be in love?

Firstly recognize the defenses you have placed around yourself to protect you from knowing love.

These land mines of defense, that warn other people who would show you love, need to be identified and labeled.

These signs that read "I am too busy", "I am very happy being on my own", "I've got my work", "I am addicted to _ _ _ _ _" (fill in the blanks) are some examples.

Other examples are, too much alcohol, too many drugs, too much adrenaline adventure, too many secrets, too much illness, too much sex, not enough lovemaking, too much exercise, too much sport, too much T.V. watching, too much love for animals and not enough for people - too much escaping reality, etc., etc., etc..

Secondly, having identified and labeled your defenses it's time to dismantle them one by one. If you really want love to find a way to you, you need to remove these defenses, these land mines, so love can get through to you.

Thirdly, when you feel naked and alone without any defenses then BE SILENT. Be very still and start to communicate with love. Start a

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relationship with love. "Hello Love, how are you? Allow me to introduce myself, I am - - - - (your name). I am looking forward to meeting you and getting to know you."

I am now ready to acknowledge that you are real and that you exist - within me.

I am ready to acknowledge that I was conceived in love.

I am ready to acknowledge that I am a part of God - and God is a part of me.

I am ready to acknowledge that God is love - that I am love.

I am love, I know love, I can be love, I can be loved and I can be in love.

If I am love then I can feel love inside of me.

Feelings are the language of my soul.

My soul feels love.

How do I know that my soul feels love?

Well, I remember how it felt when I knew, mistakenly, that I was not worthy of love.

That empty feeling in the pit of my stomach.

That empty black hole inside of me that could never be filled no matter what I did to fill it.

I was operating from **EGO** - Edging **God Out**.

My ego created my defenses - my addictions, my land mines,

my feelings of unworthiness.

My ego created my defenses that kept love out.

I felt terrible, but camouflaged it well - very well indeed.

I was convinced no one knew how I really felt. My ego even managed to convince me, from time to time, that I was happy not knowing love.

But now - now that I am allowing love into my life,

Now that I have stripped away my defenses,

Now that I am being true to myself,

I feel love starting to grow inside of me.

My soul has taken over from my ego.

My soul is enabling me to like myself and for this feeling of "like" to grow into love.

When I feel I love myself then I will be ready to relate this love to another.

When I can relate this feeling of my love within me to another, then I can have a love relationship.

If I don't love myself and enter into a love relationship with another, it is not love but dependency I am achieving.

Being dependent on the love of another for my happiness is simply swapping one dependency for another.

That is not love but dependency. If and when that person goes away, their love goes with them.

If I love myself then I am happy to share that love with another who has their own love inside

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themselves.

The synergy of our two loves for ourselves can create a new love of one another.

If, and when, that person goes, your love of yourself remains intact and although the loss of your mutual love is felt very deeply, you still have your love of yourself to lean on and then to build on.

The secret of being love, knowing love, being loved, and being in love is simple. Approach every thought and every action with one statement: "What would Love do now?"

If you should doubt this, think about how your life was before you accepted love into it. Your previous thoughts and actions were lived in self-protection with one statement "What would Ego do now?"

There is unlimited opportunity for you now to be love, know love, being loved and to be in love. Simply think, ask and do "what would Love do now?" And you are also asking "what would God do now?"

God is Love

You are part of God - God is part of you.

You are Love.

Do Not Give It a Life

What is "It" that is making you feel angry / sad / unhappy / mad / depressed / fearful / bad about?

What has happened to you in the past that you have allowed to affect you so badly?

What really hurts? Your pride? Your feelings about what you did to yourself, or someone else? Your feelings about what was done to you?

Where do those feelings really hurt you? In your mind? In your body? Where?

What is your ego telling you about what has happened to you?

What is your ego telling you to do about it?

How is your ego protecting you from this hurt and from being hurt again?

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Where do you want to be with this anger / sadness / unhappiness / madness / fearfulness / bad feeling - now? Tomorrow? Next Tuesday? Next month? Next year? The year after that? Five years after that? Forever?

Do you feel you were a victim and this was done to you and it's so unfair and I'm hurting badly and I'll never get over it?

Are you happy to make "It", the cause and effect of this unhappiness, a part of your life - now, for a month, a year, five years, or forever? Where would you like to keep "It" alive? In your mind? In what part of your body would you like to store away this unhappiness?

- this ill at ease, this dis-ease? Where would you like this disease to be located in your body?

Are you now ready not to make "It" part of your life?

Are you really ready to accept "what is now" rather than "what was then?"

Can you accept the fact that "It" was created by you to bring you healing and evolvment so you can grow and ultimately find unconditional self-love and peace of mind?

The trick of dealing with "It" is to starve "It" by not giving "It" a life. Deprive "It" of oxygen. Do

not talk about "It". Do not think about "It".
Accept "It" as a blessing in disguise.

When "It" re-appears in your mind, triggered by a memory say "thank you for reminding me to stay in the present moment of now - to accept "what is now" and not "what was then" or "what it will be like in the future."

Can you now forgive the person, or yourself, who did "It" to you?

Can you now thank the person, or yourself, who did "It" to you?

Can you now have understanding, compassion, empathy and forgiveness toward this person, or yourself, for doing "It" to you?

Can you now thank this person, or yourself, for enabling "It" to change your life, to give you freedom of choice of thought, creating a new reality, to enable you to heal, grow and evolve so you can eventually find unconditional self-love and find peace of mind?

Everything happens for the best - it is merely a function of time - it isn't always apparent at the time "It" occurs.

Rage In A Relationship

Rage is a learnt response. Fear breeds Insecurities. Insecurities create Resentment. Resentment creates Anger. Anger boils over into Rage.

Rage explodes upon Provocation.
Provocation is triggered by Fear.

Fear > Insecurities > Resentment > Anger > Provocation > Rage!
And so the cycle turns and repeats itself over and over and over and over and...

What is the cause of the Fear that starts the Rage cycle?

Fear is the opposite of Love.

For Fear to be in existence, Love cannot be present!

For Fear to exist the Fear is the feeling of lack of Love.

Lack of Love can only come from the Ego.

The Ego is reacting defensively, protectively to a message it receives.

The Ego felt, heard, saw, thought and believed that it was not being loved.

Ego's response was to shut down its vulnerability by protecting itself.

The protection can take many forms, sometimes many simultaneously.

From an impenetrable shell of emotional protection to a dissociation of persona - to another type of personality - and many other forms in between.

Ego's reaction to feeling insecure from lack of Love is to create

Resentment, then Anger which boils over into Rage upon Provocation.

Rage has to be taught to be unlearned by Replacing Fear with Love.

Showing Love, verbalizing feelings of Love.

Physical affections expressing Love.

Expressing Love by acting to the other in the relationship how you would like to be treated - in Love.

Expect surprise, expect negative reaction, expect

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rejection.

Go past your Ego, become vulnerable, expose your emotions.

Keep expressing your Love for your significant other.

Eventually the light of your Love will replace the darkness of Fear of your significant other.

If they cannot deal with your light, they will move away!

Either way, you will have been healed.

Your Fear will have been replaced with you allowing Love to enter you.

Your Love will find a willing person who will respond with Light and Love.

If not your current significant other, than someone else more deserving of your Love.

You can only heal what you can feel!

Feelings are the language of your Soul.

Your Soul is part of God.

God is Love.

Your Soul is Love.

Your Ego arises from Fear.

What do you choose now?

Love or Fear?

Soul or Ego?

Be Love!

Be in Love!

Feel Beloved!

Choose Love!

Say "What would Love do now?"

And think and act accordingly.

Rage is a learnt response.

It can be unlearnt through replacing Fear with Love.

Mood Swings In a Relationship

Mood swings in any relationship are normal. No one is in a perfectly good mood all the time. No one can be expected to always be happy. Things happen that affect you - you react, you respond - that is normal. Life's events affect your attitude, your perception and your reaction. You express your attitude, perception and reaction verbally and through unspoken actions.

Mood swings are an expression of your attitude!

When something pleasant happens to you - you smile, laugh and express happiness.

Something unpleasant - you frown, get angry, possibly cry and express unhappiness.

While external factors have an impact on your

mood - and you may not have learnt (or applied) ways to protect and insulate yourself - these external factors are bound to affect your moods - positively or negatively.

Whatever happens to you, it's your reaction to the situation or the stimuli, resulting thoughts about yourself, or someone else, or something else that will affect your attitude, your mood - positively or negatively.

You are, after all, only human!
And, emotions are one of the ways you are able to express yourself.

Mood swings, based on your inner feelings and emotions, are acceptable providing they are not used to control or manipulate others - mood swings motivated by Ego.

If these mood swings are based on Ego, unhappiness will result!

If these mood swings are based on your Soul's purpose then happiness is the outcome!

And, all parties will benefit!

How do you come from Soul and have acceptable mood swings?

Determine your true intentions.

Do you really want to be inclusive - benefiting all parties?

Or exclusive - benefiting only you at the expense

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of others?

Coming from Ego is exclusive!

Coming from Soul is inclusive!

Do you really want to insulate yourself from your mood swings?

What would you be prepared to sacrifice to be in a "great" mood all the time - your Ego?

Would you afford yourself the opportunity to learn how to insulate yourself?

Then see yourself as a tree.

A big, healthy tree full of leaves, blossoms, with fruit hanging off its many branches.

A big tree in proud abundance!

You - the tree - are fortunate to experience many seasonal cycles.

You bear witness to the changing seasons, their effect on the tree akin to your ever-changing moods.

When the tree re-awakens from its slumber toward the end of a stark winter and young leaves and buds begin to re-appear on its branches, the tree gives life to an abundance of life forms nature has created to depend on the tree's budding presence.

As the tree bursts into full bloom, new creatures

arrive to receive life from the tree - Oxygen, food, shelter, reproduction in the eternal circle of life.

With the coming of autumn, golden leaves provide a visual splendor and, in time, they fall to the ground to provide life to all manner of earth's inhabitants, while also enriching the soil - with life.

When winter returns the bark strips off to join the dead branches on the ground.
O what a feast for crawling creatures - life giving support.

And so the cycle repeats itself - different seasons, different moods, enable different beneficiaries to obtain life.

The tree does not determine who benefits from its abundance when the seasons change.

The tree - as life - simply gives to life!
The tree stands, as a willing participant, always giving of itself to enable others to live without being attached to the results.
Without determining whether some bee, or bird, or termite, deserves its life giving force.

When your moods change, ensure that you are

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continuously giving during the different stages of your moods.

Whether you are happy or sad, calm or aggressive, as long as you give, like the tree, your moods will be transient - they are not important - only your continual giving is important.

And what can you give without replenishing your resources?

Only love does not need to be nurtured by outside forces.

The giving of love continually replenishes itself within you.

Consequently, the giving of love becomes the receiving of love - flowing from loves own Source.

If you can always act out of love - be love, be loving - you will be loved.

When you come from love - you are life giving to life - just like the tree.

No matter what your mood is when you give love.

Can you remain in a "bad" mood when you give love?

Can you heighten your "good" mood when you give love?

Does your mood really count when you come from love?

Do you need to be in "any" mood to come from love?

When you come from love - love is your mood!

Can you think of any other mood you would prefer to be in?

When you come from love there is no need for mood swings in your relationships.

If love is your mood, then you are always in a "great" mood,

in a "great" relationship with yourself - and with others.

Will that now insulate you from mood swings?

Can you now see yourself in a "great" mood - when you come from love - from soul?

Now that you have had the opportunity to learn, Practice "coming from love" whenever you have the opportunity to do so.

Goodbye mood swings!

Hello "coming from love"!

Who Is Your Moses

The biblical story of "Passover", the rescue of the slaves from bondage in Egypt and the journey to the "Promised Land" required Moses to be their facilitator and lead their escape and their journey toward the "Promised Land".

When you are born, you arrive as a Soul now with a body attached. You are always a Soul. On this visit to the earth plane your Soul brought along a body. Too many of you think you are bodies with occasional glimpses, if any, of Soul.

Nothing is further from the truth.

You are Souls, always, and all ways. On the earth plane your Soul has a body to experience the physical. In most cases the bodies you arrive with are healthy, potentially strong and "perfect". What you do with those bodies by the time your Souls depart the earth is your choice.

Sometimes that choice appears to be not yours but what others do to you. Every choice is yours - but soul contracts are for discussion at another time. Please accept the fact for now that you choose what happens to you. You choose what happens to your body.

Soon after you enter the earth plane you have a duality - Soul and Ego. Soul is love and Ego comes from fear. A balance is required between Soul and Ego, between love and fear.

Far too much Soul and you are a "pain" to be around! Far too much Soul and you might as well go back to Spirit where you are 100% Soul always and all ways.

Far too much Ego and you are insufferable. Who wants to be with a self-opinionated, overbearing boor, who is so superior, so perfect, such an expert on everything - while deep down is so insecure? No thanks!

A balance between coming from love and being a real person with feelings, emotions, desires, ambition in healthy doses, proud without being obsessive, giving, generous, supportive, kind. The best friend you always wanted to have - you can be - to yourself and to others in your relationships.

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The problem comes when your Ego leads you astray, when your Ego imbalances you and your Soul is left stranded. When I dominates and you/we/us diminishes in importance. When I need this, I'm going to take what I want, who I want, when I want it, how I want it, where I want it.

When obsessiveness leads to imbalance, ego takes over. This can also occur when people becoming obsessively "souful" or "religious". Ego has made them superior; they are the experts on the soul's journey or what God wants to happen. The ego has cleverly tried to disguise its obsessive ambitions behind "soufulness" or religious dogma.

Ego is much easier recognized when it comes to addictive behavior, immoral behavior, greed, power, abuse and other obsessive creations.

When ego says "come with me I will offer you unlimited pleasure with no responsibilities, power to control and manipulate others, the ability to damage people and not have to deal with the consequences". The ego gives you license to break societies rules whether it be with too much alcohol, narcotics, marital infidelities, financial power over others, abusive behavior etc. then ego has you in its power.

Now ego is driving and you are in the backseat. Ego has become the master - you have become the slave.

You have no foundation stones; you are spinning out of control. Ego gives you more and more of what turns you on, you cannot stop, you are well out of balance. Your soul is a distant memory - coming from love all but forgotten.

When you are spinning out of control all you can be is "an accident looking for a place to happen". If you are lucky you will crash into something, which if it does not kill you, could bring you back to your senses - with a crashing bump. If you do not crash into something you will spin out of control into oblivion - and a sigh of relief will be heard from those left behind.

When, and if, you are lucky enough to crash into something there will be consequences to pay. Pay them willingly - you are still on the earth plane where you can attempt to redeem yourself - to begin redressing your imbalance.

After the crash look around, see who is there to help you get your balance back. Who is there to help you find the love your soul wants to give? Who is helping you escape from your self-imposed slavery to ego and who wants to help

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you to your "Promised Land"?

This Promised Land is where Soul lives, where self love flows unconditionally. Where you are not judged by what you allowed your Ego to do, but where your Soul is seen for what it is. Undamageable, untarnishable, undiminishable, remaining pure love. After all it is part of God and how could you possibly damage God. Your soul is pure love coming from love's own Source - God. Can you recognize who You really are? You are love, you are part of God. God is love. You are part of God. You are love.

Now you can understand what your ego did to you. You can have compassion for yourself. Not self pity, but compassion for seeing it was your ego running amok - not the real You. You can have empathy for yourself - understanding and compassion. You can forgive yourself. Your Soul is always love. Love is forgiveness always and all ways.

You are your own Moses - bringing yourself out of slavery of your ego desires to the "Promised Land" of unconditional self-love.

When you come from love by thinking, saying, doing - "What Would Love do Now?" -you become your own Moses, your own facilitator, your own leader, your own healer.

MOSES-Make Our Search Ego (or) Soul

You choose - Ego or Soul - Fear or Love.

After all, you are your own Moses now - in every present moment of Now - you choose whether you want to be Ego or Soul?

Whether you want to think, say and do:

"What would Ego do Now?"

or

"What would Love do Now?"

Where Does Fear Come From?

Well if Ego is Fear and Soul is Love, where does Ego/Fear come from?

When you, as a Soul, come from Spirit to the earth plane you selected an embryo to "inhabit". This selection process is not by chance or by accident, it is a very definitive choice of a Soul contract which we will discuss in another lesson with you.

For now, accept that your Soul, your part of God, infuses itself into a growing embryo in what becomes your mother's stomach. Providing you, now a Soul with a baby as your physical presence, are born conventionally through your mother's birth canal or via a caesarian operation, you experience separation for the first time.

You were very comfortable in your mother's womb surrounded by warmth and love. Then you were brought into a cold bright world surrounded by strange looking things with noise assaulting your ears. After that, some strange thing picked you up, smacked your bottom and you cried.

You felt fearful separated from the warmth and love of the womb into the harsh bright noisy world.

Your Soul now had a partner, your Ego. It was there to protect you by introducing Fear. Fear had its own lookout scout - Doubt. If Doubt did its job properly, Fear could be prepared to come out "guns blazing".

As your Ego felt more and more separated from its partner, your Soul, so it grew and grew enabling its by-product, Fear, to grow and grow.

Left in your cot, in your pram, in the car alone, in the care of unfamiliar people, all of these separations from the warmth and love created doubt of security, fear of the unknown and the development of protective ego.

Sleeping in your own bed alone - separated from the protection of your parents and siblings, learning to walk, going to play-school, going to "big" school, going on a first date, getting

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married, having your first child, starting a new job, losing someone valuable to you, getting separated, going through a divorce, all cause doubt and fear to develop to create a protective shell around you, or creating a fight or flight reaction from the fear felt inside you.

Fear is your reaction and response from feeling separated from security of certainty, love and perceived safety. The Soul, being part of God, only knows certainty, love and total safety. God is certainty. God is Love, God is total safety. God is so much more!

When you forget you are part of God, you allow fear to take root and then to grow. When you feel separated from your Soul, from that part of God, you allow Fear to grow.

What is prayer? What is ritual? What is symbolism in a religious context? What is meditation, what is faith? They are all reminders that you are a Soul with a body. That as a Soul you are part of God.

Why is fear so prevalent in so many religions? The people who created these various religions came from Soul, from Love. Other mere mortals who followed them as successors separated the people, their Souls, from the rituals and their beliefs by introducing Fear.

This introduction of ego-based fear empowered the people controlling these religions, their successors, to be omnipotent, all powerful, they made others believe that only they had the ear of God.

They will tell you what to do, how to do it, when to do it and with whom you could do it, and with whom you could not do it. These religious leaders, to maintain and grow their power base, separated people from people, created doubt, fear and insecurity. Religions separated humanity and created power bases which led to divisions, fights, wars, murder, rape and destruction - all acceptable in the name of a religious war. What an oxymoron. Could you have a spiritual war? No way! Where is God? Where is Love? Where is Soul? All there is is Ego, Fear and Hatred in religious condoned wars. Both sides claiming God is on their side. What God of Love would be on any side in a war?

When two religious fanatics face each other with weapons of destruction - what happens to Namaste - The God in me recognizes the God in you.

Where is the Soul, that part of God, in every human being in a religious war?

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Religions separate people. When people feel separate they learn to doubt, to fear, to hate, to maim, to kill, to damage and destroy.

Spirituality unites with the understanding that God is Love, that we are all a part of God, we are all One with God - whatever your perception of God is.

Who are you at war with? Who do you feel separate from?

Who are you fearing, hating, maiming, killing, damaging and destroying? Can you understand that we are all One - all part of God who is One. Each of our Souls' is a part of God. The billions of parts of God when joined together are One. Now you can understand when you are at war with someone, you are really at war with yourself.

So Fear emanates from feeling separate and alone from its partner Soul.

For Fear to be diminished or reduced, ask yourself what are you really afraid of? In most instances that which you are afraid of is a "front", an acceptable excuse or reason. The real fear lies buried deeper. For example, if your partner has been caught out cheating on you, your fear is that you can't trust him/her anymore. Is trust the real issue? If, in your ignorance, you had not

found out, trust would not have been the issue. The real issue is one of perceived loss. Loss of trust, loss of fidelity, loss of face, loss of marriage, loss of family, loss of a standard of living, loss of companionship, continual loss, continual separateness from your Soul.

Now assume, while this infidelity was going on in your ignorance, your partner dies in an accident, what do you fear now? Loss once again, loss of a spouse, loss of a parent for your children, loss of companionship, loss of a standard of living, loss of physical, emotional and perhaps spiritual support. Fear is based on loss in the case of marital infidelity or accidental death.

That fear of loss will be your continual reality if your thought pattern focuses continually on your loss, your separateness from your Soul, your feeling of being deprived of love.

How can you replace Fear with Love?

Start by realizing you are not Ego with a body, but Soul with a body.

That Soul is Love, your Ego is Fear.

If your partner was unfaithful to you, coming from Ego you have fear, separateness and perceived loss. What have you lost? Someone

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you can't trust! Is that a loss or a gain? Who wants to relate to someone you can't trust? Then why continue a relationship with them? What have you gained? Your freedom to choose yet again or your freedom to stay in the relationship to heal and grow while working on the underlying issues.

With your freedom to choose yet again, this time you will come from love trusting in Spirit that you will find a companion you can trust but first you need to trust yourself. That trust of yourself can only come from unconditional self-love not self-fear or self-hate.

Only when you have unconditional self-love will you attract a companion who also has unconditional self-love. Together you will build a home of love together.

In total honesty, did you have unconditional self-love in the relationship that went into infidelity? In total honesty, did you not have some fear about your relationship? You simply attracted a partner who mirrored that fear in actions of infidelity.

Your fear, and your thoughts of fear, created separateness from your Soul which is pure love. This fear will look for suitable opportunities to play itself out in the physical world.

Picture yourself on a high-wire trapeze. Now continually say to yourself: "I'm going to fall, I'm going to fall." What do you think is going to happen?

Conversely, picture yourself confidently walking across the trapeze wire into the safety of the platform and guess what will happen?

Your thoughts create your reality.

If you come from Fear, from separateness of your Soul, which is Love, you will create fear and manifest the results of fear which is loss.

If you come from Love, from your Soul, by thinking, saying and doing "What would Love do Now?" then gain is your result.

Fear comes from separateness from your Soul, which is Love.

Love comes from knowing you are your Soul and not your body and especially not your Ego, which is fear based.

Love comes from knowing you, at soul level, are part of God. God is indestructible, undamageable and cannot suffer any form of loss.

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You, at Soul level, are indestructible, undamageable and cannot suffer any form of loss - only Ego and resulting Fear can suffer loss.

Simply come from Soul - come from love - know only gain.

Now you can decide, coming from love and not from fear, who do you want your next relationship to be with? Your estranged partner or someone new? Is your estranged partner capable of healing and growing and learning to have self-love bringing that self-love into a union with your new found self-love?

Or, is that a lost cause and it's time for you to move on finding a new partner who has self-love to bring into a new union with yourself love. Perhaps for a while that new partner will be you.

Providing you come from love, what is there to fear now?

Betrayal Of Trust - You Are Not A Victim

Someone has let you down. Some you trusted has broken that trust. You feel betrayed. It feels like someone has plunged a knife in the pit of your stomach and every time you remind yourself of the betrayal it feels like the knife is being turned and twisted in your stomach.

How could they let me down after all I have done for them and for our relationship?

I was always trustworthy. Why couldn't they be?

Stand back for a moment and try and get some perspective.

Who let who down?

Are you ready for a constructive dose of self-

realism?

You let you down!

Tough one to hear but before you get really annoyed let Us explain:

At some stage, probably in your childhood, someone - father, mother, sibling, friend, family member, stranger - did something to affect you negatively. You were told, or it was implied to you, "don't worry, I am harming you but I love you so I will protect you".

This conditional love was internalized as "You can harm me, you are really protecting me, it's for my own good and you love me. So, if I let you harm me again it's for my own good because you love me. To avoid you harming me again, I will look for ways to appease you, to keep you happy and maybe your harming me will reduce - if I keep feeding the wolf, it may not eat me!"

This harming may be violent such as physical abuse, sexual abuse or it may be subtle as "Mommy has a headache again, so be a good child and play by yourself, again, and don't ever worry Mommy", or it may even be more subtle.

You received the silent treatment when you made a mistake so the punishment went on for

days and you felt bad for days. The ways of harming a child who is so trusting are as numerous as blades of grass on a field.

The trusting child cannot fight back. It succumbs and internalizes the message to say "I must be bad because the adult knows everything and if I got hurt it must be because I am bad so I got punished."

The child now betrays the inherent trust it feels inside by saying "I trust you to give me love so I will do what you want me to do otherwise I won't get love from you".

By giving its feeling of trust away to another, who is harming it, the child experiences a betrayal of trust inside itself. Its intuition that warns it that you are being hurt is told to "shut up - don't you understand that person loves me that is why this is happening". This conditional love sets up the continual search for conditional love as unconditional self-love has never been allowed to be experienced.

Now we enter adulthood. Someone wonderful, someone loving, someone giving enters your space and wants to relate to you in a relationship. This feels foreign. You now don't know how to recognize unconditional love. You are quite suspicious of true motives. How can

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you not want anything but my friendship and love - everybody who gives love wants something from me. No, I don't trust you - go away!

Soon afterwards along comes someone to relate to you, be your friend and after a while also professes love for you. However, this person wants something in return. It may be sex, money, marriage, undue attention, continual "dumping", a place to stay, introduction to someone influential, etc., etc.

This you recognize as love. "They need me so they must love me". This conditional love is what you only know, and recognize, as love. So a relationship develops. You are now wearing an invisible sign above your head that reads "I have ignored my intuition, betrayed my own trust in myself, only feel loved when conditions are attached - am available to be betrayed - but don't you dare!"

So, inevitably the person offering the conditional love - themselves a victim of conditional love - like you, feels that it is acceptable to betray a trust, after all, they betrayed themselves of their own trust when they were children, as you did. However, maybe their betrayal of their own trust was more hurtful, more frequent and went on for longer so their feelings of guilt and remorse are

less attuned than yours. Simply put, it is easier for them to betray your trust than it is for you to betray their trust.

So here we are now seeing a "bigger picture" of betrayal of trust. Your betrayal of your own trust, as a defenseless child, set up a recognizable repetitive pattern for your adulthood. Tough to accept but the acceptance of this is the first step to break the cycle of repetition of you being betrayed again and again, and again, in all types of relationships - at work, at home, in social gatherings, and so on.

Ready to break the cycle? Brave enough to take charge of your life? Well here goes:

Take a few deep breaths to rid yourself of your increasing anger.

Firstly, identify the fact that you allowed yourself, as a child, to betray your own trust in yourself, and, to betray the trust of your well intentioned intuition, of what was acceptable to you and what was not. Don't forget you were a trusting child; you could not fight back at this unfairness. You had to give in to it by betraying your trust. Forgive yourself totally.

Secondly, it's time to identify the incidents that you can recall, when you allowed people to

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damage you and then give you conditional love. You had to feed the wolf so it would not gobble you up!

A subtle example to assist you here is the special love your parents gave you and then when your brother or sister arrived you were told to "love your brother or sister", but in reality they took the limelight and attention away from you. So you were a "good" sibling but you felt betrayed by your parents. By being "good" to your siblings, you got your parents conditional love. But in truth you were not true to yourself. If you could have expressed yourself, you might have said: "This is not acceptable to me. First you loved me, now I feel dumped and you only have time for that screaming brat. Can't you find a way to love us both equally and spread equal love and attention on both of us? If not, I think I will become a screaming brat so I get your love and attention!"

When you take the time to identify these long buried issues, do not hold back because you don't want to hurt the feelings of loved ones who might still be on the earth plane and especially those ones who are in Spirit. Those in Spirit need the healing of understanding and even forgiveness, if you can find it inside yourself to give it, eventually.

Thirdly, identify what is now no longer acceptable to you as you stand in your new-found integrity ensuring that you no longer want to betray your own trust in yourself. Identify those issues from your past that are no longer acceptable to you. Identify issues currently that are no longer acceptable to you betraying your trust in yourself. Identify what is no longer going to be acceptable for you in the future when you are asked to repeat patterns of the past in betraying your trust of yourself.

Fourthly, now that you have an acceptance of your total inner trust of yourself, you have created unconditional self-love.

