

THE BOOK
OF
INNER PEACE

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Blessings and Greetings to you all,

Inner Peace is Who You Are. It is your birthright. By separating from The Oneness that We all are, Us here on the Spirit Plane, and all of you on the Earth Plane, all are part of The One, sometimes called God. By feeling apart, by feeling separate, your Inner Peace is disturbed.

Instead of feeling apart from Oneness, in your Fear, move to feeling A Part of Oneness, in your Love.

You are a Part of Oneness, a Partner of Oneness, a Part of God, a Partner of God - and God is Love, you are Love and God loves you always and all ways.

To re-create your Inner Peace, to have a mind at peace is easily obtainable and is maintainable as spelt out in this Book of Inner Peace.

With Blessings and Greetings,

In Light and in Love,

Namaste

May the Inner Peace in Us greet the Inner Peace in You.

Amen and Amen

Inner Peace Is Your Birthright

Inner Peace is your birthright. It is Who You Really Are.

You are a Part of God. You are pure Love. God is Love. God is Peace.

You are Love. You are Peace.

Inner Peace is your birthright eternally.

You are Inner Peace.

For you to be Who You Really Are a Part of God you have to have a vision of God.

To be a Part of Something you have to see that Thing so that you can see yourself, really see yourself, as part of that Thing.

Because God is All There Is, a Oneness, God is Everything. So whatever you see God as is what God is.

Some people see God in their child. Some see God in the face of their lover. Some see God in a

flower, some on a crucifix, some as a statue of Buddha, some as an old man with a beard on a cloud. Some as a man. Some as a woman. Some in an ant. Some in a giant redwood tree.

Some people see God in themselves. These are perhaps the fortunate ones. Some people see themselves in God. These are the ones who have remembered Who They Really Are a Part of God.

But for God to be God you must have a vision, a feeling, a something, to feel a part of.

For you to become, again, the inner peace that you really are, and always will be, you have to envisage yourself to be a Part of God. First, you have to keep a vision of God within your inner sight, to then see yourself as a part of that Vision.

Once you have that vision, or feeling, and once you can envisage the part of God that you really are through your inner sight, then you will know, once again, Inner Peace.

Inner Peace is Who You Really Are, to find Inner Peace, you simply have to become Who You Really Are the Part of God that you are.

God is Love, God is Peace. You are Love, you are Peace.

THE BOOK OF INNER PEACE

Welcome home into the loving arms of God.
Welcome home My child where have you been?
What did you become? Were you happy when
you were that, where you were?

Did you remember that you are love always and
all ways?

Did you remember that you are Inner Peace
always and all ways?

Transparency Is Your Inner Light

Everything you think, say, do, act out is seen. Nothing is hidden from Our view. However, We respect your free will and will not interfere in your choices.

We will not judge, control and manipulate you or anyone else. The Universal Spirit Laws apply to all thoughts, words and actions. They are inescapable and have infinite patience in their balancing acts.

Now you know all is seen, all is transparent.

With this knowledge that all is seen how would you like to live your life now in Love or in Fear?

Would you have Inner Peace if you lived your life in Fear?

Would you have Inner Peace if you lived your life in Love?

THE BOOK OF INNER PEACE

Be consciously aware that everything is seen
make this knowledge of transparency your inner
light and so, in love, find Inner Peace.

Denial Of Love

You are Love. If you are not Love then you can only be Fear. So when you are not Love, not loving, you are Fear, being fearful, or full of fear.

Therefore, when we deny love to another for whatever reason, we deny being Who We Really Are Pure Love, the Part of God We Really Are.

When we deny being Love, then we become Fear and fearful.

The result of that Fear is Pain.

The Pain that you become and are experiencing is not because someone denied you love, it is because you denied him or her love in return.

If they denied you love and you did not care, why would you suffer any pain?

If they denied you love and you cared then you have two choices:

Firstly, deny them love in return and feel the pain of becoming Fear, no longer Love, and no longer

Who You Really Are.

Secondly, when they deny you their love, you love them back and see if you experience pain. If you are Love then you experience Inner Peace. If you are Fear, you experience pain.

You are Love. If you deny yourself love then you become Fear. The pain that you feel signifies your experience of becoming, and being, fear. The pain is experienced emotionally, spiritually and physically. When you experience pain, it comes because you have separated from being Love, separated from Oneness with God.

When you know the love inside of you, you experience happiness and eventually bliss.

Therefore, the choice is always Love or Fear. Love or the denial of love.

When you close your heart to love, you damage yourself not the other person you are trying to hurt. You are stabbing yourself in your heart. The other person may not even care that they have been denied your love. However, when you no longer become Love, by denying love to others, you deny love to yourself, you become Fear, fearful no longer Love and loving.