Fifthly, you can now entrust your intuition to do the job it was trained for, which you squashed all those years ago, convincing your intuition it could not be trusted. Allow the inner aerial of your intuition to be raised high and to let you now know what is acceptable to you now and what is not acceptable to you now, as you stand firm in your integrity.

Sixthly, strengthened by your continual inner resolve, your inner strength, you can now confront the issues and the people that are now no longer acceptable to you. You can also recognize the people and the issues that are now acceptable to you as you stand in your new

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found integrity. Expect your address book to be a lot smaller, but those that remain will be your real friends.

Seventhly, by expressing your intentions about what is now no longer acceptable to you, you must stand resolutely in your integrity. The fall out will be dramatic, difficult and emotional. Perhaps you should post a sign "Hard Hat Area" as they do on construction sites. Yours is a re-construction site! Stand firm, stand resolute, you may end up naked and alone in the winds of change.

Your real friends will come to cover your nakedness and take you to shelter. Be brave. After all this is Love's work we are doing here, replacing familiar fear with only love. Never forget, God is Love, so by implication, this is God's work we are doing here.

Eighthly, by unlocking these resistances of the past, you are unlocking your "Love Chest". Your empowerment of stating what is no longer acceptable to you is the key to unlocking this "Love Chest".

This "Love Chest" is where your unconditional self-love has been stored since you were a child. By unlocking this unconditional self-love and releasing it to become free you will feel the love

and warmth denied to you, by you, for so long.

Ninthly, this unconditional self-love will manifest itself as a light shining from you as you become enlightened by unconditional self-love and unburdened by removing the blockages of the past conditional love. This light shining from you will be recognized by all.

Tenthly, the light in which you stand will lighten the previous darkness which used to surround you. The people and issues in darkness will now be seen clearly for their intentions and conditional love. Those with harmful intentions will find the light too uncomfortable to bear and they will scurry away from you into the darkness which falls outside the light coming from you. Their controls and manipulations become visible in the light and immediately recognizable as not acceptable to you. These people leave you and slink away into the darkness where they look for new prey. The past betrayal of your trust of yourself to enable these people and their issues to control and manipulate you, giving conditional love in exchange, now becomes so transparent to you that you are sickened by their actions and the, now, unacceptability of all of it.

Eleventh, with your light shining bright, other people, who also have lights shining brightly, will seek you out and want to be with you, in

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unconditional love. Their lights and your lights burning together will create even more light of unconditional love.

Twelfth, the flow of energy of unconditional love between you and these others will be recognized by your intuition as acceptability of where you want to be, and where you need to be, for your continual happiness, good health and peace of mind.

Thirteenth, you will now be blessed forevermore providing you stay in this new found sacred space with these new found energies of unconditional love.

Fourteenth, we wish you Namaste - May the unconditional love that is God inside you recognize the unconditional love that is God inside of others.

The cycle of betrayal of trust, which started with you as a child, can now be broken as you go from conditional love to finding unconditional self-love - by knowing what is now acceptable to you and what is now no longer acceptable to you.

Are You Worthy?

How do you really feel about yourself? Do you really feel worthy of who, what and where you are now? Have you surrounded yourself with "things" to cover up that empty feeling of unworthiness?

Where did that feeling of unworthiness come from? What was said to you or done to you, or what did you say or do to yourself to convince you that, for some reason or reasons, you were not worthy?

Not worthy of what? Of being accepted, being alive, being loved, being someone's child, someone's sibling, someone's friend, someone's partner, someone's spouse?

If you feel unworthy, what have you done to yourself and to others to reinforce that continual feeling of unworthiness? If you feel unworthy there is no shortage of avenues and people who,

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themselves feeling unworthy, will join you in reinforcing your feeling of unworthiness. Misery loves company!

If you are a shoplifter there is a shop on every corner. An alcoholic? There is alcohol available nearly everywhere, a drug addict - the pushers will do house calls, an adulterer - no shortage of willing participants, a workaholic - no shortage of work to do, a procrastinator - plenty of things to delay doing, a criminal - opportunities abound to feed your intentions.

What can you do to change from feeling unworthy to feeling worthy? Firstly, do you want to change? Is it not comfortable to carry on doing what you are doing? Do you really want to leave your friends, your habits, your lifestyle? Are you really fed up with who, what and where you are? Are you really prepared to have the courage to walk away from the familiar - naked, alone, not knowing how you will cope in this new unfamiliar territory? Would you prefer to leave an escape hatch to re-enter your old life of feeling unworthy in case this does not work out? Are you prepared to burn all your bridges and take a leap of faith into the unknown?

If you are, then stay on board the "H.M.S. Unworthy" for the journey into worthiness.

Stay on board? You told me I was going to change. I don't want my old life, I want to feel worthy.

Not so fast me new shipmate, we get to worthy via unworthy - all aboard!

Welcome on board the H.M.S. Unworthy. Everything your heart desires is on board to satisfy your every whim. There is no shortage of every addiction known to man. Simply indulge yourself. You feel unworthy so you can do whatever you want to satisfy your every craving - eat, drink, be merry, there is no limit, go wild! You are in good company, everyone on board has confessed to feeling unworthy -to having deep, dark secrets that they will cover-up with their appetites for indulgence. The night is young, everyone is willing - enjoy yourselves!

It was a dark and stormy night, or so the story goes, and the captain and night watch decided to also indulge themselves in the festivities of unworthiness - the noise, fun and excitement drove them mad with desire.

Oops! No one at the helm. The approaching storm remained unseen as did the reef of rocks jutting out of the sea.

"Ship aground, every man for himself."

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Oh, we won't get caught. We are having too much fun to stop now. And so in minutes the H.M.S. Unworthy sinks with all on board - no survivors.

But wait, someone heard the warning call and managed to free a lifeboat and get it into the water.

Is that someone you?

It was a dark and stormy night and one lone lifeboat is being tossed around like a cork on the turbulent waves. You hold on for dear life.

Eventually the storm subsides, daybreak comes, you are sopping wet, all you have is a small lifeboat, two oars and you're alone, frightened - no petrified.

You put the oars into the rings and you start to row to safety. After a few minutes you realize that on your own you haven't the strength to get very far.

You cry out: "Oh God help me please. I'll do anything if you will just help me and get me rescued."

At long last a cry for help! Did you cry for help when you indulged yourself in all your cravings to cover up your unworthiness? When you were

having fun, did you look for God?

When your Ego, your Fear, told you to go wild, indulge yourself, there are no consequences of your action, no payments to make in retribution, no guilt, no remorse, you won't get caught - was that not a message that you wanted to hear?

So what God are you calling to now? A God of Anger, a God of Retribution, a God of Fear?

Lucky for you there is only a God of Love!

When your Ego separated you from your Soul and told you, in your fear, that you were unworthy, it fed your indulgences to justify your unworthiness.

Your Soul is a part of God. God is worthy of every-thing, every-where, every-how, every-when, every-who and every-if. God is worthy full stop!

Well, if God is worthy and your Soul is part of God, then you are worthy.

When you come from Ego, or Fear, you are unworthy.

Where have you been coming from all this time in your feelings of unworthiness - from Ego or

from Soul?

How do I learn to come from Soul when all this time I have ignored Soul, unconditional self-love and only operated from Ego?

Well let's return to where you are right now - alone, cold, wet, and hungry in a lifeboat with two oars battling to make any headway to be rescued.

So you tried to row, but the waves are too strong, the tide is pushing you backwards and your body is too weak.

So you called to God for help!

Are you expecting a miracle? A hand to come out of the sky and pluck you to safety? Well you might not get what you want, but you are going to get what you need! You are going to get a flash of brilliance. You look at what you can work with, a lifeboat, two oars and you. Well that's not working so let me get on my knees and pray.

"Dear Lord, help me, I don't know how to pray so I'm just going to say I don't want to be like this anymore. I want to change. I realize now that I have allowed Ego / Fear to run my life. Thank you for showing me how to come from Soul, how to come from love to rescue my life. How can I

replace my feelings of unworthiness by learning to be worthy? I now know my Soul is part of you. You are worthy, so I must also be worthy. Please show me how to come from Soul, from Love, to feel worthy."

Then your unseen Guides and Angels make themselves felt - in your feelings - the language of your Soul.

We are going to show you how to manifest Faith and Trust. How to live your life in Faith and Trust. Then when you connect to Faith and learn how to Trust in that present moment of Now, you will be coming from Soul, from Love, feeling worthy.

You have two oars; make one a mast and one a rudder. The rudder is Faith to guide you and Trust will become your mast and sail. When you learn to **TRUST - To Rely Unto Spirit Totally** - then you let go and let God. You hand over to God, while making sure you are rowing away from the rocks!

The oar that becomes the mast is tied to the oar rings - port and starboard - with floating seaweed and miraculously you get more strong, floating seaweed and also tie the oar/mast to the stern and the aft of the life boat. Now for a suitable sail. The debris from the shipwrecked "H.M.S. Unworthy" is floating around you and some suitable material is floating nearby. You grab it

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with your oar, make a suitable sail, put your other oar/rudder in place and "hey presto", you have a sailboat from a lifeboat - maybe it's a soulboat not a sailboat!

Now with the wind coming from the correct place, your soulboat/sailboat/lifeboat takes off with Trust as your sail and Faith as your rudder guiding you to safety.

Coming from Soul, with Faith and Trust, you have rescued yourself from the shipwrecked "H.M.S. Unworthy" into the lifeboat/sailboat/soulboat "Worthy".

Whenever you come from Soul, from Love, with Faith and Trust you will now be Worthy.

Whenever you come from Ego, from Fear, you will fear unworthy.

You have rescued yourself. Now to stay rescued you know what to do - simply come from Soul, from Love, using Faith and **TRUST- To Rely Unto Spirit Totally**, in every present moment of Now.

Are you still feeling cold, wet, hungry, alone, distressed and unworthy? Or, do you feel love and warmth, security and peace of mind that comes from Soul, from Love, in Faith, in Trust - from feeling worthy?

Well, sailor, it's your boat; you decide which harbor to dock in - Port Ego or Port Soul.

You always have freedom of choice in every present moment of Now.

WORTHY - **W**onder **O**f **R**ealizing **T**he **H**igher **Y**ou
- as you come from Soul, from Love, in Faith, in Trust - from feeling Worthy.

Soul or Ego? Worthy or Unworthy?

The Meaning Of Chocolate Cake – Understanding Conflict Resolution

Have some chocolate cake.

What's the celebration, is it your birthday?

No, it's just chocolate cake.

Yes, but why are you offering me chocolate cake, it must mean something to you?

No, it's just chocolate cake.

But people don't go around offering other people chocolate cake without a reason.

No, it's just chocolate cake.

Please tell me the meaning of this chocolate cake. Is it your birthday, your anniversary, your child's birthday, did you get a promotion, are you

leaving us?

No, it's just chocolate cake - but what does it mean to you?

Well, now that you are asking me, will you also ask other people in the room as well?

Yes, but let's start with you first.

Okay, well chocolate cake reminds me of when I was four or five. I had a chocolate cake as my birthday cake. We played with balloons, a clown did funny things and it was my best birthday ever.

Oh, so when you have chocolate cake you allow your inner child to emerge and remember, however fleetingly, what it was like to simply have fun and laughter, no responsibilities, no tears, only happiness. That's nice to hear.

Would you like some chocolate cake?

No thanks, I'm watching my figure.

Why?

Because chocolate cake will go straight to my hips.

So what?

Well I need to keep looking slim.

Why?

Not that it is any of your business, but my partner likes me slim.

It's not only my choice you know.

Why not?

Well I'm not getting any younger and I need to look good.

Would you prefer to feel good?

Of course, but I'd feel guilty if I ate chocolate cake.

Is feeling guilty better or worse for you than feeling good?

I'm scared to feel good when I'm really feeling guilty.

But it's only chocolate cake - not poison. Ever thought about asking for a sliver of chocolate cake to make you feel good, one mouthful, without feeling guilty that it's going to your hips?

Would you like some chocolate cake?

No thanks.

May I ask why not?

I'm sorry, I can't explain, it's too personal.

What can be personal about chocolate cake?

Well, it brings back bad memories.

But it's just chocolate cake.

Well you see, when I was a child my mother baked a chocolate cake for my father's birthday. I remember putting all the candles on the cake. My mother, my brother, my sister and I waited for my dad to come home from work. We waited and waited and waited. He eventually came home long after we children went to bed and I heard my parents screaming at each other. My father sounded drunk. He pushed my mother's face into the chocolate cake and one of the candles that I had put on the cake went into my mother's eye and blinded her for life.

I am so sorry. I did not think offering you chocolate cake would unearth such horrible memories.

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Suddenly this chocolate cake took on a mirror effect. Was it a chocolate cake or was it peoples' feelings about themselves being reflected in something as innocent as chocolate cake?

Why did the first person need chocolate cake to release their inner child and give themselves permission to have fun, laughter and happiness? What is stopping them from having fun, laughter and happiness, releasing their inner child, at all times?

Why did the second person feel guilty? Why do they feel guilty, about what - and who did this to them? How is this guilt being reflected in other areas in their daily lives?

Why did the third person take responsibility for the loss of her mother's eye when she simply decorated a birthday cake for her father's birthday? What else has she taken responsibility for in her life, unfairly, and how unhappy has this made her?

So, the bigger picture here is that, although it's only a simple piece of chocolate cake, it has substantially different meanings to different people.

The relevance of the meaning of anything is the relevance you give it!

What appears to be a catastrophe in your life is a walk in the park for someone else. What is a simple thing for you to deal with is a nightmare for someone else.

The only meaning that anything has is the meaning you give it.

So when you have a point of view, simply express it with the meaning it has for you. Don't defend it - simply state it. If someone else attacks your point of view, then their Ego is talking. If you counter attack them, it's your Ego talking. From there conflict emerges and you both lose. Even if you win the argument, you damage a relationship. For every winner there must be a loser in an argument.

Would it not be preferable to express your point of view, the meaning it has for you? Listen to, acknowledge and respect the other person's point of view, the meaning it has for them.

You then say "Thank you for pointing out another way of looking at this issue - it broadened my horizon's.

What do you think the other person is going to do? Thank you and move on together is most likely.

Even if they say "See I'm right", you can shrug your shoulders and say "Probably" because you know you have a choice - either you can be right or you can be happy, but you can't be both.

If you are right and they are wrong, you have won an argument but damaged a relationship. Does that make you happy now? If it does, then you can't have too many friends so losing another one makes it a slippery slope to unhappiness.

At a more spiritual level, we are all One with God. So if you win and someone loses, then you lose too because you are both part of One.

Back to the chocolate cake issue at hand.

If something as trivial as chocolate cake can evoke such human emotions, feelings and different meanings, can you imagine how real emotional issues such as love or fear can have different meanings for different people?

It's time to acknowledge that the only meaning something has is the meaning you give it now. The only meaning something has for someone else is the meaning they give it now.

As you expect your meaning and interpretation

to be understood, acknowledged and respected, so you must understand, acknowledge and respect someone else's meaning and interpretations of the issue at hand.

That's how you learn to live and let live.

Would you now like some chocolate cake?

Yes thanks.

No thanks.

I respect your decision, honor you for it and wish you well.

RESPECT - Recognizing Each Soul Politely
Ensuring Correct Tribute

Mother's Day – You Choose Your Mother At Soul Level

In the act of passion,
In the act of love,
Against all odds,
A miracle occurs,
One sperm out of a million survives,
and manages to fertilize an egg,
the miracle of childbirth begins,

For nine months another human being is growing
inside a woman.
Centimeter by centimeter,
Inch by inch,
this human being evolves and develops.

After nine months the miracle of childbirth
occurs.
Now there is no longer a woman,
The woman has evolved and developed as well
She has become a Mother.

From this moment on she is not alone
She has become MyOTHER
And should she have more children
Then she becomes MyOTHERS.

The love, the responsibility, the giving,
the receiving, the caring, the sharing
of one or more others coming from
My Other.

My Other - That part of me I take for granted

My Other - That part of me that I admire in
silence

My Other - That part of me that I love without
acknowledging

My Other - That part of me I pledge not to ignore
my true feelings for anymore

My Other - Who knows if we will be together this
time next year to celebrate Mother's Day

My Other - I now want to be worthy to be your
child

My Other - No more will I take your love, caring
and guidance for granted, as a right - it is a
privilege to have you as a mother

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My Other - I shared your body, you fed me, we have the same blood, everything I have came from you.

My Other - It is time to rejoin our Souls together as our bodies were joined together at the beginning.

My Other - Please accept the love I have inside of me for you

My Other - Please forgive me for not expressing my love for you at every present moment of now

My Other - Please open your arms and hold me tight

My Other - Please let me love you again

My Other - Thank you for always loving me

Have a wonderful (Full of Wonder) My Other's Day

I love you My Other!

Fathers Day - You Chose Your Father At A Soul Level

PROCREATOR, PROTECTOR, PROVIDER, PARTNER

My Father - the one I look up to

You taught me, You guided me, You allowed me
to unfold.

When I was small I knew you could do anything

When I grew up I realized you had limitations

Those limitations were the ones I placed on you.

As I grew older and more appreciative of you

I realized that you were wiser than I thought you
were.

I came to believe that you really loved me

As I knew when I was a child.

There was a time I thought I knew better

And I turned my back on you.

Old fashioned, out of date, yesterday's hero.

Who wants to listen to the ramblings of an old

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man?

With his old time values like character, truth, integrity, faith?

Then one day I remember you telling me
That I am after building a reputation and that's admirable.

A reputation is what people think about you.
But character, truth, integrity and faith
That's what you build when no one is looking at you.

When you learn to trust yourself
When you learn to admire, respect and love yourself.

You told me they can strip you of everything
But they can never take away your dignity.
You can only lose your dignity by surrendering it.
Oh, what a price to pay!

When I remember you, My Father, I remember
Pride, dignity, uprightness, integrity, truth, strength.

You always set the bar to stretch me
To be the best that I could be.
For me, not for you
For me to fulfill all the potential inside of me.
For me to find the unconditional self-love inside of me.

There are times when I feel that I am being

carried

On Angel's Wings and then I look up

And I see You there.

My Father Who Art in Heaven

Hallowed Be Thy Name

PROCREATOR, PROTECTOR, PROVIDER, PARTNER.

Happy Father's Day!

As I remember Your presence in my life every
day

Every day is Happy Father's Day.

I love You God with all my heart and Soul.

The Face In The Picture

Background

A picture of two young men was taken and developed. Behind one young man is an unusually looking face without a body! This young man's one arm is in a plaster cast. Around his injured arm is a healing aura. The unusual face - without a body, has provoked many expressions of belief and disbelief.

Explanation

Blessings and Greetings to you all,

My name is **I.A.W.I.A - I Am What I Am.**

What consternation, what an opening! The face in the picture that you see is a mirror of what you are now. If you see me as Evil - what is evil in your life now? If you see me as Fearful - what is fearful in your life now? If you see me as something Good - what is good in your life now?

If you see me as Love - what is love in your life now? I am what I am!

To some people I am trick photography - that may be so; to other people I am a first sign of something that they have always felt.

That they are not alone.

That there is Something with them always, and all ways.

They have never felt comfortable acknowledging the feeling to themselves, let alone to even their best friend.

Let Me assure you, you are never alone; there are always Unseen Entities who are with you to guide you, to protect you, to give you Unconditional Love. These Unseen Entities some people call their Angels and their Guides. The names are not so important, what is important now is that you are now aware, through this picture that has provoked so much comment, that you are surrounded by Unconditional Love. Should you wish to experience the power of this Unconditional Love, simply, call to these Unseen Entities and thank them for being with you - and then see how you feel.

Feelings are the language of the Soul. Now you

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can start to access your Soul, your Soul is part of God. God is Unconditional Love, your Soul is part of that Unconditional Love and when you access your Soul, you have the ability to feel and become Unconditional Self Love.

At present, when you see the picture, it is your Ego that is responding and reacting to this strange phenomenon. Your Ego (Edging God Out) is stopping you from accessing your Soul. The purpose of the picture is to create awakening for you to start your journey to discover your Soul and ultimately to feel and become Unconditional Self Love.

You have freedom of choice, the Unseen Entities are non-judgmental, non-manipulative, non-controlling and are Unconditional Love. They will not interfere with your freedom of choice. This message, this face in the picture is designed to open the door for you to privately decide whether now is, or is not, the time for you to acknowledge the presence of these Unseen Entities in your life and so commence your journey for ultimate happiness, peace of mind, as you start to discover Unconditional Self Love.

We end this message with blessings and greetings, **I am what I am** and I am how you wish to interpret me. However, I remain **I am what I am** - no matter what your interpretation

may be. Thank you for opening the door to the purpose of your life - the quest to feel and become Unconditional Self Love. Amen and Amen.

Do you have any questions?

Question: Yes, I do. Are you menacing as my friends say you are?

Answer: I Am What I Am, if you see evil what is evil in your life? For those who see me as a victim of an accident, I ask what is the accident in their life that they keep reliving, for everything here is an attitude. What you see in the mirror is the attitude you bring to this vision.

Question: What do you mean by freedom of choice?

Answer: Everyone and everything has a freedom of choice. Even those in prison have a freedom of choice to be imprisoned or enable their mind to set them free. While their body may be imprisoned, their mind, their thoughts and that which occurs beyond thought can be as free as a bird in the sky.

Question: Why did you appear in this picture?

Answer: If I appeared in a photo of a Rabbi's

son, that would mean I was exclusively available for one religion, implying that that religion is more powerful than other religions. I purposely chose to be reflected in a picture of a young man who is the union of a Jewess and a Gentile. I belong to no one sect or religion, spirituality knows no confines. Because the disbelieving would be best marketing agents to create the awareness of this picture they were selected to start peoples journeys. Even if this is trick photography, which some people believe, it still has the ability to awaken the consciousness and spur some people to commence their journey to ultimately discover the unconditional love inside themselves.

I.A.W.I.A asks: What would happen if you type this up and hand it out?

Answer from the Young Man at the Channeling Session:

A lot of fear and mocking.

Reply from IAWIA: You would be expelled from your school. We cannot call upon you to be Abraham who went into the Temple to destroy the Idols. You have this knowledge for yourself, young man. When people ask, who are genuinely interested, like your friend Nathan and perhaps one or two others, you can give it to them but not on the school premises, give it to them

socially as a channeling given through your father. You can give this to your friends who are genuinely interested.

Do not defend Us. You're merely a distribution agent.

Beware there will be those who make this into a major issue, however, this is a channeling done through your father after you requested of him what the picture means as you found yourself defending the Spirit World at school. You must understand that this has nothing to do with school. As Abraham destroyed the Idols in the Temple, so this message will have a similar impact in a school like yours. This is not your destiny. Be careful but know that this is the Truth. You do not have to defend the Truth; the Truth does not need defending.

Question from the mother at the Channeling Session: Can my brother, sister-in-law and the mother of the child in the photo be given this explanation?

Answer: Yes, it can be typed up and distributed to those who require answers but cannot be distributed at school.

In closing, for those to whom the face in the picture is the starting point of their journey,

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simply know that you have felt Us in your life and We are always here to love you, protect you and guide you, however, you always have freedom of choice. Now you can choose whether you wish to believe that this face in the picture is opening a door for you for your journey to Unconditional Self Love or is trick photography. The choice is yours, as always. There is nothing to fear as you begin your search for Unconditional Self Love within.

Be Still And Know That I Am God

Your life is busy. There are schedules, deadlines, commitments, responsibilities - and that's on a quiet day! I don't have a minute to myself. I am pulled in one hundred directions at once. I don't have a chance to breathe!

Why?

Why what?

Why don't you have a chance to breathe?

It's hectic in my life - don't you understand!

Why are you allowing it to be hectic?

If you were out of the picture tomorrow what would happen?

It would be bedlam, of course. Everything would unravel; you don't know how I am needed by everybody.

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And then?

And then what?

After the bedlam, after everything unravels, when people can't count on you anymore because you are no longer there for them, what happens then?

I'd hate to think what it would be like.

Think!

Well, I suppose eventually they would sort themselves out and they would manage, somehow. Obviously not as well as when I was running things but, after a fashion, they would manage somehow.

Good, now let's get there, to them managing somehow - without you.

What do you mean?

From today onwards you are not available for everyone, all the time. Tell them you need an hour for yourself. Identify which hour and let the relevant people know - between, say 6am and 7am is my time for me. Fix your own breakfast; get ready yourself for the day. This hour belongs to me.

Now that wasn't difficult to do, was it? Now stick to it!

Welcome to your own hour. It's 6am and you are going to settle in comfortably and learn to - BE STILL!

When you start you will find it difficult to stop your mind churning out thoughts. Your Ego controls your mind; your mind controls your thoughts. Ego is feeling threatened by this "Being Still" business. Ego encourages your mind to churn away at your thoughts - feed the kids, walk the dogs, do the laundry, that report is due on Friday, etc., etc. - let each thought go - do not engage it and give it life, let it go spinning past you into space.

After a long time eventually with no response or reactions, your thoughts will start slowing down as they go unanswered. Eventually a time will be reached, in days, weeks or even months when there will be no Ego, no mind, no thoughts, simply nothing - no thing to distract you.

You will feel emptiness - nothingness. A void.

You will not hear, you will not see, you will not taste, you will not smell, you will only FEEL.

The FEELING is one of emptiness but connectiveness.

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You will feel a WARMTH. This warmth becomes a light. The light's power is coming from within the light. The light starts to move by its own motion and starts to defy gravity - it moves upwards, then sideways, then around, then upwards, then wherever it wants to go.

You feel that you are something. What are you?
You are not alone there is Something here with you.

That is why you are feeling Something.

You feel light and you are light.

You feel part of Something and Some One.

This Something / Some One you feel part of is a wonderful feeling. It feels comfortable, very nice, very easy, very full, very warm, very light, very empowering, all powerful, this feeling is expanding. It's filling the room, it's filling the home, it's filling the sky, it's filling the world, it's filling the universe, and it's filling every universe.

It feels amazing, it's the most wonderful feeling I have ever felt. I feel a part of It. I look up and down, across and around. I feel a part of this huge Something. I feel totally trusting, I feel Love like I have never felt before - it's Unconditional Love - so empowering, so caring, so sharing, so beautiful.

What am I feeling?

Well, feelings are the language of the Soul.
You are feeling your Soul.
You are feeling your Soul, as it exists as part of God.
When you feel your Soul, you can come from Love - from Unconditional Self Love.

Now anything is possible. Everything is possible for God to do. Well, you are part of God so everything is possible for you to do - providing you come from Unconditional Self Love - come from your Soul - come from God.

This feeling is the greatest feeling you have ever felt.

No addiction, no alcohol, no drug, no sex, no rock-'n roll, can come close to this amazing feeling of Unconditional Self Love, from Soul, from God.

All you did was to learn to BE STILL.

You allowed your thoughts to eventually vanish.

You allowed your Ego controlled mind to eventually have no power over you.

You went beyond thought.

You allowed your Soul to be found, recognized

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and set free to lead you eventually to feel God.

What a feeling!

No special coaching, apparel, courses, teachings, postures, breathing techniques, artificial stimulants, special trips, holy places, rituals, religious artifacts, special paraphernalia - nothing but learning to BE STILL and know that I am God!

Feel you again real soon.

Feelings are the language of the Soul.

The Soul is part of God.

Feel you again tomorrow at your special hour.

FEEL WELL!

Everything You Need Is Inside Of You

You may not get everything you want but you will get everything you need.

Your needs will most probably not be what you would have wanted. The needs that you get make you heal, grow and evolve and if you have really benefited from this need you will achieve happiness and maybe even bliss.

The needs that you get may not always be pleasant. Who needs to experience "negative" things like loss, betrayal, so-called "accidents", etc.? Everyone wants to experience gain, happiness, and other "positive" things.

Your Ego determines your wants.
Your Soul determines your needs.

Let's deal with your wants first:

Your Ego says "I want to feel love from that person there that I am attracted to. I want to have him/her for myself. That person is highly desirable to me. If I have him/her I will feel much better about myself. If I have that person's attention, physicality, admiration, co-operation, even perhaps their love, then I will feel great happiness."

"What a feeling to have that person on my arm, making me look and feel better about myself, loving me, protecting me - what could possibly be better than having that person love me and me love him/her?" So, Ego enters into some sort of unwritten contract with that person. I will love you if you love me.

Okay, so what does that mean?

"Well, I will give you power over my heart, my emotions, my possessions of value - both material and non-material possessions. I will let you into my private space. I will give you my trust, my confidence, my everything. Take me I am yours, I entrust you totally and fully, I am vulnerable, nothing is held back, I'm yours."

Wow - that's some commitment!

But who are you entrusting here - some person you hardly know. What real background checks have you done, or had done, on this person? If you were entering into a commercial joint venture rather than an emotional joint venture no doubt you would have done some homework, some research into past relationships, past successes, past failures, interviewed a selection of people who have had dealings with this person, got references, done a credit check, looked at things carefully to make sure you were not going into this joint venture carelessly. Well, affairs of the heart and other emotions somehow do not "need" to be checked out - I trust my intuition!

You have laid it all on the line for this person. But this person has an Ego as well as a Soul - who have you fallen in love with John/Jane Ego or John/Jane Soul? When love is in the air and love is all around and everything is coming up roses, no doubt Soul is dominating Ego in that other person. If not, then they are very cleverly controlling and manipulating you - and it's already too late to warn you!

So Soul is wearing a white wedding dress, top hat and tails and is all smiles and you are all merrily traipsing down the aisle.

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What happens when Ego tries to restore the imbalance of Soul's dominance? How is your true love, the keeper of your heart and emotions, going to "change"?

The divorce statistics don't lie. Between 33% and 50% of marriages end in divorce, other marriages are mainly content but not really happy, certainly only a handful very happy and even less, blissful, after a few years together.

So, what happened to cause the nightmare? Ego happened!

With Ego having wants, and Soul providing needs, big gaps of Ego's wants and aspirations never materialized.

So, Ego acted out its anger and frustrations and arguments, disrespect, irresponsible behavior, mistrust, betrayal and loss could have entered into the relationship. Well, if you are going to give your power, your love, your trust, your heart, your emotions away to someone else, you have to expect their Ego to come into play at some stage.

There is an alternative to falling in love with someone else.

Fall in love with your Soul inside of you.

Your Soul is pure Love - pure Unconditional Love. Your Soul is part of God. God is Love - Unconditional Love.

So, if you want to only know bliss - which is happiness without a reason to be happy - and you want to ensure no disappointments then it's simple - fall in love with yourself, at Soul level.

Learn to love yourself - not the parts of yourself created by your Ego, but the real You - at Soul level - the part of You that is God-like - your Soul.

Recognize the Soul like qualities you would like to experience. Love, kindness, caring, trust, confidentiality, laughter, happiness, enthusiasm, a feel good attitude, healing, growth. They are all feelings. Feelings are the language of the Soul.

Are you ready to start communicating with your Soul through your feelings? Well, We are going to make it easier for you to go past your very protective Ego so you can get to your Soul.

It's time to use your imagination.

Imagine the kindest, sweetest, most loving, most caring, most trustworthy, happiest, blissful, enthusiastic, most wonderful person you know.

If you have not yet met that person in the physical plane you know as earth, then you will have to invent such a person with all those

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qualities. Is that most wonderful person taking shape in your imagination? You need to define it; if you like you can attempt to draw such a person. This is your most loving friend now, inside of you.

Some people might picture a loving mother or grandmother, which they might have had or wished they had had.

Let's simplify it and call this most wonderful friend inside of you your grandmother as this will help you create a picture in your mind.

See your grandmother as pure Unconditional Love. There is nothing she won't do for you; there is nothing she can't do for you. Everything is possible. She represents your Soul, in simple picture form, and she, your Soul, is part of God. There is nothing God won't do for you or can't do for you - in Unconditional Love.

"Hi Grandmother. Thanks for helping me now. I have this pain, this wound below my ribcage in my solar plexus. I feel I have been kicked there emotionally and it's sore when the person I gave my love to betrayed my love, I have been sore there ever since."

"There, there," says grandmother, "let me make you better. Imagine I am covering you with a

blanket of Unconditional Love. You now feel warm, feel protected, feel the love inside of you spreading out from your heart. As your blood is pumped around your body, so a healing light accompanies the blood radiating from your blood vessels throughout your body.

Your whole body is now alive with a warm light healing every wound, every disease. You feel loved, protected, whole again. The pain is gone as you feel the unconditional love inside of you healing you completely.

The only parts of you that won't be healed are the parts of you that your Ego does not want to be healed. Those parts of you your Ego wants to hold onto in anger and resentment waiting for payback retribution. Those parts, controlled by your Ego, will reject the healing warm light of Unconditional Love - until you allow Soul to enter and the Ego lets go. Your Ego sits in judgment of you and others. Your Soul is totally non-judgmental, non-manipulative and non-controlling. Your Soul is purely Unconditional Love. If you want to heal and grow then simply call on me - your grandmother, your Soul's picture, to heal you again and again, and again.

You can call upon me all day, all night, at all times, I can be with you 24/7 as the new expression goes (pretty hip for a grandmother!)

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Call upon me, thank me for coming, feel me from your inside, feel the sensations of the warmth, the light, the Unconditional Love that is me coming from your Soul inside of you.

The only love you need is the love inside of you - it's Unconditional Love from your Soul. It will make you happy, eventually blissful and will never disappoint you.

When you are feeling happy with life, call upon me, your Soul's picture, your grandmother, and together the warmth and light of the unconditional love, coupled with your happiness, will create bliss, if you let it happen. Always be watchful for your Ego, it might say to you, you don't deserve this bliss but don't let it be a party pooper. Keep calling on me, Unconditional Love, and your Ego will be blocked out.

Always look inside of yourself to find the Unconditional Love waiting there, waiting to be called upon by you, wanting to fill you with love, light and warmth."

Everything you need is inside of you.

Simply call upon your grandmother - your picture of your Soul - the Unconditional Love inside of you, coming from your Soul, that part of God inside of you.

As that wonderful song says: "The greatest love of all is the love inside of me - learning to love yourself is the greatest love of all".

Fall in love, and stay in love, with your Soul inside of you.

Everything you need is inside of you.

Marriages Are For Growth Not For Happiness

Relationships based on friendship are voluntary associations. Both friends in the relationship expect the other to act in the best interests of the friendship. Trust, respect, confidentiality and love are taken for granted as true friendships develop. There are no contracts, no formal commitment in a true friendship. Expectation levels are always met as they are set at realistic levels. Both friends treasure the true friendship and would not want to damage it at any cost.

True friendships last 10, 20, 30, 40, 50 or even more years. True friendships can endure friends living apart at opposite ends of the world, if circumstances so prevail.

True friendship is seen through the heart of Soul - not through the eyes of Ego.

True friendships come from Soul, from Love. There is no room for Ego in true friendships. The majority of true friendships occur with people of the same gender.

Marriages, which are contractual commitments, should also be the essence of true friendships. The physical intimacy of marriage should make it even more sacred than true friendships. The creation of children in the marriage, should develop a physical common bond stronger than true friendships can. In theory, marriage should be the ultimate true friendship.

So why do 33% - 50% of marriages end in divorce? Why do the majority of marriages reach a level of only contentment, devoid of happiness to see each other, as occurs in true friendship?

If, say 40% of marriages end in divorce, and of the remaining 60% of marriages that stay in existence, let's say 5% (1 out of 20) have a marriage where both parties can't wait to share time together, then only 3% of marriages can be considered happy marriages.

This means 97% of marriages either end in divorce or the couples are not always happy to be together, as a true friendship would be.

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Well, if marriages can be seen not to be a reflection of true friendship, why do millions of people get married every year?

Hope, sex, procreation, children, home, companionship, fear, dependency, financial security, conventional societal norms, are some of the reasons.

However, with Ego playing such a strong role in marriage, with Ego's wants and aspirations not being met by the other person, coming from Love, coming from Soul generally gets pushed way into the background.

Money, sex, children, fear, power, violence, abuse, disrespect, disloyalty, betrayal and loss take center stage, run and controlled by Ego.

Understanding, compassion, empathy, forgiveness, giving without wanting to receive, respect, loyalty, confidentiality, trust, true friendship, laughter, happiness, love, - coming from Soul, coming from Love are soon forgotten when the daily routine of surviving, and hopefully, thriving occurs.

Having amnesia, or a very short memory, should be a vital requisite for marriage!

So, if marriage is now proved statistically, and

visually, to be not for continual happiness between husband and wife and cannot be accepted as a true friendship in 97% of the instances then what is this contractual commitment for?

It's for growth and for healing!

What! I am offended by that. I got married for love, for happiness not for growth and healing! I can go to courses to learn about growth and healing.

Let Us explain.

In a marriage you generally attract someone who you feel will complement you and they will make you feel whole. You feel you need and want what they can offer you and this feeling whole makes you feel happy. Now you really feel complete.

For example, you feel whole: if you are shy and retiring you may be attracted to someone outgoing and the life and soul of the party! If you are neat and tidy, you may be attracted to someone roguish, carefree, full of impulsive behavior, and, oh yes, they may not clean up behind themselves. If you "shoot from the hip", take big chances, you may be attracted to someone more risk averse, more careful, more calculating. If you are dark haired you may prefer

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blond hair. If you have straight hair, you may prefer curly hair. If you are not so good looking, you may need someone "drop dead gorgeous" on your arm.

Well, the magnetism of opposites attracting works for a while. However, after a time the very thing that was so attractive becomes irritating. For example, your neatness is being compromised by their untidiness. Your carefully built up bank balance may be squandered in a gambling debt. Your choice of a good looking spouse may soon turn to envy and jealousy as their favors are sought from others.

At some stage this inconvenience, this irritability becomes more and more commonplace. Soon it really bugs you and eventually arguments erupt. Ego dominated arguments become the norm, disrespect flows and then the floodgates open: withdrawal of sex, money issues, fear, children reacting to the disharmony, power plays, possible violence, and abuse in its various forms, disloyalty, betrayal and loss could result.

No doubt this is all too familiar. Why did it happen?

Well, it started from your fears, your insecurities about yourself and your feelings of lack of self-esteem. (Please refer to Betrayal of Trust - You

are not a Victim). You were lacking worthiness in certain areas and so your character developed to represent the Ego image, the illusion of who you were or wanted to be portrayed as, rather than who You really are - at Soul level.

The Ego parts of you which were lacking were sought in others (please refer to You are Worthy).

The fear based issues that this marriage has brought to you for your growth and healing is for you to recognize that you cannot change anyone else. You cannot even change yourself - at Ego level. What you can do is to replace your Ego self, by learning to come from Soul.

What you can do now is to accept that only by learning to come from Soul, from Love, can you become the real You, that part of You, your Soul, which is part of God. Then you can become whole.

This you can do by learning and applying daily the lesson We gave you in Everything You Need is Inside of You.

When you have learnt and applied this change in you - to find and treasure the unconditional love inside of you - then you shine your own inner light out from inside of you.

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This light, coming from you, can be recognized by other worthy people who also have their inner light of unconditional love of themselves shining through them.

When your inner light and their inner light connect a bridge of light is formed between your two inner lights.

This bridge of light is the synergy where your mutual love can grow and develop.

Upon this bridge of light, and now love, true friendship can grow and develop.

Inevitably, one of the two of you will leave this wonderful love relationship first, either through passing on or for some other reason. When that "tragedy" occurs the bridge will no longer be there, only in memories, however the remaining person still has their own unconditional self-love intact and their inner light of self-love carries on shining through them.

If your current marriage cannot survive the light now coming through you from your unconditional self-love because your partner cannot grow as you have through your unconditional self-love, then so be it. Give them sufficient time to try and find unconditional self-love and so join you in the light. If there is no willingness from them then

accept what is now and move on.

You have now come to acknowledge that the growth and healing you have found through the unconditional love inside of you will lead you to a new sacred space where someone worthy of your light may be found.

You should now be more than sufficient for you - in your unconditional self-love. If a new partner, worthy of your light emerges, what a bonus!

Marriages are for growth and healing. Marriages can only be for happiness when you are whole. You can only be whole when you give yourself unconditional self-love and you become light. The light of unconditional self-love.

If in a marriage these fear based issues, offering you growth and healing, remain unresolved and a divorce occurs then invariably similar occurrences will reappear in different guises again and again in other relationships, including successive marriages. These fear based issues that remain unresolved can only be resolved through healing and growth when you become whole through finding the unconditional love inside of you.

When you have achieved becoming the light of unconditional self-love, you have healed a cycle

of your growth and brought the cycle to closure.

This cycle could have been carried as part of your Soul's journey from more than one lifetime, sometimes many lifetimes. By bringing healing and growth to close this cycle you release yourself, many people from your soul group in the physical and in the spiritual realm, to be free of repeating this lesson again and again in various forms.

By developing and maintaining unconditional self-love you become whole not needing anyone else to complete you. In your wholeness, you can recognize someone else in their wholeness and together you can build a bridge of light and love - if you so desire.

Whatever your choice you remain whole in your unconditional self-love and light.

After your healing and growth, in your wholeness, you can now discover that marriage can, at long last, be for happiness if you so choose. This choice can now only come from your soul level. This choice is made when you think and act on the basis of "What would Love do now?"

When making that choice for marital happiness you will now be standing in your new-found

integrity of unconditional self- love, feeling whole at soul level and not requiring a marriage partner to complete you at ego level.

After your healing and growth, through unconditional self- love and thinking and acting "What would Love do now?" marital happiness is now within your grasp.

I'll Never Find Another Love Like That

I've had one true love and I know I'll never find another love like that!

Really, what happened?

He loved me so much but he cheated on me and he broke my heart.

Are you still in love with him?

Yes, I am - our love was the best thing that ever happened to me.

How long ago did he break your heart?

Three years ago - to the month!

So for the past three years, how have you handled being in love with someone who broke

your heart?

Well, I keep busy at work; I've got some girlfriends I socialize with, go to movies, plays, coffee, occasional parties with.

Meet anyone interesting that you would like to get to know better - have you made a connection with someone that could possibly lead to love?

No, not really, a few cute guys, but no one to measure up to my beloved.

The beloved being the one that broke your heart?

So that We understand - you were in love for two years?

Yes, he completed me; made me whole; made me feel like a real woman.

The sex was great, most of the time.

Ah ha! Now We are beginning to see a clearer picture emerging. Was your relationship with your beloved lustful?

Yes, we lusted after each other's bodies.

Did he make you feel whole because there was something you lacked?

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Yes, I'm shy and he made me come out of my shell.

Okay, so we have established lust - and that you needed him to feel complete.

Right.

Oh, by the way, how did it feel when you found out he cheated on you?

I was devastated! It felt like he plunged a knife into my heart. I wish I could have died.

Feeling better now three years later?

Yes, better thanks. I am not so shy and I feel I am becoming more whole.

Do you mind if we recap a bit?

No, go ahead.

Are you sure because this may be tough on you.

Listen Buster, I've had my tough time - when he broke my heart!

Okay, so you were in lust, you were not whole and he broke your heart?

So where was the love?

People in love do not cheat, and do not break the heart of the person they profess to love. We can be assured that he was not in love with you. Are you sure you were in love with him - not simply in lust with him?

Did he do anything to develop the parts of you that you felt were missing? Were you happy to be dependent on him to make you whole? Did you do anything to make yourself feel whole? From your responses so far, We can add dependency - not love - to the list.

To recap now - you were in lust, he made you dependent on him to make you feel whole, and he broke your heart by cheating on you.

So where was the love?

For the past five years, you have been living in the illusion that he loved you. For the first two years you were in lust with him and dependent on him holding your emotions in his hands. He then broke your heart by cheating on you. The relationship then terminated badly.

For the last three years since he left you, you carried on living in the illusion - looking through

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rose colored glasses - that you loved each other and that he was the best thing that ever happened to you.

Time for a reality check sister!

For over five years, 1825 days and nights, you have been living in an illusion of love. How many more days and nights do you want to waste? Are you getting any younger, any better looking, any happier?

Sorry to have to tell you this, but you are afraid of being rejected in love so you prefer to live in the illusion of past "love". It's a lot safer - but lonelier. You have put up barriers to falling in love. Firstly, let go of the illusion of your past "love". Now that your hands are open, you can grasp a new, more meaningful, more real, love.

You need some lessons about falling in love. Lucky for you, We have explored some wonderful ones right here on GuideSpeak.com.

You need to start with [Worthy of Love?](#)

Then follow it up in the order indicated below:

Worthy of Love? (Lesson 2)

Do not give "It" a life (Lesson 3)

Rage in a Relationship (Lesson 4)

Who is Your Moses? (Lesson 6)

Where does Fear come from? (Lesson 7)

Betrayal of Trust - You are not a Victim (Lesson 8)

Are you Worthy? (Lesson 9)

Everything you need is inside of you (Lesson 15)

Marriages are for Growth not for Happiness
(Lesson 16)

Then re-read this lesson "I'll Never Find Another Love Like That". After all of that you will find out how to develop unconditional self-love - and you can become whole - you can thereafter be ready for a love relationship.

The first love relationship you will have is with yourself. Thereafter, if you so desire, with someone who is genuinely worthy to love the magnificent Being that is, or soon will be recognized as, You!

Fall in love, and stay in love, with the real You and thereafter you can find real love in a relationship with one worthy of the real You.

As you can see now, what you were clinging to was not love; it was lust, dependency, control, manipulation and heartbreak. The opposite of love!

Lucky for you that "I'll never find another "love" like that"!

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You now deserve to find real love in your wholeness, in your worthiness. You need to find someone worthy of your new found worthiness and then watch how real love grows.

Perspective Is Required In Resolving Personal, Emotional Relationship Issues

If you hold your index finger very close to your eye, with your other eye closed, you can block out the sun. Some people see only themselves and lose perspective of who else is in their lives.

When a problem occurs in a person's life they tend to focus on that problem almost exclusively, as if they were holding their index finger to one opened eye and blocking out the sun.

The "problem" overtakes them, all other issues and consequently all other parts of their life seem to fall into the background.

When "that" problem is a personal, emotional, relationship issue then the obsession with that

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particular problem virtually dominates every thought, every conversation and many day to day actions and reactions.

Most adult people's lives are made up of many component parts. Simply put: work, home, family, friends, social life, spiritual/religious beliefs, health, exercise, sports, hobbies, leisure, downtime activities like watching T.V., reading, sleeping on the couch. Some of these component parts have sub-component parts. For example, family, you might have a spouse, each of your children, your parents-in-law, siblings and their families, cousins, nephews, nieces, your spouse's extended family network, etc. etc.

As you can see, if each of these 12 component parts have, say, 10 such sub-component parts then there are 120 "categories" in your personal "filing system", all of which need some level of attention at varying times in your busy life.

With 120 items to cover when one personal, emotional, relationship issue preoccupies you, your time and your attention, then the other 119 items get pushed back and become insignificant.

As you struggle with your pre-occupation of this personal, emotional, relationship issue your perspective is adversely affected. The balance in your life is affected, sometimes very badly.

Your pre-occupation with this one relationship issue could put you ill at ease, it could, if prolonged unduly, cause you dis-ease. If allowed to fester, develop and grow it could cause you disease.

While you are single-mindedly attempting to deal with the one issue, the other 119 issues that comprise most of your life are suffering from neglected attention. If you don't water an indoor plant it will eventually die. Many of these remaining 119 issues may also wither from neglect.

The fact that you have lost perspective and are dealing with that one relationship issue exclusively highlights the imbalance of your life. By placing undue attention on that one relationship issue, you may be placing the other person in this relationship issue under a lot of pressure to resolve issues that he/she may not be ready to resolve right now.

So, what would happen if tomorrow you decided you are no longer going to put any more of your attention on this relationship issue? You are simply going to ignore it, for now?

What would happen?

Would the sun suddenly rise in the West and set

in the East?

The other person in the relationship would wake up tomorrow and prepare themselves for another day of pressure being applied by you in trying to resolve this relationship issue.

When their energy is not being used to attack or defend, your, or their, point of view suddenly their energy won't know what to do. After a few days or weeks perspective may return to that relationship issue and obvious answers start appearing because the released energy can be used creatively to resolve the relationship issue, not simply defend or attack different points of view.

While you let go of your obsession a few days earlier than the other person, you were able to use your now freed-up time and energy to attend to the other 119 items in your personal filing cabinet.

After a while, the perspective of your whole life starts to return to normal. Your balance in life gets corrected. Things start to run smoother, are easier to resolve and solutions come to the fore as your relationship problem recedes.

Although you have not necessarily resolved your relationship issue, by letting go and standing

back, you have allowed your ego to reduce its stranglehold on your personal, emotional, relationship issue.

If your ego can be recognized as a major stumbling block to resolving this issue then you are 90% of the way to resolving it. The other person in this relationship issue also needs to become aware of how their ego is affecting the resolution of this relationship "issue".

We have dealt with this role of Ego and Soul in relationships extensively in other lessons on Guidespeak.com. If you really want to resolve this personal, emotional, relationship issue by eliminating Ego and coming from Soul then the answers are here on this website for you.

Remember, get some perspective. There are also 119 issues you need to give "water" to in your life. By attending to some of these, giving some breathing space to your personal, emotional relationship "issue" and reducing your ego involvement, you may start to see the benefits of the saying:

"Let Go and let God - but row away from the rocks!"

Was That An Angel?

Most people have preconceptions about what an Angel should look like. Wings are a must! Rosy cheeks, sweet face, smiling, beautiful eyes. Makes me feel wonderful. Yup, must be an Angel.

Would you like to see another angle on an Angel?

Well, you just saw one - angle / Angel - things are not always what they seem.

It was a dark and stormy night (We love that intro!) and the housewife was in the kitchen preparing her 18th wedding anniversary dinner. Table set for two. Candles, wine glasses, romance in the air.

Pity, we never had children, mused the housewife. Just the two of us, always. I hope he hasn't been drinking again. I ' know how much longer I can take this physical abuse when he is

drunk. My excuses at the hospital are wearing thin. Tripped down the stairs, slipped on a wet tile in the bathroom, dog attacked me, and so on.

Here he comes; I hear his key in the door. I'm in the kitchen.

Happy Anniversary!

He reels into the kitchen, drunk, belligerent, swearing, cursing. He raises his huge ham like fist. She grabs the knife she was cutting the frozen steak with and stabs him as his fist strikes her cheek, for the hundredth time. The knife thrust upwards, enters between his ribs and ruptures an artery in his heart. He slumps to the floor, his outstretched right hand still clenched in a fist.

Shaking like a leaf she realizes that in 18 years this is the first time she has fought back. She calms herself down, checks his pulse - no pulse - hers races to 150, pounding in her temples.

Oh my God, what have I done, she screams.

After a few minutes, she phones the police.

When the police arrive she confesses telling the whole story.

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In court the Judge is sympathetic, understanding, however the most lenient sentence is 5 years with 3 years off for good behavior. All alone in the world she gets bundled off to prison. Placed in a cell with many other women, she cries herself into an uneasy, fitful sleep.

The next day she attempts to befriend the other criminals she has to spend the next five years with - locked up like animals in an overcrowded jail cell.

One cell mate, looking like she has not known a pleasant day in her life, aggressively approaches our ex-housewife and says, can you read?

Yes I can, stammers the frightened new cell-mate sensing all eyes in the cell on her.

Then read this to me, demands the tough-looking female cell-mate as she thrusts an envelope at her.

With fingers shaking she manages to prize out a single sheet of paper, which has been torn from a school exercise book.

Nervously she reads: "Dear Mommy, I miss you so much. When are you coming home to look after me? I had my 7th birthday and still you weren't there. What does 25 to life mean? The

other children say I must find another mommy, but I love you mommy. Come home soon. I love you Mommy. Suzie xxxxx."

The ex-housewife looked up and saw tears streaming down the face of the tough cell-mate. She heard sniffles, then noses being blown and she saw all the women in the cell crying and trying to hold back their emotions. They all felt for the hardened cell-mate and they all thought about their own families and how much they missed them.

After that, other letters were fished out of uniforms, from under mattresses and from other hiding places. The housewife spent her first morning in prison reading letters and the next few days answering letters on behalf of her cell-mates. Then, when she had time to absorb all that was happening, she realized these poor women were all illiterate - they could not read or write!

She asked their permission to teach them to read and write. They all grasped the opportunity and became eager students. The ex-housewife fell exhausted onto her bed every night and woke up eagerly, full of enthusiasm, the following morning to teach her "students", her cell-mates, who were like sponges absorbing every bit of instruction.

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After quite some time, some of the brighter students wrote their first letters home, full of excitement and hope. When the replies came back, the excitement was intense. Mom, when did you learn to write?

The ex-housewife could not believe how she felt. For the first time in her life she was doing something useful, purposeful, for other people, but benefiting herself.

The ex-housewife had found her mission in life, her purpose in life - in a prison cell!

She went on to teach literacy to women prisoners. Upon her early release from prison, this has remained her life's goal and her life's blessing, to teach prisoners to read and write.

(This is a true story recounted by a Guide, Kurt, to his Channel "Aaron" (Lionel Berman)[/i]

Who are the Angels here?

Firstly, there is the ex-housewife. Then the hardened cell-mate, but also the abusive husband.

What! The abusive husband - how?

Well, in the bigger picture We can see, the abusive husband had a Soul Contract with the housewife to assist her to reach her healing and growth - by teaching literacy to prisoners.

In another lifetime, this ex-housewife abused prisoners of war through atrocities. Obviously, in that lifetime, she was not a housewife but a frighteningly, sadistic brute of a man.

This was a karmic debt she asked to repay in this lifetime - as a housewife who killed her abusive husband and was sent to jail - to find her freedom!

The abusive husband had to play his Angelic role in their Soul Contract so she could be sent to jail. So, you see Angels - in the bigger picture that We can see - come in all shapes, sizes and types not just the ones on Christmas gift wrapping.

If you look around you, in your daily life, you will start to recognize everyone as an Angel. After all, they have all come from the Spirit World, entered their bodies on earth as Souls. No one was born a murderer, a rapist, an adulterer, a charitable person, a wonderful, giving person. They become what they become because of Soul Contracts with others in their Soul Groups.

We have always said We do not judge, We do not

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control and We do not manipulate. Everyone has free will and every action has consequences. This true story should encourage you to stop judging people in your life. Abusers are Angels, do-gooders are Angels, hardened criminals are Angels and you are an Angel.

You are surrounded by Angels in your daily life, treat them accordingly and you will be surprised what emerges in front of you. You will see a transformation of yourself beyond belief. You will see a transformation of others that will be called miraculous.

MIRACLE - May I Recognize A Conscious Light Evolving

Now you can ask "Was that an Angel?" and the answer you now know will be "Yes".

The Journey Of Your Life – Part I

Are you ready to take the journey of your life?
We suggest you buckle up because there is a difficult terrain ahead.

First and foremost, who is driving?
You, your Ego, your Soul, who?
Hey, it's not even you in the driver's seat.
Who have you empowered to drive you in your journey of your life?

We can't see clearly - is it your father, your mother, your brother, your sister, your uncle, your aunt, your cousin, your boss, your friend, your enemy, your ex-partner, your current partner, your children?

Who have you allowed to drive you in your journey of your life?

Can you stop this vehicle and get that other driver out of the driving seat?

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Can you?

You say they won't go; that they are in charge. What? In charge of driving you in your vehicle in your journey of your life? How did they get permission to take over from you, in your vehicle, driving you through the journey of your life?

Sorry, can you speak up, We could not hear you clearly - you mumbled something about permission. Oh, you gave them permission to drive your vehicle through your journey of your life.

Now why would you want them to do that - to be your driver in your journey through your life?

So, if We understand you correctly - they promised you they would give you love if you did what they wanted you to do - even though it was in their best interests but definitely not in your best interests.

Let's call a spade a spade now.

This person driving your vehicle in the journey of your life said, or implied, the following:

"I want to give you love, however, in exchange, I want you to give me permission to be able to control and manipulate you so I can get what I

want and you will be satisfied knowing that I love you."

Well, We think the vehicle of the journey of your life just had a blowout of your right front tyre! Can the driver of your vehicle control it without crashing it? Sorry about the crash! Now, if We have ever heard a definition of conditional love that was it!

Let's hear it again:

"I want to give you love, however, in exchange, I want you to give me permission to be able to control and manipulate you so I can get what I want and you will be satisfied knowing that I love you."

Is that still acceptable to you - living your life in conditional love? Do you want to see this "accident", this crash as a life changing moment?