When you deny being Who You Really Are Pure Love and you choose to become Fear, and fearful, you will know pain.

The pain that you will know comes from your Ego controlled mind. This pain eventually becomes manifested in your body as illness, sickness, disease. Your denial of love, to others, and then yourself, is the cause of your pain, your illness, your sickness, your disease.

If you want Inner Peace be Who You Really Are Pure Love.

If you deny Who You Really Are by becoming Fear instead of Love you will not know Inner Peace you will know pain, illness sickness and disease.

It is your choice Be Love or Deny Love Love or Fear.

You Are Not Your Body

You are Spirit. God is Spirit, you are part of God.

As a Spirit you have a Soul, which has chosen to inhabit a body for its current visit to the earth plane.

This body was not chosen randomly. This body was purposefully selected to be a specific vehicle for you to experience life on earth. Why are some peoples bodies beautiful and some judged as ugly, some gorgeous, some judged so-so, some judged disfigured. Why are there beauty queens and why are some people disfigured.

Why are bodies so important to people and, maybe, to you?

Why do people seek perfection of their bodies?

Why do some people hide their bodies and don't allow others to see them?

You selected your body, in Spirit, to help you heal your Soul, so you can always grow and evolve, as a Soul representing your Spirits journey throughout eternity.

AGE Always Growing Evolving is seen by the body to be the enemy of time. Bodies age and gravity wins! Minds age and are always growing evolving.

When your mind is controlled by your Soul, which is Pure Love, then Age is your desired state. When your mind is controlled by your **EGO (Edging God Out)**, your body's enemy is age as gravity always wins.

So when you are Love you are your mind not your body. When you are Ego, fear based Ego controlling your mind, you are your body

Your body is not Who You Really Are, it is an illusion. Your body was selected, by your Soul, in Spirit, to help you heal your Soul on its journey. Your body is perfect. Your body is perfectly created for its purpose for you to eventually see past the illusion of the body to the love-controlled mind.

You are Spirit; your body is an illusion. By focusing on your being Spirit, Pure Love, you will know Inner Peace as you **AGE Always Growing**

Evolving. By focusing on your Ego controlled body, you will not know peace as you Age in time and gravity wins.

It's your choice: Love controlled Spirit or Ego controlled body.

An Unconditional Love Relationship

If you want to have Inner Peace in a relationship then you will need to find the love inside of you. You are Pure Love a Part of God. That part of God is your Soul. You will need to connect with your Soul to find the love inside of you. (See Everything You Need Is Inside Of You The Book of Evolving Relationships Lesson 15).

When you have learnt to love yourself, you will become whole, complete and the love inside of you will come out of you like an ever-flowing fountain of love Gods love.

Everyone you meet will want to be in your orbit. You will make them feel your love inside of you start to resonate with their love inside of them.

You will feel your Inner Peace when you feel the love inside of you continuously. Once you are complete within yourself, you will feel the Oneness with God and with the parts of God

within other people. You do not need a relationship partner to depend on to complete you. You are complete.

When you find someone who, like you, is a complete person, knowing the Oneness as you do, you can enjoy a love relationship as you can both share your complete love of yourselves with each other's complete love.

In this relationship, you do not look to change the other person but prefer to see how beautiful they already are. You are not dependent on the other in this relationship. You are independent in your wholeness. When you show love in this relationship you both become inter-dependent, not dependent, not independent but inter-dependent. You can separate in love, come together in love, be with each other in love, and be apart in love. There is no need, no jealousy, no guilt, no dependency. Simply wanting to both give love to each other of which you both have an ever-flowing abundance from Loves Own Source. Not wanting to get anything in return simply the pleasure of giving the love the part of God that you both are and have discovered, individually, for yourselves.

When you have that relationship of unconditional love, you will both know Inner Peace.

Regrettably, any other form of relationship-based on need and dependency, not on Oneness, will not give you Inner Peace.

Love And Sex

You are Love. Your partner is Love. When you both acknowledge that you are in love with each other that the parts of God you both are have found each other then you will know unconditional love for each other.

In this unconditional love you will both selflessly give all to the other without wanting anything in return. You will both want to give everything and not want to get anything in exchange. There will be two people who have experienced unconditional love of themselves individually, now wanting and willing to share that unconditional self-love with each other. You will both be independent in your individual self-love and interdependent in your mutual love for each other and not be dependent on this love.

Only then will you really be in love. This love of giving and not wanting to get anything in exchange, to simply be Love, Who You Really Are, to each other like ever flowing fountains of blissful love.

No Ego, no Fear, simply being Pure Love, simply being totally comfortable in being Love together. The synergy of this unconditional love for yourselves and for each other makes God smile as you fully develop the parts of God that you both are.

Now when your love-controlled minds allow your love controlled bodies to join together physically in a God given beautiful sexual act you will truly know the meaning of making love while being Love. This is when you know that God is Love, this is when you will also experience inner love, know peace and know sexual gratification. Sexual love is not measured by performance rankings but by knowing that you are Love, being Love, making love, giving love without wanting anything in exchange, by expressing love physically with one you love in sacredness eternally.

This sacred love finds Inner Peace.

Loveless Sex

Sex is not love. Loveless sex is bodies joining. You are not your body, you are Spirit. Loveless sex is simply empty shells of bodies experiencing temporary, momentary, nerve ending sensations.

Loveless sex is devoid of any real feelings of meaning. It is meaningless. A momentary stimulatory experience takes something potentially magnificently God-like and love-like and flushes it down the toilet like waste products. Loveless sex changes you every time. This damage compounds on itself every time. Loveless sex is the Egos desire for power. The Egos desire to express itself through control and manipulation.

Ego convinces you that you do not need to have Love to have sex. Sex is the ultimate high. What do you need Love for, sex is all you need. So go and enjoy sex. Love is for fools.

Well, if you are not Love then you are Fear. Therefore, Ego has you trapped in Fear and offers

you loveless sex as a reward. Some reward!

Now that you have become Fear in loveless sex, you experience lack of self-worth. Your self-esteem diminishes as you use others for sexual gratification or as you are used for sexual gratification. This taking of sex, rather than giving of Love, diminishes you, changes you, as your feeling of emptiness grows inside of you. The not knowing Love in this God-given ultimate act of lovemaking leaves you controlled by your Ego-driven need for power based on Fear of control and manipulation.

You are now driven by your Fears. Your increasing lack of self-worth now requires more and more loveless sex to generate a feeling of power a poor substitute for feeling real Love.

Loveless sex diminishes you as it reinforces the Fear inside of you, as it reinforces your increasing feeling of lack of self-worth, as you feel increasingly damaged inside of you. Ultimately all this diminishes your ability to feel real love Who You Really Are, and makes you cynical about real Love and Fear now has you in a vice grip.

You justify your loveless sex by diminishing sex, as its only sex. It has no meaning for you, only a physical need to control and manipulate

someone to get what you want physical gratification.

Where is the Love? Who needs Love? It is just sex!

Without Love, sex is animalistic. Without Love, sex diminishes you in its Fear-like grip. Without Love, you will not know Inner Peace.

Without Love, sex is damaging to you.

Only Love is real, all else is an illusion.

Without Love, you are only an illusion.

Loveless sex is an illusion.

If you know how beautiful the God-given sexual act is when you are being Love, making love by being real Love, then you will know that loveless sex is a damaging illusion. Loveless sex is taking sex, not making love.

You choose - Being Love and making love in Inner Peace - or - being Fear in taking loveless sex.

Judging The Illusion

Every act that is not an act of Pure Love is an illusion. All there is is God. All there is is Love. God is Love. Everything else is an illusion.

When a wonderful happy child suddenly becomes impossible when it does not get its own way, it changes and becomes belligerent, difficult, and unresponsive, in a word impossible.

If you wrap your arms around it and tell it that you love him/her, calm it down and then when tempers are reduced, you say I love you but I don't like your behaviour, continually giving it love, not sweets, or other bribes just continual love, it will eventually calm down and within an hour will revert to being a wonderful, happy child.

Where did that monster go?

The impossible behaviour was a cry for love.

Once love was continually expressed, the monster went away, for now!

Children between the ages of 1 and 101 behave the same way, changing personalities as a cry for love. If not attended to the changed personality can become more and more permanent. Eventually these sweet lovable babies become difficult, impossible, misbehaving teenagers, young adults, adults, parents, grandparents and great-grandparents! All they needed was for their cry for love to be attended to in love so they could learn to love themselves.

This changed personality is not Who They Really Are Pure Love a Part of God. This changed personality is an illusion not the real them. This illusion is a masquerade, a mask, a costume, a non-real person. This illusion is the entity that is the lawbreaker moral, civil and other laws. This illusion is the entity that feels guilt.

That is why there is no one to judge, ever, because it is an illusion that caused the hardship not the real person the Pure Love the Part of God person. The illusion is not real, it is not the real person, it is the monster inner child having a tantrum who is responsible.

Blaming the real person, the part of God person

will not help. See the illusion for what it is an illusion not real. Do not judge the real person for acting out the illusion. The real person is blameless how can a part of God be blamed?

Say to the real person I love you for being the real person you are Pure Love a part of God. I love you but do not like the behaviour of your Ego driven personality. I see your behaviour as a cry for love. I am here, right now, to give you the love you need. I will not deny you that love because I am Love and by denying you love, I am no longer Love. I become Fear. I want to always be Love so I will love you now.