If so, listen carefully:

Please go back and read "[Betrayal of Trust - You are not a Victim](#)". This will explain to you why and how you allowed someone else to be the driver of your vehicle in your journey of life.

It is very important that you fully understand this lesson - that you betrayed you - however,

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through finding the unconditional love inside of you, for you, you can resume your rightful place as the driver of Your vehicle through the journey of Your life.

We now need to explain, in simple introductory terms, the concept of mirrors in your life.

We will deal with mirrors in greater detail in another lesson soon, however for today, for now, accept that the person who was driving your vehicle when it crashed was someone who was a mirror to you.

This person you allowed to drive your vehicle, this person you empowered to run your life, this person who has been giving you conditional love, was you! Yes you - mirrored as this person. This person, no let us be the Spiritual Beings We are, this Angel in your life, was simply holding up the mirror of your life you wanted and needed to see.

We know this is "earth shattering" news to you but as We are not of the earth, but in Spirit, We can see this "Bigger Picture". First things first, your concept of Angels needs redefining. Not all Angels come as beautiful cherubs with wings fluttering in the light. Some come as murderers, rapists, adulterers, abusers.

Now you must be really confused!

So, We ask you to trust Us here and allow Us to visit you another time to discuss, and explain to you, who Angels really are. (see Was That An Angel?)

Remember to **TRUST** - **To Rely** **Unto Spirit**
Totally

We are now going back to the person, this Angel, your designated driver of your vehicle of your life's journey, who just crashed your vehicle, yes that person, the one you empowered to give you conditional love. Got it now? That person is holding up your mirror to you.

That person is reflecting the parts of you that you have to own.

This is the difficult terrain you have to drive over now.

Are you now ready to resume your rightful place as driver of your own vehicle in the journey of your life?

Before We go further with you now and discuss the concept of mirrors of your life, you just have to get comfortable for a while learning to drive your vehicle of your life, knowing that all the love you need is inside of you. Knowing that, until you can feel the unconditional love inside of you, you cannot obtain your driver's license to drive your

own vehicle.

For you to drive through the difficult terrain of the "Hall of Mirrors in your Life" you have to be equipped to feel unconditional self-love. We have given many lessons produced on this website, GuideSpeak.com, dealing with discovering the unconditional love inside of you.

We recommend you master those teachings before you are ready to take the journey of your life with the real You as the rightful driver of Your vehicle.

When you are ready you can go to [The Journey of Your Life Part II](#)

We wish you well, very well indeed.

WELL - Wonder Evolving Light Love

The Journey Of Your Life – Part II

In The Journey of your Life - Part I We dealt with you finally becoming the rightful driver of your vehicle. Now you have to drive through the difficult terrain of the "Hall of Mirrors in your Life".

For a fuller understanding of mirrors in your life We recommend you go to lionelberman.com and click on The Little Book of Mirrors. Here Kurt, Lionel Berman "Aaron", Guide explains in 26 pages a fuller concept of mirrors.

We respect and honor Kurt and Lionel Berman and thank them for this invaluable teaching. We are going to deal with only a few aspects of mirrors in this lesson.

Acknowledging the mirrors of your life is recognizing that people, animals, material things such as motor cars, batteries, etc. are all reflecting a message to you about yourself. You are a multi-faceted Being in multi-dimensions.

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Some call these past lives, some parallel lives. We do not wish to go into this understanding now - simply to acknowledge that there are many You's and the mirrors reflect all of those You's at different times.

The purpose of recognizing the mirrors is for your healing, growth and evolvment. We quote from pages 22 - 24 of *The Little Book of Mirrors as Guide* Kurt explains one of the main purposes of recognizing mirrors - Acknowledging Your Responsibility.

This understanding guides you into a space where you can begin to learn the most important characteristic of the mirrors: responsibility. For as you begin to recognize the mirrors, you have also to acknowledge that you are the creator of your reality. I determine my mirrors by means of my thoughts, feelings and beliefs and through what my spirit is creating. I need to learn to recognize my emotions and how to feel. In doing so, I also learn about my thoughts and how my thoughts work. In turn, I learn about my spirit and I learn that all is my creation.

Taking responsibility for all that happens to you in your life is part of having control over your life. Inner peace and joy comes from being able to recognize the mirror and being able to say, "I know that I have work to do. I take responsibility

for my growth. I take responsibility for my spiritual understanding. I take responsibility for my physical interactions. I take responsibility for the situations in which I find myself, for I recognize the mirrors. I can respond to the mirrors".

For Us, the most important part of understanding the mirrors and why We would wish to convey the idea of mirrors to you is that ultimately it gives you the responsibility to gain your inner strength. That in fact, is the end result of your acknowledgement of the mirrors. You cannot say it is someone else's fault when in truth whatever happens to you is a mirror reflection of what you are doing. You cannot avoid full and total responsibility.

With responsibility comes growth, because you are now responsible for your growth. You can respond. You are not waiting for the guides, the angels, God or some other external force to give you what you need. You begin to recognize your mirrors and in doing so, you begin to understand, and with that understanding comes responsibility. You then take responsibility for what is reflected outwardly from within you. It always comes from the inside out - never the other way round. Since it comes from the inside out, you recognize what is out there. You know it has come from the inside and therefore you are

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capable of beginning to reconstruct it, re-create it and in so doing, you become the co-creator and the empowered being that you always have been. Respond, respond, respond!

So you see what purpose the mirrors serve. It is all about responsibility and empowerment, about understanding your own inner power and your co-creatorship. It is a way of taking you into the infinite and also taking you into the nothingness out of which all creation comes. Now you can see how this all links up into one perfect circle.

Your co-creatorship ability causes you to want to come into the physical life to identify those mirrors that help you to take responsibility, to become a light unto yourself (for mirrors always indicate light of some sort). You become the co-creator from within the nothingness (because mirrors also bring about the nothingness). You distinguish illusion from reality to understand your infinite eternal Being and to understand the true idea of "as above so below". Once you can put that all together, then you have achieved inner peace, inner joy and freedom.

Then you understand, for instance that paraplegics are not disabled by accident. This cannot happen "by accident". God does not play dice with the universe. It is not through misfortune that this has happened. There must

be a mirror and if you can recognize that mirror and the responsibility and the growth and the co-creation in that, then you free yourself from having perhaps done certain things in past/parallel lives and bring about circumstances that prevent you from repeating those things, to free yourself from these repetitive actions.

Lionel Berman acting as a Channel

I encountered a paraplegic and before knowing his circumstances, I saw flashed before me parallel/past lives in which he murdered someone else, always at the age of twenty-four. He then told me that he was involved in an accident at the age of twenty-four, causing him to become wheelchair bound. The mirrors were explained to me: in this lifetime at twenty-four years of age he has an accident that makes him a paraplegic. While most may consider him trapped in the wheelchair, he has in fact gained his freedom. The limitation frees him from repeating the same murderous story all over again. His body prevents him from repeating these actions in any possible way. He is now dependent on others, rather than being able to hurt others. By recognizing the mirrors, he recognized his freedom, bringing him inner joy and peace. [/i]

Confronting these mirrors requires a great deal of

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courage. This young man has enormous courage. We honor him, and all those that come into the physical, for the enormous amount of sustained energy required for the growth process in this physical existence."

We thank Kurt and Lionel for this explanation of mirrors.

So, from this you can understand taking responsibility for becoming the rightful driver of your own vehicle. Look for your mirrors, work them through, heal, grow, evolve into the wonderful human Being you are. You are part of God. God is joy, God is happiness, God is bliss - give yourself permission to be God like, after all, God does!

DRIVE - **D**oing **R**esponsibly **I**n **V**ictorious
Embrace

The Journey Towards Worthiness

Your relationship is going through a very rough patch. You don't know how much more you can take of the abuse, the memory of abuse, the feeling of being abused. Abuse of trust, abuse of betrayal, abuse of sacredness, abuse of friendship, abuse of love.

If your partner in your relationship has abused you, once or continually, then you are obviously not enough for them.

They needed more than you.

You were not enough physically, emotionally or mentally.

They needed more than you.

Did they know the real You?

Did they know you in your worthiness?

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Did they bother to look for, and find, the real You
- at Soul level?

As you stood in your integrity;
as you stood in your truth;
as you stood in your faith;
as you behaved impeccably when no one was
looking;
as your character was strengthened by your
righteous behavior.

So they stooped down to discover their lack of
integrity;
so they fell down in their lies, deceits and
distrust;
so they lost their faith in themselves and in a
Higher Being;
so they laid down with dogs and got fleas.

Their lack of self-pride and their low self-esteem
enabled them to choose companions beneath
their perceived social standing. In their hearts
they did not feel worthy.
So it was easy to drop their perceived standards,
as easy as it was for them to drop their
underwear!

In their unworthiness they fell into a black hole of
self-pity.
They blamed everyone but themselves and they
justified their actions to themselves and anyone
else who would listen.

It is not that you were not enough for them;
it is that they were not enough for them.
It is that they were not acceptable to
themselves.

They feared rejection from you.

If you only knew who they really were - in their
low self-esteem and lack of self-pride - you would
reject them - so they thought.

They have known rejection in their past.

Rejection sticks to them like a shadow.

They will go anywhere with anyone and do
anything to gain acceptance.

It is not their addiction that they want satisfied -
it's acceptance they want satisfied - because
they fear rejection.

Because their self-esteem is so low they cover up
this black hole with bravado.

They are so fearful that they think that if you
knew the real person that lurks inside them, you
would reject them.

So they reject you!

You are not enough for them.

They need more and more.

The truth of the matter is that they are not
enough for them.

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They feel incomplete. They feel inferior. They feel not whole.

They feel unworthy.

They feel unworthy of you.

They feel unworthy of themselves.

They feel unworthy of your relationship.

To justify this feeling of unworthiness, they go flat out to prove themselves unworthy.

It becomes a self-creating, self-fulfilling prophecy.

In their unworthiness they want to self-destruct.

Perhaps you can remember a time that you felt unworthy?

Perhaps you can remember what it felt like to have low self-esteem,

lack of self-pride and low self-respect?

Perhaps you can remember how you betrayed yourself and allowed others

to give you conditional love in exchange for mistreating or abusing you in some way?

Perhaps you can remember a time you felt you were in a black hole of self-pity?

Perhaps your partner came to show you a mirror of this time - as a Soul Contract?

Do you remember how you struggled to get out of the black hole?

Do you remember the anger, frustration, anguish, tears, remorse and guilt?

Do you remember the sleepless nights, the emotional torture chamber you were in?

Do you remember falling to your knees and asking, no pleading, for help from Above?

Do you remember how your ego had to be recognized as your driving force?

Do you remember how you had to fall and fail to hit rock bottom?

Do you remember how you started consciously replacing fear-based Ego with love-based Soul?

Do you remember how you changed your thought pattern from "What would Ego do now?" to "What would Love do now?"

Do you remember how you started giving love to small things, every day things?

Do you remember learning inch by inch, moment by moment, how to move from unworthiness towards worthiness?

Do you remember the reward of value you felt in yourself, inside you, when you stood in your integrity, in your new found self-trust, self-love, when offered past temptations, and said "No thank you - I've had enough" and smiled to yourself, inside?

Do you remember your journey towards worthiness as you stood in your Integrity, in your Truth, in your Faith and behaved impeccably when no one was looking?

Do you remember standing and feeling very tall in your new found unconditional self-love?

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If someone had come along and given you an instant cure for your ills, pop this pill, swig this down, spray this on - you will feel better by tomorrow.

What value would you have felt?

How committed would you have been to your new found journey towards worthiness?

First the labor then the reward.

No instant cure - no quick fix remedy;

Supplication, application, perseverance,
dedication,

discipline, determination, perspiration,
inspiration;

these are the attributes of people succeeding in the journey towards worthiness in their lives.

Now We go back to you and your partner.

You now in your worthiness;

They still in their unworthiness.

You can choose to help them find their real selves.

You cannot change them;

you can only point out to them, in love that they must go on a journey of Self Discovery.

To move from feeling unworthy as their ego tells them,

to find their worthiness which comes from operating from Soul?

Their journey is from Ego to Soul;

from unworthiness to worthiness.

They have to learn to change their thinking

From "What would Ego/Fear do now?"

to "What would Soul/Love do now?"

The big question is where will you be while their new journey takes place?

If you have stood in your integrity, in your truth, in your faith and found the unconditional love inside of you, then you are already in your worthiness.

Are you prepared to go back and help them with their journey of Self Discovery?

After all it's their journey.

After all they stopped loving you.

After all they rejected you and abused you.

After all they chose someone or something else.

After all - after all you have suffered?

If you, in your worthiness, stand at the finish line, how do you think they will feel about you as they stumble and fall?

in their journey of Self Discovery?

This is their journey, their life choice, their Soul Contract.

You facilitated their self-journey via your Soul Contract with them, as they did with you.

If you stand in their shoes, how will they heal, grow and evolve into worthiness?

This choice takes courage.

How do you ensure that you are coming from Soul, from Love, in making this choice?

This choice is not only for spiritual healing and growth.

What about your feelings, emotions, physical needs, memories of times shared?

What about the impact of others, children, family, friends?

If they were a moth transforming into a beautiful butterfly,

with this transformation taking place in a cocoon, and you saw the cocoon shaking as the butterfly attempted to break free of the cocoon, would you ease its frustration by cutting open the cocoon to free the butterfly?

If you did do that, you would stop the butterfly from strengthening its wings by pushing against the cocoon to break it so it could have the strength to fly. If you did "rescue" the butterfly from its perceived unfair struggle, you would have imprisoned it for life as it lay weak and defenseless on the ground.

This choice takes courage.

Where do you stand as your partner goes on their journey towards worthiness?

Stand in your Integrity; stand in your Trust,

stand in your Faith; stand in your Unconditional Self Love.

Stand as close, or stand as far, as you can stand, to remain in your worthiness while their journey towards worthiness occurs.

You will know from your feelings - the language of your Soul - where you want and need to be through this courageous passage.

If you stand in Being, or if you stand in doing, will determine how you travel on your continual journey of worthiness.

If you are a Human Being or a human doing in this process will determine where you stand as your partners journey to worthiness commences.

There is no right or no wrong place to stand here. You are entitled to receive your rewards in your worthiness.

Only you can make the choice, courageously, what those rewards will be.

Whether you stand by as the butterfly emerges - perhaps to fly away, or to stay; or whether you turn your back on the shaking cocoon in search of someone worthy of you now or whether you break open the cocoon to "rescue" the butterfly.

This choice will determine how you travel on your continual journey of worthiness.

Your partner's journey is incidental now.

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The choices you make, courageously now,
will be determined by your feelings of
worthiness.

Nothing is guaranteed - only your healing,
growth and evolvment.

Feelings are the language of the Soul.

If, in time, you feel happiness and if you feel bliss
through your choice,
then you will know that it was the right choice for
you.

If you feel sad and if you feel empty,
after a realistic, reasonable time, then perhaps it
was the wrong choice for you.

Then choose again, if you are able to.

You are courageous in choosing the continual
journey of worthiness.

To ensure that you stay on this journey of
worthiness make sure you do not betray yourself
to yourself

by accepting conditional love while being
manipulated and controlled, as before.

Only accept the unconditional love inside of you
as you now travel on your continual journey of
worthiness.

In making a choice, remember:

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CHOICE - *Courageously Helping One In Choosing
Evolution*

If You Need To Be Right – What's Wrong?

There are certain people that need to be right all the time. These people tend to be argumentative, provoking confrontation, attacking other points of view, defending their points of view.

Know anybody like that?

Are you sometimes like that?

Let Us examine, without judging, a person's need to be right continually. No one on the earth plane has all the answers. No one can claim to know everything, about everything. No one can be right every time, all the time.

However, it would appear that some people are not only always right - they are never wrong. Every opinion expressed by them is authoritative, definite, over confident. There is no room for doubt in their minds. It is their way or the highway for you. They are prepared to put everything on the line to prove that they are right. Whether it is friendship, relationships, colleagues, marriage, even losing their children - I am right and if you can't take that you can leave my life now. So much pride, so much indignant righteous anger, so much ego.

So much cover up!

This blustering bravado, this hurricane they stir up, this emotional crisis they create are all smokescreens to distract others, however especially themselves, from facing the real issue.

Their need to be right is covering up what they feel, deep inside themselves, is wrong about them.

In a place buried deep inside them is a feeling of discontent; they feel "wrong" in these hidden recesses. They cannot confront this fear, this feeling of "wrongness" - this imbalance, this hurt inside themselves.

So they prefer to take it out - outside

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themselves. They take it out on others. Always have to be right. Bullying others. Taunting others. Teasing others. Fighting others. Betraying others. Raping others. Murdering others. Not forgiving others. Not respecting others. Upsetting others.

It's always their fault - never my fault.

They are wrong - I am right.

Every solution is sought outside themselves.

The solution can really only be found inside themselves.

That feeling of "wrongness" hidden deep inside themselves has to be looked at. It is causing ill at ease. This dis-ease is causing pain. When allowed to remain unchecked for long this "wrongness" - this imbalance - can cause disease.

This "wrongness" can have many causes - all of them illusionary. There is nothing real about feeling "wrong". This feeling of "wrongness" is a conditioned response to what has been said to you by others. This feeling of inadequacy you feel as "wrong" is what your belief system has adopted as your "truth".

Someone, themselves feeling "wrong", has

influenced you, your belief system, to acknowledge, accept and believe this untruth about you is actually real, the truth.

Whatever it is that you feel is inadequate about you has made you unable to love yourself. Being unable to love yourself has made you unable to love others.

So you have given conditional love to others and received conditional love in return. So you have given conditioned fear to others and received conditioned fear in return.

When these "untruths" were given to you, by someone who had the ability to influence you, where were they standing when they told you these "untruths" about you?

Were they standing in fear, in abuse, in anger, in resentment, in disappointment in their own lives, and were you the easy target to attack to get rid of their fear, anger, resentment and disappointment in their own lives?

You were impressionable, probably young, when someone of influence over you, told you these "untruths" about yourself.

Are you ready to change your belief system?

This We will deal with in another lesson (see:

Changing Your Belief System About You. For now you have to simply acknowledge that your need to be right continually stems from some feeling of inadequacy, some "untruth" that your belief system has adopted as the "truth" about you.

You need to start to be true to yourself and identify what "untruths" you really fear hidden in your dark recesses deep inside you. Be true to yourself, what incorrect self-image - what do you really feel unhappy about yourself - has caused you to believe that you are not worthy of love.

Someone, or more than one person, has incorrectly prejudiced you against yourself. They have told you "untruths" about you. You need to dig deep in your new-found self-honesty and confess to yourself what these "untruths" are.

When you are ready to bring all of these potentially cancerous "untruths" out of the darkness deep inside of you; when you are ready to bring all these "untruths" painfully into the light of awareness, the light of consciousness then you will find Us waiting there for you.

We have the solutions for you of how to change your belief systems. To change these "untruths" hidden deep inside you. To replace these "untruths" with the real truth about you.

But first you have to do your part. Go and uncover these "untruths" and bring them out into the open so that We can help you change your belief system to understand the real truth about you.

When you are truly ready then We will meet you in the lesson entitled Changing your Belief System about You. Only come fully prepared if you truly want to benefit from this lesson.

In the meantime, you now know you don't always have to be right every time. When you learn to deal with what's "wrong" inside of you, you will not have to prove always that you are "right".

You will then understand that "You can be right or happy but not both". Soon you will not have to be right anymore and you can start to learn to be happy.

See you soon in **Changing your Belief Systems about You** - but only when you are really ready.

RIGHT - Righteous Indignation **Guise** Hiding Truths

Right? Wrong? Happy - yes!

Changing Your Belief System About You

In the previous lesson - If You Need To Be Right - What's Wrong? - We explained that your feeling of "wrongness" deep inside of you - is an illusion. This illusion is a conditioned response to what has been said to you by others influencing you, prejudicing you against yourself. These people, themselves feeling "wrong" about themselves, have taken their own feelings of inadequacy and transferred them to you. These influential people made you acknowledge, accept and believe this "untruth" about you. Your belief system has treated this illusion, this "untruth" as your truth.

In this previous lesson We asked you to discover and uncover what these "untruths" were about you so We can show you how to change your existing belief systems into a real belief system about you.

Let Us assume you discovered and uncovered that when you were younger, someone who you trusted, someone who you admired, someone who had an influence over you, told you that you were not acceptable to them - they rejected you.

This lack of acceptance was probably caused by them not being acceptable to themselves. They probably felt unworthy in their lives. They probably felt not acceptable by people who rejected them. They probably took this feeling of failure, this feeling of rejection and did not want it to be attached to them. So, like something very unpleasant and smelly that dropped onto their hand, they simply flicked it away in your direction. When this unpleasant, smelly substance landed on you, this shocked you. However, turning to them for an explanation of why they flung this insult at you, you accepted their offensive accusation "You are unpleasant, you are smelly, you are not acceptable to me, I have rejected you".

You were too young, too impressionable, too scared to question their authority, their influence on you was very strong.

In truth you were too scared to lose their love, so you betrayed yourself and accepted this "untruth" as your truth so they would not reject you and take away their love from you. This so-

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called love was conditional love.

Now how do you change this "untruth" from your existing accepted truth and see it for the "untruth" that it is. How do you create the real truth about you?

You create your own new reality!

The ingredients you use to create your own new reality cake are:

- Thoughts
- Feelings
- Choices
- Decisions
- Attitudes
- Beliefs and Behavior
- Desire, Imagination and Expectancy
- Vision

Thoughts

Your thoughts create your reality. What you think starts the process of manifestation. If you are on a high-wire trapeze and you think you are going to fall - you will fall. Conversely, if you think, and believe sufficiently enough, that you can walk on the high-wire trapeze to the other side safely - you will succeed. These thoughts and resulting beliefs create a picture, a vision in your head.

Feelings

Feelings are the language of the Soul. You can only create your new reality providing you come from Soul and not from Ego. Your feelings about your thoughts create your new reality. You may think something unrealistic and if your feelings tell you it is unrealistic, the creation you would like to achieve, your new reality, will not manifest itself, it will be unrealistic.

Your thoughts and your feelings need to work together synergistically. When your thoughts and your feelings, coming from Soul, combine, then the result is likely to be surprisingly good. This belief of what you think and feel has a compounding synergistic result, creating your new reality.

Choices

The ability to choose propels your new thoughts and feelings into manifested reality. The ability to choose kick-starts the process of action, the process of evolution, the process of healing and growth.

Decisions

Once you choose then a decision is a result. The manifestation of a choice is a decision.

Attitude

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These thoughts, these feelings, these choices, this decision that results create an attitude. An attitude is your statement of intent, for example, "I can do this" or "I can't do this". This attitude of your intention is what will manifest as the creation of your new reality.

Beliefs and Behavior

What comes before reality - your beliefs?

I create my own reality. First I must start with the belief. Where does my belief come from? My belief starts as a thought, then a feeling that resonates with that thought, then I make a choice, a decision propels that choice into action - and this creates my attitude. My belief system is a reflection of my attitude. What I now believe becomes my new belief system.

To quote a Guide, Lazaris, channeled by Jach Pursel, both of whom We respect and honor, from whom We have learnt so much about changing belief systems:

"Belief precedes reality. You create your own reality. There is no fine print."

Behavior follows your beliefs. If you wish to change your behavior then you need to change your beliefs.

Desire, Imagination and Expectancy

In addition to thoughts, feelings, choices,

decisions, attitudes, beliefs and behavior you have other vehicles at your disposal to use to assist in creating your personal reality.

Reality is also manufactured by what you really desire, by imagining that it is real and by expecting it to manifest itself into reality. By dreaming: by allowing your mind to go beyond rational, logical, realistic thought in your desire; by imagining beyond practical, realistic, expectations; by creating expectations that raise the bar far above previous known achievements - then a new reality can be created - providing you come from Soul and you stand in your Integrity, Faith and Trust.

Vision

You set your own limitations. You are more powerful than you could ever know. At Soul level you are part of God. God knows no limitations.

What you dream creates a vision. This vision manifests itself from your dream. When you see the dream so clearly that you can picture it, feel it, touch it, smell it, taste it - when the vision is so real that it become a part of you, when you can see that you and the vision are being there as one, then it becomes your new truth.

This new truth, this vision of who You really are changes your belief system about you - providing

you come from Soul in your Integrity, Faith and Trust.

Your New Belief System about You

Let us now revert to the example that you were not acceptable to someone and that they rejected you. As you may remember, this lack of acceptance and rejection was probably caused by them not being acceptable to themselves - by them feeling unworthy in their lives.

In order to create your new belief system about you let us go through the ingredients that you need to use to create your new reality cake:

Thoughts: At Soul level you now know that you are part of God. So, if you were not acceptable to these people then God is not acceptable to these people. Then are they worthy to have any influence over you?

Your new thought about them now needs to be "You are not worthy to influence me. Whatever you think, say and do about me has no value to me any longer. I now know that I am part of God and am worthy. If you remain unworthy, why should I let you influence me in any way whatsoever?"

I am worthy and acceptable to God as my partner, that is my new thought.

Feelings: When I allowed you to influence me with your untruths, it was my Ego that allowed you in. However, feelings are the language of my Soul and my Soul knows the truth that I am worthy. I am no longer allowing my feelings to be influenced by my fragile Ego, but only by my Soul. My feelings now tell me that I am worthy and that you, in your unworthiness, are no longer acceptable to me. If you remain in your unworthiness, I reject you.

Choices: The choice that I now make is so very simple. I choose, in my worthiness, to not accept but reject any influence that you have over me. I choose to know that I am worthy and that I am part of God. No longer will I be available to be abused by you. You, in your unworthiness, are no longer acceptable to me. Anything you have done and said to influence me is no longer acceptable to my new belief system. My choice is to recognize my worthiness now.

Decision: My decision is, therefore, to recognize my worthiness, my acceptability to myself of myself in my worthiness and to reject anything unworthy in my life. Unworthiness no longer is part of me, my unworthiness has been rejected by me. My decision is to recognize my worthiness.

Attitude: My attitude is to be God-like in my

approach to life. I will approach every thought, every word and every action with an attitude of "What would God do now?" and act on it with an attitude of "What would Love do now?"

Beliefs and Behavior: With my belief that I am part of God and acting in a God-like manner, my behavior that flows from that is my acceptance that I am always under the watchful eye of God and other Unseen Entities, conscious that my behavior should always match my beliefs. I live my life coming from Soul, coming from Love, standing in my Integrity, my Faith and in Trust. This worthiness is now what's acceptable to me. Anything less than that becomes unworthy of me and I reject it outright. It is no longer part of me.

Desire, Imagination and Expectancy: In my desire to be worthy, I imagine that my thoughts, words and actions are within the vision of God and I expect my behavior to be conscious of God's vision always and all ways.

Vision: In creating my new reality I visualize my worthiness. My acceptance of what is said or done to me is measured by my expectations of my worthiness. If those who say or do things to me do not come from Soul, and are not worthy in their intentions then I do not accept what is said or done to me and I reject this outright. This ill-intentioned "attack" will not breach my perimeter

will as I stand in my worthiness.

My new belief system about myself is that I am now worthy, I am more powerful than I could ever know - after all, I am part of God.

BELIEVE THAT ABOUT YOU!

Betrayal – The Healing Process

An important Spiritual Law is "As Above - So Below". What happens in Spirit is manifest in the physical plane you know as earth. Sometimes that manifestation is mirrored. The figure 8, which has been interpreted as eternity, when placed on its side, shows the mirror effect of "As Above - So Below" in its mirror format.

The word BETRAY, at ego level, conjures up feelings of mistrust, dishonesty, loss, dishonor, fraud, damage, loss of confidence, etc., etc. No one wants to suffer the empty feeling that accompanies the knowledge that one has been betrayed. The pain that accompanies the memory of betrayal feels like a sharp knife penetrating your insides every time the memory bank is re-activated by thoughts.

As We have shown you in the lesson "Betrayal of Trust - You are not a Victim", in essence, you betrayed you, by allowing your acceptance of abuse, initially and possibly continually, in exchange for conditional love.

Only your acceptance of this self-betrayal and your acceptance thereafter of the development of unconditional self-love as illustrated in "Everything That You Need Is Inside of You" will enable this healing process to take root, for growth to occur and for evolvment, at Soul level, to speed up.