I will not judge the real you, I will accept that if I give you love you will see a miracle transformation. Your need for your illusionary self will disappear and the real you the Pure Love the Part of God that you are will shine through.

Your self-worth will improve, over time, by being loved for Who You Really Are, and in time you will manifest the real you Pure Love the Part of God you really are.

Now I will find Inner Peace by loving the real you and allowing me to remain the love that I am.

Know only Love, give only Love. Know Inner Peace.

Forgiveness Is

The Key To Inner Peace

If you harbor a grievance against somebody, or something, that has caused you harm you require a heartfelt apology, and, on occasion, your pound of flesh, in compensatory retribution.

If you want to have Inner Peace, you had better start with understanding and applying forgiveness.

Only Love is real, everything that is not Love is an illusion.

What guilt or grievance is there to forgive?

Whatever happened, which was not Love, did not really happen it was an illusion! If you want Inner Peace, you must learn to see through the illusionary action or words to the reality of Love that lies past the illusion.

The person, or entity, that is responsible for

having the guilt suspended their real selves and became someone or something else an illusion.

If they can now recognize and realize that, their actions or words were not based on Love, but on Ego, then you, and they, can see past the illusion to their real selves those Love-based Souls they really are.

Everything done is a cry for Love. Everyone wants love and wants to feel they are returning home to become the Part of God they really are. Accept the fact that some people do it in strange and unfriendly illusionary ways.

It will help you to see every action or words done in illusionary ways as if a small child seeking love and attention is doing it. The biggest abuser is seeking love, admittedly in a peculiar and offensive way, but the worst crimes simply signify how lost this real person is in the illusion of fear based power, control and manipulation. If the person transgressing society's norms cannot recognize their real self and still see their illusion as their reality then you have to accept that and you have to see through the illusion and recognize their real self as the Love that they are.

It is your Inner Peace at stake here. You seek your Inner Peace. If you don't see past their

illusionary actions or words to their real self as the Love that they really are how will you gain the Inner Peace you so desperately seek and need.

There is nothing to forgive, simply see past their illusionary actions or words to their real self, which is Love, the Part of God that they are.

Your reward is your Inner Peace. If you have done harm to yourself, and possibly to others, follow the same course of action. Look past your illusionary actions or words to the real you, Pure Love, the Part of God you really are.

There is no need to forgive an illusion - it is not real.

However, if you need to forgive, know that it's because you have chosen to forgive. You have chosen to look past the transgression to the real person, Pure Love, the Part of God you know you, and they, are.

You are seeking Inner Peace. Acknowledge that angry people cannot find Inner Peace. Acknowledge that if you can't let go of the past you will not find Inner Peace. The past is over and can't touch you now unless you let it in.

Healing can only exist now, in your understanding of the illusion of the transgression, your forgiveness of past actions now and your acceptance and embracing the real person now, the Pure Love that they are, as Part of God.

Now you can find Inner Peace!

Understanding Different Levels Of Consciousness

A ccepting the truth that God is Love, you are part of God, and you are Love. Accepting the truth that anything you or anyone else does, which is not Love is an illusion. This illusion is not real, only love is real. There is no guilt, no forgiveness required, because the illusion is not real, only the love that you are, and others are, is real.

If your level of consciousness is such that you can understand this concept of only love is real, every immoral act is an illusion, that no one is guilty, forgiveness is not required, the person doing the immoral act was not the real person, but an illusion. The real person is Pure Love; a part of God, that God is blameless, that this part of God is blameless. If you can see this aberration of behaviour as an illusion, not the

real person, then the illusion is guilty and your forgiveness of this illusion is not required because it is not real, only an illusion.

By not forgiving this real person, who is not guilty of anything, you deny them love. Well, you are Love, so by denying them love, you are denying yourself of being Who You Really Are Love. If you are not Love then all you can be is Fear, the opposite of Love. Therefore, by denying them Love for their not guilty act you have become Fear.

This is like snatching defeat from the jaws of victory and shooting yourself in both feet at the same time! Why would you want to become Fear when you know what an amazing feeling you have when you are Love.

So where does this leave you?

If your level of consciousness enables you to forgive the other real person by acknowledging it was not them, at Pure Love level, but an illusion that created the immoral act then there is no one to forgive.

You extend love to them, as the ever-flowing fountain you are of God's Love. You will find Inner Peace with this outpouring of the Love that you are.

But what about the other person? You may see the real person, the Pure Love, the part of God that they are. You may see their actions as illusionary. Nevertheless, what do they acknowledge as their level of consciousness. Perhaps they are not as highly developed spiritually as you are. Perhaps they cannot believe their luck. I can go out and act in any way I want and this Paragon of Virtue will forgive me. What an idiot he/she is!

Therefore, when you extend your unconditional love of acceptance and surrender to the present moment of now and you welcome this person you see as Real Love back into your sacred space, you feel an Inner Peace of Love inside of you for doing the right thing.

However, where are they in terms of your unconditional love relationship, as you perceive it to be?

They are long gone!

Unless they grasp the miracle of transformation, recognizing Who You Are and wanting to become like you unconditional love then they will feel uncomfortable around such a goody goody. Their level of consciousness may be a level of

unconsciousness as they live their life in the illusionary world they prefer to be in.

After all, birds of a feather stick together, if you lie down with dogs you get fleas, and similar sayings have a ring of truth to them.

Well you did what you perceived to be the best you could be in Love but perhaps, in reality, to use another common expression you cast pearls before swine!

Do not let this continued illusionary behaviour of someone else negatively affect your good intentions. You keep being Love, Who You Really Are. In time, you will attract birds of a feather. You will attract real people at your level of consciousness. For you to know Inner Peace you can only allow people into your intimate sacred space that resonate with your level of consciousness frequency. Release the others in love and seek birds of your feather.

This will give you Inner Peace.

Health Is In The Mind Manifested In The Body

We are Spirits in bodies. As spelt out in You are not your body your body was selected by you to learn to heal your Soul. Your body reflects your love when your mind, coming from Love, reflects your Soul.

When your mind is coming from Ego it identifies where your wounds in your body are and what needs healing. Your Ego protects your personality in these wounded areas by providing cover-up illusions to mask the pain.

However, the wounds are identified so the ugliness can be looked at, attended to, in Love, as opportunities to be healed.

It is not the body that gets ill, it's the Ego-controlled mind. The body manifests the imbalance of the Ego-controlled mind. The healing of the mind can only occur when you become Love no longer Ego. Illness, sickness and disease occurs as a manifestation of feeling unloved by yourself and by others.

The imbalances that occur in your Ego-based mind are your reactions to what you have experienced and internalized negatively. These imbalances are the wounds the Ego-controlled mind protects by creating illusions to mask the pain in your body of feeling unloved and unbalanced.

The pain will persist through illness, sickness and disease for as long as you remain imbalanced and feel unloved by yourself and by others.

Forgiveness of your Ego-controlled mind (see Forgiveness is the Key to Inner Peace) and understanding the Pure Love you really are is the ultimate medicine for yourself and for others. By forgiving yourself and loving yourself you do not create separateness from God, from Love, and you do not suffer from denying yourself love.

Forgiveness is the preventative and remedial healing medicine. Forgive your mind-controlled Ego for creating Fear and protecting your wounds, it is not Who You Really Are. Know that you are Pure Love, you are a part of God and you are loved. Know that you are perfect health in your Love-controlled mind and have perfect health manifested in your body because you are Love; you are loved by yourself, by God and by others in your life.

Perfect health leads to Inner Peace.

Healing The Imbalances With Love

By focusing on your current illness, sickness, disease you are giving it energy to live and thrive. By feeling ill, sick or diseased you are ill, sick, diseased, but that's your Ego-influenced mind looking for attention. Poor me, I am sick, ill and diseased treat me nicely please!

Believe that you are not your body. If your body is ill, sick or diseased, it is a manifestation of your Ego influenced mind.

Believe that you are a Spirit, your Soul is Pure Love, a Part of God.

Your Spirit, your Soul, your Pure Love, the part of God you are cannot possibly be ill, sick or diseased.

Can you envisage a God that is ill, sick or

diseased?

It is not possible!

It's not possible for you to be ill, sick or diseased either not at Soul level, not when you are Love, not when you are a Part of God.

So your illness, your sickness, your disease is the manifestation of you not being Love of you being Ego.

To heal yourself you need to identify when you feel imbalanced. Where you believe you are lacking Love, not Ego-based love but inner Love. When have you told yourself you are unworthy of Love this has manifested in specific areas of your body relating to that unworthiness.

For example, in your Ego-based mind you believe that you are unworthy of expressing your thoughts and words so your throat becomes ill, sick and diseased. Another example to contemplate is where your Ego-based mind tells you to be angry with your relationship partner. In a male, that anger is expressed in the reproductive organs with prostate-related problems. In a female, the anger goes to the heart area, not wanting to be nurturing in Love and by closing their hearts off emotionally, and

manifests itself as breast-related problems.

Therefore, it is time for you to stand in your integrity and be true to yourself. Where do you feel unloved, by whom and why? Are you giving yourself enough self-love? Is your relationship partner giving you conditional dependent love? How are your family, friends, co-workers, employers, employees, etc. treating you with love?