The word BETRAY, at Soul level, has a different meaning in its mirrored state. If you separate the word to create BE TRAY, then at Soul level you can "be a tray" to serve others. Now that might sound very simplistic, but that's because it is!

A tray, imagine it to be a silver tray, has a very polished flat surface - like a mirror. By you being a tray and serving others, you serve them best by standing in your Integrity, in your Faith and in your Trust. You stand in your Light.

The Light that you are is mirrored onto the tray and your Light is reflected, mirrored, to those you are serving. When they, perhaps in the darkness of their Ego, receive your Light -

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through their darkness - they begin to recognize, and remember, their Light. Their Light, inside of them, starts to re-ignite and assert itself.

They now begin to be more enlightened. This enlightenment gives their Soul permission to re-establish its place in the balance between Ego and Soul.

Their Soul, starts to impose itself on their thoughts, their feelings, their choices, their decisions, their attitudes, their beliefs, their behavior, their desires, their imagination, their expectations and ultimately on their vision.

This change in their belief system, as outlined in the lesson "Changing Your Belief System About You" will start to move them from Ego to Soul. Their thinking pattern changes from "What Would Ego Do Now?" to "What Would Soul do Now?"

By you acting as a Be Tray, a mirrored surface to reflect your light to them, has re-awakened their light that they are at Soul level.

In truth they, as Darkness/Ego, cannot survive in your space, in your Light/Soul. They either start to change to become Light/Soul or, in their Darkness/Ego, they creep further away into the shadows.

Darkness/Ego cannot survive living in Light/Soul.

By being a Be Tray you have healed your own betrayal of yourself at Ego level by bringing Light/Soul into your Darkness/Ego.

This ultimate healing of your own betrayal of yourself enables you to find unconditional self-love in the light that you have become and for the darkness that was your ego to disappear in the brightness of your light.

As you move from Ego/Darkness to Soul/Light so the healing process of your self-betrayal speeds up and becomes complete.

Betray at Ego level creates darkness.

Be Tray at Soul level creates and reflects your Light to heal you and others.

The healing cycle of betrayal is now complete - you are not a victim -you are the solution! You are in your Light!

Congratulations!

Who Controls Your Spotlight

You are the leading actor in the play. You love the spotlight, the limelight. You thrive on being the center of attention. This is what makes you come alive.

There is no judgment about your need to satisfy your Ego - that's simply where you are now. There is no right and no wrong here, accepting what is, that is your need now.

What does need to be looked at is the way this need is affecting others. If this Ego need is done by uplifting, encouraging and supporting others then your leadership role in the spotlight is beneficial to the group that surrounds you.

If this Ego need ignores, dishonors and damages others then this Ego need will be on a fragile

pedestal with others hoping and plotting for your fall off this pedestal.

If your attitude is one of genuine gratitude to all those supporting your stay in the limelight, your Ego gets replaced as you come from Soul.

Do you know many people in the leadership role, in the limelight, who have the total support of their followers? Not too many people who get to the top maintain that humility that genuinely supports and encourages those in the support troops. It has been said that a true leader is the one who creates other leaders. Know many people who that can be said of?

As a leading actor on the stage, you are only as good as your supporting actors are. If they fluff their lines they ruin your performance. If the person entrusted with opening and closing the curtain, starts closing the curtain in the middle of your monologue, the audience will gasp and then laugh at how foolish this makes your performance. If the person handling the spotlight veers off you to spotlight some pretty chorus girl, what would that do to you?

If makeup and costume do a bad job on you how will that affect your career? If the props you are given fall apart in your hands and the orchestra plays at an inopportune time, how will you keep

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your composure? If the audience senses your arrogant air and the booking office lady discourages people from seeing your play, if the janitor does not clean your dressing room and does not fix your blocked toilet, what will that do to your equilibrium?

All the supporting teams are required to perform at their best so you can perform at yours.

The flowers you receive in your dressing room should be shared with as many as possible. When you are praised by the media, you should reflect that praise to your supporting cast, mentioning by name those deserving of praise.

When the audience gives you a standing ovation bring out the director to share in the ovation. When it's time to be whisked off to the after party ask if you could be given 30 minutes grace. Go around saluting those backstage for their support and arrange for snacks and drinks from your party to be sent backstage.

Your genuine gratitude for those who support you will induce their loyalty, not through manipulation and control, but through your genuine unconditional love, support and loyalty to them - now no longer coming from your Ego but from your Soul.

Now your time in the spotlight will serve its purpose - not for your Ego gratification but for using your position of power to uplift others - to enable them to be the best they can be and in the process making you the best you can be. This is truly a win: win scenario. When you come from love you receive love from hearts and Souls. When you come from Ego the applause is shallow and empty.

When you come from Ego you are reliant on someone else shining the spotlight on you. Someone else has the power to determine whether the spotlight is on or off, on you or not on you.

When you come from Love your spotlight comes from within you. The power of the spotlight is in your hands. When you come from Soul - from Love - the spotlight within you is on and you radiate light to yourself and to others. You are not dependent on someone else to control the spotlight - you control the spotlight within you.

When you come from Soul - from Love - you do not need the spotlight on you because you are the light in your Being. Being light, worthy others are attracted to you because you are light, happiness, bliss - someone to lead others to find their light within their Being.

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Now you are a true leader!

You are the leader of the Light Brigade!

Moving From Ego To Soul

So here We are 26 lessons later and most of what We have talked about is moving from Ego towards Soul. Moving from darkness towards light. There is a simple way to recognize when Ego is driving you, or when Soul is what you are, in the present moment of now.

This "magic formula" is **EGO** - "I Want"
SOUL - "You Need"

When your thoughts, words, deeds and actions are motivated by:

"I Want" - You to like me; that new car; you to accept me; that person over there; etc.

"You Need" - Me to like you unconditionally; you need that new car I'll wait until we can afford another car later; me to accept you unconditionally; that person over there to see your worthiness; etc., etc. When you come from Soul, in your worthiness, the reward you get is a

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feeling that is "very nice". This feeling of feeling "very nice" is a wonderful place to be. You feel worthwhile, you feel worthy, you feel the warmth and protection of unconditional love - from yourself, let's face it, you feel blissful. You really feel great!

What a feeling! I am really proud of myself, no one knows what I did, only me, and I feel so proud of myself. No one needs to know - that is Ego. I know and deep inside myself I feel worthy. I feel great. I feel the love inside of me I have for myself - unconditional self-love - that is Soul.

If you can do one thing each day for someone else, coming from Soul - **"You Need"** - and not look for acknowledgement from them, and especially not from anyone else, then you can develop, and feel, this feeling of worthiness. Start with a smile to someone who looks like they need a smile to pick them up. Develop your unacknowledged daily gifts from there. Soon you will be looking for more and more opportunities every day to give unconditionally without the need for acknowledgement. What a feeling!

When you come from Ego what Ego has tried to do is control and manipulate the other person's feelings. This person then says you make me feel great, so I will tell you that you are great. Now you are happy because someone else thinks you

are great.

But what do you think you are - coming from Ego?

Not superficially to impress the crowds but deep inside yourself - what do you really think about you? Shallow, manipulative, controlling, getting what you want and then throwing them aside. If your Ego does succeed and you get what you want does it fill this bottomless black hole inside of you? Does it satisfy your immediate hunger for satisfaction but leaves you even hungrier for Ego satisfaction soon afterwards?

This empty feeling deep inside of you cannot be recognized as love, it is fear, fear of rejection, fear of non-acceptance, fear of failure, fear of not fitting in, etc., etc. So Ego is driven by fear, fear is driven by loss, loss is envisaged as darkness, Ego becomes darkness.

Where would you prefer to be in the darkness of Ego, in the bottomless pit of unsatisfied wants, or in the light of Soul, feeling worthy deep inside yourself, feeling the warmth and protection of unconditional self-love?

If you choose to feel worthy, to feel unconditional self-love and to come from Soul, then there are steps you will need to follow:



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1. Step One

To get rid of Ego first you have to be willing and able to recognize Ego.

2. Step Two

Every time, and We mean every time, you have a thought, say a word, do a deed or act out an action stop and ask yourself:

"Is this Ego ("I Want") or Soul ("You Need") operating here?"

3. Step Three

We suggest you keep a notebook with you and write down in two columns:

Column 1 - Ego, Column 2 - Soul

4. Step Four

Wherever practically possible, each thought, word, deed and action should be put into the relevant column. You can only do this providing you stand in your integrity.

5. Step Five

At the end of each day you can review the columns to see your progress.

6. Step Six

By being conscious and aware of your choice to come from Soul instead of Ego will start to change your belief system about yourself.

7. Step Seven

Please visit "[Changing Your Belief System About Yourself](#)" to see how it is possible to create a new vision of you now coming from Soul.

8. **Step Eight**

By having Thoughts of coming from Soul, changes your Feelings to feelings of warmth and protection of unconditional self-love from worthiness.

The deliberate Choice of coming from Soul makes your Decisions so much clearer and easier to make.

Your **Attitude** now becomes one of "You Need" and no longer "I Want".

Your Belief system is now programmed to believe you are worthy and your Behavior is one of unconditional self-love by giving to others without requiring anything in return but a feeling of worthiness and unconditional self-love.

Your Desire is to be Soul, your Intention is to come from Love and your Imagination is to give love and only to receive love in return.

This is your new Vision - to come from Soul, to shine with your inner light of unconditional self-love and to only receive love in return.

To move from Ego to Soul requires conviction,



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determination and dedication. You have to persevere because your Ego is very protective of its position currently influencing your thoughts, your feelings, your choices, your decisions, your attitude, your beliefs, your behavior, your desires, your intentions, your imagination and the vision you currently have of yourself as you come from "I Want".

You will need to persevere unrelentingly, inch by inch, moment by moment identifying your Ego demands and replacing them inch by inch, moment by moment with your Soul's thoughts, feelings, choices, decisions, attitudes, beliefs, behavior, desires, intentions and imagination as you keep your new vision emblazoned in front of you.

Your new vision is to come from Soul, from love, to shine with your inner light of unconditional self-love and to only receive love in return.

When you achieve this you will feel self -worthy and know unconditional self-love.

We wish you **WELL** - **W**onder **E**ternally **L**ight **L**ove - as you move from Ego towards Soul in your journey towards worthiness.

Desperate

Housewives Revisited

Currently on television sets around the world people are watching, with much fascination, the American blockbuster series "Desperate Housewives". This fantasy depicts how a very small percentage of the world's population live out their bored, luxurious lifestyles.

One particular storyline illustrates how one of the bored, desperate housewives chooses to have sex with the gardener and this affords us the opportunity to show you "The Bigger Picture" of choosing worthiness and unworthiness, as well as illustrating to you the concept of the "parallel lives" you all live in.

Wow - a double feature!

Worthiness and Unworthiness AND Parallel Lives -

one ticket please or should that be two?

Act 1 Scene 1 - "Desi" - the desperate housewife - looking at her vast array of clothing - what should I wear today to go shopping at the supermarket? Ugh, how I hate grocery shopping! Those long aisles, those trolleys, they never have what I want, people bumping into you, jostling you, sometimes it's so hot and unpleasant in there I feel like fainting. Then, when you eventually get served by that unsmiling "bitch" with the crooked teeth, you have to pack and unpack all those groceries. And what for? No one appreciates what I do anyway. I feel like a hamster on the wheel in Timmy's room. Shopping, cooking, cleaning, and taking out the garbage, doing the kids' homework, cleaning the house - for what? For my kids to take me for granted. For a peck on the cheek at night by my tired, overworked husband who falls asleep snoring next to me. Where is the worthiness in all that?

Act 1 Scene 2 - I think I'll wear that low cut pink blouse with my new embroidered jeans - that should stir up someone's hormones! Wait, what was that in the garden? I forgot Tuesday the garden service is here. I hope they sent that dishy blond guy with those strong back muscles glistening with sweat in the sunlight that I fantasized about last week. Peeking through the

curtain her heart leaps - yes, it's him!

Now talk about worthy! I am worthy of that in my bed!

So, all alone at home Desi - the desperate housewife - gets dressed seductively and invites her gardener in for a drink. Sex follows and grocery shopping is put off for another time.

Act 1 Scene 3 - The tired overworked husband meantime realizes he left his important paperwork on his desk in his study at home. Turning back after traveling for 30 minutes in rush hour traffic he eventually gets back home and walks in to discover his wife and the gardener in bed together.

Act 2 Scene 1 - Desi, now a divorced ex-housewife, is very desperate. She lives alone in a cramped one-roomed apartment. Grocery shopping is precarious as she scrimps and saves her meager wages from her boring, monotonous 8 to 5 job. Cutting coupons for supermarket specials. Sex belongs to her memories as she can hardly afford to have her hair done, let alone her nails, country club massage (and masseurs!), shopping and lunch with the girls, illicit sexual liaisons - her matinées! - the desperate housewife lifestyle all gone. Feeling very unworthy, desperate, alone, nearly destitute.

What a choice was made here by Desi.

Act 3 Scene 1 - In a "parallel life" Grace is also a desperate housewife in the same street and she also has the same garden service but on a Thursday. The same dishy blond gardener with muscles rippling down his back is there. Grace is always admired for her attitude. She smiles to herself - I call it gratitude - a great attitude!

Grace goes grocery shopping with a smile on her face. Look at me, pretty, well groomed, driving a nice car, a gold credit card in my purse, a beautiful home, lovely children - naughty sometimes, unappreciative most times - but I love them and I treasure being their mother. And Tom, poor overworked ever tired Tom. How he struggles to keep our family in luxury. Not much free time for Tom. I really love and admire Tom. I remember a time not so long ago when Tom was laid off work in the bad recession and I would stand in the supermarket queue praying that the credit card limit had not been reached. The embarrassment of having to take out groceries in front of all those people when my credit card was rejected.

Now I know I can buy what I want for me and my family with my gold credit card. How proud I am of Tom who works so hard to provide for us all. I feel so worthy buying groceries for my family.

How lucky I am to have such a wonderful, loving family: a husband I respect, admire and love so much, my beautiful, wonderful growing children and our lovely home. Not having to work so I can teach English classes at the Y.M.C.A, Monday, Wednesday and Friday mornings to immigrants struggling to survive in our beautiful country. How worthy I feel - how grateful I am for all that I have, treasure and love.

Act 3 Scene 2 - Arriving home with a car load of groceries I ask the blond gardener to give me a hand unloading the car. I admire his muscles and strength as he easily lifts the heavy bags.

Inside I offer him a cold drink and he says thanks and winks at me. My, I wonder why? He asks: May I use the kids' bathroom to wash up. Innocently I say, with pleasure. I hear the shower going and after a few minutes he walks out with his blond hair all wet and a small towel around his waist.

He asks which bedroom he should go into and I say, have you got other clothes to change into, perhaps my husband has some shorts your can wear? He looks at me with a smile or a sneer and laughs - aren't you coming too, he says.

What do you think I am, I yell at him!

Why not? he shouts back, I service many of the

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desperate housewives in this street!

Get out you unworthy man - and never come back here again, I scream slamming the front door behind him.

Act 3 Scene 3 - Shaking with anger I phone Tom at his office, tell him the story and he threatens to go and beat up this blond gardener. He comes home as fast as he can to protect me, to calm me down, to show me his love for me, for the choice that I made standing in my integrity. When I eventually calm down, he goes back to the car, drives to the store and returns with a dozen red roses with a note saying - I love you and am so proud to be your husband and father of our children. I am grateful and feel so worthy to have you as my wife and mother of our children. Thank you for treasuring our sacredness. All my love. Tom.

Act 3 Scene 4 - That night at dinner I make the family's favorite meal, I open a bottle of wine for Tom and I, the dozen red roses on the table in a beautiful vase, candles lit, soft music playing. The children ask, is it your anniversary? No, I answer, no special occasion - I simply want to celebrate how grateful I feel, how worthy I feel, having the love of my husband, the love of my children, this beautiful home for us all to share and for our health and our happiness together. You are all sacred to me.

Act 4 Scene 1 - The other parallel life has Desi, the ex-desperate housewife, also eating by candlelight, all alone - not out of choice - scraping the last of the beans out of a dented can wondering how she will keep warm until pay day when she can afford to pay her electricity bill.

The scene fades away and the soulful violin music plays out the movie.

Choices made in worthiness, choices made in unworthiness, you are always accompanied by unseen identical twins - Cause and Effect.

The concept of "parallel lives" can also be seen in this story of Desperate Housewives Revisited.

These mirrors of "parallel lives" you also known as "past lives" revisit you all for your healing, growth and evolvment.

The choices of coming from Ego or coming from Soul and their resulting causes and effects shape your lives. Do you want to be Desi - the ex-desperate housewife or Grace - the desperately grateful housewife?

CHOICE - **C**ourageously **H**elping **O**ne **I**n
Choosing **E**volvment

Respect – The Missing Ingredient

RESPECT - *Recognizing Each Soul Politely Ensuring Correct Tribute*

With respect you have trust. With trust you have honor. With honor you have love. With disrespect you have distrust. With distrust you have dishonor. With dishonor you have fear.

Respect can occur in two ways. Respect can be earned through admiration and then via love. The other way respect can be achieved, but not earned, is through fear. Respect achieved by fear, such as in the military, or by an authority based figure such as a policeman, teacher, clergyman, parent, bully, fearsome dog, poisonous snake, etc. The consequences of

respect earned by fear are based on loss of something that you hold valuable to you. Your life, your pride, your well-being, your health, your wealth, your freedom, something you value which you could be deprived of.

Respect earned via admiration and love is long lasting respect.

Respect achieved through fear of loss is only in existence while the fear of loss persists. Once that loss occurs, or that fear is removed, the respect generally evaporates.

So, in reality, real respect earned by admiration and via love is the only respect worth striving for.

How do you earn real respect? Firstly you have to stand in your integrity. To earn admiration some people believe you must do something noteworthy, perhaps exceptional, something most people aren't doing. If everyone was achieving noteworthy things then respect would, in actual fact, be acceptance of expectations. This wouldn't be noteworthy or exceptional as everyone does it.

Surely that also deserves respect? But do you respect people who simply do what everyone else does?

Is there a reason not to respect them? Certainly

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you would not want to disrespect them for doing the right thing all the time.

By taking for granted people doing the right thing all the time you tend to forget to respect them. The doorman opening the door for you. The garbage-man clearing away your refuse. You "refuse" it. He "accepts" it from you to dispose of it for you. When was the last time you showed respect for the garbage-man? Have you ever shown respect for the garbage-man?

The teachers in our schools. Who could be more deserving of your respect than the people responsible for educating your children? When was the last time you showed actual respect for a teacher? Did you phone them or send them a note thanking them for teaching your children?

Children learn what they see, not what they hear. If you want your child to respect their teachers, perhaps you should show them how you respect their teachers.

Personal friendships, co-workers, relationship partners, and your children deserve the most respect of all. When was the last time you consciously showed respect, not simple good manners, but respect for these important people in your life?

Respect means trust, honor and love.

So We ask again, when was the last time you gave trust, honor and love to your personal friends, co-workers, relationship partners and your children? When was the last time you even genuinely told them you were proud of them?

But you demand respect! You must respect me! I am your parent, your spouse, your superior at work, your friend -I demand respect! This is fear-based respect not admiration earned, love achieved, respect.

So start by you giving **RESPECT** - **R**ecognizing **E**ach **S**oul **P**olitely **E**nsuring **C**orrect **T**ribute. Pay tribute to what people do. Pay respect to what non-people do, such as animals, nature, institutions, etc.

Pay respect to earn respect. The Law of Giving and Receiving. The Law of Karma. The Law of Choice. The Law of As Within So Without. The Law of Cause and Effect. The Law of Expectation. The Law of Flow. The Law of Gratitude. This "paying respect to earn respect" applies to so many more of the Universal Spirit Laws.

Pay respect to earn respect.

Respecting someone also means recognizing that

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they have a Soul's journey to complete. You respect them by allowing them to make "mistakes". By rectifying those "mistakes" they learn about their Soul's journey.

By releasing those we love to find their own journey is also respecting them - no matter how it makes you feel.

By not judging others, accepting what is now and allowing others and things to simply be - and by recognizing each Soul politely ensuring correct tribute (respect) - will enable you to pay respect to them so you, in turn, can earn respect from them and others.

You must be aware that if someone disrespects you, they too invoke the various Universal Spirit Laws of Cause and Effect, Karma and other Universal Laws of Spirit for themselves.

Now respect no longer has to be the missing ingredient. If you use it from now onwards, to pay respect watch how it earns you respect.

Hearing With Your Soul

Ego talks. Soul hears. That's it - end of lesson!

Perhaps you need Us to expand a bit to make it clearer. Well, you have been given two ears to listen with and one mouth to talk through.

You can close your mouth so you can't speak but you are not physically able to shut your ears, which means you should always be listening.

You can also listen with your eyes. When someone is talking to you, should you decide to look away, for whatever reason, you are no longer listening to them with your eyes and your ears could have a tendency to follow your eyes and not listen properly.

Your body posture, non-verbal communication, also signals whether you are truly listening or not. Slumped shoulders signify a "slumped" attention span, as you may be listening to what

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is being said, but you are not really hearing the true meaning of the spoken words.

Have you ever observed what you are you doing with your hands or your feet when you are listening to someone who is talking? Picking your teeth and kicking at a spot on the ground hardly constitutes hearing, although you may be listening.

Hearing someone, really hearing someone, may begin with a closed mouth and open ears, but most importantly really hearing what another person is saying to you requires an open Soul.

RESPECT - **R**ecognizing **E**ach **S**oul **P**olitely **E**nsuring **C**orrect **T**ribute - is the start of hearing with your Soul.

Hearing with your Soul requires you to not only listen patiently and respectfully, but also that you are not motivated by "scoring Brownie points" by appearing attentive so that you may ultimately gain some advantage over the person who is doing the talking.

Hearing from your Soul means coming from Love - "What would love do now?" When was the last time you really heard from your Soul - respectfully, patiently, coming only from love? - Ever? Last year? Last month? Last week?

Yesterday? Today? A few minutes ago?

When is the next time you intend to hear from your Soul?

When you've finished reading this? A few minutes afterwards? Sometime today? Tomorrow? This week? This month? This year? Ever?

Think about who in your life needs to be listened to respectfully, in love, hearing from your Soul, right now. Is it your partner in your meaningful relationship, the one who is always busy with something that excludes you? Perhaps really listening to him/her from your Soul will not require them to be so busy, always excluding you, from certain aspects of their lives.

After all, everyone wants to be listened to. Don't you want to be heard, really heard?

Perhaps your children or siblings, with their loud music blasting through earphones really want to be heard but are sending you signals that they are "too tired" waiting and wanting to be heard - so on go the earphones. Remember the Spirit Law As Within So Without.

Perhaps the nose rings, tattoos, strange hair colors, alien hair-dos, fashionably torn, shabby,

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baggy clothing, new hybrid cross cultural language, the "cool" approach and the "bad" attitudes are all a huge "neon" sign that shouts: "No one is really hearing me Dude, so I am going to be noticed and get me some attention, one way or the other!"

From there, sexy clothing, alcohol, drugs, sexual promiscuity, unwanted pregnancies, abusive relationships, crime, jail, damaged lives and more subversive behavior could follow this destructive lifestyle.

"If only somebody heard me as I was crying out in my loneliness, trying to express my fears!"

How much time does it actually take to listen to another person - to really hear them from your Soul?

It will surprise you to know this! It only takes one hour to really hear someone from your Soul! Can you believe it? To truly listen respectfully, patiently, coming from love, allowing the other person to trust you, in their vulnerability, to tell you how they honestly feel when all the masks are removed and their deepest emotions are laid bare. What they really, truthfully, want to say that is troubling them deep down inside - only takes one hour!

Imagine taking your camera, shooting off 24-36 pictures of your inner feelings and then going into one of those 1 Hour Photo Shops. You return an hour later with an envelope stuffed full of pictures of your inner-most feelings and desires.

You visit your trusted friend, who listens to you and finally hears you coming from Soul, with as much unconditional love as he/she is able to give.

You go through the pictures of your inner feelings. "See this one, this is how I felt when my father did this or said that to me. See that one, this is how I felt when my favorite dog died and no one saw me upset or even sympathized with me. See this one, I received the first prize in the high school gala and I felt great. Oh, and look at this one, see that one, this one and the other one."

In an hour, the person doing the talking, the one who really feels that they are being listened to for the first time in their lives by another person who has an influence, a meaning, a place in their life, is finally able to express their vulnerability.

The Spirit Law of Vulnerability explains that vulnerability is your greatest strength.

Bridges of trust are built between the person

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doing the talking and the person entrusted with listening. Now Soul is hearing while Ego is talking.

When Ego has finished talking, having finally been heard and its fears having been expressed, then this Ego starts to diminish like a balloon does when the air has been let out of it.

When Ego is flat, the person who has been talking non-stop for an hour suddenly recognizes the mirage of their life, the illusions, the false masks they have been wearing. Their Soul, in love, starts to take the place of their Ego, with its fears and insecurities.

They feel respected, honored, validated and understood. They have been recognized for their real inner feelings. They are liberated from their fears. They have found out that in their vulnerability they have found their greatest strength - their Soul - which has been suppressed and bullied by their Ego, forcing them to live in fear. Now, coming from Soul, they can start to know love and, in due course, develop unconditional self-love.

And, all it took was an hour of really listening and really hearing from Soul.

We must explain that while the operation of

really hearing from Soul may take only an hour, a lot more time may be needed to be spent with this person, from time to time, as you show them, by really listening, that they can trust you with their inner-most feelings. Initially, as this trust is being formed, they will be scattered in their "chatterings", occasionally throwing up episodes to shock you either in words, deeds or actions.

Simply allow them to "be", as explained in the Spirit Law of Allowing. Do not overreact, they have a lot of debris in their thoughts that has been used by their Ego to help them defend or protect themselves. You may identify a lot of attention seeking devices, which needs to be exposed for their healing. Patience, wisdom and respect is needed to allow these "chatterings" to be expended. Do not judge, comment or manipulate. Let it all come out.

Eventually, they will settle down and trust the person who has shown respect, patience and wisdom. Now they will be ready to open up to their inner feelings and trust that person who is hearing from their Soul, as they expose themselves in trusted vulnerability.

It only takes an hour. But what a life changing hour! Now it's time to hear from your Soul.

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Now you will experience love if you hear from your Soul or if you are heard from someone else's Soul.

Ego talks. Soul hears. That's it - end of lesson.

Lucky To Be In A Wheelchair?

BACKGROUND

A young woman, a paraplegic in a wheelchair, visited the Channel. She was en route to a medical specialist for her three month pregnancy examination and was anxious. "My life is dogged with such bad luck, I am nervous to find out if anything is wrong with my baby!"

Blessings and Greetings to you all,

Well my dear, you have nothing to fear. **FEAR** - **F**alse **E**vidence **A**ppearing **R**eal

To start off believe that you are "dogged" by good luck!

LUCK - **L**ove **U**nderstanding **C**onscious **K**nowledge

Let Us start the story before your motor car "accident". When you were on your feet you

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spent a lot of time in bars, or "pubs", as you call them. You were no stranger to alcohol and frequently you were so drunk that you could not remember how you got to where you were and with whom you were with.

Your feelings of unworthiness, stemming from your family background, allowed you to live this lifestyle. Please remember, you selected your parents in a Soul contract.

Very early one morning, as the sun was rising, you stumbled out of a strange bedroom to go home. The copious amount of alcohol you consumed the night before still affected your motor co-ordination and judgment.

You caused your car to roll over and, as you lay trapped inside your overturned vehicle, a man (you later called him an "Angel") pulled you out of the wreckage of your vehicle and then disappeared. You, and some of the doctors, thought that pulling you out of your car could have severely prejudiced your serious spinal injury. At first, you were angry, frightened, scared, resentful, full of rage, even suicidal when the doctors confirmed paralysis.

After numerous medical procedures, you were eventually dispatched to a rehabilitation facility to cure you of your addiction to alcohol. After

much anguish, pain and soul searching, you began to accept your condition - bound to a wheelchair as a paraplegic.

You discovered friends you could trust and lost other "friends" who could not deal with the "new you" - a young woman in a wheelchair.

You discovered that certain people had compassion, empathy, understanding and love for you. Not because of what you could do for them, but for what they wanted to do for you. Your job was protected, held open awaiting your return to the office. There you were embraced by caring, kindness, compassion, empathy, friendship and love. Your work started to give you some meaning and direction in your life as you struggled to adjust to having to rely on others to help you in so many ways you took for granted before.

You decided to study for a university degree, you enrolled, and good marks soon resulted. To afford yourself the opportunity to have a career to fall back on, you also completed a beautician's course where you excelled to become the top student to graduate in your class and were offered a bursary for further studies.

Your studies helped you in your office job and you received the recognition you deserved, were promoted based on merit and skills, not on

sympathy due to your medical condition.

Your social life changed, no more alcohol, and you discovered some friends who felt worthy about themselves. They did not have to hang around in bars, getting drunk. They were proud of who they were and what they had made, and are making of their lives.

This worthiness you started to recognize was also inside of you now.

Your discovery of the Real You, the magnificent person that you really are, your acceptance of your life now and your application to living as a paraplegic made you feel proud of who you have become. The accolades at work, your studies, your friendships, your increasing extra mural activities, the love you started feeling for yourself was mirrored by others in your life.

The way you handled all those setbacks, such as being trapped inside your car when it broke down in heavy traffic with inconsiderate drivers hooting at you. The indignity of being trapped in a toilet for over an hour when your temporary "minder" forgot you were still there. And so on, and so on. You handled each crisis with maturity far beyond your years. You have been an inspiration to many people who work with you, as well as those in your family and social circle.

One day, sitting in a restaurant sipping a non-alcoholic drink a tall, good-looking man caught your eye. Unaware that you were in a wheelchair he seated himself opposite you and started "chatting you up". The mutual attraction was strong. When it was time to go, he waited for you to stand up and was momentarily taken aback when you wheeled yourself away from the table. He recovered his composure and said "I love you even more."

Naturally you were skeptical why such a handsome man would want to be with you - you, confined to a wheelchair. In the days and weeks that followed, he pursued you relentlessly, professing love and even talking marriage. You pushed him away not wanting to put your feelings on the line, waiting for him to lose interest in the novelty of dating a girl in a wheelchair.

But he kept coming back, no matter how nasty you were to him. He was now proposing marriage and your relationship with him become more and more intense as time flew by. You weren't interested in getting married, but you were enjoying the deepening feelings you felt for him and his growing love for you.

After much deliberation, you agreed to make love

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with him, unlike the sex of your previous lifestyle. Although the doctors insisted that the chances of you having a baby were very slim, a miracle (**MIRACLE** - **May I Recognize A Conscious Light Evolving**) occurred.

You discovered that you were pregnant!

He loved the idea, you took a while to adjust to this unexpected news, and your friends stood by you and encouraged you with love. Your family had reservations but soon warmed to the idea of being grandparents, uncles and aunties. You planned to move into a home together and to set a wedding date. Your employer was totally supportive, once again keeping your job open and paying you with as much time off for maternity leave as you needed.

You can't wait to meet this baby, to treasure it in gratitude for the miracle of your life now.

Now, just imagine if you were still in your previous state of unworthiness and you fell pregnant. Perhaps the father could have been one of many possibilities and you would have considered, even sought, an abortion as soon as practically possible.

So, to return to your now "Good Luck", the acronym for **LUCK** being "**L**ove **U**nderstanding

Conscious Knowledge" can now be more fully understood by you.

You have discovered your worthiness in your wheelchair. You have a promising career, your education is progressing with many top marks being recorded, you have the man of your dreams at your side, you have a healthy baby growing inside of you that will be loved and cherished and show you the meaning of love and dependency. You experience real friendship and love for Who You Really are from yourself, your husband-to-be, your family, friends and co-workers. Your health is improving and you have discovered your spiritual nature.

Can you see that no matter how traumatic your accident was, you chose it to manifest. Everything happens for the best - it is only a function of time until you realize it.

God will always give you what you need, when you need it, and you will always be able to handle it, if you learn to **TRUST - To Rely Unto Spirit Totally.**

One last question: Are you now ready to go for your three month medical check-up?

Now I'm ready because I am so lucky to be in this wheelchair!

Is Your Spouse A Devil Or An Angel

Oh, what a usual tale is about to unfold before you with an unusual ending.

A wife, in her late thirties, is bereft. Her husband is pushing 40, has found a younger lover and left her and her children to live with this younger woman.

The wife is angry and resentful. "I gave him the best years of my life and now who is going to look after me, who wants a tired looking, almost forty-year old woman? I gave up my promising career to have his children and to make a home for him. I have been out of work for 10 years; I'm not trained for anything. I have been dumped emotionally, physically and financially. It's just not fair!"

I'm going to the best lawyer there is. I'm going to

make him suffer. He thinks he can do this to me, just wait and see what I do to him! I'm going to bring him to his knees. I'm going to ruin him. Let him beg me to come back and then watch where I'm going to kick him!"

Wow, that's some anger there!

"Of course, why shouldn't I be angry, he is a devil and he is going to get it from me!"

Would you ease up a bit so We can show you the "Bigger Picture" here?

"Well, I've read some of your other lessons, so I am prepared to listen."

Thank you, it pleases Us that you are prepared to listen because, if you give Us the time, We will show you how your attitude can change and your husband, the devil, can become your ex-husband, the Angel.

"That I would love to see - You obviously don't know him like I do!"

Oh, We know him a lot better than you think because We have been with him since he was born, as We have with you.

Let us start with your intention to damage him

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financially. Why would you want to do to him what he is already going to do to himself? According to the Law of Cause and Effect and the Law of Karma your husband, through his actions has dropped a pebble into the water. The ripple effect of this will cause a ripple that will build into a wave, which will develop into a tidal wave. That tidal wave of consequences following his actions, in this case "negative and destructive" actions, will do more damage to him than you could ever possibly do to him yourself.

Of course, if you decided to do "negative and destructive" actions to him, you would also precipitate the Law of Cause and Effect and the Law of Karma against you, with similar consequences.

Let us show you the unfolding picture here. Your soon to be ex-husband has to provide financially for you and for your children. In addition, his new girlfriend now wants what you have got. Maybe working full day, she can't be at her best for him, working half-day her income is reduced and she has more leisure time to pamper herself for him but that all costs money. So, he now has two houses to run. His partner in the business is not happy because he is drawing more from the business than his partner to afford the extra expenditure and the business can't afford all this additional expenditure. The business needs the

cash to buy stock in order to stay profitable. While this is taking place, the customers notice that your husband is not so easy-going and friendly as he was before. His need for money starts to impact on his relationships and friendships in his business. He becomes difficult with his customers and they start to go elsewhere for their needs. Business drops off, personal drawings increase, bank overdraft levels are cut, his partner wants out of the business.

Of course, all this financial pressure is making him pretty difficult to be around. His new girlfriend can't understand why this fun-loving man is suddenly so difficult. He snaps at her, can't afford to take her out and his sexual performance has taken a dive with all this financial pressure.

Now, what did you want to do to him to make him suffer and bring him to his knees?

If you had, you would also have created a tidal wave for yourself. Why bother, he looks like he is doing enough damage to himself. His health is suffering, his love life is about as exciting as that of a celibate monk, his finances are in the toilet, his emotions are stretched to breaking point, spiritually he has lost the plot completely and his new girlfriend is irritating him. His married

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friends have disowned him. His single friends find him difficult to be with. His girlfriend's friends listen to "strange" music and speak a "different" language to him. His own kids have lost respect for him.

So, as you can see by choosing consciously to let him be, by detaching yourself from him, you can let him self-destruct through the consequences of his actions. This is his self-journey; you must respect that and let him be.

However, We can't understand why you are so upset? It must be that you have forgotten that your soon to be ex-husband and you had a Soul contract made in Spirit before you came to the earth plane.

The contract was - you needed to find your own path, not being dependent on male energy to protect you. You chose an overbearing, protective father, a brother who brought you down because you were an "inferior" woman and you chose a husband who abused you by depriving you of your independence, damaged you financially and mentally, and then broke your heart emotionally. These male energy Soul contract partners have all played their part to bring you to the place you now find yourself in.

Now you are given the opportunity to develop

the masculine energy inside of you, without affecting your innate femininity, so you can develop your self-worthiness. You do not need a man in your life to protect and provide for you. You can develop those skills for yourself. You can learn to wire a plug. You can learn to mow the lawn or organize for someone to do it for you. You can learn to protect yourself, to take responsibility for yourself. You can learn a skill, get a proper well-paid job and provide financially for yourself. Your children can look up to you with respect, honor and pride for being their mother and their "father".

You are multi-faceted; you can do anything you put your mind, heart and Soul into. You can find your independence. You can develop your self-worth. You can develop your self-love. You don't need a man to complete you. You can become whole and complete yourself.

Now you have this wonderful opportunity to become the Real You. When you have found this "whole new you", when you know your self-worth and when you have developed unconditional self-love, then you are ready for real love with a real man.

A real man who desires you for the real, whole and complete person you have become. A real man who does not have to put you down to feel

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better about himself, as your ex-husband did in his insecurities. A real man who can express his tender emotions and show you tender love, respect and honor. In your wholeness, in your new-found light and love, you can find someone worthy of you.

Now is that your soon to be ex-husband, that devil who dumped you? In his insecurities, as he felt himself getting older, he needed to prove to himself, and to his shallow friends, that he could "get" a younger, prettier woman.

Any woman can open her legs but only a worthy woman can open her heart and Soul to healing, growth and evolvment.

Your soon to be ex-husband has given you the opportunity to become a worthy woman. After all, this was your Soul contract with him when you were both Angels in Spirit.

Now you are both Angels in physical bodies on the earth plane - don't forget.

Thank you my soon to be ex-husband for being the Angel you contracted to be to give me my freedom to find my self-worth, my-self-love, to find the unconditional self-love inside of me as I journey on my own and develop the potential I have inside of me.

I now thank you for being my Angel and for propelling me on this exciting, challenging and somewhat frightening path of self-discovery. I now know that everything I need is inside of me. I now know that I am never alone, I have God, my Guides and my Angels, on earth and in Spirit, to help me.

My soon to be ex-husband, thank you, you have played your part in our Soul contract. I am now detached from you. I no longer need you; I release you in love and in light.

Thank you my Angel, my soon to be ex-husband, for my wings - to fly to discover Who I Really Am - a part of God.

Happy Birthday!

Would You Like Some Presents?

It's your birthday, many happy returns of this special day.

How old are you today?
Is that number worrying you?
Why?

Would you like a present? How about picking an age you would like to be?
Here is your first present - without gift wrap!

If you did not know how old you are today, how old would you like to be?

Forget about your recorded date of birth, that is simply a number. How old, realistically, would you be if you were honest with yourself? If you are say 50, would you like to be, say 35? If you are 75 would you like to be 55? If you are 30, would you like to be 21 again? If you are 30 would you like to be 40? (Thought We would ask, just in case!)

If you did not know how old you are, how old would you be?

What then is stopping you from being that age, your realistically preferred age?

If you are 50 let's say your realistically preferred age is 35. Can you be 35? Can you dress, act, speak, live like a 35 year old? Can you think like a 35 year old? Can you be 35 again?

Well do it - that's that then!

Did you like your present?

Now that you are your realistically preferred age, what would you change about yourself? Any people in your life now that you would prefer to no longer associate with? Poof - all gone! What's preventing you from making them go?

After all the previous lessons you have read, you know you can't change them, at best you can only change You by coming from Soul, from love.

Well, if you are really happy where you are, and they are still in your space and you feel uncomfortable about that, you have two choices.

Firstly, go through the "mirror thing" and see

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what it is that they represent to you, about you.

Alternatively, if you have decided that it's enough growth for a while, you simply want to kick off your "growth" shoes and put your feet up on the coffee table and relax, so be it.

Then it's time to tell them to go out of your life!

That's your next birthday present.

But don't worry they, or someone similar, will be back in your life, holding up a mirror, at some stage. You can deal with it then but for now, you probably need a break.

Give yourself another birthday present - give yourself a break - you deserve it, it's been hard work, working on yourself.

Anyway, this is a journey of self-discovery; it's a long distance marathon through eternity. It is not trying to break 10 seconds for the 100 yards sprint or breaking the four minute mile barrier.

Like another birthday present?

Okay then, know that if you don't get it "right" this time around, you can visit the earth plane again and again, and again. Cut yourself some slack, it's okay to leave things undone, not every

post has to be the winning post! Put your feet up, relax, breathe, and enjoy yourself.

After all, you are now 35 years old; you have gained an extra 15 years a few short minutes ago. So take it easy on yourself, and on others. Give everyone a break!

So give yourself permission to stop and smell the flowers - that's another present.

Would you like to see all your birthday gifts one more time?

Your first present was - If you did not know how old you are, how old would you be?

Second present was taking 15 years off your age by giving yourself permission to think, act and be 15 years younger. Third present was removing people that irritate you out of your life. Fourth present was giving yourself a break. The fifth present was acknowledging that you can leave things undone. You have eternity to come back here again, and again, and again to get your karmic debts balanced. Sixth present is giving yourself permission to stop and smell the flowers - the world is not going to fall apart, not just yet!

So it's still your birthday - feeling better about it now?

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We hope you enjoy all your new presents you have given yourself.

Want two more for the road?

BIRTH - **B**efore **I** Reach **T**he **H**eavens

AGE - **A**lways **G**rowing **E**volving

The Little Bubble

Welcome little bubbles. Each one of you on the earth's plane came into this place alone and each of you will leave alone.

You are a little bubble. What you put in your bubble will depend on the choices that you make. Clear, pristine, neat bubbles or dirty, untidy, rubbish strewn bubbles are the reflection of the choices made.

CHOICE - **C**ourageously **H**elping **O**ne **I**n
Choosing **E**volvement

Choices made in consciousness of your being part of God or choices made in unconscious reactions to selfish needs of instant gratification will determine how your bubble looks, and operates.

Some bubbles cluttered with uncleared debris of choices bump along the ground, knocking into

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other ground-hugging bubbles also struggling along with uncleared debris of previous choices.

The more pristine bubbles appear to effortlessly fly, at will, up above the clouds in majestic glory.

When a bubble finds other bubbles to join, they become "atom-like" in their structures. Bubbles connecting to other bubbles, create family-type structures. Bubbles connecting to other bubbles like the structure of a beehive, in work frenzied activity. Bubbles connecting to each other, in pairs, on moonlit nights. Bubbles connecting to thousands of other bubbles in group like activities, such as, sports matches, wars, peace rallies.

Bubbles move around to create energy with others. When one or more bubbles join each other and, providing they are in sync with each other, then synergy results. This one plus one equals three form of synergy might be for perceived "good" or "bad" activities. These are some of the choices made in consciousness or unconsciousness.

At any given time each bubble can be changed by conscious or unconscious choices. Dirty bubbles can be made pristine, pristine bubbles can be made dirty.

A bubble co-joining with other bubbles in atom-like structures selects that positioning for a reason. The need to create family-type structures, work-like structures, play-type structures, romantic-type structures, or individual-type structures all depends on the needs and wants of a bubble.

Remembering previous lessons, needs come from Soul and wants come from Ego.

When that bubble has needs or wants to join, or leave, an atom-like structure they make choices, consciously or unconsciously. Consciously, implies coming from Soul, unconsciously implies coming from Ego.

Perhaps a bubble wants to join a family or a work group or a play group, and then its conscious or unconscious choices will determine its level of pristineness or dirtiness.

Perhaps a bubble wants to leave a family, or a work group or a play group, and then its conscious and unconscious choices will determine its level of pristineness or dirtiness.

The one constant is **CHANGE** - **C**learing **H**ealing **A**nd **N**ew **G**ifts **E**merging. A bubble will change from one group to another as it grows and evolves. Staying with a familiar group of bubbles

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may be comforting but it takes courage to leave the familiar and travel into the unknown. However, opportunities for growth and evolvment are in the unknown, the uncertainty, the insecurity. The known has known, limited, opportunities for healing, growth and evolvment. The unknown, the uncertainty, the insecurity has unlimited opportunities for healing, growth and evolvment.

Leaving the comfort zone of the familiar, the family, the known group, takes courage and commitment - oh but what growth awaits you!

When change occurs and the little bubble chooses to, or is forced to, move from the familiar to the unfamiliar only one thing is relevant. The freedom to choose its attitude. **ATTITUDE - Approaching The Tasks I Thank U Deity Everytime.**

If the choice of attitude is conscious then it is a choice of love and gain. If the choice of attitude is unconscious then it is a choice of fear and loss.

LOVE - Let Our Vibrations Evolve and GAIN - God And I Now

FEAR - False Evidence Appearing Real and LOSS - Leaving Our Self Sad

Change is inevitable for every little bubble. If the change is accompanied with an attitude made in consciousness then the **C**learing **H**ealing **A**nd **N**ew **G**ifts **E**merging can be new gifts emerging sought for enthusiastically in love and gain.

When change is anticipated in love and gain, then fear is absent and no loss is envisaged, only gain. Then change is opportunistic and healing, growth and evolvment is guaranteed.

Therefore, every little bubble can know that it will always be changing from the familiar to the unfamiliar. If this change is accompanied by a conscious attitude of love and gain, then healing, growth and evolvment is assured.

In this way age can be respected and revered. Currently, in the earth's plane in many societies age is seen as something to dread as in "old age". However, in certain societies, age is respected and revered. It is in these societies that they understand the acronym for **AGE** - **A**lways **G**rowing **E**volving.

So little bubble, knowing you came into the earth's plane alone and knowing you will be leaving alone, look forward to your continual journey embracing continual change with other little bubbles, with an attitude of love and gain,

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for your healing, growth and evolvment.

Respect And Reverence For Age

AGE - *Always Growing Evolving*

Who does not want to always grow and evolve?

Those who do not want to grow and evolve - those who are satisfied with where they are now - to those people, We wish you well.

Those who do wish to **AGE** - Always **G**rowing **E**volving, you have chosen to be conscious about your journey of self-discovery towards worthiness. That is the reason you are reading this right now.

We congratulate you on your **AGE** - **A**lways **G**rowing **E**volving. Whatever your birth certificate says about your age, it is only a number, that is not your AGE, that is the number of times you have celebrated the anniversary of your birth.

How important is your age to you? Some people are old at 25 and some people are young at 95. Age is only an attitude - your attitude towards your age and other people's attitude toward your age.

If a young person at age 20 lounges around all day without contributing anything positive to his life or to society he may be called, unfriendly by some, an "oxygen thief".

If a man celebrating his 100th birthday attempts to beat "the 100 yards in 2 minutes" barrier, he is using a lot of oxygen in praise of his life. Who is old - the 20 year old or the 100 year old?

In certain societies on earth, old age is revered and respected. There are other societies who turn their back on old age people hoping they will go off and die quietly without causing too much fuss and bother!

Every person who avoids "accidents of whatsoever nature" grows old in time. If that person was a parent, he or she worked hard to provide for their children. They had sleepless nights caring for them when their children were ill, changed them and their diapers, fed them, clothed them, bathed them, put them to sleep, watched over them to make sure they fell asleep

peacefully, and came running in the middle of the night if they cried out, soothed them, treated them with respect and gave them love.

These parents provided love, material possessions and time to their children for up to 25 years. Surely, according to the Law of Balance, and so many other Universal Spirit Laws, there should be willingness out of love, let alone an obligation, possibly out of fear, to give back to these parents what the children received from them.

As a child, if you adopted this attitude of gratefulness and graciousness looking after your parent, or parents, as they looked after you, would you not expect your children to follow this example and to look after you in gratefulness and graciousness.

You should do it because you want to, out of love, respect and reverence for your parents. You should expect it from your children out of their love, respect and reverence for you, providing you also gave them love, respect and reverence.

People, who have the benefit of **AGE** - **A**lways **G**rowing **E**volving, are the ones who give, love, respect and reverence to their children and to their parents. People who have the benefit of **AGE** - **A**lways **G**rowing **E**volving - can expect to

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receive love, respect and reverence from their children throughout their lives. These people can also glow in the light of love, respect and reverence they receive from their parent, or parents.

People with **AGE - Always Growing Evolving** - can have celebrated many, many anniversaries of their birthday. The number of these birthday anniversaries, whether they are 3, 30, 60, 90, or more only have relevance to determine how old they are - not their **AGE - Always Growing Evolving**.

OLD is to acknowledged and respected. **AGE - Always Growing Evolving** - is to be loved, respected and revered.

So an "older" person who has continually practiced being - **Always Growing Evolving** - for 60, 70, 80, 90 or 100 anniversaries of their birth date can be looked up to in awe, respect, love and reverence for the number of days that they have been practicing how to be Always Growing Evolving.

Their AGE should be loved and embraced instead of being dismissed as "old age", which is generally feared. People with AGE should be listened to, reverently, for the wisdom they have acquired, for the joys, and sorrows they have

experienced and they should be valued for the experiences of life's journey they have to share with those who want to listen and learn.

People with AGE are never "old", because "old" implies to be "put up with", no longer required or to be replaced with something new.

People with **AGE** - **A**lways **G**rowing **E**volving - should be respected, revered and loved for they are never "old".

On The Side Of Healing

Frication and conflict is necessary to create growth, evolvment and healing in the duality that exists on what you know as earth.

Let Us illustrate:

A frail match which, when struck against the side of a matchbox, creates friction. The match is in conflict with the abrasive part of the matchbox. The friction created by the abrasion creates a spark, the spark creates a flame. What is done with that flame is the all-important issue? From the conflict, or friction, the flame has erupted, the match is now alight, enlightened. If that match is used to light a candle, then darkness no longer reigns, there is light. If that candle is used to light other candles in every room in the house,

then the house is now enlightened. If that candle is transported to the houses next door, then their houses are now enlightened. This light can now be transported all over the world, creating enlightenment. To illustrate that even further, the match that is struck to light the Olympic Torch that is carried from country to country and arrives at the Olympic Games is seen by billions of people as a symbol of hope and unity. The nations which compete against each other do so for glory rather than on the battlefield with death and destruction being the result. Now, through the Olympic Games, hope and glory can be the symbols signified by the Olympic Torch, lit by a frail match.

Conversely, a frail lighted match thrown carelessly, or intentionally, into the bush can start a bush-fire, and carried by the wind, can engulf cities and towns damaging homes and lives irreparably.

It is the same frail match. It is the intention behind use of the flame that determines the outcome.

And so it is in human relationships when two ego's strike against each other, friction is caused and eruptions occur. As both parties have their own sides, so they stand on the own side feeling that they are right. As We have said in the first

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lesson "Do you wish to be right or happy?" So as they stand on their sides, they bring their egos into play. These egos have become engorged, swollen and they rally people to their sides to support them. They are victims, look how they have been treated. Encouraged now by this support they then got on their "high horse" and they cannot get off. They cannot show vulnerability, as they do not yet understand that vulnerability is their greatest strength. So their "high horse" gets higher and higher as accusations are leveled - "he did that, she did that, it's so unfair, look how I've been treated".

As the egos continue to strike against each other, two sides are formed, and so a lighted frail match is thrown into the bush and the winds of hate, anger, fury sweep the flame across hills and valleys as homes are razed to the ground. Families are left bereft as the anger and the fury sweeps through all that has been built up. In the process, the egos become so swollen, so engorged, so poisoned and that hate turns inwards and ultimately disease is the victor.

There is another choice - the move from Ego to Soul.

The conflict that is created by ego can be healed by moving from Ego to Soul. That is the journey towards worthiness as spelt out in the various

lessons preceding this one. When you choose sides, there is another choice. You can choose to be on the side of healing. To be on the side of healing is to know that there is only one side when you come from Soul, when you operate from love, when you come from Spirit knowing the only Truth that there is.

God is love, you are part of God, and therefore, you are love.

When you come from love, when you think, act, say and do "What would love do now?" then you have **GAIN - God And I Now.**

On the earth plane there is duality that means that there are two sides. Coming from God with "What Would Love Do Now?" only has one side. We know it is difficult for you to imagine something that has only one side because you know everything to have two sides. If there is one side, how can one side exist on its own?

One side can exist on its own if there is a circle. If you come to know, and remember, that we are all One, then the circle is complete and has no sides. Yes there is an inside of the circle but that cannot be seen, you can only see the outside of the circle. That is where faith comes into play. When you look at something that is flat, there are two sides to it - seen from both sides, you

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can see one side and then the other side, for example you can see the light and the dark. The duality is evident.

When it is a circle, or circumference, you can only see one side, what you may call the outside. You have to get inside to see the inside. That is when you understand that what happens on the inside of you is manifested on your outside. It is the same side, the inside reflects the outside. (However, this is for another lesson)

When we are all One there are no sides, we are all One. When you understand that you are part of God and that God is love and therefore you are love, it is then easy to go through a process of healing when you understand that there is only one side - the side of healing, in love.

By accepting and acknowledging that there is only God, who is only love, you are part of God and part of love and that We are all that together, there is only One. One circle, One Side. The One Side of healing in love.

If you come from the One Side of healing, you come from Soul realizing that any accusation made damages the circle. Any praise made improves and enlarges the circle. So to use the analogy of healing, if you took a knife and trust it into the circle from the outside you would create

a dent or a hole in the circle, affecting it for everyone in the circle. If on the other hand you healed the dent or the hole in the circle, it has been repaired by healing, in love. Love is the only healing that can truly repair damage which appears to be irreparable to become repairable.

Healing the circle through love is to be on the side of healing.

If you can see the conflict differently now, someone is not right and someone is not wrong. Coming from healing with love is to be on the side of healing, the side to which there is no opposition, and the side to which there is no competition. When you come from love, when you come from Soul and you heal with love and you put your hand up to be on the side of healing, then you are all on the same side together.

It's only when you recognize that coming from **EGO**, which means **E**dging **G**od **O**ut, that this creates two sides of conflict. Coming from Soul, from love, manifests the only truth there is - "God is love, you are all part of God and therefore you are love" - then it is possible to heal any conflict. When you take away two sides and realize there is now only one side - healing results.

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The one side is healing, coming from love, coming from Soul, becoming God's partner in **GAIN - God And I Now.**

The choice is always there - come from Ego and look to be right or come from Soul, look to heal in love and be happy, eventually blissful. In your happiness remember you are part of God, God is love and therefore you are love. Love is the healing balm for any conflict.

Therefore, you can see that it is not the conflict that is the "bad" issue; the conflict is created on the earth's plane by friction. Friction creates the flame. It is what is done with the flame that is the issue. The intention of what to use the flame for, for death and destruction or for enlightenment.

Through the healing power of love you can choose which side to be on. The two sides of Ego or the one side of Soul. The sides of conflict or the side of healing. Healing comes from the inside of yourself in order to be reflected on your outside. The ultimate outside is the Circle of Eternal Life, where the truth is known that "God is love, you are part of God, and therefore you are love". With this awareness, or consciousness, you can now be on the side of healing, if you so choose.

You Can Only Heal What You Feel

Feelings are the language of the Soul.

When you want to heal yourself in the physical, you feel the actual pain, or hurt, on the inside of you or you see the actual injury you have and feel the pain connected to THAT physical hurt.

To heal that physical pain you need to clean the wound with disinfectant, put a dressing on the wound and monitor the progress of the healing in case it gets infected further.

In time the physical wound generally heals, perhaps a scar remains and time marches on.

If you could not have seen the wound you could

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not have cleaned it, dressed it and monitored its progress to complete healing. Your pain told you of the existence of your physical wound because your nervous system let you know something was wrong with your physical body.

So it is with your inner body. The emotional imbalance caused by fear of loss sets in motion a domino effect. If you can picture the game of dominoes, whereby the domino pieces are stacked up one after the other in a long line. When you push the first domino, it collides with the second one and each domino in turn collides with the next one until they have all fallen down.

Your fear of loss of something or someone triggers a domino effect within your emotional body. As this fear escalates the dominoes fall down one after the other.

It is not the loss that causes the emotional domino effect; it is the fear of what the loss will mean to you, in your frightened imagination.

This fear is not real yet. That is why **FEAR** is **False Evidence Appearing Real**.

The fear only becomes a reality when you create it in reality. Please refer to the Universal Spirit Laws and the Law of Attention, The Law of Belief, The Law of Exploitation, The Law of Polarity, The

Law of Projection, The Law of Reflection, The Law of Resistance, The Law of Responsibility, The Law of Surrender, and The Law of Vulnerability.