How are you giving love to others?

Want to heal yourself of all these imbalances manifesting as ill health? Then think, act, say, do What Would Love Do Now? in every possible circumstance with yourself and with others.

Bring your true self that is hiding within you out to greet the world. Be the Love that you are as a Part Of God in every thought, action, word and deed.

Then you will know good health, healing, happiness and the unconditional Love inside of you.

Goodbye illness, sickness and disease you are no longer required in my body.

Hello good Health, Love, Peace with others and the balance of Inner Peace.

Entitled To Be Happy

Happiness is your birthright from your Creator. You are entitled to be happy always and all ways.

Can you imagine always being happy?

Can you see yourself always smiling, laughing, enjoying yourself always being happy?

Is there a reason or are there reasons that you can't always be happy?

Who says you can't always be happy, you, your relationship partner, your family members, your friends, your work colleagues, who?

Your Ego wants to control your mind so it may have convinced you that you should fear happiness because it is not who you are. Your Ego might want you to feel that you do not deserve to be happy and if you are happy, you

should feel guilty. True happiness is a by-product of Love.

This threatens Ego, which is Fear.

When you feel true happiness, you are feeling the Love inside of you; you are experiencing being a Part of God. You are being happy on behalf of God. True happiness is a sign that you are following Gods will for you, enjoying your birthright from God.

You are entitled to feel happiness always and all ways. True happiness leads to unconditional self-love. Unconditional self-love leads to Inner Peace.

Don't worry in Fear, by happy in Love, know Inner Peace.

Relationships

Are Eternal

As a Soul, you are a member of a Soul group in Spirit. These other Souls are your Soul mates and invariably some of them travel with you in your various and numerous visits to the earth plane.

In turn, you accompany some of these Soul mates on their visits to earth where you all become Spirits within bodies.

These Soul mates are with you for a very long time you may even say, eternally, on many visits to this earth plane as well as in the Spirit plane and in other dimensions, which We do not want to go into now.

What is important for you to know is that many of your current relationships are eternal. Different Souls take different roles in different life spaces. For example, in different journeys to the earth plane, a son can be a mother, a father a

sister, a neighbour an employer, a servant a master, etc.

Relationships are created to assist the process of healing, growing and evolving as Souls on your Souls journey through eternity towards the Light, which some perceive to be God.

The Law of Karma creates a karmic balance for all your thoughts, words, deeds and actions. The Law of Cause and Effect, the Law of Consequences, and many other Universal Spirit Laws all relate to the biblical saying You reap what you sow.

Certainly this occurs, within one lifetime, if you are fortunate, and more often, it occurs in other lifetimes.

Our message continually on GuideSpeak.com and in other channelled work is What Would Love Do Now?

With this conscious awareness that you should Do unto others as you would like them to do unto you, you can now become consciously aware that what you think, say, do and act to yourself and others will be mirrored back to you in this lifetime, or in other life spaces.

Nothing is escapable in eternity, karmic laws

have infinite patience.

Therefore, the choice is always yours, in your free will, Love or Fear.

What would Love do now? or
What would Fear do now?

Do not fear separating from a relationship if it is done in Love and healing. Relationships are eternal so closure of a relationship is simply another chapter in this eternal relationship.

If you can bring closure without hurt, you honour the eternal nature of the relationship. By acknowledging that the relationship has served its purpose and you both need to go on your separate journeys now for both of your healing, growth and evolvment, then respect is shown. The pure Love that you are requires complete healing at closure.

Treating the other person in the relationship with disrespect, with dishonour, as a second-class citizen, does not serve you or them best. This inability to being Inner Peace will retard successive relationships poisoning them with the anger and hatred that remains within you as no successful closure has been achieved.

Honour, respect, admire and do not deny Love to

your partner as you end that relationship. Thank them for your journey together and bless them with peace and Inner Peace. Then you too will know Inner Peace.

For Inner Peace choose Love for this lifetime and for eternity and then you will understand why certain Masters who have walked this earth plane have talked about having your rewards in heaven. You can know heaven on earth if you Be Love, Who You Really Are, a part of God. Inner Peace is assured.

Circumstances Don't Change, People Do

Whatever circumstances you find yourself in, look for the opportunity to be Love and not to be Fear. It is not the circumstances that need to change; it is you who needs to change from Fear to Love.

In all instances, the circumstances that you find yourself in have already happened or are probably unfolding now. They are not going to change.

You certainly can't change the past.

Your prayer to God should be to change you, not the circumstances, or your lives. Be responsible. Have the ability to respond by changing your attitude, your intentions and your belief system from one of coming from Fear to one of coming from Love.

Then watch the circumstances change from Fear to Love.

This will change you from feeling separate to feeling Oneness. This is the ultimate transformation!

This is the greatest miracle of transformation that you will ever witness your empowerment, with God's help, from the illusion of feeling alone to the reality of feeling ALL ONE.

When you feel ALL ONE, Inner Peace is present.

Communicating

With Love

If you are Love then before you communicate with anyone, verbally or non-verbally, say to yourself about them I love you.

When you say this to yourself, inside, your eyes carry this attitude of Love to the person, or people, you are about to communicate with. Even before they have heard your words, or seen your actions, they have got the message I love you.

If you believe in Oneness then there is only One Mind. By you saying, inside, I love you, the One Mind has already signified that to the recipient of your potential communication, in advance of the words being said or action being undertaken.

This is, of course, easy to do if you are dealing with friends. However, to say, I love you to a potential enemy or adversary requires special Love.

However, the results are even more spectacular when your potential adversary melts in Love when they feel your Love.

Listen first, say I love you, inside, and then speak your Love inside of you will come pouring out.

When you communicate in Love you feel Inner Peace.

Mind At Peace

Inner Peace is peace of mind. How do you achieve peace of mind? It is a wonderful term peace of mind but it seems a concept rather than a reality. If it does become a reality it appears to be fleeting, over in a few seconds.

We are going to give you a MAP to find peace of mind.

MAP Mind At Peace

Yes, We thought that was clever!

To have a mind at peace seems more realistic than to have peace of mind. To control your mind is something you can do whereas controlling peace seems a bit like trying to get a cat to do what you want it to do rather than letting it do what it wants to do.

So let Us start with controlling your mind. Well the reason you don't have a mind at peace is that you, or more correctly, your Ego controls your mind. When your mind is constantly

thinking, working, worrying, fretting, planning, hoping, avoiding, fearful, wishful, desperate, whirring away it is your Ego having a feast. Your Ego-controlled mind lives in the past and in the future. All your thoughts racing through your mind are about what has happened or what is possibly going to happen, and generally, how things have, or are likely, to affect you. The Fear generated by these thoughts allows your Ego to thrive. By creating all these insecurities in your mind your Ego creates wounds, which it then protects for you. For example, you feel insecure to address your feelings about a relationship so your Ego will encourage you to run away from confronting your feelings by making you so busy. I cannot stop now, I have to fetch the children, do homework, attend to poor so and so she is going through a hard time, etc., etc. I do not have time NOW to attend to my relationship issues.

Your Ego-controlled mind knows that its enemy is Now so it keeps you everywhere but living in the Now. Only the Now is real, the past and the future are illusions.

To illustrate, please take a breath in now. Please exhale now. Can you experience now by breathing in, in one present moment of now and breathing out in the next present moment of now. When you inhaled did the present moment

of now exist for you to exhale simultaneously? No, of course not. Now We would like you to take a breath yesterday. Can't do it now, can you? Okay, so maybe now you can take a breath tomorrow. Well that did not work out either. So have We proved Our point that time does not exist, except in the Now. Now is all there is, all there ever will be.

When your Ego-controlled mind deals with the past and the future it creates an anxiety gap. This anxiety gap is full of Fear. How can you have a mind at peace if you are fearful? Therefore, peace of mind or, a mind at peace, or, Inner Peace, is not possible to find unless you are in the NOW.

Now you are going to make progress to have a mind at peace!

How do you access the Now?

Well, once you are out of your Egos clutches you can access the Now. The Ego-controlled mind keeps introducing Fear to keep you in the past or in the future. So you need to firstly get out of your Ego-controlled mind, get out of your mind, to get into the Now.

You get out of your mind by consciously labelling your thoughts as Ego-controlled thoughts, based

on the past or on the future.

By becoming consciously aware of the power of your Ego in controlling your thoughts, you begin to see the enemy within! Once you become more consciously aware of your thoughts, you can train yourself to say that thought does not serve me; I'm going to get out of my Ego-controlled mind. By depriving your Ego of the oxygen for its fearful thoughts, you begin to starve your Ego of oxygen.

If you can consciously do it for long enough with enough commitment, your Ego-controlled mind will reduce, enabling your Love-controlled mind to gain the upper hand as the creator of your thoughts.

As We have said many, many times before there is only Love or Fear, Soul or Ego. If Ego lives in the past and in the future, what lives in the Now?

God, Love, Spirit, Soul, Oneness all live in the NOW. No wonder Ego sees the Now as the enemy!

Well, if God, Love, Spirit, Soul, Oneness are all in the NOW how can I get there and stay there?

You can access the Now through consciousness of your breath. To begin, sit, or lie, quietly. Breathe in consciously, then breathe out

THE BOOK OF INNER PEACE

consciously, carry this on and follow your breathing. In, Out, In, Out, In, Out..