By understanding these Universal Spirit Laws, you will understand that your beliefs create your reality. That which you fear will be created in your reality by your belief system **FEAR** is **False Evidence Appearing Real**, you make the falseness disappear and the reality to appear through your belief system.

What you resist persists!

So back to your fear of loss of something or someone and the domino effect that this fear has on your emotional body.

This fear starts to materialize in your physical body. Most times it goes to places where the body acts as a mirror of these feelings of fear. Your neck gets stiff and sore when you are inflexible. Your feelings of lack of support from someone or something is reflected in backache. If you would like to explore these relationships of how emotional feelings are reflected parts of your physical body then We refer you to Louise Hay's "How To Heal Yourself" as a starting point.

Feelings are the language of your Soul.

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When you want to really heal the emotional imbalances caused by your fears of loss then you have to start by disclosing your true inner feelings.

In this vulnerability, by identifying and disclosing each feeling you can isolate each feeling and by being truthful to yourself find out where this fear of loss came from originally.

How real was this fear of loss before you made it a reality? How real is this fear of loss, which you are still creating into reality?

Most times this fear is false. Your insecurities come from your inability to **TRUST** - , firstly, **To Release Unto Spirit Totally** and, secondly, **To Rely Upon Spirit Totally**, your willingness to "Let Go and Let God", your lack of faith to know that God will give you everything that you need (not what you want) exactly when you need it.

If you could take a leap of faith, your insecurities would vanish. To help you here We are going to repeat The Law of Faith.

The Law of Faith

What would happen to you right now if a miracle occurred and you knew with absolute certainty that God existed and you were part of God?

Assume that you received confirmation that, without a shadow of a doubt, God is here guiding you, protecting you, loving you.

That God will give you everything you need to make you heal, grow and evolve into Being - a part of God.

That you now no longer had to fear anything, that you would not lose anything that was needed for your Higher Good.

That you could love everything and everyone for Who They Really Are, parts of God.

That every pleasure and every hardship you had to experience was for your Higher Good so you could heal, grow and evolve into Being, a part of God.

If you could no longer have any fear and that you could know only love.

What would happen to you right now, and in every successive moment of now, if you believed this to be true?

Do you really want it to be true? Then live your life As If this were true.

Believe it; See it; Do it; Create it!

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Believing is Seeing!

What do you have to lose? Is your life right now better than believing that God is here and you are part of God? That God is love and You are love.

Have faith that God is here with you now. That you are part of God. That God is love. That you are love - and see what happens to your life. Trust the process. Expect a miracle!

MIRACLE - **May I Recognize A Conscious Light Evolving.**

We assure you that before you came here to this plane of existence you know as earth, you were like Us, a Spirit. When you were in Spirit you knew The Law of Faith to be true. Now you must re-member that You are part of God, a member of God and know that there is nothing to fear - God is love, You are part of God, You are love - there is nothing to fear, you cannot lose anything that is for your Higher Good.

There is nothing to fear the loss of. Your feelings of fear, which are manifesting in your physical body as pain, are false feelings. You no longer need to feel the pain - it no longer serves you.

By accepting the Law of Faith you can release your feelings of fear of loss and the emotional

pain in your physical body can be released in love. Thank you pain, you no longer serve me now. In my awareness of Who I Really Am - a part of God - I do not need fear - I am love.

Love is far stronger than fear; fear can diminish and in time disappear altogether.

Your Ego, which created the fear, will fight the loss of its power, however, coming from Soul with "What Would Love Do Now?" will chase Ego away, providing you think, say and act with "What Would Love Do Now?"

By identifying and disclosing your feelings you can heal them with understanding, compassion, empathy and forgiveness.

By being vulnerable to exposing your feelings you can heal yourself completely.

What you feel you can heal. You can only heal what you feel.

Feelings are the language of your Soul.
God speaks this Universal language and can heal You - in your belief and faith.

Losing Or Gaining?

If you consider that in your evolving relationships you have suffered loss through deceit then you consider yourself to be a victim.

If the meaningful other in your relationship has been lost to you either by moving out of your sacred space consciously or unconsciously. By that We mean deliberately leaving you for greener pastures or leaving you because the light you have become is too bright for their darkness to be comfortable with, so they move away further into the darkness, away from the light.

Those who consider themselves fortunate in moving away to greener pastures have forgotten that the reason that the pastures are greener is because that is where the manure is!

Let Us look at what you have perceived to have

lost with this person moving away from you. If the person is the party that caused the unhappiness in the relationship by doing something that was deceitful, untrustworthy, distasteful and proved to be unworthy of you then what have you lost?

Have you lost someone that your can't trust?

Have you lost someone that you have lost respect for?

Have you lost someone you no longer like or love?

Then what have you lost?

Is that really a loss?

The basis of friendship is respect, trust, honor, love. If there is no respect, trust honor or love then what have you lost? All you have lost is someone you cannot respect, trust, honor or love so We ask again "What have you lost?"

Your feelings of loss are based on your insecurities. Your feelings of loss, which are based on insecurities, could possibly be financial, emotional and physical. Your feelings of loss are based on familiarity and comfort zones. Your feelings of loss are based on discomfort of the unfamiliar.

Your feelings of loss are based on the fear of loss

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not on the loss itself. It is time for you to have faith and belief. It is time for you to have TRUST - To Release Unto Spirit Totally and then To Rely Upon Spirit Totally It is time for you to know, learn and remember that God will always give you what you need, when you need it. Based on this understanding and learning to trust, there is no need for you to have any form of insecurity and any form of loss. Once again, We refer you to the Law of Faith. If you truly believe that you are part of God, that you and God are One, that God is love and you are love then there is nothing to fear. You will never lose anything that is meant for your Higher Good.

The loss that you have gone through was designed to show you your worthiness. To show you that the only love that you require is the love inside of you, your unconditional self-love and so now We turn to Gain.

What have you gained? You have gained control of your sacred space. You have gained knowledge that **GAIN** stands for **God And I Now**. You have gained knowledge that you are part of God, that God is love and you are love. You have gained the knowledge that there is nothing to fear if you know you are love. You have gained the awareness of your conscious decision making ability to respond not react to circumstances. You have gained awareness of your spiritual nature,

that you are a Spirit with a body, not a body which has occasional spiritual interludes. You are Spirit first and foremost occupying a body on the earth's plane. You have gained conscious awareness of your worthiness, of your unconditional self-love.

You have gained awareness that you need to be whole and complete within yourself. You cannot rely on others to complete you or to be dependent on others to complete you. You must complete yourself.

When you are whole and have your own self-love, then you can find someone who is also whole, who also has their own self love and together you can create the synergy of real love based on mutual respect, trust and love.

You have gained the knowledge that you can be happy and you do not need to be right. You have gained the knowledge that you can move from Ego to Soul by saying "What would love do now?"

You have gained the knowledge that the only meaning anything has is the meaning that you give it.

You have gained the knowledge that feelings are the language of your Soul and that God speaks this universal language.

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You have gained the knowledge that everything you need is inside of you. Your unconditional self-love comes from inside of you. You have gained the knowledge that people in love do not hurt each other. You have gained the knowledge that everyone is an Angel, that every Soul which houses a body is an Angel in Spirit, on earth.

You have gained the knowledge that everything that is in your sacred space is a mirror reflection of yourself and those mirrors can be used on your journey towards worthiness as you seek to grow, evolve and heal.

You have gained the knowledge of how to change your belief system about you. You have gained the knowledge that you cannot change anyone else. At best you can only change yourself as you come from Ego to Soul by thinking, saying and doing "What would love do now?"

You have gained the knowledge that you can move from Ego to Soul, you can move from "I want" to "You need".

You have gained the knowledge that you can hear with your Soul not only with your ears. Hearing from your Soul means coming from love saying "What would love do now?"

You have gained the knowledge that vulnerability is your greatest strength and that is a very strong gain.

One of your biggest gains is understandably that your attitude and your intentions are the driving focus that bring your thoughts into creative reality. You have gained the knowledge that age is to be revered, respected, honored and because **AGE** is not a function of numbers but stands for **A**lways **G**rowing **E**volving, so it pays to respect people who are always growing and evolving so you can learn from them.

One of the greatest gains you have achieved is that you are not on the side of right or wrong, you are on the side of healing. The side of healing only has one side, not two sides. It is like a ball which only has one side. The outside is the same as the inside. What you are on the inside reflects on the outside.

You have gained the knowledge that you are not a victim but a beneficiary. A victim is one who suffers loss and a beneficiary is one who has encountered gain.

Knowing that **GAIN** stands for **G**od **A**nd **I** **N**ow and that should be the only gain you require now, knowing that God is your partner as you create your own reality.

So, in conclusion, there is no loss there is only gain and what appears to be loss is gain after a suitable time has elapsed. Everything happens for the best; it is purely a function of time until that becomes evident.

In balancing the books between what you have lost and what you have gained, as your relationships evolve, know that your gains far exceed your perceived loss. You now have a solid foundation on which to build your future through your attitude and through your intentions. May you always remember **GAIN - God And I Now**. God is love, you are part of God, you are love, and so you gain in that knowledge.

Vulnerability Is Your Greatest Strength

We have said before that vulnerability is your greatest strength. (The Law of Vulnerability). Many people see that being vulnerable is a sign of weakness. Many people see that being vulnerable is an opportunity for someone else to take advantage of you.

Many people see vulnerability as weakness. Your society has shown you that you must keep a stiff upper lip. You have been shown that you must keep an exterior facade to show that you are in control of your life. Nothing can penetrate that exterior facade and you keep up the image that everything is well, everything is fine. Inside you, you feel quite the opposite but society has taught you to keep a facade going.

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Many people do not understand the term vulnerability. They need a symbol to explain it to them. When you are vulnerable, you allow exposure to your Soul. The only thing that can connect to your Soul is another Soul. Ego cannot connect to a Soul. Ego can only connect to ego. We will use the symbolism of a tortoise in its shell to illustrate vulnerability.

The tortoise has the protection of its shell. When attacked or under any threat of any sort, the tortoise goes inside its shell which is impenetrable to most of its attackers. When the danger appears to have abated, the tortoise allows its head and feet to come out of the shell and then it may continue on its slow journey.

A tortoise shell represents Ego with the protection of its "facade". If the tortoise is turned upside down it is now defenseless and vulnerable.

Yes, there are people who are full of Ego, who are child-like, and animalistic, in their immature approach to life no matter how many years they have lived on earth. These people will attack the overturned, vulnerable, tortoise. It is their Ego which empowers them to take advantage of the vulnerability of the tortoise. Perhaps they may even destroy the tortoise in its vulnerable state of being turned upside down.

However, when the tortoise is turned upside down it says I trust you to help me by picking me up and turning me the right side up. I am being vulnerable is the symbolism here as the tortoise is saying: I trust you; I trust you at Soul level to honor, respect, trust and love me at Soul level.

What happens to the person to whom this vulnerability and trust is being shown? The person to whom the symbolism of the tortoise is shown. The person who says "Thank you for trusting me with your vulnerability. I am honored that you think that I am worthy, at Soul level, to be trusted with your vulnerability, I respect you in your vulnerability, at Soul level, and I am proud that you respect me enough to trust me with your vulnerability. Thank you for seeing the worthiness inside of me that you can honor me, respect me, trust me and love me to show me your vulnerability. In turn I will honor you, respect you, trust you and love you at Soul level because you have honored, respected, trusted and loved me."

Inherently everyone wants to be loved, respected, honored, admired and trusted. This is Who They Really Are at Soul level.

This vulnerability has now created a loving friend, that loving friend will now stand by you

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and, more importantly, that loving friend having been exposed to your vulnerability will expose their vulnerability to you. This loving friend will now tell you their innermost secrets because you have allowed them into your sacred space through your vulnerability. They will now feel comfortable to reciprocate their vulnerability to you.

They feel comfortable now to honor you, to respect you, to trust you and to love you by explaining their areas of vulnerability to you. From this is formed a very strong bond of friendship, a bond of love.

So this vulnerability that you initiated cut through all the defenses - yours and theirs, like a knife through soft butter. All those years of building up defenses to protect you from your vulnerability, from your inner feelings. All those facades, all those secrets and lies, all those feelings of insecurity that you covered up with facades, all of that toughness, that exterior, that armor that you placed around yourself to protect you from exposing what you really feel about yourself, that you did not want to confess to other people, let alone yourself, has been sliced through like a knife through soft butter.

You simply became vulnerable. In that vulnerability you trusted someone whose trust

proved justifiable. Someone who said "Thank you for honoring me, thank you for respecting me, thank you for trusting me, thank you for loving me. Thank you for providing a bridge between our Souls so the vibration of love could travel along."

LOVE - Let Our Vibrations Evolve

Love can only come into being if there is vulnerability and perhaps love could also be **Let Our Vulnerability Emerge**.

For those who can become vulnerable and find those who they can honor, respect, trust and love, who in turn are vulnerable to them, they can now really start evolving if they are **AGE - Always Growing Evolving**. In that way they heal themselves and can speed up their journey of evolvment from Ego to Soul, from unworthiness to worthiness as they travel towards the Ultimate Light, the Ultimate Love, they perceive as God.

Vulnerability is your greatest strength; it is the key to the treasure chest of love, to your journey of **AGE - Always Growing Evolving**.

So you can heal and progress on your journey - which is your Soul contract on this physical plane you know as earth.

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Many of you will not feel comfortable by being vulnerable as you consider that by being vulnerable this will open the door for you to be taken advantage of. Yes, that is a possibility; however, being vulnerable to someone who you instinctively know cannot be trusted, someone who cannot honor, respect, and love you, someone you cannot trust, is not the person to be vulnerable to. This person is full of Ego and has hidden their Soul. At that point should you be vulnerable to this unacceptable egotistic person, then you will be abused by them, lose something valuable to you and become a victim.

You have a detective system inside of you to detect someone who is unworthy of your vulnerability. Feelings are the language of your Soul. Trust your feelings!

If you come from Ego, you will be attracted to egotistical people. If you come from Soul, you will attract Soulful people to you. Vulnerability is one Soul joining with another.

Being vulnerable to find your greatest strength is not a suicide mission by placing that vulnerability into ego-based hands. Being vulnerable is to become conscious and aware and to select people at Soul level to whom honor, respect, trust and love are second nature.

This will create a bridge on which honor, respect, trust and love can travel both ways, spanning the sacred space between your Souls.

LOVE - Let Our Vulnerability Emerge

LOVE - Let Our Vibrations Evolve

This person can now truly be called a Soul-mate.

As We have said before you are all Soul-mates. You are all Souls, you have all come from Spirit to occupy physical bodies on earth, to fulfill your Soul contracts with each other. That is why We have said before you are all Angels, at Soul level, to fulfill your Soul contracts. Even murderers and rapists are Angels, at Soul level, however on earth their Ego's are playing out Soul contracts on their Soul journey.

That is why We say do not judge - you are all Angels. You are all One with God.

What is the magic formula to ensure that you always come from Soul, not from Ego, to ensure that you show and share your vulnerability with others in honor, respect, trust and love.

The magic formula is to think, say and do: "What Would Love Do Now?"

When you deal with yourself and with others

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always come from Soul with "What Would Love Do Now?"

Being vulnerable is not weakness, vulnerability is your greatest strength as you empower others to come from Soul and treat you with respect, honor, trust and love. So you in turn can treat them with respect, honor, trust and love by thinking, saying and doing - "What Would Love Do Now?"

An Attitude Of Gratitude

ATTITUDE - *Approaching The Tasks I Thank U Deity
Everytime*

GRATITUDE - *Great Attitude*

You have all been told at differing times in your life to "Count your Blessings". Some people prefer to moan and groan about what's wrong with their lives in preference to counting their blessings about what's right in their lives.

It's your **CHOICE** - **Courageously Helping One In Choosing Evolvement**

You have free will. From your choices flow many universal spirit laws such as the Law of Cause and Effect. We recommend you visit or revisit the Universal Spirit Laws to see how choices that you make via your free will work through so many of

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these laws.

Your choices have consequences. It is like dropping a stone into a pond, the ripples are the consequences. The ripples are the ripples. The ripples do what ripples do - they ripple. They do not judge whether the stone was "good" or "bad". The size of the ripple is determined by the size of the stone. So it is with consequences from action, consequences from thought and consequences from words said. The magnitude of the thoughts, words or action set into process the consequences. The consequences are the consequences playing out the results of the thoughts, words or actions.

"Good" intentions done by thoughts, words or actions create "good" consequences. This may not be immediately apparent but eventually these "good" consequences play themselves out.

"Bad" intentions done by thoughts, words or actions create "bad" consequences. Once again these ripples may take time to manifest and play themselves out.

These consequences, if not accounted for in one lifetime, will then be played out in other lifetimes of your Soul's journey. The consequences are inescapable, they will eventually be played out - always and all ways.

If you approach your life with an Attitude of Gratitude, you are thankful for everything that happens in your life, whether initially perceived as "good" or "bad".

With an Attitude of Gratitude, you come to understand that everything that happens, happens for the best - it's merely a function of time until that is realized.

There is no "good" or "bad" because there is no "right" or "wrong" side, there is only one side - the Side of Healing - You can only Heal what You Feel.

If you are on the Side of Healing, then you can heal, evolve and grow. That is your journey on the earth's plane for you, as a Spirit, to occupy a body, so you can experience Soul Contracts you willingly agreed to in Spirit, play them out so you can heal, grow and evolve on your spiritual journey towards the Ultimate Light and Love you, sometimes, call God.

God is love, you are part of God, you are love.

You all, as parts of God, are experiencing all of life, so God can be God, and know every experience. God is whole and to be whole every experience is required. That is why there is no



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judgment of what is perceived to be "good" or "bad". Everything is ultimately experienced and eventually through growth, evolvment and healing, coming from understanding, compassion, empathy, and forgiveness, trust evolves.

TRUST - To Release Unto Spirit Totally and then to

TRUST - To Rely Upon Spirit Totally

Once trust is established, then you begin to know that God will give you everything you need, not everything you want, and the timing will always be perfect.

When you need "good" or "bad" it will be given for your growth, evolvment and healing.

Trust God to know what you need, exactly when you need it for your growth, evolvment and healing as you progress on your spiritual journey towards re-memembering and becoming the part of God you always are.

Trust God - Let Go, Let God.

With an Attitude of Gratitude, trusting God becomes easier to do.

Be grateful for knowing you are always a Spirit - eternally.

Be grateful for knowing you are part of God, God is love, you are love.

Be grateful for being love, for the love you give and for the love you receive.

Be grateful for knowing that you are Spirit temporarily occupying a physical body on earth.

Be grateful for the perfect health of this physical body, which perfect health is in your mind to create and sustain with your thoughts.

Be thankful that your thoughts create your reality on earth.

Be thankful for the love of your family, your friends, your co-workers, your livelihood, your home, your material possessions and your non-material possessions.

If you like you can name everyone and everything you are thankful and grateful for.

Be thankful for the opportunity to be in the physical plane of earth so that you can experience life to enable you to play out your chosen Soul contracts.

Be thankful for your opportunities to grow, evolve and heal.

Be thankful for your trust in God.

Be thankful that God gives you what you need, when you need it, to grow, evolve and heal so you can re-member and become the part of God that you always are - eternally.

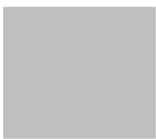
Be eternally grateful for everyone and

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everything.

Be love - say do and act with one attitude -
"What would Love do now?"

Have an Attitude of Gratitude - always and all
ways.



Next Customer Please

When you hear the word "customer" do you feel a knot in your stomach or do you feel your lips turning into a smile?

Do you perceive the customer - the one ultimately paying your pay-check - as an enemy or as a friend?

We have been asked to explain "What Would Love Do Now?", not in the context of a love, emotional relationship but to quote the person asking "in the real world".

Well, what could be more "real" than attending to your customer, the one who may pay you for a product or a service which could materially affect your livelihood? Is that real enough?

When you deal with others with "What Would Love Do Now?" you honor them, you respect them, you trust them and you love them. This

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allows them to honor you, respect you, trust you and love you.

Assume you are selling your services or products to a customer and if you come from Ego (Edging God Out) and try to control and manipulate the customer they could be persuaded that your service or product is ideal for them. This control and manipulation, through possible lies, deceit and dishonesty and by taking advantage of your specialist knowledge, and their lack of knowledge could convince them to pay for your product or service, which may not really be suitable for them. Through this control and manipulation your Ego finds their Ego, and through clever words and promises they become the acquirer of your service or product and you acquire their money in exchange.

However, this will be a short term relationship and when your product or service does not deliver the promised expectations and the customer becomes dissatisfied, they will work against you at Ego level. They will tell others that you cannot be trusted.

Conversely, if you are selling a service or product to a customer, if you honor them, if you respect them, if you trust them and if you show them love they, in turn, will feel your sincerity and your integrity. They will honor you, respect you,

trust you and love you. At Soul level, if the service or product is really suitable for them and will be beneficial for them in the short term, and in the long term, then they will become your friend and you will become their friend. They will become your loyal customer providing you treat them as you would a trusted friend.

These customers will now bring their friends and associates into your customer circle. They will advise others that this is someone you can trust as a friend. This is someone who I endorse. If you trust me you can trust him/her.

All it took was to come from Soul, to honor, to respect, to trust and to show love to the customer and allow them to honor you, to respect you, to trust you and to show love to you.

Therefore "What Would Love Do Now?" is the magic formula, whether it is in the "real" world of making a living or the "real" world of emotional relationships. A friend is a friend no matter where the friendship is consummated.

In lesson 16 Marriages are for Growth not for Happiness We explain true friendship. Relationships based on friendship are voluntary associations. Both friends in the relationship expect the other to act in the best interests of

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the friendship. Trust, respect, confidentiality and love are taken for granted as true friendships develop. There are no contracts, no formal commitment in a true friendship. Expectation levels are always met as they are set at realistic levels. Both friends treasure the true friendship and would not want to damage it at any cost.

True friendships last 10, 20, 30, 40, 50 or even more years. True friendships can endure friends living apart at opposite ends of the world, if circumstances so prevail.

True friendship is seen through the heart of Soul - not through the eyes of Ego.

True friendships come from Soul, from Love. There is no room for Ego in true friendships.

Now perhaps when you say "Next Customer Please!" you can start to sense the beginnings of a wonderful friendship. You feel your lips curl into a smile as you greet your new friend in honor, respect, trust and love by saying to yourself "What Would Love Do Now?" Your sincerity, integrity and love will shine from inside of you radiating out to your new friend.

I Can C Clearly Now

As you have learnt by now, attitude is one of your greatest strengths : or weaknesses - depending on your attitude.

It depends on how you perceive, or see ("C") things. In a channeling session with a young lady recently, the Channel was visited by a new Guide who was introduced as Oscar.

The young lady, a truly worthy Soul, identified her previous choices of friends, based on certain physical and emotional strengths and weaknesses. This young lady, in her vulnerability, traced these choices on a childhood incident whereby she was made to feel unworthy by a fellow schoolgirl. What appeared to be a typical malicious remark by a 12 year old schoolgirl, herself no doubt feeling insecure about her own physical development, made a cutting remark, emotionally scarring her "friend" - now the young lady in question.

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This young lady selected her friends, thereafter, to "show" her schoolgirl friend that she could get well-built, good looking men to be her friends. However, these men friends were not as emotionally strong as they were physically strong and good looking.

Of course, twenty years later the schoolgirl "friend" was long gone but still the young lady chose her men friends, her ex-husband and others, using the same criteria - well-built, good looking and not so strong emotionally.

Working with the Channel in her vulnerability and integrity she realized that she was not succeeding in forging a meaningful emotional, spiritual and physical relationship with someone who was also a truly worthy Soul but always found herself selecting "shallower" people.

Enter Oscar, from Stage left!

Oscar, the Guide, explained that this young lady was **O'Scared** of letting go of her determination at age 12 to prove to her "nasty" 12 year old school friend that she was pretty and that she could get good-looking, well-built men in her life.

Generally speaking good-looking well-built men and good looking beautiful women tend to value

the development of their physical attributes at the expense of their emotional development. Vanity, and being sought after, tends to make their empathy, compassion and understanding a little under-developed one might say.

So Oscar pointed out her choices made repetitively tend to repeat the cycles of elation, happiness, satisfaction, disappointment, rejection and sadness. This young lady no longer had to act like a 12 year old schoolgirl some 20 years later.

Prior unsuccessful relationships testified to the need to change the **CHOICE** - **C**ourageously **H**elping **O**ne **I**n **C**hoosing **E**volvement. Perhaps it was time to reconsider the needs of a 30 year old woman now, not those of a 12 year old schoolgirl with something to "prove".

Perhaps this truly worthy Soul now needs to find someone who was not necessarily well built, not necessarily good looking but someone who was emotionally strong, spiritually strong, a worthy Soul to match her own self worthiness.

The young lady implied that she had identified someone like that. The Guide Oscar said yes you have but you are **O"Scared** that is why Oscar the Guide had stepped in to explain how simple it was to move from **O"Scared** to **O"Sacred**. It

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only required the young woman to "C" differently!

O"Scared is based on being afraid, fearful of rejection and loss.

O"Sacred is based on valuing your self-worth, expressing your feelings (feelings being the language of the Soul), gaining acceptance and so allowing love to flow.

Change the way you "C" to change your attitude from **Scared** to **Sacred**, from **Fear** to **Love**.

Do you "C" now? asked Oscar the Guide.

In your life what you "C" - **Scared** or **Sacred** - Fear or Love - Worthy or Unworthy all depends on your **Attitude** - **Approaching The Tasks I Thank U Deity Everytime**.

An Attitude of Gratitude (See Lesson 40) will enable you to "C" correctly.

The See-Saw Of Balance

The Law of Balance states that when you are in balance you can heal, grow and evolve far more effectively. All your energy can be utilized for your desired intentions. When you are out of balance your energy is out of balance and cannot be effectively utilized for maximum performance.

A state of inner balance creates inner peace. When you have achieved this state of inner balance, remember it and use it as a reference point. This will increase your awareness of when you go out of balance so it can be corrected.

The Law of Balance can be applied by being aware of your imbalances.

To achieve and sustain balance start with your breathing. The rhythms of your inhaling and exhaling will determine your balance. Focus on your breathing and see how your emotions

become better balanced.

Inner balance creating outer balance should be your desired state continually.

By starting with your breathing and focusing on taking in a breath and exhaling that breath with the same time duration for inhaling and exhaling, you can attain balance.

The only breath that has any significance is the breath you are taking now. You cannot take a breath yesterday and you cannot take a breath tomorrow. You can only take a breath in the only time there is - which is the present moment of now.

So now take a breath in for, say, 5 seconds and exhale for 5 seconds and do that continually to stay in balance now.

Feeling better balanced now?

Good, because We have a further balancing exercise for you, this time it's visionary.

See yourself on a see-saw in a children's playground. Are you up or are you down? Are you neither up nor down but perfectly balanced? If you are up or down, would you like to be perfectly balanced?

If your answer is yes, then We have a question for you.

Who is on the other side of the see-saw?

Who would you like to be in perfect balance with?

Who do you trust to keep you in perfect balance?

Now your answer is personal to you.

However, We would like to suggest a few "perfect balances". In the physical realm, it could be your significant other in your relationship, your child, your sibling, your parent or grandparent, your boss, a co-worker, an employee, your religious leader, a teacher, a student, a fellow student, as a few examples.

In the Spiritual realm, it could be your perception of God, your Guide, your Angel, you Higher Self, or yourself.

Whomever you choose to be opposite you on the see-saw how are you going to treat them to ensure they continually maintain your perfect balance or equilibrium.

If you don't treat them well what is stopping them getting off the see-saw - with you falling to the ground with a hard bump on your backside!

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May We suggest you treat them with:

1. **HONOR** - **H**aving **O**nly **N**ow **O**ffer **R**espect
2. **RESPECT** - **R**ecognize **E**ach **S**oul **P**olitely
Ensuring **C**orrect **T**ribute
3. **TRUTH** - **T**o **R**each **U**nto **T**he **H**eavens
4. **TRUST** - **T**o **R**ely **U**pon **S**pirit **T**otally
5. **HOPE** - **H**aving **O**ptimistic **P**ositive
Expectations
6. **LOVE** - **L**et **O**ur **V**ibrations **E**volve
7. **LOVE** - **L**et **O**ur **V**ulnerability **E**merge

If you want one catch all for all of these treatments then simply treat them with "What Would Love Do Now?"

Now if you were well treated by another continually with "What Would Love Do Now?" would you get off the see-saw?

If you would not, then why would they?

So once again We see the magic formula of moving from Ego to Soul, from unworthiness to worthiness, from fear to love by thinking, acting and doing "What Would Love Do Now?"

In this way you can remain in balance on the see-saw of your life. You can be in balance in your physical realm, in balance in your relationships, in balance in the spiritual realm, in

balance in your health, in balance with your life. This balance will give you happiness and if you maintain it for lengthy periods you will experience bliss - which is happiness without a reason to be happy - simply blissful with your life in perfect balance.

Select the person, or Unseen Entity, whom you want to be opposite you on the see-saw, treat them continually with "What Would Love Do Now?" and ultimately achieve the Bliss of Balance in your life.

Simply Shift From Alone To All One

Are you feeling alone? Are you feeling lonely? Are you feeling depressed? Do you feel like you wish you could sink into your bed and disappear from life?

Whatever happened to you to bring you to this state has already happened to you. Past tense!

Yes, the past is tense!

Is whatever happened to you, happening right now?

Do you have any other time than right now?

So right now you are doing okay other than the "thing" that you are remembering from your past or fearing in your future. But right now, as you are reading these words, how are you doing right now? Not how are you thinking about the past or the future but how are you doing right now?

"Doing-wise", right now you are doing good. Well, if you are reading this then you are doing good so let's start right here, right now and work with you on your doing good.

Allow Us to enlighten your mood. If you are doing Good, then you can also be doing O-God! Simply shift one thing! O-God I am feeling so alone.

But you are never alone, We are always with you.

Alone is also All One. If you can simply shift one thing from feeling alone to feeling All One then you can start to realize you are never alone. You are always surrounded by Love when you move from the fear of being alone to the Love you feel when you realize the truth - that you are All One.

You are all One with God, with Us your Guides, with your Angels, with all your relatives and friends who have departed the earth's plane to return to Spirit. You are also All One with those still on the earth's plane, lovers, family, friends, work colleagues, school friends, enemies, everyone. So how could you be so alone, so scared, so fearful, so lonely, feeling depressed when the room is full of all of Us Unseen Entities sending you love, healing and growth.

We send the love all ways and always, however,

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you are the one who has to stop the self-pity and simply do one thing to change your attitude from self-pity to an Attitude of Gratitude.

Before We show you how to simply do that one thing, let Us show you what self-pity really is.

O-Woe is me. I am feeling so sorry for myself! It wasn't my fault, it just happened, okay so I took a chance and got caught out but it wasn't that serious, not a big deal, and so on, and so on.

There is no such thing as co-incidence. Whatever happened to you (past tense) happened for a reason that, believe it or not, you called to yourself to occur so you could learn from it, for you to heal, grow and evolve on your Soul's journey. So now accepting responsibility for what happened, you now have the ability to respond.

Do you respond with self-pity, or do you respond with no response, hoping it will go away on its own, or do you respond by taking responsibility and correcting the happening by apologizing, by restitution, by "doing the time for doing the crime", or any other positive response so that you can **AGE** - **A**lways **G**rowing **E**volving. By taking a positive response the healing, growing, evolving process can begin at physical, emotional and, most importantly, at Spiritual level.

So positive action is the one thing you can simply do.

Let Us now show you what continuing to lie in your bed, feeling alone, lonely, depressed, wallowing in self-pity is all about:

PITY - POISON IN TO YOURSELF

Self-pity is poisoning yourself with self-hate, "victim-hood", anger and ensuring that you keep de-pressing yourself further down into your bed. No wonder you feel depressed, you are poisoning yourself with self-pity.

It's time to start to take remedial action so you can simply shift from alone to All One, from loneliness and fear, from self-pity and poisoning yourself with fear - to love of being All One, to never feeling lonely again, to knowing how to simply shift from fear to love, from self-pity to an Attitude of Gratitude.

Seeing that you are alone right now, why don't you use this opportunity to BE STILL instead of having your mind whirring and whirring on what has happened to you or what is going to happen to you in all likelihood, get "out of your mind" and Be Still And Know That I Am God (Lesson 14). Please re-read this lesson now as it is

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precisely for now that We gave you this lesson.
Be Still And Know That I Am God.

When you have re-read this lesson, you should have come away with a feeling of knowing your Soul, feeling the part of God you really are, feeling that God is Love and you, as a part of God, are also Love.

The wonderful feeling that you now should have is one of Love.

Well, if you are feeling love, then you are feeling God, then you are feeling the part of God that you are, then you are feeling All One - no more alone, but All One.

When you are feeling All One, how can you be lonely, when you are feeling All One, how can you be depressed, when you are feeling All One, how can you be feeling self-pity? When you are feeling All One, then Love replaces fear in your life.

All it took was one simple step. From feeling alone, We asked you to use the opportunity of being alone to move to Be Still. By Being Still, your mind eventually stopped whirring back to the past and into the future and when it eventually stopped working it allowed you to enter the Now - the only time there ever is!

In the Now is where God is. By Being Still you came to know God and the part of you who is God, who is Love, is recognized. Now you are no longer alone but All One - your eternally natural state.

Your unnatural state is to be alone, lonely, depressed, full of self-pity. Your natural state is to be All One, to be coming from Soul, to be Love.

By learning, when alone, to Be Still And Know That I Am God, a miracle of transformation takes place in the Now you simply shift from alone to All One - to knowing Who You Really Are - a Soul, who is part of God, who is Love and now you know you are also Love - always and all ways.

ALL ONE - Always Light Love / Only No Ego

You Are GREAT!

GREAT - Give Responsible Emotional Attitude Time

In your greatness you remember Who You Really Are - a Spirit occupying a physical body on earth. This Spirit is part of God. God is Love. You are Love. When you remember and realize that you are Love then you can be in Bliss. Bliss is happiness without a reason to be happy, simply blissful from your inside, from your Soul, from the unconditional love inside of you, flowing like an ever-flowing fountain from your inside to your outside.

BLISS - Being Love In Sacred Space

Can you feel this greatness? Can you feel this Bliss? Can you feel this unconditional love inside of you? Can you feel the part of God that you really are?

Let Go and let God. Don't create doubt about it. Doubt triggers fear, fear is what you have when you don't have love. Fear cannot exist if you know love. Be love and trust the process. Have **TRUST - To Release Unto Spirit Totally and then To Rely Unto Spirit Totally**. Know that God will give you what you need (not want) and when it is given, the timing is always perfect. Let Go and let God - but row away from the rocks!

You and God are co-Creators of your life. You have free will and choice. **CHOICE - Courageously Helping One In Choosing Evolvement.**

When you make a choice there is The Law of Cause and Effect and The Law of Karma with its resulting consequences which flow from these choices.

Know that if you Be Love and trust the process then you will be Bliss and feel your Greatness.

How can you Be Love. Well, it's quite simple. Approach every thought, every choice, every decision, every word, every deed, every action with "What Would Love Do Now?". Your belief system, your behavior, your attitude, your desire, your imagination, your expectancy, your vision must be focused on "Being Love" - "What

Would Love Do Now?"

Simply "Be Love - and Trust the Process" to unfold like it should.

If you "Be Love" then you can Be in Love and you can become Beloved.

You can feel your Greatness when you "Be Love" when you come from Soul.

But you are only human most times and you forget Who You Really Are, a Spirit in a physical body. Most times you live in the illusion that you are a body with very infrequent Spiritual recollections.

When you come from **EGO** - **E**dging **G**od **O**ut - your body's wants take preference over your Spirit's needs.

It is when you are being human that the usual mistakes and misfortunes occur. If you are in a good mood these mistakes and misfortunes might bounce off you with minimal impact on your attitude and belief system. However, if you are in a bad mood then these same mistakes and misfortunes will knock you off your feet! In a bad mood you cannot cope with these mistakes and misfortunes and you sink into an even worse mood believing you deserve these mistakes and

misfortunes.

At this stage you are feeling unworthy and you expect mistakes and misfortunes to rain down on you. O-woe is me I only have "bad luck"!

It's the same mistakes and misfortunes but when you are in a good mood, or having a good attitude you feel **WORTHY** - **Wonder Of Realizing The Higher You.**

In a bad mood, or with a bad attitude, you feel unworthy.

Perhaps now is a good time to remind you of what Attitude means: **ATTITUDE** - **A**pproaching **T**he **T**asks **I** Thank **U** **D**eity **E**very time.

Obviously if you remember that you could only have a good attitude by thanking God, you would only have a GREAT ATTITUDE - GRATITUDE.

Now if you had Gratitude - a Great Attitude - An Attitude of Gratitude (Lesson 39) then as you will see as you re-read this lesson you end up with:"Be Love" - say, do and act with one Attitude - "What Would Love Do Now?"

So there you have it! By changing your attitude you cannot be in a bad mood, or a bad attitude.

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The moment you remember that **ATTITUDE** means **A**pproaching **T**he **T**asks **I** Thank **U** **D**eity **E**very time - you immediately thank God and your bad mood or bad attitude evaporates. Try really truthfully thanking God and see if you can stay in a bad mood or a bad attitude. It's impossible - the moment you genuinely thank God, your Soul remembers its connection to God and a feeling of Godliness, or goodness enters into you.

By continually reminding yourself to "Be Love" a feeling of greatness enters into you and stays with you until you no longer believe or behave like "Be Love". Thereafter you could become "good" or "bad" depending for how long you go in the intervals between "Being Love" and the choices that you make in these intervals.

Your natural state is being Great, Being Love, Coming from Soul, remembering Who You Really Are, a part of God, God is Love, you are Love.

The more you can remember and remain in this natural state the more you will experience your Greatness.

If you keep focused on your Greatness, then when the mistakes and misfortunes that occur in the physical plane, you call earth, come around you can brush them off as very minor issues. By

seeing how great you really are how can little bumps in the road affect you?

With an Attitude of Gratitude you rise above temporary mistakes and misfortunes and keep focused on knowing Who You Really Are. Would God be put off by these mistakes and misfortunes? Then why should you? After all you are a part of God.

Know your Greatness - know how, at Soul level, how truly powerful you really are. With an Attitude of Gratitude you can truly know your Greatness at Soul level.

You are Great! You had better believe it!
How can you believe it? By living it!

The Three Commitments To Yourself – No.1 Trust In The Process

If you have read, and attempted to apply, the previous 45 lessons then you have graduated to the next level.

You have then earned the right to learn, and hopefully apply, the three commitments to yourself. These three commitments are a summation of what you have read so far:

Commitment No. 1 - **Trust the Process**

Commitment No. 2 - **Stay in the Now**

Commitment No. 3 - **Be Love**

TRUST THE PROCESS

There is no such thing as an accident. There is no such thing as co-incidence. Things do not happen by chance. It just might appear that way. Before you came to this place, you know as earth, you were a Spirit on another plane of existence,

which you people on earth call heaven.

On this plane of existence you call heaven Spirits exist. From this plane of existence periodic visits are made, as a Spirit, to earth.

We do not want to explain this in any great detail here, however, suffice to say, you as a Spirit, make a Soul contract, to occupy a chosen physical body, within a chosen group of other physical bodies, each housing Spirits, to heal, grow and evolve as a Soul.

This Soul contract is made in interconnected ways with other Souls. Each Soul, as part of Spirit, has to experience different things to enable Spirit, ultimately God, to have each and every experience. This way God can become God by experiencing and being Every Thing, Every Where, Every How, Every Who and Every When.

(See what happens when you graduate, you go to another level and right now, like a student in a new class, you may be confused. Please stay the course and it should become clearer.)

So you as a Soul, coming from Spirit, coming from God, now occupy a physical body on earth. In your Soul contract with many other Souls, you chose your parents, your siblings, your extended family, your place of residence, your family's

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financial position, your individual family members' personality traits, health conditions, etc., etc.

When you came to earth as a baby you came without the conscious memory of your Soul contract. This is where free will comes into play. Although the Soul contract is supposed to be played out for your healing, growth and evolvment as a Soul, you are a human being, being a Soul within a physical body, and you can negate that Soul contract by your free will. If you make a decision, such as suicide, when suicide was not, in this Soul contract, part of the contract, then you return to Spirit and eventually return once more to earth to re-play out the original Soul contract.

Sometimes suicide is part of the Soul contract. For example, a spouse committing suicide, or having a fatal "accident", could be a Soul contract with the remaining spouse and children to learn how to handle additional responsibilities for their healing, growth and evolvment.

Your Soul contract is intertwined with other Soul contracts to create a network of opportunities for the various Souls to experience things for their healing, growth and evolvment.

A cheating spouse, a rapist, a murderer, a

fraudster, a thief, etc., etc., etc., are all playing out their agreed to roles in terms of their Soul contracts as is a pious person, a "do gooder", Mother Theresa, a hero or heroine, a peacemaker, a wonderful mother, a diligent, honest, hardworking breadwinner, etc., etc., etc.

These Souls are all playing out their agreed to roles in terms of their Soul contracts. Now perhaps it is becoming clearer to you. That is why We say: "DO NOT JUDGE PEOPLE FOR WHAT THEY DO OR DO NOT DO."

Those who you are judging are like actors and actresses in a play or a movie. They, as Souls, are playing out their pre-arranged parts in these Soul contracts.

Look past their physical bodies, look past their deeds and actions as role-players in a Soul contract, look past your judgment of them. Look past all that to see Who They Really Are - They are all Souls, parts of Spirit, parts of God.

Would you judge God, then why judge man who is simply role playing a part, as a Soul, so that God can experience all of it, so God can become God, unlimited God, unlimited Love?

So where does that leave you now? Hopefully with the clearer understanding of your Soul

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contract and the network of other Soul contracts that you are intertwined with.

Wow, what an earth-shattering experience. Everyone is role playing. It's all an Illusion. None of this is real.

Yes, We tell you this, this earth plane is all an Illusion, the real "world" exists in Spirit. Earth is Spirit's theater to play out Soul contracts in the physical so that Souls can learn, heal, grow and evolve via physical experiences.

Do not judge - accept that this is a Process you have chosen, as a Soul contract, to unfold so that you, as a Soul in a physical body, can experience things to learn, heal, grow and evolve as a Soul, ultimately to rejoin Spirit eventually to become the Part of God, You truly Are.

Trust the Process - allow it to unfold, have no fear, know only love:

No.1 - **Trust the Process**

No.2 - **Stay in the Now**

No.3 - **Be Love**

In successive lessons We will expand on No. 2 - Stay in the Now and No. 3 - Be Love.

For now you need to absorb the understanding of

Soul contracts and learn to Trust the Process by
Staying in the Now and Be Love.

The Three Commitments To Yourself – No.2 Stay In The Now

The only time there is, is Now.

Yes, there is one second ago and yes, there is the next second to come but both of these two seconds, past and future, are measured from Now.

Now is all there is!

Try this experiment - take a breath a minute ago, alternatively take a breath in a minute's time. Is that possible? Well, are you breathing right now? The only breath that you can take is now. The breath of the past is a memory and the breath of the future is a hope.

Who wants you to live in the past, who wants you to live in the future? Your **EGO!** Edging **God Out**.

Your Ego can control and manipulate your mind

by reminding it of the past and projecting it into the future by creating fear and doubt, and perhaps hope.

Your Soul knows there is only Now. By surrendering to What Is Now, you accept the Now. In the Now there is no ego-based judgment about what should have been or what is going to be. In the now, where Soul is, where God is, there is simply BEING.

Your Ego controls your mind and your mind is conscious of time. The illusion of time makes you live in the past which gives you an identity while the future holds the promise of hope or the self-destruction of fear. Both are illusions. By being in the Now the ego-based mind has no control and manipulation over you. By being in the Now allows you to be out of your ego-based mind and enables you to allow Soul to enter you consciously.

Everything can only happen in the Now. Nothing can happen in the past, it can only happen now. Nothing can happen in the future, it can only happen Now. When you focus in the Now you force your mind to relinquish its power over you. You allow Soul to replace Ego, you allow time to become Presence of Now.

In this Presence of Now God speaks to you. God

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can only exist in the Now because that's all there is. Now.

When you meditate you go into the Now and God speaks to you. When you feel the presence of God, your Guides or your Angels it is in the Now. You cannot feel it yesterday or tomorrow but only right now.

By focusing on staying in the Now all things open up to you.

Let Us give you some examples to illustrate the point of staying in the Now. A surfer catching a wave has to stay fractionally ahead of the breaking wave to keep his footing. Imagine you are on a water chute with a volume of water propelling you from behind you. To avoid being swamped by the water you need to keep fractionally ahead of the jet propulsion of water. In both examples where would you be if you were not focusing on this present moment of Now but allowing your mind to take you to your past or to your future? You would be swamped and swallowed up by the water. So it is with ego-based mind control and manipulation, it swamps you with fear, or hope, of the past and fear, or hope, of the future.

Love can only be experienced in the Now. Fear can only be experienced in the past and in the

future.

Soul can only be found in the Now. God is only in the Now, Love is only in the Now. Be conscious of staying in the Now so you can access Soul, God, Love.

When your mind takes you back to the past or forward to the future be conscious of this control and manipulation. Step out of your ego controlled mind and step into the Now.

Make it a habit to ask yourself where am I - in the past, in the future or in the Now? You can train yourself to stay in the Now. See the present moment of Now as a V you have to get in and out of this V in every present moment of Now. This should make you more conscious of Now.

Why would you not want to be in the Now - after all that is where your Co-Creator and Partner, God, is.

Stay in the Now and enjoy your life as you Let Go and Let God - only in the Now.

So in No. 1 Commitment - you learnt to Trust the Process - your Soul contract.

In No. 2 Commitment - Stay in the Now - you learnt that the Now is all there is - it's the only place where God is.

In No. 3 you will learn to Be Love.

Trust the Process, Stay in the Now and **Be Love** - a three part harmony!

The Three Commitments To Yourself – No.3 Be Love

Your third commitment is to Be Love.

How can you Be Love? Well, you are Love. Let Us explain:

You are Spirit with a Soul in a physical body on earth. Your Soul is part of Spirit. God is Spirit. Spirit is God. God is Love. You are a Part of God. You are Love.

Q.E.D.! - Questions **E**ducate **D**oubters!

Okay, you may ask so exactly where is this Love in me? Well, where is your Soul in you? It's not like an organ such as your heart, lungs or kidneys. It's not a hard mass like your ribs, spine or femur. It's not a liquid like your blood. It's not a solid, liquid or gas.

Love Is.

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Love is not found physically. Why not? Because Love is a feeling! Feelings are the language of the Soul. Love is a feeling. It is all around your physical body, inside and outside.

What a feeling! When you experience love, the feeling is blissful - like no other feeling you have ever experienced. So how do you access this feeling of love?

You start by being vulnerable. You allow your defenses to crumble. You don't hold anything back. You expose yourself, your feelings, your emotions; you "let it all hang out!"

You trust the other person with every intimacy, every sacredness, every secret. You show this vulnerability, this underbelly, this complete exposure in total trust.

The other person now gives themselves permission to follow your lead and allow the Love inside of them to come out from where it was hiding behind its defenses. The other person allows their defenses to crumble. They don't hold anything back. They expose themselves, they expose their feelings, their emotions, they "let it all hang out!".

The other person starts to trust you with every intimacy, every sacredness, every secret. They

show you their vulnerability, their underbelly, their complete exposure in total trust of you.

Your vulnerability allowed you to drop your **EGO** - **Edging God Out** - which diminished to nothing. Your vulnerability allowed Soul to replace Ego (Moving from Ego to Soul - Lesson 27).

Your Soul is the Part of God that You Are. By allowing your Soul to replace your Ego, you are allowing God into your life. God is Love. You are allowing Love into your life. Not Ego-based love but Soul-based Love.

This love, coming from your Soul, from God, is the Unconditional Love Inside of You (Everything You Need Is Inside Of You - Lesson 15). When you experience this Love then you Become Love.

Now that you are Love, you can Be Love. You can Be Love in friendship, in trust and in intimacy.

Simply Be Love, in every thought, in every mood, in every action. Approach every situation with "What Would Love Do Now?" In this way you will attract worthy people and situations into your Sacred Space.

In this Sacred Space you can experience **BLISS** - **Being Love In Sacred Space**.

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By Being Love, you can Be Love, Be Loved and become Beloved.

This Soul-based Love creates synergy $1+1=3$. All We are, you included, is energy. So when your love energy and another worthy person's love energy combine, you jointly create a third energy, your Love Energy Relationship. You have your own Unconditional Love inside of you, your friend or partner has their own Unconditional Love inside of them and together you both have created a new Unconditional Love Energy - your relationship, whether in friendship or in intimacy as well.

If for any reason whatsoever one of the two of you should no longer be in this relationship, you will still have your Unconditional Love Inside of You - undiminished.

It's only the third Love Energy, your relationship Love Energy that is no longer there. You are still coming from Soul, the Part of God that You Are. You are still Being Love, you are still thinking, saying and acting "What Would Love Do Now?"

For whatever reason your loving friend or partner is no longer there and your loving relationship needs "two to tango". But you are still "Being Love".

This is why Soul-based Love remains undiminished and you remain worthy. You remain the Part of God you Eternally Are; you remain Love because God is Love. This particular love relationship of friendship or intimacy may be gone, for whatever reason, but you remain Being Love.

In Ego-based Love, where control, manipulation and fear rule, when the relationship eventually fails, as it must as love is not present, then self-worthiness, which was based on Ego and pride, take a beating and unworthiness returns. Well it does not return because in reality unworthiness was always there, however, Ego simply camouflaged it to make it appear worthy. The re-emergence of unworthiness shows you it was never Love, simply dependency, control, manipulation and fear dressed up to look like love. How can it be love if it hurts somebody else and hurts you?

Love is part of God. Why would God, who is Love, want to hurt anyone or anything: A God of Love is simply that - Love - not fear, not control, not manipulation, not dependency?

So you can understand that only Soul-based Love is real love of worthiness. Any other kind of "love" is Ego-based and is based on unworthiness and cannot survive. In Soul-based

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Love you are always worthy because you are a Part of God and God is the Ultimate in Worthiness - **WORTHY** - **Wonder Of Realizing The Higher You.**

In Soul-based Love even if your relationship should terminate, for whatever reason, you remain Being Love. In this state you Trust the Process, Stay in the Now and Be Love.

By having these three commitments to yourself you allow God to provide your needs for you when God deems the timing to be right. The timing is always right!

If you need another friend or intimate partner to develop a love relationship with, then **TRUST** - **To Release Unto Spirit Totally** and **To Rely Unto Spirit Totally** and if a worthy person enters your Sacred Space then you will know **BLISS** - **Being Love In Sacred Space.**

If no worthy partner arrives then Trust the Process, Stay in the Now and Be Love, nevertheless. Perhaps you need now to find the Unconditional Love inside yourself at a deeper level first so you can Be Love - then expect a **MIRACLE** - **May I Recognize A Conscious Light Evolving.**

Whatever happens, whenever it happens,

however it happens, wherever it happens stay fast to the Three Commitments To Yourself:

1. **Trust the Process**
2. **Stay in the Now**
3. **Be Love**

If you do this you will know Bliss eventually. Trust God. Let Go and Let God. God is Love. You are Part of God. You are Love.

Be Love and you will know Being in Love, Being Beloved, by Being Love - Always and All Ways.

Be Love - that's Who You Really Are!

Who Are You In A Relationship With?

Welcome to the last lesson, Lesson 49, of the Book of Evolving Relationships. This lesson brings Us all to the end of this cycle. 7 is the number that denotes a cycle, 7 days in the week, 7 years of plenty, seven years of famine, etc., etc.

7x7 brings a life cycle to completion. That is why on earth when people go from 49 years of age to 50 one of three things happen. To some, reaching 50 is a calamity as if old age is around the corner. To some, it's just another number and they are indifferent. To some 50 is the beginning of a new chapter in their lives where they see more opportunities than problems.

When We started with Lesson 1 - "13 Questions to ask if you wish to resolve your relationship

with a meaningful other" - We asked would you prefer to be happy or to be right?

In this very first lesson We asked - What is it that you admire about the other person in this relationship? What is it that you admire about yourself? We then asked - What is it that you dislike about the other person? What is it that you dislike about yourself?

After that We asked - Do you seriously wish now to resolve the issues about this relationship, allow Love to enter to replace Ego and find Peace of Mind?

Then We asked - What would you prefer, to be Happy or to be Right? Happy comes from asking and doing "What Would Love Do Now?" Right comes from asking and doing "What Would Ego Do Now?"

After that We asked - Can you now be happy with this relationship and can you now live with Peace of Mind, embracing Love with the significant meaningful other person in this relationship - no longer coming from Ego?

Then We said - There are no more questions to ask! Enjoy your Now Love Relationship.

In Lesson 49, after covering many relationship

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related issues where We have shown you how to move from Ego to Soul, from Right to Happy, from Fear to Love, We now ask you two more questions:

- 1) Who are you in a relationship with?
- 2) Who are you judging?

Who Are You In A Relationship With?

Who is this meaningful other in your relationship with you?

Where did they come from?

If by now you accept the fact that you are all Spirits, Souls within bodies on earth. That Soul contracts were made in Spirit to enable you all to heal, grow and evolve as Souls on earth so that God/Spirit could experience everything on earth, so that God could be God, Unlimited Spirit, Unlimited Love, then you accept another fact. The all-important fact that We/we are all Spirit, all Parts of God. If God is One then We/we are all One as We spelt out in Lesson 44 - Simply Shift from Alone to All One - and in many other previous lessons.

So if We/we are all One then who is this meaningful other in your relationship with you? We now know where they come from - from

Spirit, from Being Part of God.

This meaningful other in your relationship with you, is another Part of You!

Who Are You Judging?

Well, well, well, so who are you judging? You are judging You!

Back We go all the way to Lesson 1 - What is it that you admire about the other person in this relationship? What is it you admire about you? What is it you dislike about the other person? What is it that you dislike about you?

The mirror the other person in this relationship is holding up is showing you what you admire/dislike about yourself.

There is no other meaningful other in this relationship! There is only You!

The only meaning anything has is the meaning you give it (Lesson 10 - The Meaning of Chocolate Cake - Understanding Conflict Resolution).

The only relationship you can have is with yourself. You are All there is. In Lesson 15 - Everything You Need is Inside of You - We showed you that there is an alternative to falling in love

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with someone else - fall in love with your Soul inside of you. It's the Part of God inside of you. It's unconditional love of yourself.

Now you can find and enhance the Unconditional Love of yourself by thinking, acting, saying and doing "What Would Love/God Do Now?"

If you become Unconditional Love - to yourself - then you automatically become Unconditional Love to Everyone - because you are Everyone!

Then you will not judge anything that occurs with you or anyone else, you will simply accept what is - surrender to anything and everything that happens Now - knowing it's part of the Bigger Picture playing itself out as We spelt out in Lesson 46 - Trust the Process, Lesson 47 - Stay in the Now, and Lesson 48 - Be Love.

When you judge, you come from Ego, when you accept what is now you come from Soul, from Love - surrendering in Trust to What Is Now. By now you know that **TRUST** means **To Release Unto Spirit Totally** and then **To Rely Unto Spirit Totally**. You also know by now that God will give you everything you need (not want) and that when God gives it to you the timing is always perfect.

Trust the Process, Stay in the Now and Be Love.

There is no need to judge anything or anyone anymore. If you continue to judge you remain coming from Ego and ultimately you are judging yourself. Rather be kind to yourself, give yourself the opportunity to come from Soul, from Love, by thinking, saying, acting and doing "What Would Love Do Now?"

When you come to know Who You Really Are - a Part of God, you will realize that any judgment you make coming from Ego is actually judging God!

Far better to be Who You Really Are, a Part of God, come from Soul, come from Love, come from God, BE LOVE!

So We reach the end of this cycle. In Lesson 1 We introduced you to being happy by suggesting you think, say, act and do "What Would Love Do Now?". In Lesson 49 We end with BE LOVE - "What Would Love Do Now?"

Love is all there Is. God is all there Is. God is Love. May you know God is Love all ways and always, In every Present Moment of Now -BE LOVE!

With Blessings and Greetings
In Light and in Love

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Namaste

May You know Love Now and Be Love Now.

Amen and Amen