When you breathe, envisage the letter V. You breathe out and reach the bottom of the V then you breathe in by pushing up the side of the V. Consciously do this a number of times.

When you are more relaxed, while continuing to breathe, start looking inside yourself for the Part of You that is God, the Part of God You Really Are, your Soul. Try to find that at the bottom of the V.

At the bottom of the V, you might hear another breath, if you listen inside of yourself. That is the breath of your Soul. If you like, Gods breath, inside of you.

Now you are accessing the Now, where God is, where Love is. In the Now, there is no Fear, only Love.

If you have thoughts Now in your Love-controlled mind, they should be thoughts of beauty and peace. For example, butterflies in a forest, or waves lapping against the seashore on a tropical island. Peace and Love, Love and Peace.

Hopefully you will enjoy accessing the Now so much you will not want to leave this peace of mind, mind at peace, inner peace.

This is your birthright. You are entitled to be in the Now always and all ways. This is where you really live. Everything else is not real an illusion.

Only your Ego can drag you back to unreality by telling you that this is not real, live in the real world, I, the Ego, can give you hope, desires, promises and, of course, Fear, but Fear will protect you so don't fear it. Ha, Ha!

In the Now, you rely on your God-given intuition, and you enjoy effortless life. In the Now, everything runs smoothly, peacefully, effortlessly. In the Now, you are detached from the results because they occur in the future. You TRUST To Rely Unto Spirit Totally, and without knowledge of Fear, you only know LOVE Let Our Vibrations Evolve.

In the Now, you know God will give you what you need (not want), when you need it and the timing is always perfect.

Trust the process to unfold as God desires, stay in the Now and Be Love.

The Now will endow you with a mind at peace, peace of mind and inner peace.

Stay in the Now for Inner Peace

Maintaining A Mind At Peace

Attaining a mind at peace, peace of mind or inner peace is a commendable achievement and maintaining it requires special skills!

Assuming you have attained inner peace you can be assured the light you have evolved to become will create an even bigger shadow for you to deal with. You don't get the enemies you deserve. You get the enemies you are expected to handle as your light grows and they come out of even greater darkness. This increasing darkness is unearthed as your ever-increasing light pierces the depth of darkness. These enemies become your teachers as you learn to grow and evolve when you deal with the issues they mirror back to you on your journey towards further enlightenment.

By coming from a mind at peace enables you to make a consciously aware decision of whether or

not you want to react from Ego, respond with Love or simply take no action whatsoever, and simply let whatever comes your way go past you on its way.

The perspective that is required is what difference will this make to me in a year's time. If I react now coming from Ego what influence will it have on me now, in a few weeks, months and a year down the line. If I respond with Love, try to understand, have empathy, compassion and deal with it in Love, how can I best integrate it as part of me. How will this affect me now, in a few weeks, months and in one year's time?

If I simply do nothing, if I simply surrender to it, accept it , bend with the wind and allow it to pass, no matter the damage I may suffer in the meantime, then you learn that it is not what happens to you that is important it's how you respond to what happens to you. If you have a why you can handle any what. If you have a reason, you can put up with any circumstance.

What what can damage your why?

If your reason is maintaining your mind at peace then what circumstances are acceptable to you to damage your peace of mind, your inner peace?

Who, or what, are you going to allow into your sacred space to wreak havoc and violate your sanctity. Who, or what, are you going to give permission to damage your hard fought for peace of mind, your inner peace.

What do you get in exchange for allowing this peace of mind to be shattered? Something as valuable as your peace of mind? What could be as valuable as your hard fought for peace of mind?

So how do you respond with Love to integrate what is happening to you? By giving understanding, compassion, empathy and love. As always, it is thinking, saying, doing and acting with What Would Love Do Now?.

Moreover, how do you respond by surrendering, accepting, and bending with the wind no matter what you are subjected to you consciously state: Is this worth losing my inner peace for?

By surrendering and accepting what is now, you become present in the Now. You become enlightened. Here you become the Part of God You Really Are. What can physically harm God? What can physically harm you when you are the Part of God that is Who You Really Are? Certainly, they, or it, can physically damage your body, but

you are not your body, it is an illusion. You are a Soul, a Part of God, indestructible, un-damageable, Pure Love.

To surrender is to accept the present moment of now without reservation, unconditionally. It is to let go of any inner resistance you might have to what is occurring right now. Surrender, accept, bend with the wind and know Who You Really Are, a Part of God, inner peace.

In this state of surrender, your focus is very clear what needs to be done, one step at a time. Trust the process to unfold as it should, stay in the Now and above all, be Love. In this way your inner peace will be maintained no matter what is happening to you and around you.

MIND MAP May I Never Doubt / Mind At Peace